



*Life and Times
Fall 2014*

growth

independence

values

community



25th PCL Anniversary Picnic



PCL celebrated its 25th Anniversary with an annual picnic at Victoria Park Pavilion. More than 100 people attended including staff, supported individuals, family and friends.

Inside this issue:

- Jacques and Lillian Moul Leave a Legacy **2**
- Casey Ladies Moving to a New Home **2**
- Oktoberfest Celebrations at Blueridge **3**
- PCL Wins Bronze **3**
- Core Fitness Program **3**
- Community Service Learning **4**
- Donna's retirement **4**

Good food, new and old friends, speeches and music highlighted the beautiful evening at the park. Ed Koenig, Glen Soulis, Gordon Olgivie, and Ashley Giles provided a mix of dance music that brought almost everyone to the dance floor!

Gisele Denomme, one of our founding parents, shared about the history of PCL and the impact it had on their son Robert (at Crimson home) before he

passed away. PCL launched the sale of its book at this event, a historical overview of the first 25 years. Books can be purchased for \$10. Call the office for your copy!

We would also like to thank the Picnic committee consisting of Denis Turenne, Gisele Denomme, Ed Koenig, Betty Mulhall and Kathy Loveys as well as many parent members who set up, grilled, and served to make this an event to remember.

PCL thanks M&M Meats Northfield (John Villemaire) for donating the sausages and hamburgers for this event.



PCL Annual AGM Meeting



PCL hosted its annual AGM at the Art Gallery at the Centre in the Square as it celebrated 25 years serving those with developmental disabilities. All but one past Board chair was in attendance and special recognition was provided to all

former Board chairs in the form of a special plaque. The Honourable Colin Westman, PCL's first Board chair, spoke of PCL's formative years and the vision of the many family members and the fundraising efforts to get the first homes up and running. Peter Brennan, PCL's second Board chair, spoke of the many difficult years trying to obtain government funding, the difficulty in fundraising to maintain three group homes and the challenge, at times, of finding Board members. Both acknowledged their gratitude for

the work of the many family, friends, Board members and staff who have laboured to make the organization what it is today with a budget of over \$3 Million, seven group homes, two respite homes, community outreach programs and day supports serving over 90 individuals with developmental disabilities in the community. Greetings were brought from the Regional Chair Ken Seiling, MPP representing Kitchener and Waterloo, Catherine Fife and MCSS Program Supervisor

Alayne Langerak, who brought greetings from both MCSS and MCYS. Each speaker and past Board Chair were given PCL's History Book of the first 25 years, funded in part by the Waterloo Regional Heritage Foundation, and compiled by members of the Parent Group. Special thanks to Ed Koenig for his diligence in working through the many drafts and edits and helping to acquire the funding received for this publication.



Jacques and Lilian Moul Leave a Legacy

Michele's Home

Parents for Community Living is excited to share the news of a very generous bequest received from the estate of Jacques and Lilian Moul. Jacques and Lilian are the parents of Michele who resides in our Monarch home. In the fall of 2012, both Jacques and Lilian passed away within five weeks of each other. They had always been very supportive of PCL and of our care to their only living daughter, Michele. With the first gift, PCL will be able to pay off the mortgage of the Monarch home and reimburse the agency for the capital investment made in this property. The Monarch home will be officially renamed "Michele's home" at their request and in their honour.

Jacqueline's Home

PCL will also receive a generous second gift from the Moul estate which has allowed us to purchase a new home in Waterloo. This home will be better suited to meet the needs of the Casey ladies who will move to this home once renovations are complete sometime in the new year. This home will be named "Jacqueline's home" at their request and in memory of the Moul's eldest daughter, Jacqueline, who passed away of cancer several years ago.



Newly purchased Jacqueline's home

The "New" Casey

Once the ladies move into Jacqueline's home in Waterloo, the Casey house will receive some minor renovations to accommodate 4 new children who will move into this residence in early 2015. We are excited about this new children's home which will be PCL's 10th group home in the Waterloo Region.

We are extremely grateful for the generosity and vision of Jacques and Lilian and for the opportunity this allows PCL to meet the needs of those with developmental disabilities in our community. PCL will be installing a plaque in Michele's home and Jacqueline's home to acknowledge these extraordinary gifts.



Casey Home will now host a new children's program



Monarch Home to be renamed after Michele

To find out more how you can leave a legacy to PCL please go to www.pclkw.org

Casey Ladies Moving to a New Home



The Casey Ladies

The Casey ladies are looking forward to move into their new bungalow home located on Forestlawn Drive in Waterloo. The new home was purchased through the generous bequest of the Moul family. The home will be named Jacqueline's home in

memory of their daughter Jacqueline.

The move to the new home will happen early in the New Year as there is some renovation work that needs to occur before the ladies will be able to move in.

The Casey Home will then become a home to support 4 children from the community. This will be our second children's home. It will support 3 males and 1 female. This will happen shortly after the ladies move out. We are currently in the process of hiring staff for this new program.

The Kitchener and Waterloo Community Foundation Landmann Family Fund Donation

Parents for Community Living would like to extend our gratitude to the Kitchener and

Waterloo Community Foundation and the Landmann Family Fund for a generous donation that they

have provided to us in August of 2014. We intend to use these funds for capital projects.



Oktoberfest Celebrations



Steven and David
having fun at Oktoberfest

Every year in the middle of September the subject of Oktoberfest comes up in all of our homes. The PCL Oktoberfest gathering has become our traditional annual celebration of the fall season.

PCL Oktoberfest 2014 was our largest one to date with 45 people partaking in the event. We would like to thank everybody who helped to organize this year's Oktoberfest, but our special gratitude goes to the staff at

Blueridge and especially Teresa D. and Gayle R. for playing key coordinating roles in pulling everything together.

The Blueridge gentlemen, along with everyone that attended, enjoyed celebrating Oktoberfest at the Alpine Club. At the dinner, PCL crew enjoyed many traditional Oktoberfest menu items, beer and other festive beverages.

Everyone there had a great time!



Michele and Doug dancing at
the Alpine Club

PCL Wins Bronze



Mary Anne and Brenda
Receiving the Healthy
Workplace Award

We are very proud to announce that PCL has won Bronze for Waterloo Region's Healthy Workplace Awards 2014. This award comes from the dedication of staff and individuals supported to promote a healthy living and working environment. We submitted our application this year focused on the results and participation from both staff and individuals supported in

the PCL fitness challenge. In the coming year we intend to continue our efforts in creating a culture of workplace wellness by increasing our focus to include a smoking cessation program and challenge for our staff, resource and information sharing of workplace mental health, as well as continuing with our healthy eating and fitness challenges. Thanks goes out to Chantal F. and Donna G.

who facilitated the fitness challenge this year and especially to Chantal who spent many hours completing the application. As well, thanks to the Joint Health and Safety Committee and Senior Management for recognizing the importance of workplace wellness and helping to make it a priority within PCL.

Core Fitness Program

About a year and half ago Parents for Community Living developed a unique relationship with the Core Lifestyle and Recreation Complex in Kitchener. Twice a week supported individuals in our homes and individuals who were accessing day supports through our Evelyn Home and the Passport Program go to

Core Lifestyle for exercise programs.

It has become a very popular activity among those we support. We now have the opportunity to utilize the site 5 days a week. We are looking forward to further develop and build upon the day program

we have started. With the additional Passport money that is now becoming available to individuals who are currently on wait lists for day supports we hope that some of these people will access our program. We hope to build upon the exercise component and offer individuals a meaningful day program with a variety of day program options.



Blueridge, Pastern Trail, Evelyn,
Westiheights participants at Core
Fitness



Community Service Learning

PCL is proud to be a sponsor for several educational institutions by providing community service placements for students entering into the Community and Health Care field. We benefit from the support of students completing their placement hours in many ways and, in turn, provide these students with valuable learning opportunities and experiences, which will enhance their ability to provide professional support in the future. Currently, we are hosting a student from St. Jerome's University through the Sexuality, Marriage and

Family program. She has been working with a few individuals one-on-one regarding relationships and social behaviour as well as facilitating a group session for those affected by bullying. We have three nursing students joining us for a year from the McMaster-Conestoga College Nursing program and they are working one-to-one with supported individuals, learning about different disabilities and abilities, medications, physiotherapy, exercises and dementia. We also have 3 students from the Developmental Service Worker

(DSW) program at Medix College and the Community Service Worker program at Trios College. These partnerships provide excellent training opportunities for the students, gives PCL extra support by assisting staff in our homes, which enables more community outings and activities. Additionally, five students from the Medix DSW class, are assisting our Core Lifestyle and Recreation program through their involvement in the activities of the group every other week.

Through these partnerships we are increasing the awareness of Parents for Community Living in the community and promoting PCL as an employer of choice.



A student helping one of the individuals in care at Malabar

Donna's Retirement

After six years of service to PCL Donna Lenz retired on October 6, 2014. We would like to thank Donna for her contribution to this organization. Donna ensured that the PCL office operated smoothly, always willing to serve in whatever capacity was needed, helping everybody at the head office as well as the staff at

homes. Donna oversaw the training of Doug and David as they learned marketable skills in office cleaning at the PCL office. Donna was skilled in organizational detail which was reflected in the work she did on our Fundraising committee and specifically our annual golf tournament and Bowlathon. We will miss Donna's enthusiasm, friendly voice and

'can do' attitude. We are all looking forward to hearing her play piano for us again at the upcoming PCL Christmas dinner.

Everybody at PCL would like to congratulate Donna on her retirement and to wish her all the best!



Donna, MaryAnne, Brenda and Kathy

The Pledge to End Bullying

On November 13, 2014 PCL staff participated in the community launch of The Pledge to End Bullying campaign.

We can all become part of this regional initiative and take a pledge at:

<http://ctvnewslondon.ca/ThePledgeToEndBullying/kitchener/>



Brenda, Kathy and Sonya



Kyle with the Kitchener Rangers

PCL: Vision and Mission

VISION

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

MISSION

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

PCL: Board of Directors

Tim Flannery (chair)	Larry Scanlon	Shereen Rowe
Chris Barker	Gary Howell	Sharath Thundiyl
Marion Kelterborn	Chris Lasovich	
	Brittany Seigner	

