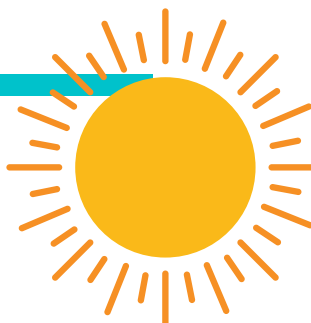


PCL STAFF PULSE

A Newsletter for PCL employees

Keep Cool, Don't Burn Out

The difference between stress and burnout



Burnout may be the result of unrelenting stress, but it isn't the same as too much stress. Stress, by and large, involves too much: too many pressures that demand too much of you physically and mentally. However, stressed people can still imagine that if they can just get everything under control, they'll feel better.

Burnout, on the other hand, is about not enough. Being burned out means feeling empty and mentally exhausted, devoid of motivation, and beyond caring. People experiencing burnout often don't see any hope of positive change in their situations. If excessive stress feels like you're drowning in responsibilities, burnout is a sense of being all dried up. And while you're usually aware of being under a lot of stress, you don't always notice burnout when it happens.

Stress vs. Burnout	
Stress	Burnout
Characterized by overengagement	Characterized by disengagement
Emotions are overreactive	Emotions are blunted
Produces urgency and hyperactivity	Produces helplessness and hopelessness
Loss of energy	Loss of motivation, ideals, and hope
Leads to anxiety disorders	Leads to detachment and depression
Primary damage is physical	Primary damage is emotional
May kill you prematurely	May make life seem not worth living

Tips for "Keeping Cool" and avoiding Burnout:

- Be aware of higher-stress times where burnout can occur
- Make an effort to connect with your social network during difficult times instead of withdrawing
- Socialize with coworkers to reduce feelings of isolation at work
- Exercise regularly to boost your mood
- Offer to help someone at work to give yourself a sense of purpose
- Set boundaries to maintain your work-life balance
- Eat regular meals and prioritize healthy, balanced meals
- Avoid substances that can negatively impact your mood like alcohol or caffeine
- Set up an appointment with a mental health professional or another compassionate listener in your life

Message from
Kathy Loveys
pg. 2

Mindfulness
Resources
pg. 3

"Good News" News
pg. 4

Meet our Program
Supervisors
pg. 5

Events and Things to do
Pg. 6 - 12

PCL STAFF PULSE

A Newsletter for PCL employees

Message from Kathy Loveys

As the pandemic drags on and cases are once again on the rise many of us feel overwhelmed, tired, and fed up with all the 'rules' around COVID. These are natural feelings and totally understandable. All of us are getting weary of masking, distancing, testing etc in our workplace.

I want you to know that PCL cares about each and every one of you and will make every effort to support you while at work. Make sure you are taking time for yourself every single day. Talk to a friend, family member or colleague about your challenges, feelings and frustrations. Acknowledge when you need a break and make sure you take it.

Once again, I thank you for your continued work with the people we support. You ARE making a difference by protecting those we support with all the necessary protocols. Stay strong everyone. We truly care about you.



Kathy's de-stressor, Zeus

WELCOME

Amber Alexander, Human Resource Assistant



I am an only child and was born and raised in Kitchener. I have been at PCL for almost 12 years because working here feels like a community and the bonds I have made with the supported persons and coworkers. Since I was a child watching movies has been my favourite hobby and my favourite movie is Tombstone. I also love to travel and hang out with family and friends. My favourite food is actually a beverage, black tea with lots of milk. I am most proud of moving to Australia by myself and completing my undergraduate degree in Criminology and Criminal Justice. The quality I admire most in others is reliability.

July 8th - Eid al-Adha, also known as the Festival of Sacrifice, is one of the two holiest Islamic celebrations, observed by Muslims around the world. Its date is determined by the Islamic lunar calendar, falling on the 10th day of Dhu al-Hijjah. In 2022, Eid al-Adha is celebrated on July 8th and lasts for four days. Across the country, thousands of Muslims celebrate Eid al-Adha by attending services at the mosques and going to community gatherings with Muslims from all kinds of backgrounds, who all share traditional dishes from their countries.

HAPPY
EID
AL-ADHA

PCL STAFF PULSE

A Newsletter for PCL employees

Resources for Staff in Developmental Services

Having the right information or tool at the right time can make us more prepared for unexpected scenarios and challenges.

Talking Wellness with Developmental Services Staff: A podcast mini-series

This podcast, brought to you by the Cultivating Community Wellness Initiative, is tailored for staff in Developmental Services with host, Sue Hutton, MSW, RSW. Sue is a mindfulness teacher and social worker who has both maintained a formal mindfulness practice and worked in Developmental Services for over 30 years. Talking Wellness will explore mindfulness tools to support wellbeing for developmental services staff.



Mindfulness for All: Accessible Mindfulness Video Series

Mindfulness for All is a video podcast series that shares new ways of practicing mindfulness made for direct support professionals and care providers in Developmental Services. Regardless of what setting you're in, these techniques can be used to help a person's mental health and well-being. Try turning mindfulness into an activity you can enjoy together. The person with a disability in your life can gain some skills to calm, and the staff or care provider benefits too! This mindfulness series is hosted by Sue Hutton, a social worker and mindfulness practitioner, with 30 years of experience in Developmental Services.



**Cultivating
Community
Wellness**

www.ccwellness.ca

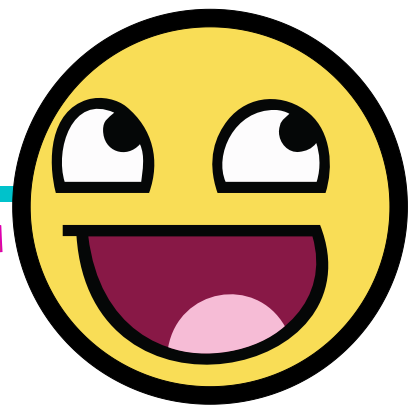
An initiative to support the mental well-being of staff working in Ontario's Developmental Services sector.

NEED HELP?

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

PCL STAFF PULSE

A Newsletter for PCL employees



Celebrating — 20 YEARS —

**Congratulations on 20 Years with
PCL Ellamae Cressman-Hawkins
&
Tara Babage**

"GOOD NEWS" NEWS

Emily Reid

"I got engaged on Christmas day! Alex proposed to me on Christmas Day in the evening when we returned home from all the family events! This photo was taken that morning, he'd already decided to propose and I had no clue!"



Brenda Van Houtven

"Meet Olive, the newest addition to our family".

Lindsey Gautreau

"We recently welcomed Elwood into our family. He's a Pomeranian puppy :)
On October 22 this year, I am getting married to my fiancée Ryan Gillies.
I am over the moon, and so very blessed" ♥



Katie

Congratulations to Katie, who has graduated from grade 8. Katie proudly crossed the stage with her teachers and got her diploma. Katie enjoyed taking pictures with her teachers and socializing with her friends.



Logan

Congratulations to Logan, who graduated from the class he has been with for 7 years. Teachers and the EA spoke about Logan's journey and the growth that he has shown over the years. They talked about his smile and incredible knowledge of music and scripting movies.



Angie Montenegro

"My boyfriend and I got a puppy his name is obi (Obi wan Kenobi). He's 5 months old! "



PCL STAFF PULSE

A Newsletter for PCL employees

Meet Our Program Supervisors

KARA C. Program Supervisor, Monarch

I'm originally from Newfoundland and have lived in Ontario for 12 years. I've been with PCL for 10 of those years and I adore the people I support and my amazing teammates. I love to sing and I perform in shows as several popular artists such as Adele and Patsy Cline. My absolute favourite movie is Forest Gump. I've seen it at least 80 times and, much to my husband's dismay, I could easily watch it 80 more times. I'm most proud of my children. All 3 have such strong characters and are bright and beautiful. A quality I admire most in people will always be honesty and I can appreciate it when people are straightforward and direct, as long as they're still friendly about it.



ANNA V. Program Supervisor, Evelyn

I was born in Brazil, moved to Canada when I was 24 years old and happily have been called Canada home for 17 years. I'm a mom of three amazing children. I've been working for PCL for 4 years. I love working here because everyone is passionate and dedicated to providing the most meaningful services and supports for our people. All the homes have a family atmosphere. I like reading, baking, playing volleyball and listening to podcasts. My favourite food is a typical Brazilian dish called Feijoada. My favourite movie is The Green Mile and I enjoy reading Mythologic books. I am proud to have found a balance between work and personal life. Qualities I admire in others are honesty, integrity, kindness and positivity.

SAVE THE DATE

DESIGNING BACK & LOLOAN LOBBY BAR
WILL BE HOSTING A SPECIAL EVENT

IN SUPPORT OF
PARENTS FOR COMMUNITY LIVING

JULY 17, 2022

FOLLOW US ON SOCIAL
MEDIA FOR DETAILS



DESIGNING BACK



SAVE THE DATE...

PARENTS FOR COMMUNITY LIVING ANNUAL GENERAL MEETING

COME JOIN US AS WE CELEBRATE
OUR ACCOMPLISHMENTS.

**SEPTEMBER 19TH
2022**

Location:

544 Bridgeport Rd. Kitchener

Time:

6 pm Celebration and tour of
our building

7pm Annual General Meeting

RSVP DETAILS TO FOLLOW



PCL STAFF TRAINING DAY

Please join us for a team building
and staff training event on
Thursday August 25th

Special Guest Speakers:

Jincy George of Red Rabbit Learning
And

Fauzia Mazhar from the Coalition of Muslim
Women KW

- ✓ Games & Prizes
- ✓ Lunch and snacks provided
- ✓ This is a paid staff event



Jincy George of Red Rabbit
Learning



Fauzia Mazhar from the
Coalition of Muslim
Women KW

**THURSDAY
AUGUST 25TH**

**9:30AM TO
4:00PM**

LOCATION:

FOREST HEIGHTS COMMUNITY CENTRE 1700 QUEENS BLVD. KITCHENER

rsvp

Please register by emailing
brendavh@pclkw.org
by July 30, 2022



@PCLKW



WWW.PCLKW.ORG



@PCL_KW



PCL STAFF PULSE

A Newsletter for PCL employees

FREE EVENTS IN AND AROUND WATERLOO REGION

UPTOWN WATERLOO CAMPFIRE

Gather around the campfire with friends and neighbours for local music, games and more.

Waterloo Public Square
July 13 & August 10 from 7pm - 9pm



WATERLOO BUSKER CARNIVAL

Includes a midway, food vendors, and one-of-a-kind performers

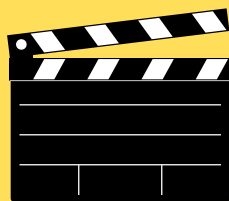
Behind Waterloo City Hall
August 24 - 28



MOVIES IN THE PARK

Bring a blanket to sit on
Waterloo Park Bandshell, 7pm

July 21: Encanto
August 4: Willy Wonka & the Chocolate Factory
August 18: Sing 2



MOVIES AT THE MARKET

Featuring a street food market and local vendors
Kitchener Market, 6pm

August 4: Dune
August 11: West Side Story
August 18: Free Guy
August 25: Crazy Rich Asians



WAYBACK FESTIVAL

Kitchener's Classic Rock Festival featuring performances by Trooper and Lee Aaron

Kitchener City Hall
July 23 from 6pm - 10:30pm



UPTOWN WATERLOO ART MARKET

Featuring artists, crafters, and makers from Waterloo Region

Waterloo Public Square
July 29 & August 26
from 5pm - 9pm



THE GARDEN EDUCATION PROGRAM

Join us as we explore food issues in a series of fun and interesting workshops hosted by local individuals experienced in gardening and food.

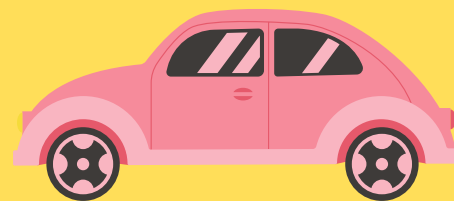
All workshops at Resurrection High School from 6-8pm
July 12: Soil Ecosystems & Sustainable Farming
July 21: Garden Pests & Diseases
July 28: Botany & Plant Identification
August 11: Growing Greens in All Seasons
August 18: The Metaphysics of Urban Gardening
August 23: A Look at Fall & Winter Gardening



CRUISING ON KING

Classic cars lining King Street surrounded by live entertainment and bustling patios.

King Street between Francis and Frederick
July 8 from 6pm - 10pm



PCL STAFF PULSE

A Newsletter for PCL employees

The Neebing Indigenous Art Fair

August 6th - 21st @ Bingemans

Buy Tickets: <https://www.indigenoustr.ca/admissions>

Bingemans is proud to host the Neebing Indigenous Art Fair! The event is a collaboration of indigenous artists with works celebrating the Grand River. Neebing, meaning by the river, is the first of its kind show in Waterloo Region. The exhibition will include exciting new works celebrating the Grand River as well as some advance viewings of pieces that will be featured at the Art Gallery of Ontario as well as in other shows later this year.



IT'S BACK.....

PCL SUMMER OLYMPICS 2022



August 18, 2022 @ 10:00AM - 1:00pm
Waterloo Park

Each house/program to bring their own lunch/drinks.

There will be GAMES and PRIZES!!!!

We encourage each house/program to do the following:

July 2022

- Pick a country or make up your own. Let angelam@pclkw.org know your decision by July 15th.
- Create a flag - send a picture to angelam@pclkw.org
- Create something that shows you are all a team that you can wear to the games (t-shirts, hats, matching buffs etc.)

August 2022

- Decide what you would like to bring for lunch at the Summer Games and prepare it together.
- Attend the PCL Summer Games on August 18th at Waterloo Park at 10:00am (Don't forget to bring lunch, drinks and your team flag.)

LET THE GAMES BEGIN!!

Prepare for a fun day of games and friendship!



A special thank you to Laura, who is a student in Laurier's part-time MBA program. She has been working with Angela M. contributing ideas for the PCL wellness program and the Staff Pulse. Laura is thrilled to contribute time to PCL as part of her Not-For-Profit Practicum. Laura will be graduating this fall and plans to work in administration at a college or university.

PCL STAFF PULSE

A Newsletter for PCL employees

LOCAL FARMERS MARKETS

KITCHENER MARKET

300 King Street East, Kitchener

Saturdays from 7am - 2pm

ST. JACOBS FARMERS MARKET

878 Weber Street North, Waterloo

Tuesdays from 8am - 3pm (summer only)

Thursdays from 8am - 3pm

Saturdays from 7am - 3:30pm

CAMBRIDGE FARMERS MARKET

40 Dickson Street, Cambridge

Saturdays from 7am - 1pm

HESPELER VILLAGE FARMERS MARKET

11 Tannery street East, Hespeler

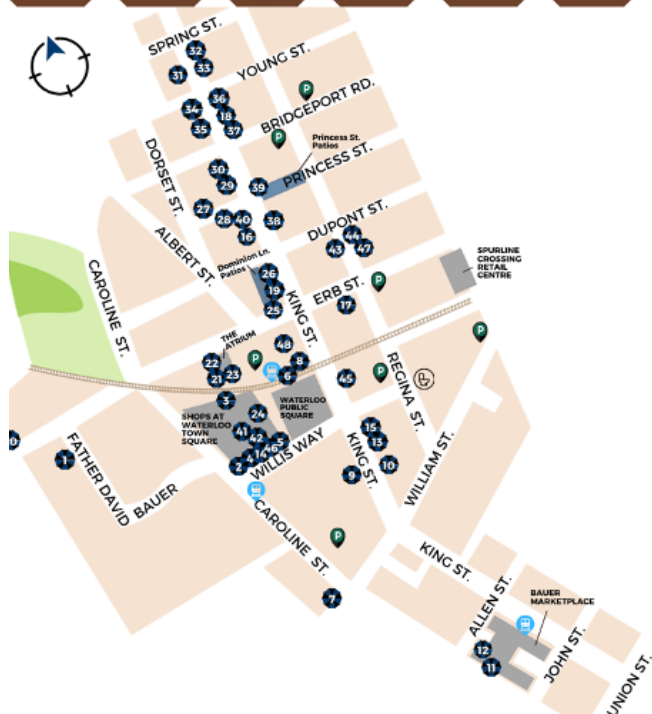
Fridays 3pm - 7pm



ONTARIO'S IN-SEASON PRODUCE

Produce	June	July	Aug.	Sept.	Oct.
Apples					
Apricots					
Asian Veggies					
Asparagus					
Beans					
Beets					
Blueberries					
Broccoli					
Brussels Sprouts					
Cabbage					
Carrots					
Cauliflower					
Celery					
Cherries					
Corn					
Cranberries					
Cucumber					
Eggplant					
Garlic					
Gooseberries					
Grapes					
Leeks					
Lettuce					

Produce	June	July	Aug.	Sept.	Oct.
Mushrooms					
Nectarines					
Onions					
Parsnips					
Peaches					
Pears					
Peas					
Peppers					
Plums					
Potatoes					
Radicchio					
Radishes					
Rapini					
Raspberries					
Rhubarb					
Rutabaga					
Spinach					
Sprouts					
Squash					
Strawberries					
Sweet Potatoes					
Tomatoes					
Zucchini					



- What They're Serving:**
- 1. Solé
 - 2. Thai Sun
 - 3. Cora Breakfast & Lunch
 - 4. Gourmet Pizza
 - 5. Jinzakaya
 - 6. Z-Teca
 - 7. Red House
 - 8. Famoso Neapolitan Pizza
 - 9. Starbucks
 - 10. 21 Fir
 - 11. Vincenzo's
 - 12. The Bauer Kitchen
 - 13. Copper Branch
 - 14. Nougat Bakery
 - 15. Score Pizza
 - 16. White Rabbit
 - 17. Scoop Du Jour
 - 18. Midnight Run Café
 - 19. Swine & Vine Uptown
 - 20. Proof Kitchen & Lounge
 - 21. Duke of Wellington
 - 22. Aroma Café
 - 23. Just Love Pie
 - 24. Heertown
 - 25. Taco Farm
 - 26. Babylon Sisters
 - 27. Loloan Lobby Bar
 - 28. Jane Bond
 - 29. Huether Hotel: Café 1842
 - 30. Huether Hotel: Barley Works
 - 31. Kentucky Bourbon & BBQ
 - 32. Ethel's Lounge
 - 33. Mr. Sub
 - 34. Dive Bar
 - 35. Pub on King
 - 36. Revive Game Bar
 - 37. Fratello Pizza
 - 38. Princess Café
 - 39. Prohibition Warehouse
 - 40. Twenty Pho Seven
 - 41. The Olive Board
 - 42. Odd Burger
 - 43. Masala Bay
 - 44. Seven Shores
 - 45. McCabe's Irish Pub
 - 46. Four All Ice Cream
 - 47. Cramby Cookie Dough Co.
 - 48. Abe Erb Brewing Company

COVID-19 UPDATE:

Patios marked with green dots are coming soon; all patio hours, capacity and offerings may vary. Contact desired restaurant for updated information.



ION STOP
Visit grt.ca for schedules



Accessible; all gender
public washroom



Covered patios are marked
with an umbrella



Pet-Friendly patios are
marked with a paw print



Visit waterloo.ca/parking to register to park
your car overnight in a City of Waterloo lot.

PCL STAFF PULSE

A Newsletter for PCL employees

PLAN THE ULTIMATE SUMMER PICNIC

The warm weather makes this the perfect time to take your next meal alfresco!

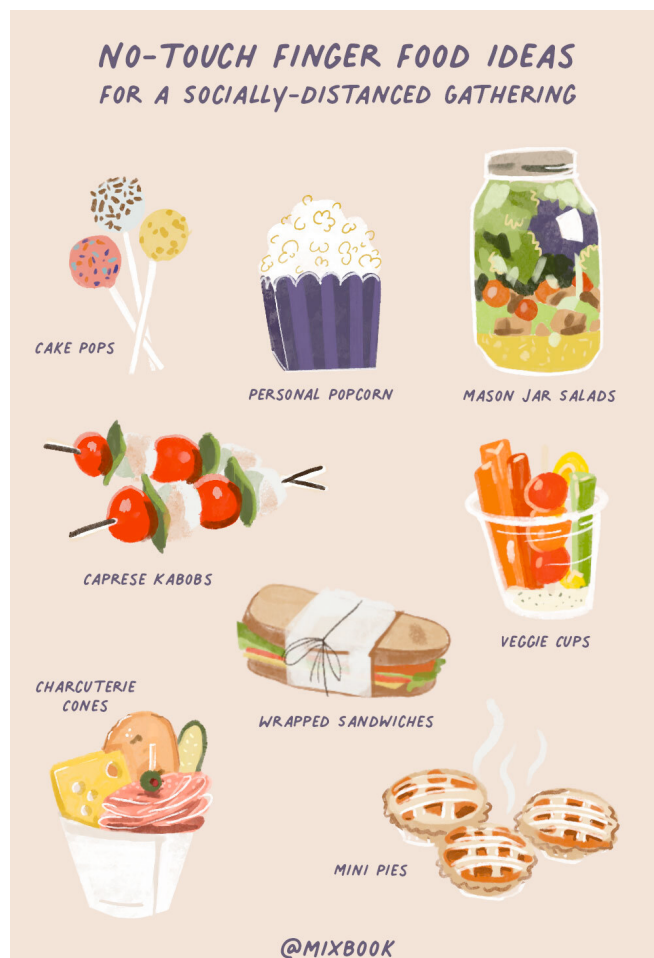


PICK A PARK, ANY PARK!

Waterloo Region has many different parks to choose from, why not explore a new park or better yet, set a goal to picnic in all of them by the end of the summer!

Some of the top-rated local parks include:

- KIWANIS PARK
- HURON NATURAL AREA
- VICTORIA PARK
- MCLENNAN PARK
- WATERLOO PARK
- LAKESIDE PARK
- ROCKWAY GARDENS
- CONCORDIA PARK
- SCHNEIDER CREEK
- HILLSIDE PARK
- BECHTEL PARK
- RIVERSIDE PARK
- BREITHAUPT PARK



DON'T WANT TO SIT ON A PICNIC BLANKET?

TRY OUT THE ART FRESCO TABLE TRAIL!

<https://explorewaterloo.ca/art-fresco/>



PCL STAFF PULSE

A Newsletter for PCL employees



BLT PASTA SALAD

From The Pioneer Woman

(<https://www.thepioneerwoman.com/food-cooking/recipes/a36068261/blt-pasta-salad-recipe/>)



YIELDS:

8 - 10 servings

PREP TIME:

0 hours **25** mins

TOTAL TIME:

0 hours **25** mins

Ingredients

- 1 12-ounce package bacon
- 1 16-ounce box fusilli or curly pasta
- 1 c. mayonnaise
- 3/4 c. whole milk
- 1 1-ounce packet ranch seasoning mix
- Juice of one lemon
- 1/4 c. grated parmesan cheese
- 1/2 tsp. ground black pepper
- 1 pint grape tomatoes, halved
- 2 c. thinly sliced romaine lettuce
- 1/2 c. chopped red onion
- 1/4 c. chopped fresh herbs, such as dill and/or parsley

Directions

- 1 Cook the bacon in a large skillet over medium heat, turning as needed, until the fat has rendered and the bacon is golden and crispy, 8 to 10 minutes total. (You may need to cook the bacon in two batches, draining the rendered fat from the skillet between batches.) Let the bacon cool to room temperature, then crumble up into bite-sized pieces.
- 2 Cook the pasta according to package directions. Drain, rinse with cold water, and let cool.
- 3 Meanwhile, in a large bowl, whisk together the mayonnaise, milk, ranch seasoning, lemon juice, parmesan cheese and black pepper. Add the pasta, tomatoes, lettuce, onion, herbs and half of the crumbled bacon to the bowl with the dressing. Gently fold together to coat. Top with remaining bacon and serve.

PCL STAFF PULSE

A Newsletter for PCL employees

LOCAL POOLS AND SPLASH PADS

Don't forget your hat and sunscreen!

- Kiwanis Pool
- Moses Springer Pool
- Waterloo Memorial Recreation Complex (indoor)
- Waterloo Park Splash Pad
- Kindsdale Splash Pad
- George Hancock Pool
- McLennan Park Splash Pad
- Albert McCormick Splash Pad
- John Dolson Pool
- Wellesley Splash Pad
- Victoria Park Splash Pad
- Vanier Park Splash Pad
- Ed Newland Pool
- Chandler Mowat Splash Pad
- Doon Pioneer Park Splash Pad
- Breithaupt Park Splash Pad
- W.G. Johnson Pool
- Centreville Chicopee Splash Pad
- RBJ Schelegel Park Splash Pad
- Kismen Soper Park Pool

Visit the municipal webpages to view the swim schedules and pre-register for a swim:

Cambridge: <https://www.cambridge.ca/en/parks-recreation-culture/Pools.aspx>

Kitchener: <https://www.kitchener.ca/en/pools-and-swimming.aspx>

Waterloo: <https://www.waterloo.ca/en/things-to-do/swimming.aspx#Public-swims-all-ages->



PLAN YOUR OWN FIELD TRIP

Now that school's out why not plan your own field trip and spend an afternoon checking out a local spot? Try to think of a place you haven't explore yet and ignite your curiosity by asking lots of questions and learning something new!

Some ideas to get you started:

- Clay and Glass Gallery
- Steckle Farm
- Doon Pioneer Village
- Laurel Creek
- Waterloo Public Library
- Butterfly Conservatory
- RARE Nature Reserve
- Children's Museum
- Joseph Schneider Haus