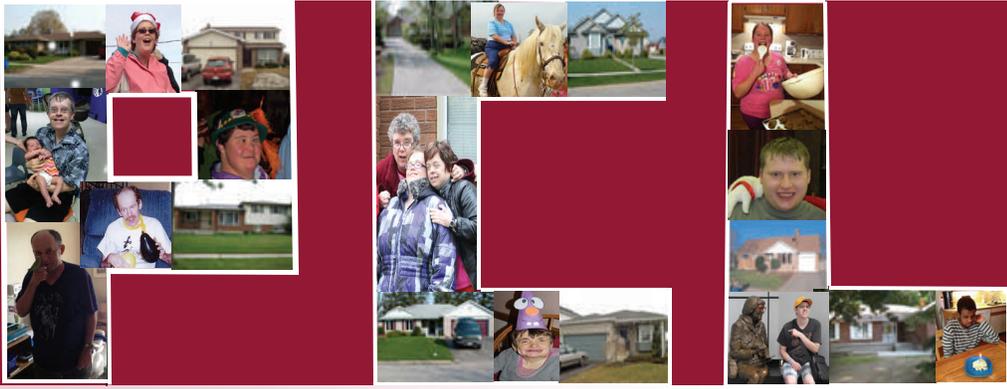


Life & Times



Parents For Community Living

Fall 2013

Look “Outside the Box” this Holiday Season

Celebrating 25 years
1989-2014
Watch for lots of
exciting events in the
New Year!

Inside this issue:

Meet Michele	2
Fall Memories	2
Caring with Confidence	3
Pledge to End Bullying	3
New Finance Manager	4
From our ED	4

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

15 years

Kathy Loveys
Brenda Van Houtven

5 Years

Lindsay Ethridge

3 Years

Melissa Ambos
Kayla Armitage
Sara Baker

From church “Adopt-A-Cause” programs to private birthday celebrations, many PCL supporters have been finding creative ways to include not-for-profit organizations in their work and play. We’d like to recognize a few here.

Thank you to Mount Zion Lutheran Church who “adopted” PCL for the months of July, August and September, resulting in many useful donated items and a donation of \$1583.38!!

Thank you to Gary and Marion Howell who, when celebrating their birthdays this year, asked guests to make a donation to PCL in lieu of gifts, resulting in \$430.00 for PCL!!



Thank you to the Waterloo Quilters Guild ladies who spent many countless hours designing and sewing their gorgeous raffle quilt and then spent more hours selling tickets, so that PCL could be the recipient of the money raised. For their efforts, PCL received \$4,500.00!!

Thank you to the many families and businesses, who over the years have chosen to take up a collection and give the donation to PCL instead of exchanging gifts.

As the *season of giving* approaches, we would encourage you to remember not-for-profit organizations this year, and give a gift to your favorite organization.

Do you have a creative “out of the box” idea? We’d love to hear about it. We have an idea we’ll share, too.



Kathy draws the winning ticket from the pile of quilt raffle tickets on September 29th. Thank you Waterloo Quilters Guild for choosing PCL.

Do you have a “hard to buy for” person on your Christmas list who “has everything”? Make a donation to PCL in their honour and we will send a card to them stating that a gift has been made in their honour. No box :) No wrapping :)

From all of us at PCL, we thank you for your continued support and wish you a **Safe, Happy and Healthy Holiday Season.**

“Home for the Holidays” Float a huge Success

On Saturday, November 16, bright and early at 6:00 am, people gathered at Crimson House to take part in the long awaited Santa Claus Parade. Hours of planning and hard work came together in a beautiful float, complete with a holiday decorated home, fireplace, Christmas

tree, hay bales and many smiling faces. The theme of our float—Home for the Holidays!

A huge thank you to Jay Becker, owner of Becker’s Brothers, who supplied the (cont. page 2 **Santa Claus**)





Thanks to Becker's Brother's who supplied the truck and Jennifer who had the vision and made it a reality. It was a great parade!

Santa Claus, cont. from pg. 1) truck, Pete Stanciu who drove the float and helped with many preparations, Scott and Tricia Wilford who built the beautiful fireplace and joined the team on the float, Colleen Ladzik who provided the hay bales, Diana Darcey who brought snacks and drinks, Cora Bailey who loaned her generator, Kristy who did a lot

running around behind the scenes and, of course, Jennifer Allan who had a vision and, with enthusiasm, organizational skills and hard work, made the dream a reality. Thank you to all who participated directly or indirectly and made this Santa Claus parade a memorable one for many. *Merry Christmas!*



Michele's Story

By Ashley Schieckoff, SSP Monarch Home

Michele M., or just "M" as she likes to be called, is a bright, cheerful and kind hearted woman, who currently resides at Monarch Home in Waterloo. Michele's first involvement with Parents for Community Living began with attending PCL's respite home program and eventually moving into a 24/7 supported program at Pastern Trail home in 2007. At that time, Michele also worked at the Kinsmen Centre, but retired soon after

her move to Pastern Trail.

In August of 2012, Michele moved into the new Monarch Home, with three other friends. The four have become a great family and the home is a wonderful fit for all who live there. The spacious bungalow, on a wooded lot in a calm neighborhood with a bedroom built with Michele in mind, has helped her to adjust happily to her new home. The Monarch team have designed a well structured weekly program plan that focuses on Michele's physical,

emotional and mental stimulation. She is optimistic, less anxious and enjoys participating in household and community activities more than ever.

Michele enjoys attending the annual PCL picnics, the Christmas party and a number of community based activities. She particularly loves her visits to the Laurel Creek Conservation area, a recent discovery for her. Michele is enjoying a full and happy life, thanks to her new environment and caring support from staff.



Michele enjoying her birthday dinner at her favorite restaurant.

A Summer and Fall to Remember

It has been a busy time since our last newsletter. In August, the Parents and Members Group held their annual PCL picnic at Moose Lodge in Kitchener. The food was great, as always, and the egg drop homes challenge was super fun!

In September, the head office was packed into boxes as we made the move to a bigger, brighter office space in the same building, just

upstairs in Unit 102.

October brought lots of Halloween excitement and the homes were very creative as they carved pumpkins for the Pumpkin Carving Contest!

November the Santa Claus Parade and Grey Cup Parties! There are lots of pictures of these events on our website and on our Facebook page. Be sure to visit us there!



Caring With Confidence

By Brenda VanHoutven,
Manager of Residential Services

In October several staff attended a workshop facilitated by the Alzheimer Society of Kitchener-Waterloo and Cambridge to gain an understanding of dementia and learn a new way of looking at communication, supporting meaningful activities and dealing with responsive behaviours. We initiated this training session for several reasons:

1) Currently over 500,000 people live with dementia in Canada, of which more than 60% have Alzheimer's disease. Down Syndrome is a genetic disorder in which an individual has three copies of the 21st chromosome. In Canada the incidence of Down Syndrome is approximately 1 in every 800 births. The condition is not related to gender, race, nationality or socio-economic status and the exact cause is not known.

2) Down Syndrome is associated

with Alzheimer's disease because the hallmarks of Alzheimer's are the presence of "plaques" and "tangles" in the brain. The major constituent of the plaques is a protein ("A-beta") which is split off from a much larger parent protein called Amyloid Precursor Protein (APP). Researchers have found that the production of APP is related to chromosome 21. Since individuals with down syndrome have an additional 21st chromosome they are prone to an over-production of APP, and indeed most individuals with down syndrome will develop the plaques and tangles in the brain. However, not all individuals with Down Syndrome will exhibit symptoms of the disease.

3) We needed to change our way of thinking about how we care for someone with dementia. We learned several different ways to assist. The most important fact for us to remember is that this is not a behaviour that the person is doing to get us upset but rather a

symptom of the disease and to respond in a caring way, providing as many opportunities as possible for the person to make choices, to create a routine and provide structure, to use visual cues and body language to assist in communication. We also need to consider a person's environment to see if it is too noisy or distracting which can increase agitation levels.

Warning signs of dementia in a person that has Down Syndrome.

4) The first sign of dementia in individuals with Down syndrome is often changes in their behaviour and personality. This is different from how it affects the general population so we learned that it is important for us to pay close attention to any social changes such as reduced empathy, social withdrawal, emotional instability and apathy. Another significant warning sign is if an individual with Down

syndrome is experiencing seizures for the first time in their life.

We were provided with a research document from the Alzheimer Society regarding Down Syndrome and Alzheimer disease from which the above information was obtained. It speaks to baseline screening and monitoring and how an individual with Down Syndrome would be assessed. If you would like a copy please contact Brenda at the main office or your local Alzheimer Society.

Stories or scrapbooks to assist us in reminiscing with a person about their life and interests are an especially effective tool when someone is experiencing dementia. If you haven't thought about creating one of these for your family member, please do so and share with our staff. They can then participate with the individual when they talk about events from their past.

Pledge to End Bullying

The Pledge to end bullying is a community wide initiative that seeks to raise public awareness about bullying, in schools, work and at home.

"I believe that everybody has the right to live in a community where they feel safe, included, valued and accepted regardless of differences."

"I pledge to be respectful of

others and stand up to bullying whenever and wherever I see it." Statistics show that bullying is becoming a huge problem. In 2010 new bullying statistics revealed about one in seven students in grades kindergarten through 12th grade is either a bully or has been a victim of bullying. And bullying is not just in our school systems. One would think that as people mature and progress through life

they would drop the behaviours of their youth, however, this is not always the case. You may not hear a lot about adult bullying, but it is a problem and in the workplace it can make life difficult and miserable. Bullying also impacts the people that we support in their everyday life, on the bus, at work, at recreational activities and can even happen at (cont. on Page 4, **Pledge**)



Doug O. really enjoyed the taping session with CTV!



30 Dupont St. E. Unit 102
Waterloo, ON, N2J 2G9

Phone: 519-742-5849
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

Tim Flannery (chair)

Chris Barker	Darren Becks	Gary Howell
Marion Kelterborn	Ed Koenig	Chris Lasovich
Shereen Rowe	Larry Scanlon	Brittany Seigner

PCL is pleased to welcome new board members Marion, Shereen, Larry and Brittany.



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

(Pledge continued from page 3)

home. With this in mind, PCL is participating with several other local parallel agencies in conjunction with CTV to create a commercial showcasing the individuals we support, playing their role in the pledge to end bullying.

The taping was completed on November 5th and radio spot ads will begin on KFun 99.5 the week of November 18th and run until the spring next year. Television commercials will begin on CTV in December and again run until next spring.

With the support of our caring individuals, schools, businesses, non-profit organizations and media we CAN make a difference. Make the time – take the pledge.

<http://www.thepledgetoendbullying.ca>



Welcome Terry !

PCL welcomes Terry Smith as our new Finance Manager. Terry is a CGA, has a BBA and comes to us from kidsLINK where he served as CFO and COO. Terry brings with him a diversity of experience, knowledge and ideas. We look forward to the integration of his ideas and experience with PCL.



Once again PCL is partnering with the Kin Club of Woolwich in the

Pamper Yourself for a Year Raffle

Tickets are \$20 each and \$10 from the sale of each ticket comes back to PCL. Lots of great prizes to be won! Tickets available at the PCL head office.

Thank you for your support!

From our Executive Director, Katherine Loveys



Kathy celebrated 15 years as Executive Director of PCL this past fall. Congratulations, Kathy!

“If you don’t like something, change it. If you can’t change it, change the way you think about it.”

Change is inevitable and we often have to adapt what we are doing or how we are thinking in order to continue to grow and learn. Those we support often teach us these important life lessons, and sometimes they tend to show us the best way to adapt and move forward with a positive outlook and spirit. The last six months have provided an abundance of growth opportunities within our organization as we have experienced various challenges and changes. As I reflect back on the 15 years I have had the honour to lead this organization, CHANGE is a central theme. PCL will be celebrating 25 years of serving the Waterloo Region in 2014 through its provision of homes and support services to its valued citizens. I look forward to what this next year will bring, the changes that will come with it and exciting new ways of thinking and growing.