

PCL'S

"GOOD NEWS" news August 2021

"It only takes a split second to smile and forget, yet to someone that needed it, it can last a lifetime." – Steve Maraboli



Shannon T. from Casey got married on July 20th.



Abheet T. from Westheights recently received his certificate with "high distinction" in Conestoga Colleges' "Community and Social Service Management" program.



Emily R. from the SIL program (Bridgeport @ Lancaster) just finished the school portion for her Developmental Service Worker Apprenticeship! She graduated from the DSW Program, Fanshawe College.



Dallis F. from Evelyn graduated from her DSW program on August 9th.

Nada V. from Evelyn was happy to share that in August, her daughter, Ana got married in the church and her granddaughter, Marija was baptized.



HAPPY FACT



Sea otters hold hands when they sleep so they don't drift apart.

Smiling may

- Lower blood pressure
- Relieve stress
- Strengthen immunity
- Improve mood



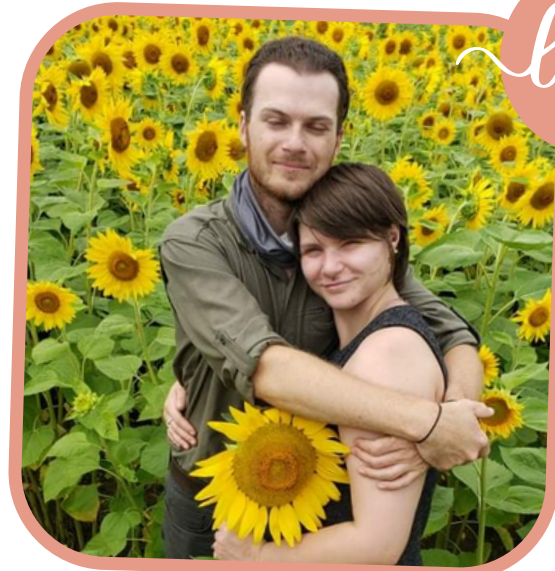
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*"Success is not the key to happiness.
Happiness is the key to success." –
Albert Schweitzer*



Erin M. from Casey and her partner are engaged!!!



Morgan D. from Pastern recently got engaged!



Molly R. from Pastern got married and she also graduated university back in June. Molly is starting teachers college this fall.

NOT
myself
TODAY®

EMOTIONAL INTELLIGENCE

Emotional intelligence (EI) — also known as EQ — is the capacity to identify, comprehend and manage one's own emotions, and understand those of others. According to emotional intelligence expert, Daniel Goleman, there are five key elements* that make up a person's EI:

Self-Awareness

Self-Regulation

Motivation

Empathy

Social Skills

PCL'S

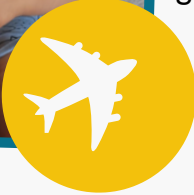
"GOOD NEWS" news August 2021

"Life is like riding a bicycle. To keep your balance, you must keep moving." — Albert Einstein

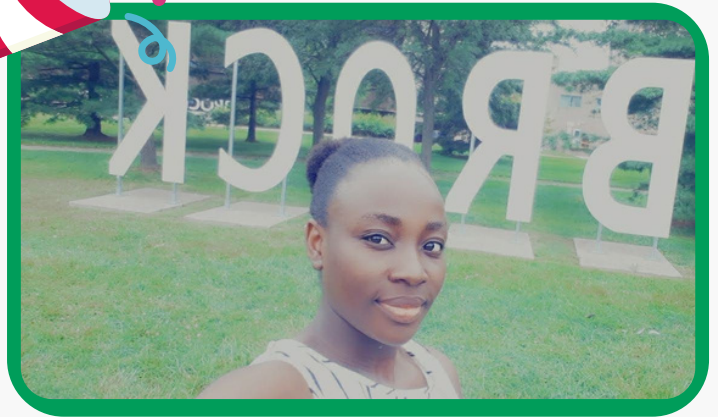
TIP TO BUILD EMOTIONAL INTELLIGENCE



Sonya M. from the PCL Sr. Mngmt Team is looking forward to traveling with her little guy. They are learning about the world.



Check in with your values. Make a list of your core values. Evaluate whether your daily activities are helping you live in alignment with these values, and if they're helping you achieve your goals.



Gifty O. from Monarch has gained admission in MA Disability Studies and is specializing in Applied Behavior Analysis at Brock University.

TIP TO BUILD EMOTIONAL INTELLIGENCE

Alecia D. from Forestlawn turned 30 on August 23rd and is also getting married on September 19th.



Reflect. Take a moment to check in with yourself. Notice how you're feeling and why you're feeling that way.

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"GOOD NEWS" news August 2021

IN THEATRES



PAW Patrol: The Movie



The Protégé



Reminiscence



The Night House



The Suicide Squad



Free Guy



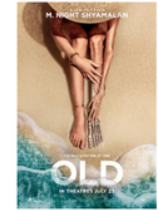
Jungle Cruise



Space Jam A New Legacy



Stillwater



Old



Black Widow



Don't Breathe 2



Respect



The Green Knight



F9 The Fast Saga

NETFLIX

What's Coming to Netflix Canada
August 2021:

He's All That (2021) – Gender reversed update of the beloved 90s teen drama starring Cobra Kai's Tanner Buchanan.

Tiletown High (Limited Series) – Sports docuseries centered around high school football team Valdosta Wildcats.

Hometown Cha-Cha-Cha (Season 1) – New romantic weekly K-Drama series.

The Equalizer (2014) – A man with a violent and mysterious past is forced to take action when he meets a young girl under the control of ultra-violent Russian gangsters.

Manifest (Season 3) – When a commercial airliner lands after a routine flight, to the crew, and passengers only a few hours have passed but to the outside world it has been five years.

Sparking Joy (Limited Series) – Cleaning expert Marie Kondo and her team set out to tidy a small American town.

****TIP TO BUILD EMOTIONAL INTELLIGENCE****

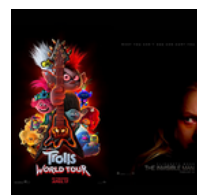
Sleep Well. We all know sleep is important. When we are well-rested, we are better able to regulate and manage our emotions.

ON THE GRAND

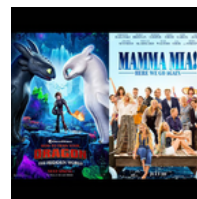
August 27th 8:30pm



August 28th 8:30pm



September 3rd 8:30pm



September 4th 8:30pm

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*Bad news travels fast.
Good news takes the scenic route.*
Doug Larson



Emma W. from Monarch wrote an article with a colleague that was published in the Dementia Connections online magazine in August. It's about dementia and the COVID-19 pandemic.

READ THE ARTICLE

<https://dementiaconnections.ca/covid-19-and-dementia-what-now/>

COVID-19 and Dementia — What Now?

Transitioning into a post-pandemic world comes with its own set of challenges. The COVID-19 pandemic led to worldwide fear as governments, health authorities and...

 Dementia Connections Magazine / Aug 3



Emma W. was also excited to share that she and Herb V. from Malabar got engaged last week.

TIP TO BUILD EMOTIONAL INTELLIGENCE

Express yourself. Are you feeling something, either positive or negative? Let others know why you're feeling that way. Did you make an important decision about something? Let people know not just what the decision is, but why you made it. A little explanation or discussion can go a long way.



Jorley J. from St. Charles received his Registered Practical Nurse license and is a graduate of Conestoga College.

PCL STAFF-- WE WANT TO HEAR FROM YOU!

THE wonderful FLAVOURS OF PCL



- Pick a dish (can be a meal, appetizer, dessert, drink) that means something special to you.
- Tell us why it's special to you?
- Share the recipe and a picture if you have it.
- Share a picture(s) of you and your family/the memory to go with your story

Send your recipe/food story to angelam@pclkw.org by September 30, 2021

EXAMPLES



Abheet S. Tomar
PCL employee

Being born and brought up in India, I've had the privilege of tasting the exquisite and elegant food our culture offers. India being highly diverse and multicultural, there are a plethora of cuisines that exist in the nation. Each state has its own unique or popular meal. If you were to explore different States in the country, you would witness innumerable cooking styles and unique variations. Personally, one such recipe that's close to my heart and represents pleasant memories is: Keema, also known as Keema mutton or Keema Kolagi. The closest translation of Keema in English would be ground meat. It is made from mutton, that is Lamb or goat's meat, and several spices. My father always made it with Fenugreek leaves, which beautifully influenced the taste and colour of the food. This recipe has been a significant element of my childhood, as it was always on our checklist whenever we planned a trip to our farmhouse. Our farmhouse is located approximately 130 kilometres from our hometown. So, I, along with Dad, cousins, and some family friends, used to visit there whenever we got some free time. My father had this vintage Ford jeep, perfectly crafted for rough terrain, we all were big fans of it, so that being our ride we used to leave for the farmhouse early morning. After spending time cruising around in our farms, the preparation for the meal would start somewhere about 6 in the evening, when my Dad would assign each of us some work, for instance, to grind garlic, mince the cardamom and cloves etc.

The recipe comprised several ingredients like coriander, nutmeg, turmeric, saffron and garlic, which are highly essential for the taste. It took around 3-5 hours to cook, as my father has always been diligent about the taste. We always used to cook outside. It was something about those evenings, where the sky was dripping with diluted sunlight coupled with our senses engulfed by the aroma of the food, which was magnificent.



Most importantly, it wasn't only the food or its excellent taste, but the entire process during which we all sang songs, had amazing conversations, listened to stories shared by each other. We all had such a great time together. I will always be grateful for this incredible cuisine that brought us together. Feeling nostalgic, those were some of the most beautiful days of my life.

Jackie Jorgbo

RECIPE Fufu and pepper soup.



Ready in 1.5 hour
Serves 1 or many people depending on how much fufu is pounded
Calories: 170.



Narrative:

Many african countries eat fufu with different soups. In West Africa, where I am from, fufu is commonly eaten with either hot pepper soup, peanut butter soup, palm nut or okra soup. The most common and favourite of mine is pepper soup. Pepper soup is mostly eaten in Liberia as a form of medicinal remedy because of the amount of pepper added to the broth. I remember my mother preparing pepper soup with pounded plantain flour (mashed) into dough for me when I would fall ill with malaria. Even now, most Liberians prepare fufu and pepper soup to help alleviate flu symptoms or sometimes hang-over symptoms as it is a great remedy for sinus, and stomach illness. Fufu and soup can be eaten with a spoon, but the most common and my favorite way to eat it is with my hand in an Asanka dish.



More authentic to eat in an Asanka dish.



JASON BAILEY

Home made Cheeseburger Pizza Sauce and Toppings



I started making buns, bread and eventually pizza. We (my wife and I) love making all different kinds of pizza. Trying different combinations, what works what doesn't. 3 of our favorites have to be pancetta and mozzarella, a plain Margherita pizza, (sauce, cheese and basil) and our cheeseburger pizza.

Once March 2020 hit, we had our son Theodore. I started making pizza again and thought I want this to be a tradition. Every Friday make pizza from scratch. So I brought that to Evelyn House and have been making homemade pizza almost every Friday for a few months.

[RECIPE HERE!!](#)

