



*Life and Times  
Winter 2015*

growth

independence

values

community



## PCL and MagnusMode

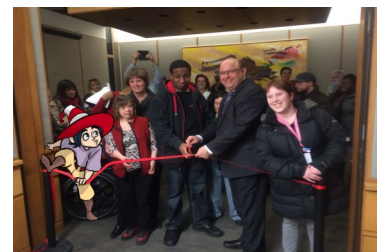


### Inside this issue:

PCL Christmas Dinner	2
United Way Campaign	2
Project Green Thumb	2
PCL Christmas Mailout Campaign	2
Malabar—PCL's Children's Respite Program	3
Parents and Members Committee	3
PCL Superheroes	3
Upcoming Fundraising Events	4

PCL is excited to announce its partnership with MagnusMode, a company dedicated to helping those with developmental disabilities gain independent living skills. MagnusMode products are focused on a charismatic character named Magnus. Magnus is a wizard who lost his magic powers and must learn to live without them. He engages people with special needs with his curious mishaps, helping them to overcome their fears and anxiety and uncover real solutions to the day-to-day challenges they face. Parents for Community Living has signed up 20 of those we support for an annual membership and they will be

among the first in the Waterloo Region to test the application. An additional 10-15 support staff will assist them to use the application. All PCL staff teams have been informed of this program and will be encouraging those we support to use the app in a variety of settings. The first opportunity for using the app was at the Centre in the Square where 35 tickets were purchased at a reduced cost to see the fabulous production of Shaping Sound. Magnus participants had the opportunity to test a specially made app on how to navigate the Centre in the Square. The Mayor of Kitchener, Berry Vrbancovic, was in attendance and assisted with the official



Mayor Berry Vrbancovic, Kathy Loveys (PCL) and Nadia Hamilton (MagnusMode) at the Centre in the Square Event



launch and ribbon cutting. We are thrilled to be a part of this exciting opportunity and to see how using this app will benefit those we support to become more independent in our community.

For more information go to:  
<http://magnusmode.com/>

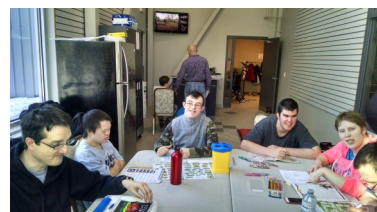
## PCL DREAM— New Day Program



The DREAM Club, PCL's new day program, is now running five days a week at CORE Fitness in Kitchener! Each day consists of two one hour fitness sessions with an instructor at CORE, usually Coach Mike. Mike is very engaging, encouraging, and exciting and he has great

relationships with all of our participants. Mike teaches skills in various sports such as soccer, baseball, basketball, volleyball, dodgeball and floor hockey. We work out in the circuit room most afternoons, using various exercise machines and equipment with Mike's help. Outside of the fitness sessions, the group keeps busy with daily brain work. Depending on their abilities, participants work on tasks like practicing fine motor skills, puzzles, spelling, math,

reading, word problems and journaling. The group is always eager to learn and staff work hard with each participant. We also have recreational time each day where clients can choose from a variety of activities such as board games, crafts, listening to music, dancing, going on outings, and watching movies. We look forward to the warmer weather so we can spend more time outdoors. Thank you to everyone who has donated to the program. Your generosity is greatly



appreciated and has helped the DREAM Club to provide a fun, educational and structured environment for individuals in our care!

For more information go to:  
<http://pclkw.org/pcl-dream-new-day-program/>



## PCL Christmas Dinner at St. Francis Church



On December 9, 2014 PCL hosted another Christmas dinner to remember! Almost one hundred people joined us, including PCL staff, individuals in our care, their families and friends. Kathy acknowledged St. Francis for their years of support of our agency, always allowing PCL to use their facilities. There was dancing, laughing and a lot of happy faces. Even Santa paid us a visit! First of all, we would like to extend our sincere gratitude to St. Francis of Assisi Church for allowing PCL to use their

premises for this event. We were fortunate that Fr. Joseph was able to participate in the dinner and say his blessings to our gathering. We would also like to thank Donna Lenz for contributing her musical and culinary skills – live music could not have been better and so was the stuffing. Our student volunteers from St. David's High School and St. Jerome's University deserve special thanks. We are also very grateful to everyone who cooked for this dinner or helped in any other way!



## Project Green Thumb



PCL applied for and was the successful applicant for a cash grant through the City of Waterloo to operate Project Green Thumb, a plan to maintain and beautify our Waterloo properties. We are looking for several interested and enthusiastic gardeners who would be willing to give a small amount of time weekly to plant, trim

and help maintain our gardens. We are looking for a commitment from approximately spring until early fall.

If you feel like you would like participate in this great initiative please contact Brenda Van Houtven at [brendavh@pclkw.org](mailto:brendavh@pclkw.org) or 519-742-5849.



## United Way Campaign

**PCL Christmas Mailout Campaign update: we have raised \$24,169.98 as of February 2015**

As a partner agency of United Way (United Way supports PCL's respite programs with some funding), PCL participated in the Loonies for United Way campaign in 2014. Over the course of the campaign, we approached our staff, board and committee

members and partners asking them to contribute loonies at every meeting that PCL organized or hosted. We achieved our goal of fostering the spirit of giving and learned that every little bit helps, and even loonies add up to make a difference.



**United Way**  
Kitchener Waterloo & Area





## Malabar - PCL's Children's Respite Program



Malabar is the PCL's children's respite program that has provided much needed relief to families since 2006. In their testimonials participants tell us that Malabar has helped them keep their families together. While some of us look at lots of snow with dread, the children at Malabar get pretty excited. The staff at Malabar have had them out tobogganing and enjoying the snow covered hills. They have

also been involved in many other activities ranging from baking to bowling as well as swimming on Mondays and Thursdays.

The last school PD day some of the kids joined the other houses at CORE Lifestyle and Recreation Complex for an enjoyable day. It was a good chance to reconnect with some of their friends who had at one time stayed at Malabar but are now receiving respite at the Evelyn Home.



## Parents and Members Committee



Parents for Community Living is one of the few agencies which still has an active and engaged Parents and Member Committee (PMC). The families who participate are actively involved with the agency, supporting our fundraising

events, sending birthday cards to those we support and buying Christmas presents for each of our homes. The PMC meets monthly and usually has a guest speaker discussing a variety of interesting and informative topics. At the January meeting Elmira Community Living staff presented on their Palliative Care home and CCAC discussed the process involved with LTC admission and other services/supports of CCAC. This month PCL's Executive Director Kathy Loveys will discuss the recent MBA project on the development of a Community Hub. Next

month Mr. Ed Arbuckle will share his knowledge on various aspects of financial planning for those with disabilities. Our Board Chair, Tim Flannery, will speak in April on the legal aspects of care of those we support. The PMC meets at St. Francis Church every second Monday night from 7-9pm. If you have a family member with a developmental disability, you may want to attend these meetings. Membership with PCL is not required. Contact Anna at the PCL office for additional details: [annak@pclkw.org](mailto:annak@pclkw.org)

### PMC Mandate

The mandate of the Parents and Members Committee is to act as advocates for individuals of PCL Homes and programs, to serve as a resource group for PCL management, support providers and Board of Directors as well as for other parents and members and to act as guardians of the PCL philosophy, vision and mission. The committee will always act in the best interests of the individuals of PCL Homes and programs and PCL in general.

## PCL Superheroes



Every employee at PCL makes a difference every day in the lives of the people we support. We want to recognize those team members that go above and beyond to make individuals lives inclusive, supported and involved in their community. In order to do this, we have asked employees to share a short story of one of their co-workers showing initiative, advocacy, fostering independence, resilience and collaborating with others in order to make a difference in the life of someone they support. The winning story submission will be

transformed into a cartoon comic strip and created poster size to show and share the story around the agency and beyond. We will also be putting the winning submission on our website and in our newsletter so that everyone can read about the awesome staff of PCL. Stories must be submitted by March 31, 2015 and there will be prizes for both the nominator and nominated. So please share your stories and have some fun. Be a PCL SUPERHERO!

For more information please see the poster in the home where you work.



## Upcoming Fundraising Events

**Fun For All! Prizes!**

**A Social Event and a Fundraiser!**

# PCL BOWLATHON ★ FUN-d-RAISER 2015

### *So Many Ways You Can Help!*

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

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Want to help but don't know anyone in PCL's homes? Get four friends or family members together and we'll pair you with an individual who needs a team.

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Team sponsorship: \$75.00 per a team of five

Donate to a team: Minimum \$10.00 for a donation receipt.

Sponsorship forms can be printed from our website.

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This year teams will be competing for two gold medals: one will be awarded to the team best at bowling and another one will celebrate the team that brings most donations.



**Date: Saturday, April 18th, 2015**

**3:30 pm–6:00 pm**

**Where: Brunswick Frederick Lanes, 385 Frederick St., Kitchener**

**For More Detailed Information  
See our Website at  
[www.pclkw.org](http://www.pclkw.org)**

**or**

**contact The PCL office at  
519-742-5849 or  
[annak@pclkw.org](mailto:annak@pclkw.org)**



**Boston Pizza Fundraiser**  
Wednesday, May 4, 5-8 pm  
597 King St. N., Waterloo

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A portion of proceeds from all dinners and takeouts between 5 pm and 8 pm will go to PCL

**PCL Golf Tournament**  
Thursday, June 18th, 2015

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For more information go to:  
<http://pclkw.org/>

**Grand River Amazing Race**  
Saturday, June 20, 2015

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Form a team with a friend and run for PCL or send an e-mail to [annak@pclkw.org](mailto:annak@pclkw.org) to register as a volunteer

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For more information go to:  
<http://www.grandriveramazingrace.ca/category/2015-race/>

## 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)  
Chris Barker  
Marion Kelterborn  
Larry Scanlon

Gary Howell  
Chris Lasovich  
Brittany Seigner  
Shereen Rowe

