

PCL LIFE & TIMES

WINTER 2017

Values

Growth

Independence

Community



CASEY House



ABBY'S JOURNEY AND STRUGGLE WITH COMMUNICATION

Abby has very limited comprehension of verbal language and also has echolalia. Echolalia means that Abby repeats most of her known vocabulary. The staff at Casey wanted to assist Abby with her communication so Abby was placed on wait list for Applied Behavioral Analysis (ABA). Last summer we were lucky enough to have an Applied Behavioral Analysis worker, from Kerry's Place services, come to the house and work with Abby on her communication skills. Caitlin assessed Abby and what skills she already had and what her capabilities could be. Throughout the summer, once a week for 2

hours, Caitlin, Abby and staff worked on using picture symbols, drawings and repetitive matching verbal language. Caitlin created a small book that Abby could carry around with her to assist her with showing staff what she was requesting. When Abby would point or make a request staff would ensure she was using proper pronunciation. This process was also used for every day life skills such as asking for water or going to the washroom etc. Caitlin felt that an iPad would expand the options for Abby's communication and Abby was referred to have an augmentative communication device assessment. Abby has been very

successful at school using an iPad and it would be very beneficial if Abby had one of her own. Abby is now on the wait list to receive her assessment and we are all excited to help Abby carry on her journey with communication.



SAVE THE DATE

Boston Pizza

A portion of the proceeds from all in restaurant & take-out orders between 5pm and 8pm will go to PCL.

Mark your calendars for Monday March 27th, 2017 5pm - 8pm.

ONLY AT the King St., N., Waterloo Location

THE KW COMMUNITY FOUNDATION LANDMANN FAMILY FUND GRANT

Parents for Community Living would like to extend their thanks to The Kitchener and Waterloo Community Foundation, Landmann Family Fund for the grant we received. This grant will support our Computer Apprenticeship Program which provides digital literacy training for youth ages 16-21 through a partnership with both local school boards.



THE KITCHENER
AND WATERLOO
COMMUNITY
FOUNDATION

WATERLOO REGION'S HEALTHY WORKPLACE AWARD

We are thrilled to announce that PCL has won Waterloo Region's Healthy Workplace Award – Gold Level. This award recognizes organizations who demonstrate a strong commitment to improving the health of their employees. We couldn't win this award without all of our wonderful participants. This is our 3rd year winning an award and the second GOLD award.



Waterloo Region's
**Healthy Workplace
Awards**
2016 Gold
Award Recipient

Stay tuned for upcoming healthy workplace challenges as we go for gold again next year... and the PLATINUM award!

PCL ANNUAL CHRISTMAS PARTY



Santa made his annual stop at the PCL Christmas Party.

On February 2nd, the KW Titans joined us at our Core/Dream Club Program. They spent time with our participants shooting the ball, dribbling and signing autographs for everyone there. We look forward to cheering them on at the February 19th, Special Abilities Game Day.

TIME WITH THE TITANS



FORESTLAWN House (JACQUELINE'S)



We are excited for Deb (pictured above left) as she starts her new job shredding paper at Boulevard Limousine Company.

Thank you to Sports for Special Athletes, for giving Laura (pictured left) a lovely fruit basket, to express their condolences about the passing of her father.

MALABAR House



The kids at Malabar are attending Music Therapy through Wilfrid Laurier University and they love it. This is a picture of Robbie's (pictured right) first session and he is using the drum.

MICHELE'S House (MONARCH)

The Monarch Ladies enjoying a game of mini-golf and a visit to the science centre.



The Kids at Casey House have been enjoying the outdoors!

CASEY House



PASTER TRAIL House



A New Year brings a finish to Pastern Trails family room make over. Having had an assortment of mix matched furniture for many years, the men at Pastern are happy with the final results. Thanks to the staff at Pastern who were able to find some great deals on new curtains, furniture and lamps. A new paint job and the men are happy to have it done and enjoy their new space.

STAFF TRAINING

In the fall of 2016 and early January 2017 we were very fortunate to benefit from training from two very talented professionals from the Child and Parent Resource Institute (CPRI).

In November 2016 Dr. Ross spent a day teaching us about working with complex individuals and helping us to understand the functions of these behaviours and how to manage them. In January 2017, Dr. Zayed helped us to understand Negative Life Events and Trauma and how to help others who have experienced such events. Both of these training events were positively received and have provided some concrete ways to improve our supports.

We are fortunate once again to provide student placement opportunities for students from various institutions. These include but are not limited to Conestoga College, Trios College, Sheridan College, Nipissing University and Wilfrid Laurier University. These placements provide a learning opportunity for the student as well as providing extra support/activities to those in service and an extra helping hand for the staff teams.



Introduction to core competency training

CORE COMPETENCIES

February marks the beginning of our latest agency wide initiative to keep our Core Competencies alive and well within our staff teams. The theme for this challenge is PCL HUNGER GAMES, and it will include games and exercises representing the core competencies with a Hunger Games twist. It should be a lot of fun and we hope all Districts will be represented.

May the ODDs be ever in your Favour!



PCL WELLNESS UPDATE

In **December**, the Wellness Committee focused on good mental health and in keeping with this, each home received a dot to dot book that the staff can do when they are feeling high levels of stress.

30 DAY JUMP ROPE CHALLENGE

For the month of January, our PCL Wellness Committee challenged staff to a 30 Day jump rope challenge. Only 5 minutes a day can improve aerobic and anaerobic capacity, coordination, balance, agility, speed and quickness of hands.

Congratulations to our challenge winner, Jessica Curtis.



OUR ANNUAL CHALLENGE — CRAZY 8's

We will be starting our annual fitness challenge, February 13th and it will include 8 weeks of CRAZY FITNESS FUN!! This challenge is for both the staff teams and those we support. We will be having lots of fun challenges along the way, so keep checking email and Facebook for updates. Sign up at pclwellness@gmail.com



KEVIN MULHALL — CELEBRATION OF LIFE

Kevin passed away peacefully with his mother by his side at the Monarch Home in Waterloo on Wednesday, January 11, 2017 at the age of 55 years. Kevin was a beautiful and charming soul. During his life, he truly had a positive impact on everyone he met on his journey. Kevin led a very enriched life, he was a Special Olympics champion bowler and swimmer. Kevin was a strong lover of ice caps, good music, classic movies and had his favorite scheduled television shows. When Kevin wasn't busy with his active social life, he was selflessly giving back to his community and volunteering with the Kitchener/Waterloo food bank. Kevin participated in a work placement with KW habilitation services and was a valued employee of Home Depot for many years. Kevin was a much loved member of the Parents for Community Living Family, where he was supported for over twenty years.

WE MISS YOU KEVIN.

COMPUTER APPRENTICESHIP PROGRAM

Term Two of PCL's Computer Apprenticeship Program is now complete. 32 high school students with developmental disabilities, developed their Microsoft Office skills and learned how to market themselves in the workforce. The final project for the students was to create their own business cards.

We are anticipating 28 to 32 students in the February Semester and this session may include a new element using free Apps such as Adobe's Spark, Google's Snapseed, and free WebPress blogging to post students' work.

Thank you to Maria Lam, our wonderful Computer Instructor for all her hard work to make this program a great success!



Testimonial December 2016 –

From a parent whose son is a participant in the Computer Apprenticeship Program

"Our son has always struggled with knowing what direction his life would take him after finish school. His main enjoyment has always been working on the computer, but without the skills to do something marketable on the computer we did not see that his future would involve computers except on a recreational level."

"When he heard about the CAP through his Life skills teacher at school, we immediately enrolled him in the course. We are so thankful he was able to get in. He has excelled at the program and is often telling us it is his favorite part of his week. He always looks forward to Wednesday and Thursday mornings. As noted by his worker that goes with him, his focus while completing tasks (something he often struggles with) has been impressive."

"We have a new found hope that he may be able to continue with this program and once finished can find some employment where he can use the skills he has acquired at this program."

WELCOME



We'd like to welcome Holly Pierre, Bookkeeper and Angela Murdoch, Administrative Assistant to the PCL Administration Team!

VOLUNTEERS NEEDED!

If you are interested in joining our Golf Committee or helping on the day of the event, please contact the PCL office. We would love to have you!

SAVE

**JUNE
23
2017**

THE DATE

PARENTS FOR COMMUNITY LIVING'S

ANNUAL GOLF TOURNAMENT

JUNE 23rd 2017 | Ariss Golf and Country Club

This years tournament
will begin in the
morning



BACK BY POPULAR DEMAND

We are thrilled to share that Don Cameron will once again be the Honorary Chair of this year's Tournament.

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

Gary Howell (Chair)
John Collings (Treasurer)
Chris Pippy (Secretary)
Christine Barker
Chris Lasovich

Tim Flannery
Jeff Harris
Larry Borsato
Marion Kelterborn



Parents for Community Living
30 Dupont St. E., Unit #102
Waterloo, Ontario
N2J 2G9
Telephone: 519-742-1060
www.pclkw.org