



Life & Times

Parents For Community Living

Winter 2013

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Silver Anniversary Year for Blueridge Home

By Gayle Rogan

Twenty five years have now passed since that historic opening, and Blueridge has provided home, family, friends, fun, independence, respect and love for many men over those years.

New Years Eve 2012 at 48 Blueridge Avenue was much the same as thousands of other homes... a small gathering of people, party food, cold beverages and champagne to toast the coming year. What sets this home apart is that February, 2013, marks the 25th Anniversary of the opening of Parents for Community Living's Blueridge House.

In 1987, a visionary group of parents began to dream, meet and plan ways in which their children with developmental disabilities might be able to live independently from their parents. With support from family, friends and the Catholic Church community, Parents For Community Living was formed and their dream became a reality with the purchase of a house. Tom, Joseph and Douglas became the first men to call Blueridge home.

Today, there are four gentlemen living at Blueridge House... Doug O., and his brother, David, Paul B. and Blair K. Although Blueridge

House could be referred to as a "group" home, it is, and always has been, about the individual. All of the gentlemen help in their own way with the every day chores that come with maintaining a home... choosing and shopping for the weekly menu, emptying the dishwasher, making after-dinner coffee, helping to put laundry away, cleaning their own rooms, shoveling snow in the winter and cutting grass in the summer. These gentlemen also have a weekly schedule that is all their own. Doug works at the Kinsmen Center for part of the week but also has a volunteer job at the Food Bank of Waterloo Region, takes part in a drumming circle, and assists in the office at St. Francis Church. David works at St. Francis Church in the mornings, goes to the YMCA gym twice a week, and volunteers at Victoria Place. Doug and David attend school and bowl together weekly. Paul also works at the Kinsmen Center, but volunteers at the House of Friendship Food Hamper and the Waterloo Adult Rec Center. Paul bowls on his own weekly as well. Doug, David and Paul attend Saturday evening mass at St. Francis Church throughout the year and play mini golf together



in the summer. Blair attends the Achieve Program at the Kinsmen Center through which he has access to various community activities. Blair also goes to Friendship Church once a week during the fall, winter and spring, then plays Blastball during the summer. These gentlemen also do some things together.... Community Living Dances and Saturday lunch out, which is a long-standing group activity.

All of the gentlemen see their family members on a regular basis. It is apparent that these gentlemen are loved, well-cared-for, taught and encouraged by their families. However, their parents also recognized the need for them to become as independent as possible and to create their own lives.

So, at the 25th Anniversary of Blueridge House, it is evident that these goals have been accomplished and will continue.

Pictures on Page 4.

Congratulations to the following staff who have celebrated significant anniversaries since our Fall 2012 Newsletter

5 YEARS

- Sharon Dunlop
- Lindsay Norris
- Christina Wright



Brennan H. is looking for a volunteer to golf with him every 2 weeks or a minimum of once a month at Waterloo Golf Academy.

Like to Golf? You should meet Brennan!

By Chantal Frost

A new home for Brennan H. but he is certainly not new to PCL. Brennan moved to Pastern Trail in August 2012 after having lived at Westheights for 8 years!

Some of you will recognize Brennan from the golf course, bowling, floor hockey, Friendship Club, or mini golf. Easy going and carefree are the best words to describe him. If you need to know something about sports, Brennan is your man to ask. An avid NHL, OHL fan, Brennan can tell you anything you need to know. Football and baseball are favorites as well.

Brennan loves watching TV, movies, videos on You Tube, working on his computer and gaming. Brennan has an extensive music and DVD collection. If you're looking for something, Brennan probably has it in his huge collection of over 1000 CD's and DVDs.

Nothing says pride and love for his family more than his picture collection proudly displayed on the family room fireplace mantel at Pastern. Brennan is very fond of his two nephews and proud of his role as Uncle Brennan!

Brennan is a valued employee at CH2M Hill for the past 22 years!

He volunteers at the Waterloo Recreation and Seniors Centre as well. It's hard to believe that Brennan has free time left anywhere in his schedule!

If Brennan sounds like the kind of person you would like to get to know better and you share his passion for golf, he is looking for a volunteer to golf with him every 2 weeks or a minimum of once a month at Waterloo Golf Academy. The volunteer's golf costs will be reimbursed. If you're interested in this opportunity to spend some time with a really interesting man, please contact Brenda at the office. (519-742-5849 or brendavh@pclkw.org.)

Volunteers are an important part of making this event a success. Please consider volunteering today.



Bowlathon 2011 was a blast!! Just ask Barb.

PCL BOWLATHON FUN-D-RAISER 2013

PCL's 3rd Bowlathon is set to run on Saturday, March 23rd, 3:30-6:00 pm at Brunswick Frederick Lanes, 385 Frederick St., Kitchener.

It is our hope that we will have 34 teams and each team will consist of an individual in PCL's care and an additional four team members. All teams will bowl one game of ten pin. After this one game, first, second and third place ribbons will be presented to the teams with the three highest scores. The day will finish up with pizza, soft drinks and a time to socialize with the many amazing people who make PCL so special.

Don't worry if you have never bowled before. This is more about fun, fellowship and fund raising than about bowling skill. Many participants will have

never bowled before.

Each team will need bowlers – four over and above the one individual in PCL's care. Maybe you could get four family/friends together and make a team for someone. Can't do that? That's no problem. Individual bowlers will be placed on a team. It will cost \$13.56 per bowler (\$68 per team). We are hoping to find sponsors to cover this cost. Maybe you know someone who would be willing to be a team sponsor. Bowlers will also need to collect pledges. Pledge sheets can be downloaded on the PCL web site at www.pclkw.org. Click on Events and go to the Bowl-a-thon 2013 page. Donations over \$10 can be issued a tax deductible receipt, if their complete address is on the pledge sheet.

Ready to bowl or bring a whole team?

Let us know by calling the PCL office at 519-742-5849 or emailing Donna Lenz at donnal@pclkw.org. Team names will be posted on the web site.

If you are a high school student or know a student who would like to participate in this event, we are happy to sign the proper papers to have this count as 8 hours towards their volunteer hours school requirement.

To date, PCL has sold 126 Pamper Yourself For a Year Raffle Tickets and one of our tickets was the winner of one of the early bird draw prizes. The big draw is coming up March 9, 2013. \$10 from every ticket PCL sells comes back to our organization. Be sure to get your tickets today.

Reflections from a Volunteer

PCL is so very grateful to the students from St. David Catholic Secondary School who volunteered to help at the PCL Christmas Dinner and Party on December 13. It was a special experience for us all. Gabbi Van Looyen, a grade 12 student shares her experience.

“Initially when I signed up to help at the PCL Christmas Dinner, I had no idea what to expect. I had never volunteered at a group home before, but I had been considering the idea for a long time. Mr. Boland, one of the teachers at my school, came into my third period Sociology class and asked if anyone wanted to help. The next day at lunch, my name was on the sign-up sheet. I have always volunteered, working as a junior camp coun-

cilor for the City of Waterloo, at my martial arts dojo, and at numerous horseback riding stables I had gone to in the past. Just as I had been nervous then, the minute I entered the building, the only thought going through my head was, how am I going to do this? I am not a very outgoing person, and talking to people I have never met before is a challenge for me. I wouldn't say I'm shy, I just don't know what to say because I am absolutely horrible at starting conversations, even when I am amongst my friends. But not long after I arrived, the warm atmosphere and the friendliness of everyone there replaced my anxiety with bubbling excitement. The night went by so fast, a myriad of images flashing by me every-

where I looked. Pie-filling sailing through the air, the delicious smells of gravy and fresh baked bread, laughter, singing, and the sounds of joy and happiness filled me with a sense of euphoria. The one thing that I would say I remember the most were the people I met. They were so full of personality and bounds of positive energy that lit up the room, instantly making me feel as though I was part of a giant family that included every person there. I had never felt so welcome in my entire life. This is one experience that I will definitely want to enjoy again someday, and I can say with all certainty that I hope to attend this Christmas Dinner for years to come!”



St. David student volunteers at the PCL Christmas Dinner and Party held at St. Francis Church on December 13, 2012.

St. David Catholic Secondary School chose PCL to receive the proceeds from Civics Day.

The total was \$856! Wow!!

Thank You!!!

Looking for a Friend—Kevin M.

We are seeking a friend to hang out with our buddy, Kevin, for approximately 1 or 2 hours per week in the evening or afternoon. Kevin is a 51 year old man who is well mannered and easy

going. Kevin is looking for someone to take him out for a coffee, go see a movie, play a round of mini golf or just hang out. This ideal friend would have a positive attitude along with

creative idea's to help grow and maintain Kevin's social skills. If interested, please contact Brenda at the PCL main office at 519-742-5849 or brendavh@pclkw.org.



Kevin celebrating his 50th birthday.

A Little Healthy Competition!

By Ashley at Westheights: This winter PCL will be holding a staff fitness challenge that invites all staff members to participate in some healthy competition! The challenge will run from February 1st-April 1st, finishing up just in time for the warm weather. The challenge is

based on points, and points are awarded based on the type of physical activity that the participant does. Each participant keeps track of his or her points and submits them to the coordinator. There are prizes for first, second and third place. This is a great way to get staff involved in healthy living and incorporate

that healthy lifestyle into the homes where they work. Ashley from the Westheights house is coordinating this along with the help of Natalie from Pastern Trail. Natalie has created a blog where the participants in the challenge can share healthy eating and exercise tips.



The website is [http://
pclfitnesschallenge.blogspot.ca](http://pclfitnesschallenge.blogspot.ca).

Good luck to all those who are participating!

Parents For Community Living

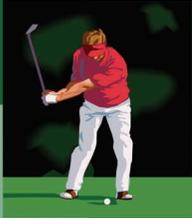
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Search Parents For Community Living on your Facebook page, then "like" our page.**



Parents For Community Living



8th Annual Golf Tournament

Save The Date
Thursday, June 6

Watch for registration forms and more information coming soon!

There are many ways to support this worthwhile event.

- Be a hole sponsor.
- Donate items for the swag bags, prize table and/or silent auction.
- Bring a team to golf.
- Register to golf.

**Be sure to join us for another great day of fun!!!
You won't want to miss out.**

In Support of:



30 Dupont St. E., Waterloo, N2J 2G9
Phone: 519-742-5849
Fax: 519-742-1060
www.pclkw.org

Conestoga Golf and Country Club
400 Golf Course Rd., Conestoga

MISSION

To enhance the quality of life of individuals with developmental disabilities by providing services and family-like homes in our community

VISION

Every individual with developmental disabilities lives with dignity as a valued member of our community.

Board Members

Jeff Harris (chair)
Trenny McGinnis (vice chair)

Darren Becks	Tim Flannery	Gary Howell
Ed Koenig	Chris Lasovich	Daniel Paquin
	Teresa Radford	

Thank you to all our faithful donors who have responded to the Christmas Mail out campaign. To date, we have received \$8,720 (\$1350 for new vans, \$1525 for a Hoyer Lift and \$5,845 for Board Approved Projects.) Your donations truly make a difference.



Christmas 2012

Lots more at www.pclkw.org



Doug with picture of original 3 residents



Doug and David Bowling



Celebrating Blueridge



Blair with volunteer and guide dog.



Blueridge Men



Doug and Scott on a Friday afternoon.



Paul making coffee.