



Our first summer at St. Charles



St. Charles—located in Breslau
opened in January 2018



St. Charles supports 5 adults with permanent residential supports and expands respite from 6 to 8 beds.



Welcome Firo, who is our
Maintenance Worker at PCL.

Thank you Jim (Father of one of our
staff) for taking such loving care of
the gardens at St. Charles.



Fresh from the St. Charles Garden



MESSAGE FROM KATHY LOVEYS, EXECUTIVE DIRECTOR

It has been quite awhile since we last published our newsletter, and it isn't because it has been a 'slow news day'! We have been very busy as most of our readers will know. Last year we enlisted the support of Capacity Canada and two of their Executives in Residence, Don McDermott and Sandra Hanmer, to guide us through our new Strategic Plan. After consulting with over 200 stakeholders we are pleased to roll out our new plan this summer, ***Moving Forward Together***, and I have been meeting with all of our amazing staff teams in each of our homes to review the plan with them. To better support our goals and objectives from this plan we have restructured our senior management team. Brenda Van Houtven will be reassigned as our new Human Resources Director; Mary Anne Linka, Community Services Director; Terry Smith Finance and Operations Director; and we will have a new Residential Services Director, Sonya Mehta who has been with PCL for 18 years, to provide oversight to our adult group homes. We welcome Sonya to her new role in September. We also welcome Nidhi Kumar to PCL as our new book keeper and payroll clerk. Nidhi recently moved to Cambridge from Mississauga and we welcome her to our community and the PCL family!

We were pleased to open our newest home and expanded adult respite site in Breslau on St. Charles St. This new residence supports 5 adults with permanent residential supports and expands respite from 6 to 8 beds. Our Evelyn home has been repurposed to move the 4 adults residing in children's beds to this location and we also added a fifth person to this home. This freed up the children's beds allowing us to serve new children at Malabar and Casey. Overall, we increased capacity by 10 beds. We are thankful for our Ministry partners, MCSS and MCYS, who supported us with this growth opportunity and provided the necessary funding to renovate the St. Charles St residence.

We continue to hear from families in our community who need our help. We are hopeful the newly elected government will continue the work that has been started to support those families in our community who need it.

Earlier this year PCL was pleased to have been nominated for two Chamber of Commerce Business of Excellence Awards for Not for Profit/Charitable Award and Health and Wellness in the Workplace Award. Although we didn't win an award, our agency gained considerable recognition and exposure within the community. PCL did win two other awards this past year. The first was the Platinum award from the Region of Waterloo's Healthy Workplace awards. This is PCL's third year winning Gold, resulting in the platinum award. Secondly, PCL was recognized by our provincial peers by winning the Developmental Services Human Resources Award. We are pleased with the recognition we have received over the last year, truly a reflection of our awesome staff teams and exceptional leadership!



Sonya Mehta
Our New Residential Services Director



Nidhi Kumar
Our new Book Keeper and Payroll Clerk



THE CHALLENGE:

PCL'S WELLES TEAM was excited to launch it's first edition of the **CHOPPED PCL FOOD CHALLENGE!**

Each week, the homes competed to create unique and creative recipes using mystery ingredients provided in the chopped boxes. After each house voted on the meal, pictures and recipes were sent to the Wellness Committee who judged each meal on Presentation & Creativity.



WEEK 2 MYSTERY BOX INGREDIENTS Fennel, Couscous, Sprouts and Grapes

STANWOOD MADE:
Fennel and lime fish with couscous bird-nest with roasted sweet potato, bean sprouts and fennel stock.



Our friends at each home gave a thumbs up or thumbs down for each meal.



WEEK 1 MYSTERY BOX INGREDIENTS Twizzlers, beets, apples & red pepper

BLUERIDGE MADE:
Red pepper appetizer, Apple Fennel Pork Sliders, Beet Pickles, Roasted Beet and Carrot Fritters and Strawberry Lemon Twizzler Cookies



MENU	
THE STANWOOD SPECIAL	
ENTREE	
Beef Salad	
Honeydew Sweet Potatoes	
Potato Mashed	
DESSERT	
Fruit Kabobs	

Congratulations to all the winners!

First Place Stanwood
Second Place Blueridge
Third Place Monarch/
Pastern/Crimson

Congratulations to Stanwood for winning the Chopped Challenge. Their prize was for the Wellness Committee to prepare a meal just for them!





PCL ANNUAL FUNDRAISING GOLF TOURNAMENT



PCL's Annual fundraising Golf Tournament took place in June at Ariss Valley Golf & Country Club. We had beautiful weather for our event and our participants enjoyed a great day of golf.

Thank you to our Honourary Co-Chairs Doug & Brennan Hutton and Lyndsay Morrison, CTV Weather Specialist who was our Emcee for the Closing Ceremonies.



EVERY participant left with a prize at the PCL Tournament. Thanks again to the Bent Elbow for their generous support of our Tournament.



Thanks to our participants and our generous community, the PCL tournament raised over \$14,500.00 which will be directed toward our Core/Dream Club Program.



CORE/DREAM Club is a day program that operates Monday to Friday from 8 am to 4 pm out of the CORE Lifestyle and Recreation Complex. Participants enjoy a full day of sports, arts and crafts, music, brain and sensory activities.



SENSORY ROOM AT MALABAR

we
♥
it



Summer students spent time filming at each of the homes. Footage will be used to create future training and promotional videos.



COMPUTER APPRENTICESHIP PROGRAM (CAP)

Our 6th term of the Computer Apprenticeship Program will officially start in mid September. We will have a couple of returning students picking up intermediate level photo-editing and graphic design.

We are excited to have acquired drawing tablets for students to practice digital drawing with a stylus instead of a mouse.



We are hoping to have WRPS Officer Tyler back to talk to us about Internet Safety.

Be smart
internet





PLEASE JOIN
US

**PARENTS FOR
COMMUNITY LIVING
ANNUAL GENERAL
MEETING**

SEPTEMBER 24th
6:30pm Refreshments
7:00pm AGM

Briarfield Gardens
1250 Weber Street East
Kitchener (Lower Level)

Please RSVP to
Angela Murdoch
angelam@pcklw.org
519-742-5849 ext. 100

RIDE OR WALK! WITH US

SEPTEMBER 29, 2018

in the Ride for Refuge.

**WE'RE RAISING
MONEY FOR**

PCL

CONTACT

Kathy Loveys
Team "CAP'N Kate"
Email kathyl@PCKLW.org

Or

Brenda Van Houtven
Team "Rocket Riders for PCL"
Email: brendavh@pcklw.org

We need

- ☐ Riders/Walkers
 - ☐ Make a donation
- www.rideforrefuge.org

Parents for Community Living
102-30 Dupont St. East
Waterloo, Ontario
N2J 2G9
Telephone: 519-742-5849
www.pcklw.org



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TODAY**

Let's build a mentally healthy
workplace together.



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