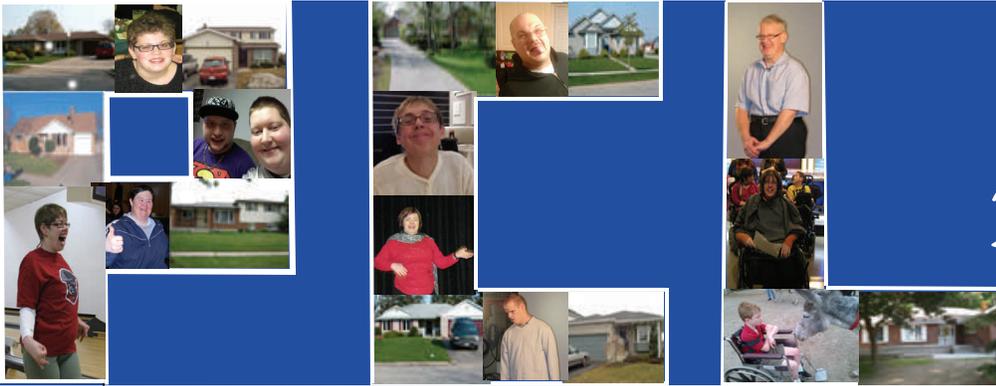


Life & Times



Parents For Community Living

Winter 2014

Exercise that's Fun!

Celebrating 25 years

1989-2014

Watch for lots of exciting events !

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

5 Years

Sandra Bozic
Ruth Herron

3 years

Jennifer Allan
Tamara Haas
Julia Kibble

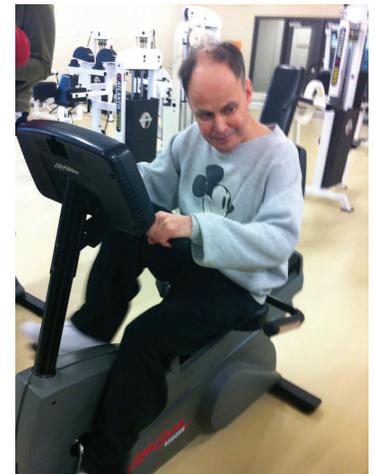
Combine exercise with socializing and having fun, and you get PCL's new Core Fitness Program. In September, several of the homes began getting together for one hour every Thursday at the Core Fitness Centre to exercise and play sports together.

The program is led by certified instructors with Mike leading the exercise program Wednesday and Jennifer on Thursday. Both bring unique styles to the program.

Staff and individuals both participate in 15 to 20 minute sessions and have tried their hands at badminton, volleyball, basketball, dodge ball and many other sports..

Every time you participate you earn a million points. Once 10 million points have been earned a pizza party is awarded!!

We hope to build on the program and continue with it into the spring.



Balancing Body, Brain and Being

Conscious Care and Support Training facilitated by Peter and Gareth Marks.

February 2014 marked the beginning of a new path of learning for PCL management and staff. We embarked on the journey of Conscious Care and Support. This path involves two facets; helping ourselves and helping the people we support. This course is scientifically based and speaks to improving our practices of support to individuals in care. Staff are learning a 5 step process of mindfulness based on essential human competencies. What this means is that we are learning to recognize that we may have been burned out, tuned out or freaked out and to

become calm, catching ourselves in the moment and looking for the root of underlying challenges. This improves our connection with individuals supported and ensures quality care. The skills we are learning in the course can be taught to other staff and to the people we support and hopefully, as we begin to be mindful of those we support, we will recognize signs of unmet needs and make changes to our response in order to reduce or completely eliminate aggressive or anxious behaviour. So far we have learned to catch ourselves in the moment and calm, also then to calm the individuals we support and to clarify our emotional states. We have discovered some of our own vulnerabilities

and learned why we act and respond in certain ways. Again, this helps us to understand why the people we support also act and respond in the ways they do.

This process involves looking at ourselves and the people we support in a manner quite differently from what we have previously been taught, and it has been a big shift in thinking for all staff. However, the positive difference and impact can already be seen as staff use the tools and skills they are learning in the course in their interactions with the people we support.

If you visit any of the homes right
(cont. Page 4)



Carly and her family.

"Malabar is "respite care" in every sense of the words - both for Carly and for us."

Gloria Lasovich

Respite keeps families together longer

Carly's Story

We look so forward to Malabar weekends for many reasons. The first and most important reason is that our daughter, Carly, LOVES going to Malabar. She gets very excited just knowing that her weekend is coming up. She loves the staff and the fun activities planned for her. We, as her parents, also appreciate having Malabar weekends for Carly. As any parent of a child with special needs would understand,

family life can be very demanding in that we have to always be "on" with our daughter, which is sometimes exhausting. Respite weekends gives us an opportunity to relax and re-energize so that we can be at our best when Carly comes back home. Respite weekends also gives us an opportunity to spend some uninterrupted time with our other children. This special time is so appreciated by all family members. We are so thankful to the Malabar staff for their genuine

care, patience, and support for Carly. We especially appreciate the positive attitude and feedback about Carly on her visits. We are so thankful to Maryanne for always looking out for Carly's and our best interests. We know that whenever we drop Carly off at Malabar, she is in good hands. Malabar is "respite care" in every sense of the words - both for Carly and for us.

Gloria Lasovich



Ed and his family.

"I always feel comfortable when Ed is there because I know they take very good care of him."

Annette Mohammed

Ed's Story

My son Ed is 26 years old. He has a seizure disorder and developmental delay which requires an adult to be with him at all times. He started going to PCL for weekend respite several years ago. This was a big adjustment for our family at first because we were unsure as to how Ed would adapt and how PCL would be able to look after Ed's needs. Things went well from the very beginning and Ed thrived meeting new people and

enjoyed new experiences in the community. It also provided a much needed break for the family to be able to relax and care for Ed's three siblings.

Today, Ed goes to PCL during the day for a day program that gets him out and about in the community each day. He volunteers at the library and is involved in a cooking program and a core fitness program. He gets along very well with the staff and his peers. As a full-time working parent, it would be difficult to

provide Ed with these opportunities. The staff at PCL are wonderful and very caring. They know and understand Ed very well and provide for his needs. They pay good attention to his medical, social and safety needs. I always feel comfortable when Ed is there because I know they take very good care of him. Our family is very thankful that PCL is there for us—I don't know how we would manage otherwise.

Annette Mohammed



Brennan, Kyle and Anthony posing at half time.

Super Cool Super Bowl

The men and staff at Pastern Trail would like to thank all those who came out to our Super Bowl party. Our friends from Blueridge, Westheights, Evelyn and John S. joined in on the fun and brought awesome contributions of food!! Wouldn't be a Super Bowl Party without the food! There was lots of

cheering as the Seattle Seahawks and the Denver Broncos took to the field and we all cheered on our favorite team. Extra cheers when Seattle won!! Brennan's favorite part—the game of course. For Anthony, it was all about the half time show with Bruno Mars and the Red Hot Chili Peppers. Some others

thought all the delicious snacks were the best part, especially those messy chili dogs. But, by far, our guests made it a really special event. No matter what part was the favorite, we love to party and look forward to next time when we can get together. Watch your mailbox.

Meet the Rangers

On February 11th a small group of us took the Aud by storm at the annual Meet the Rangers event. Pastern, Blueridge and Evelyn had some fun together touring the Kitchener Auditorium, and the Rangers locker room. Not a dirty sock to be seen anywhere! Brennan had a riot recording his game plays like a pro. Kyle played a hockey video

game against one of the Rangers. Paul swung a hockey stick and made a shot clocked at 35 km/hr. David showed a million dollar smile in lots of poses with the players in their jerseys. We walked through the store and viewed some of the Rangers trophies and masks. John had to give Donna strict instructions about walking on the carpet in

the locker room. Honestly, who knew? Apparently I was a foot from making a Bieber mistake. Again I ask who knew. Anyway, so nice to see so many familiar faces that night and get autographs and handshakes from our young Rangers. We also got a Rangers hockey puck and some very nice calendars to take home afterwards.



Paul, Brennan and David enjoying "Meet the Rangers Night" at the Kitchener Aud, February 11th.

Looking good and feeling good

It is time to start thinking of warmer weather and getting back to healthy living. What better way than with your friends and family at Parents for Community Living. Eating, exercising, and living healthy can make a huge difference in our lives. Did you

know that you can prevent arthritis, osteoporosis, stroke, diabetes and many other diseases just by dietary and lifestyle choices? WOW! Have we got any competitive friends out there? Although Pastern is pretty confident that they have it

in the bag, we are willing to let you all have a chance at some great prizes. Make this a good week.

For more information, contact Chantal or Donna at Pastern Trail.



PCL Bowlothon
Fun-d-Raiser

9th Annual PCL Golf Tournament

Thursday, June 19th, 2014

Registration of \$135 Includes:

- Green Fees
- Golf Cart
- Lunch at Registration
- Excellent Dinner
- Silent Auction
- Raffles, Draws and Prizes (over \$10,000 in prizes!!!)

Tee Offs start: 1:00

Registration forms available on line at www.pclkw.org or by contacting Donna at 519-742-5849 or donnal@pclkw.org

NEW VENUE: Ariss Valley Golf and Country Club
5700 County Road 86,
Ariss
Check out their website at www.arissvalley.com



A Social Event and a Fundraiser!

Saturday, April 5th,
3:30—6:00 pm
Brunswick Frederick Lanes
385 Frederick St.,
Kitchener

Parents, families, staff and friends are encouraged to form a team for each of our supported individuals

Want to play but don't have a team? We will place you on a team.

Info and forms at www.pclkw.org

Pamper Yourself Lottery

The final draw for the Kin Club of Woolwich 2013 Pamper Yourself Lottery was held Saturday, March 8th.

Check the Kin Club website at www.woolwichkin.com to see if you are a winner!!

Thanks to all who supported PCL by purchasing tickets.

\$10 from every ticket we sold comes back to PCL!!

Thank you for supporting our Fundraising projects.

Parents For Community Living is celebrating 25 years!!
Supporting individuals with developmental disabilities in our community.



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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

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

(Cont. from Page 1 Balancing Body, Brain and Being)

now you might see people jumping on mini trampolines or doing some tapping exercise, all proven scientifically to balance the brain and reduce anxiety. If you are looking for more information on this training please call the office or check out Peter's website at www.centreconsciouscare.ca

**Conscious Care and Support
5 B-FIT Mindfulness Based
Essential Human Competencies
required to**

CATCH

"I catch myself being Here Now/Present with the care recipient. I know that I am here leading or caregiving"
"I am aware"

CALM

"Being myself and Ahh-llowing of B_FIT. I calm myself and therefore calm others."

CLARIFY AND CHOOSE

"I objectively clarify what my and their emotional states are, the needs of the situation and then choose what actions to take."

CONSCIOUSLY CONNECT

"As a leader I am focused & connected to the team member. As a caregiver I am authentically compassionate— regardless of how I feel"

**MINDFUL & EMOTIONALLY
MATURE**

"Leadership & caregiving results in best practices, self and others awareness, trust and universal values."

**Congratulations
to The St. Francis of
Assisi Movember Team—
David, Doug, Gary, Paul
and Blair—who raised
\$1,350.**

Way to grow, men!!!



Spring Forward!

It is exciting to be a part of such a vibrant and growing organization as we move into our 25th year of operations. PCL is fortunate to have such dedicated and loyal employees who truly have the best interests of those we support at the heart of what they do. This is glowingly evident throughout the Conscious Care training I am privileged to be a part of. Twenty five percent of our staff is engaged in this forward thinking and medically based practice with those we support.

PCL is actively exploring new partnership opportunities in our community. Our partnership with Core Lifestyle Fitness and Recreation Facility in Kitchener is one such partnership. We are hoping to expand on this opportunity into this new year as we see the benefits of exercise and healthy choices with those we support. Additionally, PCL has engaged an excited and skilled group of MBA students from Wilfrid Laurier University, School of Business and Economics, as we explore the possibility of developing a Community Hub. This vision of a Hub will ad-

dress some of PCL's strategic objectives of *connecting individuals we support with organizations and services in a way that provides meaningful community involvement, as well as leveraging community partnerships to increase capacity.* We are seeking new and creative ways to leverage our community partners to address emerging needs within the sector but also specific to our own community. The students will be completing research regarding investment opportunities, exploring possible partnerships, researching services and activities for the Hub and cost estimates for operations. We will keep you updated on progress on this initiative. Happy Spring!



Kathy Loveys
Executive
Director
Parents for
Community
Living