

PCL STAFF PULSE

A Newsletter for PCL employees

Ingredients For A Positive Work Culture

Kindness has been shown to be contagious—it makes us feel good to simply see someone being kind and it makes us more likely to “pay it forward”.

Kindness Matters

Kindness is broadly defined as the quality of being collegial, generous and considerate. Being kind is associated with many characteristics but at its core it is about showing warmth, care and concern for others. Being kind can be innate, but it is also something that we can intentionally practice, and there are many good reasons to actively do so.

Kindness has been proven to release “feel-good” hormones (like oxytocin and serotonin) that make us feel more calm, happy, and energetic—and can also improve overall health and well-being by:

- Lowering stress levels
- Reducing anxiety and depression
- Preventing illness
- Reducing pain
- Strengthening relationships



What are some things you can do to show kindness at work?

There are some quick and easy things employees at all levels can do to create an atmosphere of kindness at work:

- Show appreciation – when someone has gone above and beyond, or stayed positive when things were stressful, let them know you appreciate it. (Tip: Use Kindness Cards to pay it forward.)
- Acknowledge effort – take time at the start of a meeting to thank team members for their contribution on successes, big or small.
- Lend a hand – if a co-worker is feeling stressed, ask if there's something you can do to help them out.
- Show you care – don't shy away from showing colleagues you care about them as people first. Ask them how they're doing, listen to what's going on with them and have the courage to talk openly.



**Cultivating
Community
Wellness**

www.ccwellness.ca

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

NEED HELP?

Access anonymous, confidential and trustworthy information, 24 hours a day, 365 days a year at eMentalHealth.ca.

October Wellness
Recap pg. 3 - 5

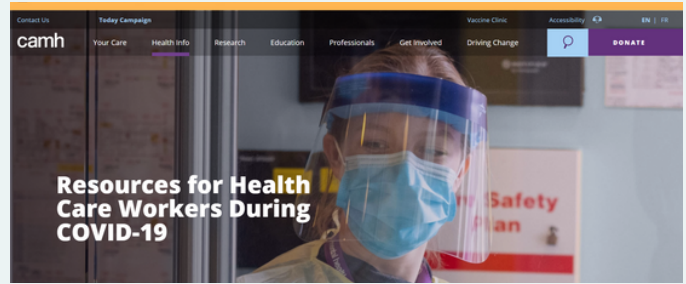
Community
Connections pg. 6

Things to do
pg. 7 & 8

November
Wellness pg. 9

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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.

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A Drive-By Retirement Party was held for Gayle R. Blueridge thanking her for her 19 years of service with PCL.

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

DIWALI - 4TH OF NOVEMBER

This year Diwali will be celebrated on the 4th of November. Diwali is a five-day festival that begins on Dhanteras and ends on Bhaiya Dooj. The new moon day or Amavasya is the most important day of five days of Diwali festivities and is called Lakshmi Puja, Lakshmi-Ganesh Puja, and Diwali Puja.

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OCTOBER HEALTH AND WELLNESS IN THE WORKPLACE



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NOVEMBER 7TH - NATIONAL CANCER AWARENESS DAY

National Cancer Awareness Day is observed to spread awareness about cancer and to make it a global health priority.

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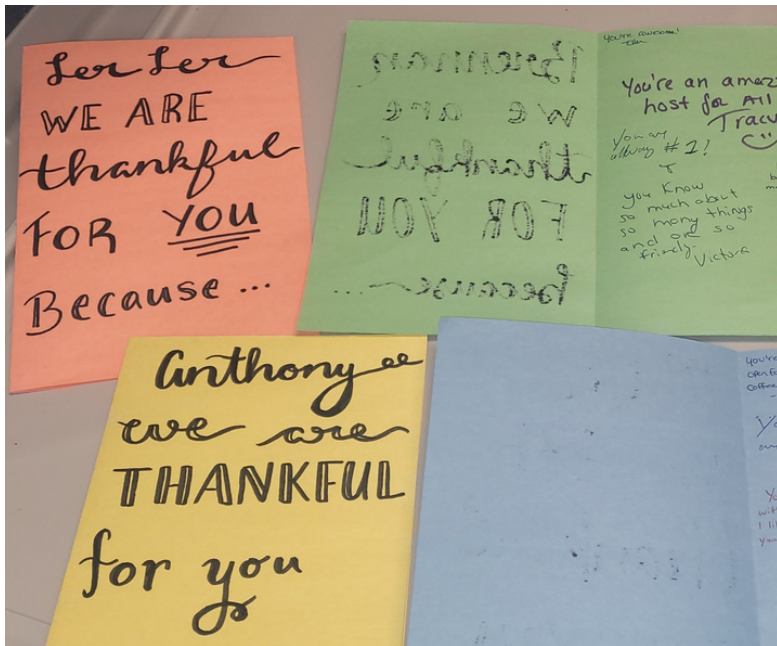
OCTOBER HEALTH AND WELLNESS IN THE WORKPLACE



Thanksgiving at Bridgeport and Lancaster



Jahryanne from St. Charles cooked Thanksgiving dinner for staff and clients. She made turkey, mashed potatoes, cranberry sauce, sweet potatoes with carrots, acorn squash soup and veggies cooked with the turkey!



Hannah K. from the SIL program at Bridgeport and Lancaster took the time to make personalized "we are thankful for you" cards for the individuals supported in the SIL program. In each card, all the staff wrote individualized messages as to why they are special and then gave it to them on Thanksgiving weekend.



NOVEMBER IS INDIGENOUS DISABILITY AWARENESS MONTH (IDAM)

Indigenous peoples of Canada experience a disability rate significantly higher than that of the general population. Indigenous Disability Awareness Month (IDAM) brings awareness of these barriers and the issues that Indigenous peoples living with disabilities and their families face every day. More importantly though, in spite of these barriers, IDAM celebrates the achievements of Indigenous peoples living with disabilities and recognize the significant and valuable contributions they make to our communities socially, economically, and culturally every day.

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COMMUNITY CONNECTIONS



Amy from Kindred Credit Union conducted financial training sessions for the individuals in our Supported Independent Living Program (SIL). She helped them learn about money and budgeting and asked participants to bring their grocery receipts to show them how to keep within their grocery budget and save for bigger items.



Tanya who is a friend of Doug C's sister made a generous donation from her mother and her quilting group. They put a lot of time and effort into creating 10 beautiful quilts to donate to each of our SIL folks. Each person got to come down to choose the one they wanted.



MennoHomes hosted a community BBQ. Even though it rained, a bunch of our folks enjoyed burgers and hot dogs and social time in the flex room with other tenants.



FOOD RESCUE!

The Community Program made a huge delicious soup in a plug in roaster from the food rescue they received.

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THINGS TO DO IN AND AROUND WATERLOO REGION



The Rolling Stones | UNZIPPED takes you backstage with The Rolling Stones. See the art, fashion and performances of the World's Greatest Rock Band!



Public Skating

Activa Sportsplex, Kitchener Auditorium - Check websites for dates and times.



Kitchener Rangers

November 2, 2021 vs The Guelph Storm
November 5th, 2021 vs The Flint Firebirds
November 12th vs Owen Sound Attack
November 19th vs The Saginaw Spirit
November 21st vs the London Knights
November 26th vs The Soo Greyhounds

THE ULTIMATE SACRIFICE: WELCOME HOME WALKING TOUR

November 7, 2021 1:00pm to 2:30pm

Parkview Cemetery and Crematorium 335 University Ave, Waterloo

Relive history through this guided tour in Waterloo's beautiful Parkview Cemetery as we honour the forgotten, who served our country in the Second World War.

11 NOVEMBER
REMEMBRANCE DAY

Lest we forget



**Gift of Lights
VIP NIGHT**



GIFT OF LIGHTS is a family-friendly drive-thru holiday light display with two tunnels and over 300 animated and static light displays! Enjoy this holiday spectacle from inside the comfort of your own vehicle and tune into Gift of Lights Radio at 103.3FM. November 13th to January 9th.



ST. JACOBS SPARKLES

There will be thousands of sparkling lights, a visit from Santa, sales & promotions, and more! Watch the website for details of this year's St. Jacobs Sparkles event.



OLD POST OFFICE LIGHT SHOW (Cambridge)

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.

NOVEMBER 28TH TO DECEMBER SIXTH IS HANUKKAH

It is also called 'Feast of Dedication', or 'Feast of the Maccabees that begins each year on the 25th day of the Jewish month of Kislev 25. The celebrations last for eight days.

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THINGS TO DO AT HOME IN NOVEMBER

CLEAN OUT YOUR CLOSET

Set aside the pieces you no longer wear and donate them to someone who'll give them a second life. While organizations appreciate clothing donations year-round, there's never more of a need for warm layers (and socks!) than at the end of fall/start of winter.

PICKLE SOME VEGGIES (OR CAN SOME FRUIT)

Fall is the time to pickle vegetables that won't last through the winter. And since November 14 is officially National Pickle Day, there's no better time to try canning or pickling your favorite produce at home.

START A JOURNAL

Cooped up inside on a rainy November day? Spend 10 or 15 minutes writing down your thoughts, feelings, observations, or goals. Journaling is one of those rare activities that's both productive and relaxing; it's a great way to practice some mindful self-reflection on a chilly day.

WATCH HOLIDAY MOVIES

It's never too early to start watching your favorite Christmas and holiday movies. Stream them with Netflix, Amazon Prime, Hulu, and more, or catch whatever's on live TV. Invite over a few friends, make hot chocolate or fall cocktails, and spend a cozy night in with classic, seasonal flicks.

TAKE A COLD-WEATHER WALK, BIKE RIDE OR HIKE

Bundle up and enjoy a scenic hike on a local trail. Breathe in the crisp, fall-almost-winter air and enjoy any last remnants of the changing leaves.

VOLUNTEER

Why not spend a November weekend day volunteering at (or at least donate non-perishables to) a shelter, pantry, or soup kitchen. You can always help out solo, but it's a great thing to do as a group, as long as all who join are healthy and symptom-free—the more, the merrier.

WRITE DOWN WHAT YOU'RE THANKFUL FOR

Together as a family, write down a list of things you're thankful for. Not only will this get you and your kids in the mood Thanksgiving, it'll be a sweet reminder to practice gratitude.

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



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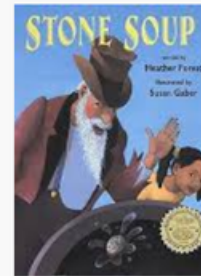
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Parents for Community Living
Health and Wellness in the Workplace Committee Presents:

NOVEMBER

Ingredients for a positive work culture!

Stone soup is a European folk story in which a hungry stranger convinces the people of a town to each share a small amount of their food in order to make a meal that everyone enjoys and exists as a moral regarding the value of sharing.



Rock the Crock Pot

This month we will be focusing on meals you can make in your crock-pot. Simple ingredients work together to make a meal that everyone can enjoy!

November 1st to 7th - Crockpot Breakfast (This is a challenge for our nighttime staff to pick an evening and prepare oatmeal in the crockpot with toppings on the side for everyone to enjoy for breakfast!

November 12th - National Chicken Soup for the Soul Day (We challenge the homes to make a homemade chicken noodle soup (can use a crock pot if you like)

November 15th - 21st - Simmering Stew (We want to see what's in your pot! Send us a picture of your stew.

November 22nd to 28th - Crockpot Delicious Bites- We challenge each house to create a desert using their crockpot!

*Rock the
crock-pot*



INGREDIENTS THAT HELP MAKE A POSITIVE WORK CULTURE

Respect

Trust

Fairness

Security

Support

Learning

Growth

Flexibility

Communication

Appreciation

Putting people first

Kindness



YOU'VE
TOTALLY GOT
THIS!

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Proper Posture for Leaf Raking



NOVEMBER 13 IS WORLD KINDNESS DAY

As outlined in the World Kindness Movement's description of the day, the purpose of World Kindness Day is "to highlight good deeds in the community focusing on the positive power and the common thread of kindness, which binds us."



World Kindness Day

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NETFLIX

New Netflix films include The Claus Family (Nov. 1), Love Hard (Nov. 5), Father Christmas is Back (Nov. 7), Passing (Nov. 10), tick, tick...BOOM! (Nov. 19), Outlaws (Nov. 22), A Boy Called Christmas (Nov. 24), and A Castle For Christmas (Nov. 26).

Theatrically released films include The 40-Year-Old Virgin, An Elf's Story: The Elf on the Shelf, the Jason Bourne franchise, Crocodile Dundee and Crocodile Dundee II, Downton Abbey, Forrest Gump, The Hurt Locker, L.A. Confidential, Minority Report, Shutter Island, and Terminator 2: Judgment Day (all on Nov. 1), A Beautiful Day in the Neighborhood (Nov. 2), National Lampoon's Animal House, Richard Jewell, and Scent of a Woman (all on Nov. 3), Birds of Prey (And the Fantabulous Emancipation of One Harley Quinn) and Indecent Proposal (both of Nov. 15), Jack Reacher (Nov. 22), Charlie's Angels (Nov. 25), and The Cable Guy (Nov. 30).



Week of November 01st

Eternals
Spencer

Week of November 8th

Clifford the Big Red Dog
Belfast

Week of November 15th

Ghostbusters: Afterlife
King Richard
C'mon Cmon

Week of November 22nd

House of Gucci
Resident Evil: Raccoon City
Encanto



PRINCESS CINEMAS

KW's Premiere Art House Since 1985

Nov 2 & 6 - Heat (R)

Nov 3 - Alone Across the Arctic (PG)

November 5 - Spencer

Nov 5 & 7 - Ghibli Fest: Ponyo (G)

Nov 5 - The French Dispatch (NR)

Nov 5 - 11 Passing (NR)

Nov 12 - Belfast

Nov 18 The Rolling Stones - Charlie is My Darling - Ireland '65

Nov 26 - The Power of the Dog (NR)