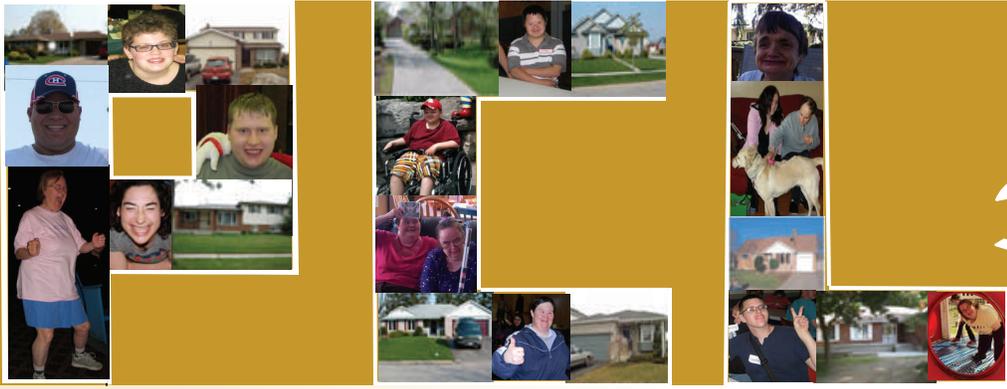


# Life & Times



## Parents For Community Living

Summer 2013

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Congratulations to the following staff who have celebrated significant anniversaries since our Spring 2013 newsletter.

**15 Years**

Colleen Ladzik

**5 Years**

- Steven Abdul
- Pavel Bahdanovich
- Lindsay Garden
- Donna Lenz
- Leah Martin
- Hilary Smith

**3 Years**

Karene Martin



MaryAnne climbs the wall.

## PCL Golf Tournament raises \$11,500!!

Ninety—two golfers hit the links at Conestoga Golf and Country Club on Thursday, June 6th for the 8th Annual PCL Golf Tournament. The weather was a bit ☺ wet, but PCL golfers proved to be a hardy bunch, and everyone had a great time in spite of the weather.

Thanks to the many volunteers and organizations who helped to make the day such a great success. A particular thank you to the following people and companies:

Bill McBay (our MC) who brought his T.E.A.M. Financial Solutions to entertain.

Onward Manufacturing Co., The Bent Elbow, Swanson's Home Hardware and the PCL supporters who donated the 2 great raffles—BarBQ with a bucket of beer and a wheelbarrow full of wine.

Rob Johnson, on the Beat The Pro hole, from Investors Group Consultant and PGA of Canada.

M&M Meats who provided the lunch.

The 18 hole sponsors (check our website at [www.pclkw.org](http://www.pclkw.org) to see all of them).

The many individuals and companies who provided items for our prize table and silent auction. (There were many comments about the incredible prizes this year.)

The numerous volunteers, including the PCL Fundraising Committee.

The staff from Conestoga Golf and Country Club who worked diligently to make our day a success.

And of the course, the Golfers.

We couldn't have done it without



PCL has hardy golfers. A little rain didn't get in the way of having a good time!

YOU. Change of venue and date for next year. Mark it on your calendar. See you there!

### Mark Your Calendars

**PCL 9th Annual Golf Tournament**  
**June 19, 2014**  
**Ariss Valley Golf and Country Club**

## Teams "Dazed and Confused" and "GI Janes" do battle for PCL!

On Saturday, July 20, two teams from PCL ran, climbed, shot, caught, canoed and more in the 3rd Annual Grand River Amazing Race! Together, they raised \$5717.50 for PCL!! Team "Dazed and Confused" (Kathy, MaryAnne and Brenda) were the top fund raising team of all the 40 participating teams! Check out lots of pictures on the website at [www.pclkw.org](http://www.pclkw.org).



Above: Team "Dazed and Confused" ready for the canoe portion. Right: GI Janes at the start of the race.





Westheights Home



Matthew, LiaJong, Shane and Liam now call Westheights "Home".

*"It is our goal to continue to break the barriers, and show that these men can live fulfilled, independent lives, through hard work, dedication, support and perseverance"*

## New Westheights Music, Movies, Games and Fun for this new family

By Steven Absul  
SSP Westheights Home

In 2004, Westheights opened its doors to four men with distinct capabilities and vast interests. At that time, the home was an Enhanced Supported Independent Living home which helped these men live healthy independent lives. The men thrived at Westheights and made it their home. They were independent, sophisticated, intelligent, and well versed in all sports genres, music, and entertainment.

As with much in life, times changed and so did Westheights. Some men moved out to different homes in PCL, and others to their own apartment in the community. Four new men, with different abilities, strengths and characteristics, moved in, and Westheights evolved from an Enhanced SIL program to the 24 hour supported home it is today.

Matthew, LiaJong, Liam and

Shane now call Westheights "home". Like any family, they have their distinct talents and interests. Matthew loves all kinds of movies, anything from action and comedy, to animation. Whenever Matthew is not playing his video games or listening to music, you will find him relaxing with staff, watching a movie with his housemates, swimming, or helping around the house.

Lia Jong, loves movies, too—action, comedies, cartoons, and super heroes. In his spare time he enjoys organizing his books and his toys, playing soccer with staff or just watching a movie in the den with his housemates.

Liam loves his music and books. He is rarely without a book, and gets much enjoyment from flipping through the pages. Often you can hear him singing along to 91.5 The Beat while driving to Sunbeam or Cooking Class. Liam is a dancer, and whenever

the music moves him, he will be up on his feet showing everyone his moves. Liam volunteers and enjoys riding at Pride Stables.

Shane is the newest member of the Westheights family. Shane loves doing crafts with staff, building lego houses, or just having staff read to him.

All the men love music, whether Matthew's hip hop, Liam's Irish music, or Shane singing and playing his keyboard, there is lots of music and dancing in this home.

Westheights staff are dedicated to working with parents, and families to help each individual live up to their full potential. The men are learning to be independent by acquiring core life skills and receiving moral and emotional support when needed. It is our goal to continue to break the barriers, and show that these men can live fulfilled, independent lives, through hard work, dedication, support and perseverance.

## John's New Home Meeting Changing Needs

John S. has been part of the PCL family since 2004. Like many individuals in PCL's care, John has had a full life—friends, jobs, and social activities. In 2012, John's changing needs saw him move from the Westheights Home to a senior care facility at La Fontaine. This summer, on July 19th, John moved into his new home at Fergus Place. John considers himself pretty lucky because his room overlooks the back court-

yard and he is within walking distance to a Tim Horton's. He was even allowed to bring his budgie, Sammy!

John continues to participate in PCL activities such as cooking class and picnics and has begun attending mini golf with his PCL friends on Thursdays.

John's new home offers many activities, including physiotherapy exercises three times a week, live music, trivia games, dog visits

and church services, just to a name a few.

Because the facility owns a van, activities in the community are also offered. Recently, the residents enjoyed a boat cruise down the Grand River.

John is thoroughly enjoying his retirement facility, and would welcome visits from his PCL friends. He will proudly show you his new home.



John with his pet budgie, Sammy, in his new room at Fergus Place.

## Pastern Trail Trip to Cleveland

By Amber Parks

Many months of planning, dreaming and fund raising became a reality for the four Pastern Trail men on the morning of Monday, July 8th, as they piled in the van for the roughly 6 hour road trip to Cleveland. Sunny weather, great scenery, a lovely hotel and delicious dinner at the Olive Garden got their long awaited trip off to the perfect start. Tuesday started with a dip in the hotel pool, before venturing off to visit the Cleveland Science Centre. The men particularly enjoyed the NASA Spaceship Exhibit, the Titanic Exhibit and all the interactive activities. After an afternoon of shopping, the four men and two

staff, Brennan, Anthony, Doug, Steven, Lisa and Amber, headed to the stadium to take in a baseball game between the Toronto Blue Jays and Cleveland Indians. The game was put on a short hold due to the rain, but ended up being very exciting, even though the Blue Jays lost.



Wednesday included some pool time again and a very unique lunch experience at a Drive In restaurant where the waitress brought them their food on roller skates! It was very cool! After lunch, it was off to the Rock N Roll Hall of Fame where everyone thoroughly enjoyed all the exhibits and purchasing gifts and souvenirs. Supper was a yummy, filling fish meal at Long John Silvers.

Thursday morning saw a tour of the Christmas Story House and Museum before loading up the van for the journey home.

Everyone totally enjoyed the trip and have many wonderful memories of their time in Cleveland.



The men of Pastern Trail would like to recognize the generous donations of the following contributors to their Chili Dinner fundraiser.

Thanks in part to these generous donations our fundraiser was a success, raising \$2219.53.

McDonalds 362 King Street

Waterloo

THEMUSEUM

Brunswick Zone

Butterfly Conservatory

Wunzees/Cambridge

Holy Guacamole

Ohsweken Speedway

Hamilton Nationals Lacrosse

Bryan Van Engelen for his Blackberry swag donation

## Party Like a Rock Star!

By Tara Babbage

On July 16, many family and friends gathered at Westheights Community Church to celebrate the Decade Birthday Party. Everyone enjoyed a traditional style picnic dinner which consisted of deli sandwiches, salads, and

fresh fruit. The dance floor came alive when musical performer, Rob Szabo, began his performance. The jubilant singing of "Happy Birthday" was followed by a delicious dessert (cake pops).

We would like to congratulate

those whose birthdays we were celebrating: Kris O (30), Nancy M (50), Steven S (40), William N (20), Lia Jong T (20), and Tom R(50). We would also like to thank those who made this evening a success and for all those who came out to share in this special day.



## In The Good Ole' Summertime





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Waterloo, ON, N2J 2G9

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Fax: 519-742-1060  
Web: www.pclkw.org

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.

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



Board Members

Jeff Harris (chair)  
Tim Flannery (vice chair)  
Chris Barker      Darren Becks      Gary Howell  
Ed Koenig      Chris Lasovich      Daniel Paquin  
Teresa Radford      Brittany Seigner

**We're on the Web at  
www.pclkw.org**

## "Adopt - A-Cause" Adopts PCL

By Margaret Murison

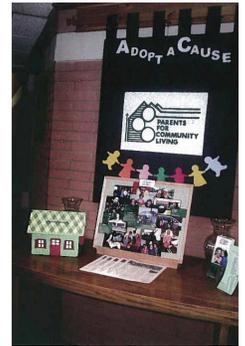
In 2012 Mount Zion Lutheran Church Service Committee initiated a ministry which we called "Adopt-A-Cause". During each of the four quarters of the year we focus on the needs of a particular community agency and encourage support through donations of money and items listed on a "wish list".

The response from our congregation has been amazing.

This year, as one of our agencies, we have chosen Parents for Community Living which we will focus on during the months of July August and September. We have a display in our narthex and regular announcements in our weekly bulletin and monthly magazine. This

keeps the agency we are supporting very much in the hearts and minds of our congregation.

**Parents For Community Living is grateful to the members of Mount Zion Lutheran Church for their commitment to making a difference in our community.**



Display at Mount Zion Lutheran Church in support of PCL.

**Thank you to  
The Kitchener and Waterloo Community Foundation  
Landmann Family Fund for their donation of  
\$2,000.**

**PARENTS FOR COMMUNITY LIVING  
ANNUAL GENERAL MEETING**

Monday, September 17, 2013  
6:30—8:00 pm

Emmanuel Village, 1250 Weber St. East, Kitchener  
Guest Speaker:  
Gary Whetung, Director Developmental Services Ontario Central West Region

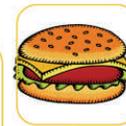
**PCL is on the move.  
As of October 4, 2013, our new address will be 30 Dupont St. E., Unit 102, Waterloo, N2J 2G9.**

**Please continue to support PCL and the Waterloo County Quilter's Guild by buying raffle tickets for this year's raffle quilt, Selvaging Together.**

**Tickets are \$1 each.  
Check the website at [www.pclkw.org](http://www.pclkw.org) to see when the quilt will be on display at the Waterloo Farmer's Market.**



## Parents For Community Living (PCL) 14th annual family picnic



**RAIN OR SHINE!**  
Date: Wed., August 21st  
Time: 4:30—8:00 PM

**Please RSVP how many will attend by Aug. 14th.  
Gisele 519-884-0543 or  
[giseledeno@yahoo.com](mailto:giseledeno@yahoo.com)**

Hamburgers, hotdogs, salad buffet and drinks provided.  
Free for children under 12.  
All Others—\$5

Families of PCL residents, Board Members and their families, as well as all those who are associated with PCL are encouraged to take this opportunity to join the PCL family in some fun and fellowship.

**SAME GREAT LOCATION**

**Moose Lodge, 655 Wabanaki Dr., Kitchener**  
**Parking and Entrance are at the rear. Wheelchair accessible at the front.**  
Directions: If you are coming from Courtland Ave., Kitchener, turn right on Manitou Dr., left on Wabanaki. Moose Lodge is on your right.  
If you are coming from Fairway Road, Kitchener and hwy 8, turn left on Wilson Ave., right on Wabanaki. Moose Lodge is on your left.  
Or .. If you continue on Fairway Rd to Manitou, turn left on Manitou and left again on Wabanaki. Moose Lodge is on you right.