

# PCL LIFE & TIMES

## SPRING 2017



Values

Growth

Independence

Community

### MICHELE'S House (MONARCH)



Michele out for a walk at Waterloo Park

### STANWOOD House



The Stanwood ladies are enjoying their new swing!

## COMPUTER APPRENTICESHIP PROGRAM (CAP)

Many people who visit the PCL office on Dupont don't realize the bustle of activity happening on the floor above us. Monday to Thursday, developmentally disabled youth aged 16 to 21 years attend classes of our (CAP) Computer Apprenticeship Program. These students come from all across the region including Cambridge.

This unique program was founded by PCL and created in partnership with the Waterloo Region District School Board, Waterloo Catholic District School Board and Wilmot Technologies. It is run by our wonderful instructor Maria Lam, who has taught 76 students.

Maria has spent a lot of time creating a curriculum to help students who come with varying levels of computer experience. By the end of the term students leave with knowledge of Microsoft office, Adobe Flash (animation creation) & Photoshop (photo-editing). For many students, this is their favorite class of the day and we have received many positive reports from students, families and teachers. A few graduates even have had work opportunities thanks to the skills and confidence gained through CAP.

The premise of the program is simple, students come to PCL and learn computer skills but the result, can be life changing for our participants.

We are looking for support from the community to keep this important program operating. If you would like more information, please contact our office.

## PROGRAM IMPACT ON OUR STUDENTS

### Computer Skills

Participants gain technical computer skills

### Employability Skills

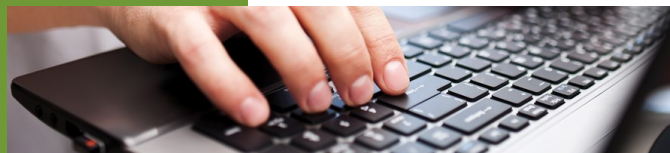
Participants gain employability skills

### Interpersonal Skills

Participants gain interpersonal skills

### Belonging

Participants experience belonging in a co-op placement similar to their peers







On Wednesday April 12, Brennan, Steven and Doug woke up and went on a surprise trip to Ottawa while their other room mate, Anthony was visiting family in BC.

After the long drive, the guys had fun walking around Byward Market and Rideau centre mall before settling down for the night to watch hockey playoffs at the hotel.

The second day the men went to Quebec to explore the museum of History. They were a bit hesitant to be going to a museum but once there, they had a lot of fun looking at the exhibits about native Americans and the history of hockey. They finished their museum experience by watching an Imax movie about hockey. When leaving the building we drove past a statue at the local park

of Rocket Richard, a hockey legend. Back into Ottawa for lunch and then spent the afternoon exploring the parliament buildings. The guys went up the peace tower, the central block library and learned about other parts of the building and the history around it. They were all tired from all the walking we did that day and went back to the hotel to watch more playoff hockey and pizza for dinner.

The final day, everyone was up early and eager to hit the road to get back to their families. We got stuck in a few traffic jams delaying our return time, but the guys didn't seem to mind. They slept on and off while telling each other stories about their lives and playing punch-buggy bingo. Steven took home the prize of Skittles for winning the bingo game and shared it with his roommates before returning back to Pastern.

## PASTER TRAIL



## MALABAR House



## JACQUELINE'S House (FORESTLAWN)



## BLUERIDGE House



## CRIMSON House





## CORE COMPETENCIES

In April, we wrapped up our agency wide initiative to keep our Core Competencies alive and well within our staff teams. The theme for the challenge was PCL HUNGER GAMES with a focus on accountability and resiliency. The staff had a great time with this challenge and we enjoyed receiving pictures when challenges/exercises were completed and the visits to PCL's office in costume.



**Congratulations to District Crimson the winner of this year's challenge!**



## PCL WELLNESS UPDATE

### OUR ANNUAL CHALLENGE — CRAZY 8's



On Wednesday April 19th, our staff and those we support celebrated the completion of our 8 weeks of crazy fitness challenge. Shoppers Drug Mart (Northfield & Weber) hosted a wonderful event with live music, bbq & a wellness fair. Rain was in the forecast for the day but it held off long enough for everyone to participate in a fun outdoor Zumba class.

Awards were presented to the recipients below for their outstanding performance.



congratulations

**CRAZY**



**WINNERS**

#### People Supported Category

- 1<sup>st</sup> = Matthew C with 481.5 points!
- 2<sup>nd</sup> = Paula R with 428 points
- 3<sup>rd</sup> = David O with 298 points

#### Staff Category

- 1<sup>st</sup> = Tori D with 607 points!
- 2<sup>nd</sup> = Caitlin B with 522.5 points
- 3<sup>rd</sup> = Dianne H with 454 points



- ☺ Week 1 Marching ☺ Week 2 Touching Toes ☺ Week 3 Side Stretches
- ☺ Week 4 Jumping Jacks ☺ Week 5 Drinking Water ☺ Week 6 Squats
- ☺ Week 7 Lunges ☺ Week 8 Russian twists

**Thank you to everyone who participated in our 8 weeks of crazy fitness fun!**

WE MISS YOU KEVIN.



## OASIS Conference 2017

Ontario Agencies Supporting Individuals with Special Needs celebrated it's 20<sup>th</sup> anniversary in Ottawa at the annual OASIS conference. Brenda Van Houtven and I attended the conference along with many of our colleagues from sister agencies in the Waterloo Region. The theme this year was *From Surviving to Thriving*. We arrived on Tuesday, May 2<sup>nd</sup> and had an opportunity to tour the RCMP stables on Wednesday morning. Wednesday evening was the welcome reception dinner with the Honourable Carla Qualtrough, Minister of Sport and Persons with Disabilities, as the guest speaker. On Thursday Brenda and I attended a variety of information sessions after an inspiring keynote session on Thriving in an Expression Economy. Our sessions included: Creative problem solving, social innovation, innovative housing and support services and community engagement in strategic planning. The theme from all the sessions was to learn to think and plan differently in our changing environment. All of the speakers were inspiring and stimulated great conversations from the hundreds of attendees. Speakers from Australia and Germany were involved in an International Café and spoke of how they were addressing the needs of those with disabilities in their countries through legislative changes. Thursday evening was the formal gala dinner and awards in the ballroom with windows overlooking the Parliament buildings. On Friday morning the OASIS AGM was held and a final plenary speaker, Lorraine Behan, former SCTV personality who spoke on *Ignite your Evolution*.

It is always beneficial to attend these events to network and learn how other agencies in the province are working through similar challenges and issues. We look forward to next year's OASIS conference in Windsor. — Katherine Loveys



### THANK YOU ROTARY CLUB OF KITCHENER- WESTMOUNT

On May 17th, Kathy and Brenda accepted a donation of \$9,500 from the Rotary Club of Kitchener-Westmount to help create a sensory room at Malabar.

This room will help meet the sensory needs of those who live with autism or a developmental delay and to assist them in maintaining a positive life experience, reduce anxiety and increase their ability to participate in the greater community.



12th ANNUAL  
**FUNDRAISING**

**GOLF  
TOURNAMENT**

*win great prizes*



**REGISTER NOW!**

Great people, great cause, lots of FUN and wonderful prizes.

### FRIDAY JUNE 23<sup>rd</sup>, 2017, ARISS GOLF AND COUNTRY CLUB

Registration & Continental Breakfast 7:30am—8:00am  
Shotgun start at 8:30am

#### PRICE: \$135/person \$90/student

- Includes green fees, golf cart, continental breakfast, steak and chicken + buffet with salads, grilled vegetables and a variety of desserts. There will also be a silent auction, raffles, draws & prizes.

Registration forms can be found on our website [www.pclkw.org](http://www.pclkw.org) or by calling 519-742-5849 ext. 100

All proceeds from this tournament will go towards our CAP (Computer Apprenticeship Program)

*Red*  
**DAY**

JUNE 9, 2017

**WEAR RED**  
in support of the women you love!

More event details on our website



St. Mary's  
GENERAL HOSPITAL  
*Foundation*

### PCL: Board of Directors

Gary Howell (Chair)  
John Collings (Treasurer)  
Chris Pippy (Secretary)  
Christine Barker  
Larry Borsato  
Tim Flannery

Aditi Gupta  
Jeff Harris  
Tom Hunter  
Marion Kelterborn  
Chris Lasovich



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Waterloo, Ontario  
N2J 2G9  
Telephone: 519-742-5849  
[www.pclkw.org](http://www.pclkw.org)

# Meet a few of PCL's WONDERFUL Volunteers!



## Project Green Thumb Volunteers

Thank you to John Reimpel, Giselle Denomme, Ross Brooks and Adrian and Barb Kempe for maintaining the lawns and gardens at our properties and keeping them in fabulous shape.

We also welcome aboard two new green thumb members for 2017, Kaitlyn Krause and Alexander Young.

## Thank you

Bea Borsato, Ingrid Timpauer & Shelley Lovell for providing direct support.



## Kathy's New Found Friendship



Kathy has been very fortunate to have a volunteer named Mercedes come into her life. Kathy's family lives out of town and it is often difficult to set up times to visit with them due to the distance and busy schedules of her siblings. Since Kathy has been connecting with Mercedes they have developed a great friendship.

***Kathy always looks forward to spending time with Mercedes on a weekly basis.***

This volunteer pairing has been able to provide Kathy with a new and different type of social opportunity. Kathy and Mercedes spend time crafting, playing games, going out into the community, and just enjoying each other's company. Mercedes has provided Kathy with a feeling of inclusiveness like her housemates who often have their families come and visit. She is able to share her wonderful experiences she has with Mercedes with them. We are very thankful that Mercedes has had a great positive impact in Kathy's life and without her commitment to volunteering all this would not be possible.

## "Carley Day"



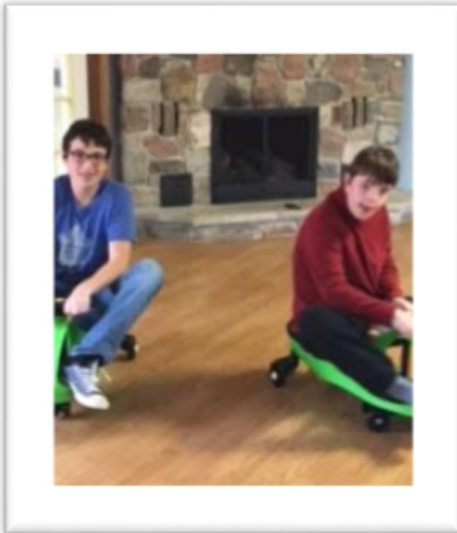
Six years ago Carley came into Barbara's life as a stranger. Together they have developed a special friendship. Each week Barbara counts the days until Thursday also known as "Carley day". They spend a couple of hours together doing various outings such as dinner/theater, dancing, hockey, mall browsing, but most important is just hanging out and talking.

Carley has become a part of Barbara's extended family as their friendship is more like caring sisters. Carley is an exceptional lady who adjusts her time each week to volunteer with Barbara to help make her life special and as normal as possible.

***Words cannot express Barbara's family's appreciation for what Carley brings to Barbara each week.***



*Thank you for sharing your  
time and talents with us!*



### Fun with Play!

Dylan plays with the kids at Malabar Tuesday evenings and truly enjoys interacting with those we support. He has developed a rapport with those who live there permanently and anticipates what they might enjoy doing in terms of activities (ie. magnetic sand, puzzles, board games, plasma cars , etc).

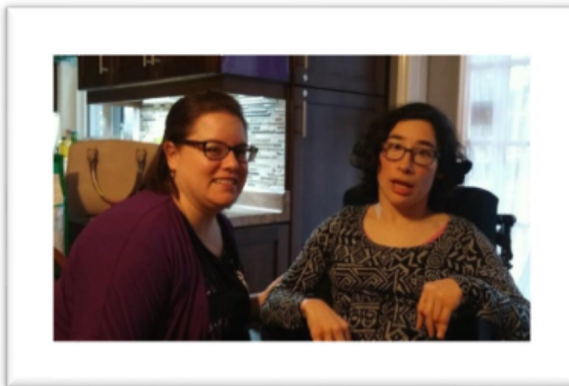
***When new respite children come to stay, Dylan makes every effort to incorporate them into play as well.***

He has now completed his required hours for school but he is continuing his volunteer position for an extended period of time.

### Jan's Journey back to PCL

Jan was just a young child when her mother decided to introduce her to the world of PCL. Her journey began living at Blueridge with the guy's because her mother was the in house support provider. Jan remembers as a young child this being a very positive experience.

Jan, now a mom herself started searching for her meaningful career.



To ensure she was going in the right direction Jan inquired about being a volunteer for an individual at PCL. She was matched with Cory at Crimson house. Jan comes weekly to do various activities with Cory which includes making crafts, unique cards, and walks in the community. Jan has been a valuable volunteer member bringing meaning and joy into Cory's life.

***Jan has an infectious smile and always positive cheerful attitude that matches Cory's ray of sunshine.***

Thank you to all those who volunteer their time at  
Parents for Community Living

Board of Directors, Committees of the Board, Parents & Members Group,  
Special Event Volunteers & Students.

NATIONAL VOLUNTEER WEEK  
April 23<sup>rd</sup> – 29<sup>th</sup>, 2017



