

PCL STAFF PULSE

A Newsletter for PCL employees

Healthy Workplace Month

HOW ARE
YOU FEELING
TODAY?

It's OK not to be ok!

We are hearing that some of you are tired, burnt out. We are hearing this at all levels throughout the agency. Long hours, overtime, stress and wondering when and if things will ever feel normal again!

We know things are tough right now and as we continue to work on building a healthy culture at work it's important that we acknowledge that each of us is going through our own challenges in our own way. ***We should be respectful of one another and thoughtful with our words and actions.***

We all play a part in a positive work culture. Here are some things each of us can do:

- Take care of personal mental health.
- Become more aware of signs and symptoms of mental illness.
- Support co-workers during challenging times
- Bring the values of a psychologically safe workplace to life:

VALUES OF A PSYCHOLOGICALLY SAFE WORKPLACE

- Respect • Trust • Fairness • Security • Support • Learning • Growth • Flexibility • Communication • Appreciation
- Putting people first

NEED HELP?

Access anonymous, confidential and trustworthy information, 24 hours a day, 365 days a year at [eMentalHealth.ca](https://www.eMentalHealth.ca).



Canadian Mental
Health Association
Association canadienne
pour la santé mentale



A positive work culture is safe, supportive and mentally healthy. One where employees at all levels feel valued and comfortable sharing their ideas, raising issues, asking questions and bringing their whole selves to work.

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MESSAGE FROM KATHY LOVEYS, EXECUTIVE DIRECTOR

Dear staff of PCL. I know that this pandemic has stretched us all and I acknowledge that we have all faced challenging days. I want to encourage you in your work and let you know that you ARE making a difference in the lives of the people we support. I also want to encourage you to reach out to a colleague, a friend, family member or professional if you are feeling overwhelmed and need to talk to someone. We ALL need help from time to time and there is no shame in asking for help when it is needed. This PCL Pulse focuses on YOU and how we are trying to assist you by encouraging you to engage in fun activities as often as possible and offer resources that will help you to work through some of your difficult days. Some of our struggles are deeply personal and we all need to be gentle with each other. Take the time to understand the struggles your co-worker may be facing and find time to encourage each other. We all need to continue to work together as a team to provide the best supports we can to the people we support. When employees support and encourage one another we provide an excellent model to those we support. THANK YOU for your important work with PCL. Stay strong. We will get through this together.

Kathy



To support individuals, it's important that you also take care of yourself. CAMH provides access to mental health and addiction supports for health care workers impacted by the COVID-19 pandemic. This includes access to resources, psychotherapy and psychiatric services.



Cultivating Community Wellness

www.ccwellness.ca

An initiative to support the mental well-being of staff working in Ontario's Developmental Services sector.



Managing your stress & a...

DESCRIPTION

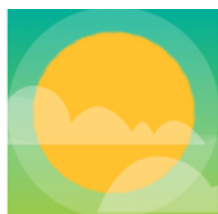
Provides information and evidence-based coping strategies to help you manage stress and anxiety during the COVID-19 ...

WEBSITE

<https://www.camh.ca/en/health-i...>

MAIN FEATURES

Education and Information Pe



COVID Coach

DESCRIPTION

This app helps to support self-care and overall mental health during the COVID-19 pandemic. It includes education about coping...

WEBSITE

<https://www.ptsd.va.gov/appvid/...>

MAIN FEATURES

Education and Information Mir



Canada COVID-19

DESCRIPTION

This app contains mental health and substance use support through linking users to the Wellness Together Canada hub.

WEBSITE

<https://www.thrive.health/canad...>

MAIN FEATURES

Education and Information



October is **LGBTQ2S+**
History Month



October 11th is National Coming out Day

October 11th has been recognized as National Coming Out Day since 1988 in the United States. Now — 30 years later — other countries, including Canada, have started to celebrate this day as a way to bring awareness to this sometimes scary, stressful, but important time for LGBTQ people.

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THINGS TO DO IN AND AROUND WATERLOO REGION

IMPACT 21 International Theatre Festival

Enjoy powerful and innovative theatre performances designed to stimulate the development of the indigenous and culturally diverse theatre landscape in Canada during the Impact International Theatre Festival. September 28 – October 9, 2021



THE WUNDERWAGEN (Live Event)

The spirit of Oktoberfest is cruising around Waterloo Region this year – on a FOURTEEN FOOT MOBILE STAGE! New for 2021, the WUNDERWAGEN is bringing the best local bands and local entertainers to your neighbourhood, restaurants, and community centres. They'll be playing classic favourites and current hits that will have you swaying to the beat, singing along, and dancing on your own front lawn! Most of the WunderWagen appearances will be a SURPRISE, so be sure to check out their Facebook and Instagram channels!

KW OKTOBERFEST LIVE (Virtual and Live event options)

October 9th 6:00pm to 10:00p,

This year's KWO@Home will be streaming LIVE from Waterloo Brewing Taphouse! Featuring live music from The Golden Keys, an official Keg-Tapping, pretzel pull and maybe even a surprise visit from the President of Oktoberfest, Tim Beckett or Onkel Hans! To watch the event go the KW Oktoberfest Events Page

PRIDETOBERFEST (Purchase Tickets in Advance)

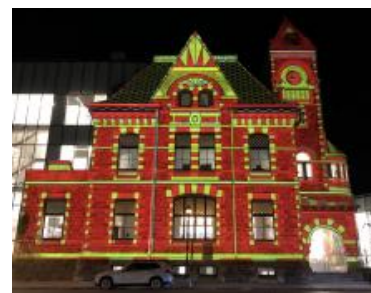
October 9th Tri-Pride will rock the region with...Pride-toberfest! Come out and dance the night away with the LGBTQ+ Community at The Museum in Downtown Kitchener.

OLD POST OFFICE LIGHT SHOW (Cambridge)

October 2nd to November 1st

Watch an amazingly colourful and transformative display of visual effects during the Old Post Office Light Show.

NEW! Tune your car radio to fm 92.5 to listen to the music that has been choreographed with the show.



INDIGENOUS WALK/BIKE TOUR (Self-Guided Downtown KW)

A 13 km route exploring history and culture in downtown Kitchener. Download the online version of the map in google maps to see detailed information, additional resources and references. The route takes approximately 1 hour 15 minutes by bike or 3 hours on foot. View the interactive map online: <https://bit.ly/KPLINDTOUR>

ST. JACOBS HORSE DRAWN TOURS

Tours leave from the St Jacobs Farmers Market unless planned otherwise. Ticket booth is located at the south end of the market beside the Log Cabin on the corner of Farmers Market Rd and Benjamin Rd. Every Thursday and Saturday from April 1st to October 31st, 10am till 3pm.

October is Islamic Heritage Month in Canada. Take some time to reflect, celebrate and learn about the contributions of the Muslim community here in Kitchener and across the country.

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GET CLOSE TO NATURE

TRAIL MIX (LOCAL TRAILS & LOCAL ARTISTS)

An auditory accompaniment for Waterloo trails (Forwell, Walter Bean Grand River, and Spur Line/Laurel Trail)

Step #1: Select your favourite local Waterloo trail

Step #2: Strap on some hiking shoes/boots

Step #3: Find the hidden QR codes along the trail

Step #4: Use your phones camera to scan the QR code

Step #5: Put on your headphones and listen to the Trail Mix!



LOCAL FARMS & MARKETS

Good Family Pumpkins

Snyders Family Farm

J. Steckle Heritage Farm

Strom's Farm and Bakery

Herrle's Country Farm Market

Barrie's Asparagus Farm and Country Market

KITCHENER FARMERS MARKET

The Kitchener Market farmers' market is open on Saturdays from 7 a.m. to 2 p.m. The Food Hall is open for take-out and indoor or outdoor dining is open Tuesday to Friday from 8 a.m. to 3 p.m. and Saturday from 7 a.m. to 2

ST. JACOBS FARMERS MARKET

Thursday (year-round) 8:00 am – 3:00 pm

Saturday (year-round) 7:00 am – 3:30 pm

EBY FARMSTEAD

Fall is a time of harvest and farm-appreciation, so why not meet the animals? Located in the heart of Waterloo, this is your perfect chance to get up close and personal with llamas, peacocks, chickens, potbelly pigs, miniature ponies, goats and more! And its free!

DOWNEY'S STRAWBERRY & APPLE FARM

Have a fun day picking apples at Downey's Strawberry & Apple Farm. There are over 10 varieties of apples to pick including McIntosh, Gala, Honey Crisp, Ambrosia, Red Delicious. Select dates, September 3 – October 30, 2021

MAPLETON'S ORGANIC DAIRY FARM

Check out the Cedar Hedge Maze, a demonstration barn, an adventure path as well as a dairy barn and an outdoor play area for young kids. They also sell Pumpkin Ice creams during the season.



FRUITS & VEGETABLES IN SEASON

Fruits: apples, cranberries, pears & plums

Vegetables: artichokes, beans, beets, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celery, corn, cucumber (field), eggplant, fennel, garlic, kale, leeks, lettuce, onions, pumpkin, radishes, rapini, spinach, sprouts, squash, swiss chard, field tomatoes, turnips @ zucchini

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HALLOWEEN



THE KEN SEILING WATERLOO REGION MUSEUM HALLOWEEN PARTY

Trick-or-Treat! Wear your scariest costume and take a walk through Doon Heritage Village lit with lanterns and carved pumpkins! Suitable for children 12 and under, must be accompanied by an adult.

Admission: \$10 per child plus HST, \$5 per adult plus HST each. 10% Membership discount applies. Advance ticket purchase is required for this event, tickets are non-refundable. Tickets will not be available at the door.

FEAR FACTOR

Scream Park - It's screaming season at Bingemans

Fear Farm- Bright Ontario

Pumpkins After Dark - Milton Ontario



TOP 10 GREATEST HORROR MOVIES OF THE 21ST CENTURY

According to Rolling Stone Magazine 2020

- | | |
|----------------------------------|--------------------------------|
| 10. The Witch (2009) | 5. The Babadook (2014) |
| 9. Pulse (2001) | 4. Let the Right One In (2004) |
| 8. The Cabin in the Woods (2012) | 3. Hereditary (2018) |
| 7. The Conjuring (2013) | 2. 28 Days Later (2002) |
| 6. The Invisible Man (2020) | #1 Get Out (2017) |



Apollo
CINEMA

October 30th 7pm

Beetlejuice (1988)

October 31st

6:30PM The Shining (1980)

9:30PM Scream (1996)

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NOT-SO-SCARY

Halloween Movies

PCL OCTOBER EVENTS

WEEK OF OCTOBER 11th

Decorate your window with a Halloween Theme and share your pictures with angelam@pclkw.org. PCL Staff are encouraged to share pictures if they decorate at their homes as well.

WEEK OF OCTOBER 18th

PCL TREAT

PCL Homes and Programs choose what they want for their treat basket. Request forms will be emailed to the Supervisors.

WEEK OF OCTOBER 25th

PCL STAFF (TAKE A BREAK) CHALLENGE

Each home will receive a jar full of fun discussion topics and challenges for staff to do while on a break!

OCTOBER 31st It's Halloween!

Send us pictures of you, your family, pet or that pumpkin you spent hours carving. Show us what you did for Halloween.



SHIRLEY TEMPLE RECIPE

Ingredients: Grenadine, gingerale, maraschino cherries and ice.

STEP 1: Begin by adding 1-2 ounces of grenadine.

PRO TIP: chill all your ingredients before mixing! If you are not able to chill them add ice into the cup also.

STEP 2: Fill remainder of cup with chilled ginger ale!

STEP 3: Top with Cherries and serve!!



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Pumpkin Workout



P is for 10 push ups.



U is for 10 up and down squats.



M is for marching in place for 30 seconds.



P is for plank position for 10 seconds.



K is for kick your legs for 30 seconds.



I is for invent an exercise.



N is for ninety seconds of running in place.



Healthy Pumpkin Smoothie

• 5 min • Yield: 1

This Healthy Pumpkin Smoothie is sweet, creamy & delicious. Packed with protein and flavored with ...

Ingredients

- 1 cup unsweetened vanilla almond milk (or another milk of your choice)
- 1/2 cup pumpkin puree (not pie filling)
- 1 small frozen banana
- 1-2 tablespoons pure maple syrup (more or less, to taste)
- 1/2 teaspoon ground cinnamon



TIPS FOR:

CHOOSING

• GO FIRM

No punctures or soft spots.



• LONG STEMS

Make the best lids.



• DESIGN TO FIT

Let the shape of the pumpkin dictate your design.



CARVING

- Cover the work surface.

- **CLEAN** Pumpkin Inside & out.



- Spray pumpkin with **BLEACH & WATER** solution. Let dry.



• DRAW

pattern before carving.



• CARVE

Your pumpkin 7-10 days prior to Halloween.



> >



• PRESERVE

Keep out of rain & direct sunlight.

