

PCL LIFE & TIMES

SPRING 2019



A PERFECT PARTNERSHIP

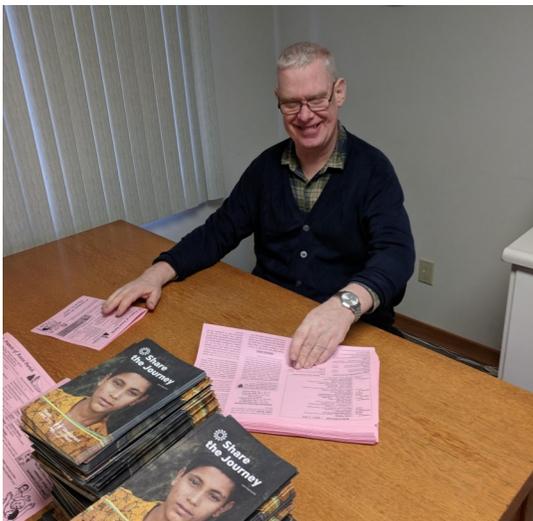
David and Doug are a big help at St. Francis Church in Kitchener. Under the Supervision of Gary Howell (PCL Board Member) they have found a meaningful way to contribute to the community. The men are well known at the church for their volunteer work and Parishioners experience their generosity and dedication on a regular basis.

David volunteers Monday to Friday at the church for three to four hours a day. He opens all the church doors for the morning masses, helps clean washrooms, windows, pews, vacuums, organizes hymn books, shovels snow, cuts grass, collects garbage outside and is happy to offer assistance to Gary for any other tasks he can help with. David's service is an important value to the day to day functions at the church.

"Being part of a community and feeling like you are a part of something is intrinsic to ones self worth," says Gary. You can see by their smiles that they take great pride in their work.



David volunteers 3-4 hrs a day from Monday to Friday at St. Francis Church in Kitchener



Doug volunteers on Fridays to fold bulletins and also helps at the church as needed.

Doug is David's brother and he has other jobs in the community throughout the week, but on Fridays, he comes in to St. Francis church to fold the bulletins. Doug and Alice (Parish Secretary) have a great relationship and Doug constantly chuckles as he works. Sometimes Doug will assist Gary in the church organizing the hymn books or assisting in moving tables and chairs. Doug also has the responsibility of opening the church for Confessions and service on Saturdays and is a hospitality Minister at Saturday masses where he hands out bulletins and helps collect the mass donations.

Having the opportunity to work with both men has made Gary's retirement that much more meaningful. "I don't know what I would do without them", says Gary. He is very proud of their accomplishments and is grateful that he can be a part of their journey.

**PCL IS
CELEBRATING
30 YEARS!**
More details to
come.



A MESSAGE FROM KATHERINE LOVEYS EXECUTIVE DIRECTOR, PCL

The birds are singing, the snow is melting, the maple syrup is running and the sun is out more often! Spring is a time of renewal and a time where folks who may have been hibernating get outside for walks and gardening. This is a time where PCL will be looking for volunteers who want to help make our properties beautiful. Please reach out to us on our website if this is the way in which you would love to volunteer with PCL.

Parents for Community Living has been busy over the winter months. We were honoured to have been nominated for the second year in a row for the Chamber of Commerce Business of Excellence Awards for Health and Safety in the Workplace. Brenda, Mary Anne, Angela and I attended the gala event on February 21 and were thrilled to win this prestigious award! We were up against some tough competitors, Blackberry, the Centre for International Governance Innovation, Anytime Fitness and W. G. Cunningham Ltd. PCL has received many congratulatory messages from the Mayor of Waterloo Dave Jaworsky, MPP Harold Albrecht and others.



Of course, it is our staff teams and our Wellness Committee who invested their time and energy to help us to achieve this award. Our staff are our greatest asset and resource and I want to thank each one for the work they do on a daily basis to support those in each of our homes and programs. Please take the time to thank a PCL staff member when you see them next for the wonderful work they do.

This is certainly a time of economic and political uncertainty as we do not yet know if the current government will support the developmental service sector with funding to help those who languish on wait lists.

DID YOU KNOW? In the Waterloo Region there are approximately 526 adults waiting for residential services; 573 adults waiting for employment/day supports; 192 adults waiting for respite services and over 200 children waiting for respite services. Ninety per cent of individuals with developmental disabilities live below the poverty line; 18 % of people living in homeless shelters have a developmental disability. (Data sources: Developmental Services Ontario Central West and Intentional Community Consortium 2018)

There is indeed more work to be done but it requires a collaborative effort.

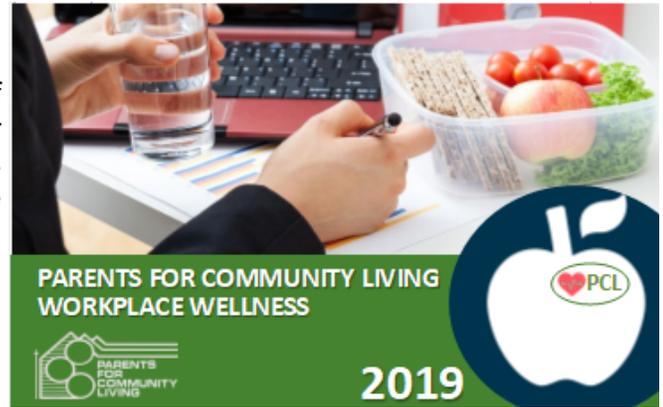
We ask for your support in helping us to communicate to your friends, neighbours, work contacts and your MPP about the importance of our work and the plight of those with developmental disabilities in our community. Thank you for your help in this way.

Katherine Loveys
Executive Director
Parents for Community Living KW Inc.



A NEW YEAR OF WELLNESS

Everyone at Parents for Community Living (including staff and those we support) were given their Wellness Calendar for 2019. This calendar was made by the PCL Wellness Committee and provides a month by month glance at the activities planned for the year.



WELLNESS TRACKER HOW MANY CHALLENGES CAN YOU PARTICIPATE IN?
Participate in monthly activities/challenges to get a sticker to place below.

Name: _____
PCL Home: _____

FEBRUARY CRUSH	FEBRUARY [X]	MARCH [M]	APRIL [A]	MAY I ♥ BINGO!	JUNE [J]
JULY Wheel of Wellness	AUGUST Wheel of Wellness	SEPTEMBER [S]	OCTOBER BONES & JOINTS	NOVEMBER [N]	DECEMBER FUN & GAMES
MYSTERY CHALLENGE ?	MYSTERY CHALLENGE ?	MYSTERY CHALLENGE ?	[M]	At the end of the year, we will ask you to take a picture of this sheet and send it to pclwellness@gmail.com	

Each month has a special wellness theme, with activities planned for participants to earn stickers to put on their wellness chart. We have some great prizes in the works to encourage participation and reward them for their great work.

HEALTH & WELLNESS TOUR

With the 2019 Chamber of Commerce 2019 Health and Wellness Award in hand, PCL Executive Director, Katherine Loveys has started a Health & Wellness Tour. Visiting each home to share the award and thank our staff and individuals we support for their excellent participation.

Pictured here with the award some staff from our the St. Charles home. **Where will Kathy visit next?**



CONGRATULATIONS CRIMSON



In February, for Healthy Heart Month, PCL held it's first Heartburn Chili Cook-off. Each Home created a themed chili brought it to St. Francis Church and we had ourselves a chili party. Staff and individuals we support voted on their favorite and Crimson had the most votes with their Cowgirl Chili.

Special thank you to the ladies at Forestlawn for the beautiful trophy they made for the event.

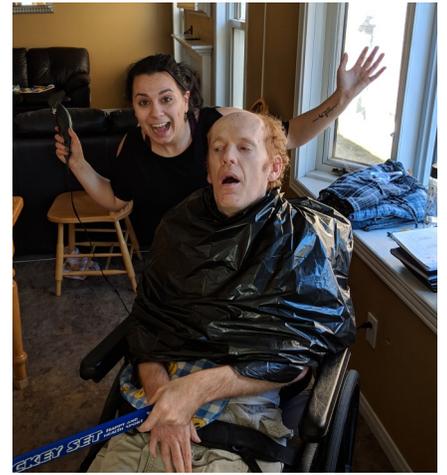
We can't wait to see, which home gets to take the trophy next year!



Enjoying the trampoline at Malabar.



Westheights really enjoy their visits to trampoline parks.



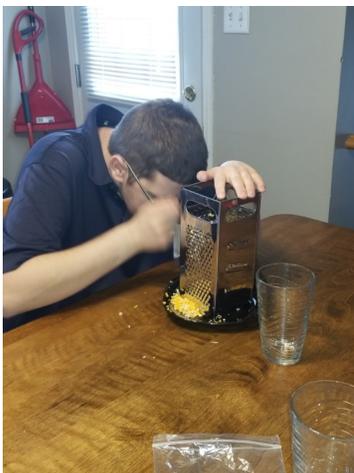
Sierra a staff member from our Stanwood home enjoys giving haircuts and helping our friends feel comfortable while doing it.



Our friends from Evelyn enjoy Music Therapy Classes held weekly at Malabar. PCL also holds music therapy sessions at St. Charles and at the Day Program at Bridgeport.

TEAMWORK AT PASTER TRAIL

The gentlemen from Pastern Trail really enjoy cooking and preparing meals together. Below are pictures of a typical meal prepared at their home. Everyone plays a part and then they sit down and enjoy their meal together. Pastern Trail, Core Participants and Blueridge also attend a cooking club which is hosted at PCL's Westheights home.





The Ladies from Forestlawn visited their former housemate and had a wonderful time catching up and enjoying some music and dancing.



Our friends from Monarch enjoyed their tour and visit of the St. Charles home.

A FAMILY IN CRISIS - A HOME FOR MELISSA

Melissa (Name changed for privacy) is an eleven year old girl with a diagnosis of severe autism. Melissa’s Mother had MS. The family contacted PCL in the Fall of 2016 and requested respite so that the family could spend quality time with Melissa’s older sister who was 13. We offered the family a weekend a month at our Malabar home, which they were very grateful for.

Christmas of 2016, PCL received a phone call from McMaster Hospital asking if we could provide immediate respite to Melissa as her mom was in the hospital. Sadly, she had been diagnosed with a cancerous brain tumour. PCL responded immediately and provided respite to Melissa over the holidays to help the family cope with the difficult time they were facing.

Melissa’s Mother returned home but faced many months of chemotherapy. In the spring of 2017 PCL received a phone call from Melissa’s Grandfather saying Melissa’s mom broke her leg during a fall. While in the hospital, the family learned that her brain tumour was very aggressive and she had little time left to live. The family was in crisis. Once again PCL responded to support the family with regular respite provision on weekends and during week days. Staff provided additional support so Melissa’s family could spend much needed time together and arranged many visits for Melissa to visit her mom in her final days.

Melissa’s Mothers dying wish was that Melissa could be placed permanently at the Malabar home. PCL had a vacancy and Melissa received approval to move into the Malabar home prior to her mom passing away. Her wish was granted and she passed away in peace. Melissa has settled well into the Malabar Home and her family continues to be very involved in her life.

In 2018/19 PCL provided 3202 days of respite to 51 children and adults.

In Waterloo Region over 200 children and over 192 adults are waiting for respite.

DAY PROGRAMS (DREAM CLUB & BRIDGEPORT)

Participants in our Day Club Programs have had a lot of fun in March. Below are just a few of the activities they participated in.



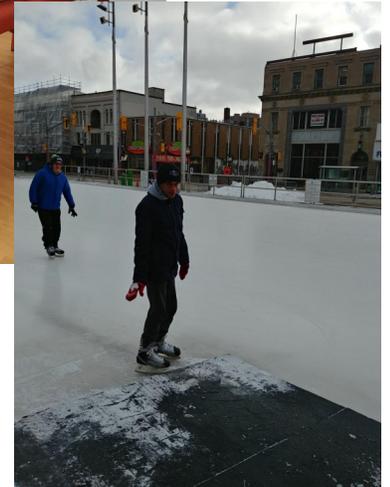
Adaptive Chair Zumba



Mardi Gras/Shrove Tuesday Festivities



Friday Spa Days



Day Trips

HAVING A PLACE TO GO AND FEELING PART OF A COMMUNITY

Edmund (name changed for privacy) was an individual who had finished high school and because of his significant medical issues was at home by himself with no programming to attend.

Edmund started coming to Dream Club, attending two sessions a week and is now attending 5 days a week. Edmund loves coming to the day program and we love having him as he is very engaged in the program. His mom said coming to the Dream Club is giving him a whole new outlook and has expanded his circle of friends.



PCL runs two DREAM Club programs that operate Monday to Friday from 9 am to 4 pm. Attendees participate in fitness and brain stimulating activities. We are thankful for our continued Partnership with Core Lifestyle & Recreation Complex to deliver this important program.

LEADERSHIP FROM WITHIN

We are pleased to present the graduates from our first six week Leadership From Within program facilitated by our Senior Management team and Program Supervisors. 21 Direct Support Professionals and 11 Program Supervisors took part in this training to increase and build on their leadership skills. They learned what leadership is all about and the different styles of leadership, communication, conflict resolution skills, coaching and professionalism in the workplace.



We will be following up with this group in the summer to see how they are progressing with their leadership goals and based on the positive feedback we hope to be able to offer this course again in the coming year.

COMPUTER APPRENTICESHIP PROGRAM (CAP)

Term 2 (February - June 2019) of PCL'S Computer Apprenticeship Program is in full swing with 20 students enrolled. Students are hand picked for the program by their teachers and come from high schools throughout the Waterloo Region. The program takes place at the PCL Office on 30 Dupont in Waterloo. Along with learning computer skills, students learn how to use public transportation and learn about how to engage in a workplace (business) environment.

Maria Lam, CAP Coordinator added some new items to the curriculum for 2018/19, some based on feedback from the WAT team, including orientation, career process, money management and workplace etiquette. Maria has also created online time cards for students to use to check in and check out of the program. This advises their teacher that they have arrived safely. Teachers and EA's regularly attend the program to check on their students progress.

The CAP program provides students with exceptional abilities between the ages of 16 and 24 with computer skills training which will enhance their ability to live and work independently within the community.



*May the winds of Heaven blow softly and whisper in your ear
How much we love and miss you and wish that you were here*

Mary Burke
Carly Lasovich
Anne "Betty" Mulhall

Venette Padden
Steven Robert Fielding
Helen Spain

PARENTS FOR COMMUNITY LIVING FUNDRAISING GOLF TOURNAMENT

JUNE 21st

Ariss Valley Golf and Country Club
Tee Time 8:00am Sharp

PLEASE JOIN US

Sign up online at www.pclkw.org
Or call 519-742-5849 Ext. 100

\$140 (Until May 31st)
\$150 (After June 1st)
\$ 95 Student Rate

REGISTRATION IS
NOW OPEN.

Woo-hoo!



Proceeds from this tournament will be directed toward providing affordable housing for people with exceptional needs. In the Waterloo Region, over 500 adults with disabilities are waiting for residential supports. The funds raised at the Golf Tournament will help us support this important need in our community.

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