



Creating Community

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A History of Giving



Back row (left to right):
Brian Dunne, Shawn Wilson, Laura Green,
Mark Kirwin, Peter Kirwin, Christine Kirwin,
Kathy McLean, Janet Gledhill.

Front row (left to right):
Louise Kirwin, Leo Kirwin, Martha Gledhill.

The Kirwin Family has a long history of supporting Participation House. For nearly 20 years, Leo Kirwin served on the Board of Directors and helped to shape our organization into what we know it as today.

Aside from his role as a long-time member of the Board of Directors, Leo really connected with people we support and became a friend.

- He built and planted raised flower beds for many who loved gardening;
- He rebuilt a kitchen with rolling shelves for people who love to cook;
- He initiated a book exchange between people supported by us and Legion members with similar interests;
- He built various items for people who needed them: quilt racks, small tables, benches, and potato boxes.

Leo and his friends and family frequently went to visit people we support and did odd jobs around the homes. These are only a few examples of how Leo and his family have always been ready to help out Participation House and people supported.

The Kirwin Family has continued this tradition of giving by supporting our annual golf tournament and naming it after Leo as our way of honouring him for his dedication to Participation House. We and the Kirwin Family continue to have a strong connection. Leo continues to be passionate about Participation House by recently making a donation that will be used to enhance the lives of his friends here at Participation House.

Thank you to the Kirwin Family for everything you have done for us over the years!



Mission: Participation House supports individuals with developmental disabilities and/or complex physical needs to live in their own homes, participate in community, and enjoy life with family and friends.



SHOUT OUT CORNER

Shout out to **Lynda Lister** for helping in Conversations That Matter and always stepping up when we need her to. Thanks Lynda for all your help and hard work!!



To **Cassandra and Yasmine** who support the ladies who live at Fanshawe, they took on extra tasks and did a great job while the Coordinator was off!



I would like to send a shout out to **the Wickerson staff team** for coming together in tough staffing times and ensuring the best care for the people you support, as well as **the Kainswoods staff team** for assisting Peter in achieving his dream of going to Graceland!



Shout out to **Wickerson** for helping John to COME ON DOWN on the Price is Right!



We would like to give a shout out to **JP Smithyman**, who has supported our son Jack for the past 2.5 years at the Princess Ave. Day Program. JP & Jack have kept busy being out in the community and have especially enjoyed going to Swiss Chalet and/or Covent Garden Market every Friday for lunch. We will miss you JP!

- From the Jamieson Family



Shout out to **Irena at Plane Tree!**

Her excitement and passion for the Conversations That Matter program is contagious. Thank you Irena for being such a leader and showing the world the importance of this amazing program!



Shout out to **Arlene** for helping the group discussion at the movie night PAR Launch Party!



Please give a shout out to **Leslie Giesbrecht**—she did an amazing job on the launch of Conversations That Matter! It was her vision to have the official launch in a theatre and it was amazing. Leslie has been outstanding right from the very beginning and kept the momentum going, and she deserves to be recognized for all of the work and energy that she put into this.

Thanks to the writer, director, and inspiration for the movie premiere—**“Leslie G”!**

Do you know someone who deserves a Shout Out?

Is there someone in your life who has gone above and beyond?
Do you want to Shout Out to someone for just being fabulous all the time?

LET ME KNOW!

Contact Amanda at amandab@participationhouse.com or 519-660-6635 x254!

Community Place

Thank you to all these families who have answered our appeal and have made donations to finish the lower level of our new Community Place!

Thanks to your generous donations, we have raised **\$6,094 so far!**

Anderson, Elizabeth

Belanger, Allan & Dorothy

Drinkwalter, Lillian

Heidt, Mary Lou & Adam

Jamieson, Tina & Bill

Logan, Annabelle

Mahoney, William and Jean

McAlpine, Nancy and Norman

Mikelic, Christel

O'Brien, David and Judith

Sanders, Vicki

Thompson, Gary and Phyllis

Walters, Rick and Susan

We are so grateful for your support! However, we still need your help to finish the lower level. Please consider a contribution to help us finish the space, and purchase the elevator and accessible fitness/physiotherapy equipment we require to make this a valuable and useable space.



Crafty Signs and Creative Friends!

Check out what the Ladies Group made at Wistow! Robin from Lilylane Décor & Designs came in to do Halloween/Fall signs with them and had wood made up for these “snowcrows” from Red Door Décor!



Apple Workshops



For the last year or so, people have been signing up to attend workshops at the Apple store in Masonville Mall. They have learned about accessibility options like guided access and making font larger, assistive touch to customize the gestures that work for someone we support (e.g swiping with their palm instead of a fingertip), and how to do everyday things on iPads, like turning it on/off and putting it into sleep mode. The staff at Apple there have been great at demonstrating different skills and how to use iPads!



Did you know that you can go too... and that they're FREE?! There are all kinds of workshops too—iPad basics/advanced, Apple Watch, Photography, and way more!

Contact Shannon at shannonr@participationhouse.com for more information!



“Fall”ing for Art

At the Western Fair, there is a Creative Art Competition with many different categories and many submissions from artists wanting to show off their work.

This year, Regena entered her artwork called “Fall Leaves” into the competition. It is a gel print, acrylic painting, and out of all the great submissions, Regena took home second place!!

Congratulations Regena! Way to go!



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You will be the first to receive each SPEAK OUT newsletter when it is ready—no waiting for Canada Post to deliver!

Get it instantly in your inbox!

Sign up at the bottom of our website:
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Or email Amanda to be put on the e-mailing list:
amandab@participationhouse.com

Save the postage, save the planet
Go paperless!



The Best Recipe for an Awesome Dream

All good recipes require the best ingredients, and a recipe for a dream is no different. We wrote down the recipe we used to make Peter's dream trip to Tennessee a reality.

First, gather all your ingredients:

1. Awesome person with a dream
2. As many people you can fit with amazing brainstorming abilities
3. People who can work together to raise the money needed
4. Someone with similar interests to share in the experiences
5. Support person or people that have energy and enthusiasm



Directions:

1. **Find a large area where you can all fit all your ingredients.** We chose Peter's house but you can change the location for your recipe.
2. **Gather your "brainstormers."** We gathered people who are a big part of Peter's life (there were lots). Then, we stirred them all up to start the brainstorming. Now remember when working with people you have to be careful not to just stir like crazy. You must bring them all together with care so you don't overwhelm those awesome, creative people.
3. **Be patient and let them work.** However, brainstorms come up quickly and you must be ready to run with the ideas that fly out. WOW did they ever fly! Elvis Presley was the first idea that came out, then it led to Nashville.
4. **Plan out the details.** "How?" was the question. Someone suggested driving there, which was the obvious way to go because Peter loves driving. "How do we pay for it?" Someone suggested asking Peter's church, and they were happy to help! They raised some money, the Lori Hicks Fund helped out, and Peter had what he needed. He was so excited about Elvis that he kept talking to his housemates and staff about Elvis and this trip.
5. **Find someone to share in the experience.** Who loves country music as much as Peter, wrestling, food and shopping? Who would love a road trip? Can you guess? Jay Ryder was the obvious choice, so Jay was asked and it was all set.
6. There is one last thing to add to the recipe: "Who are the people that have the energy and enthusiasm to keep up with these great guys?" Maybe I will leave that answer for the end of the recipe.
7. **Put it all together in the dream oven.** In went our plan, and when it came out it was perfect. The only thing left to add was a dusting of some Elvis "hubba-hubba" sprinkles.



In September, Peter and Jay went on their great adventure, and had a great time! Graceland was the first stop; Elvis was EVERYWHERE and Pete was in heaven. Peter's favorite thing was Elvis' fried peanut butter and banana sandwich. Then it was off to Nashville, where Peter and Jay went on a river boat cruise, to the Grand Ole Opry, and finished off with a dinner and music night. The guys had a great time. As usual, all good things must come to an end, and it was time to head back home. **What a trip!**



So many thanks have to go out to all the people that lent us their brains for brainstorming, to the group at Peter's church, and the Lori Hicks Fund. Without all these people, the recipe for this dream would have flopped like a bad soufflé.

- Written by: Kim Harrisgreen



15th Annual Golf Tournament

Friday, August 19, 2016
East Park Golf Gardens

The **15th Annual Leo Kirwin Golf Tournament** took place on August 19, 2016, once again hosted by our friends at East Park Golf Gardens. The week leading up was threatening to rain and thunderstorm, but the day was clear as can be for the 15th year in a row!

More than 100 people came out on this beautiful day to support Participation House Foundation. Thanks to all of our participants, sponsors, volunteers, and donors, we were able to raise **more than \$25,700!!**



Meet Rob Matic

Secretary, Participation House Foundation Board of Directors

How did you initially become involved with Participation House?

I initially found out about Participation House through my job at Yurek Home Healthcare. Yurek is a long-time supporter of Participation House, my first out-of-the-store involvement was at the Bowl-A-Thon in 2014.

Could you tell us about your family and professional background?

My wife Lori & I will be celebrating our 28th wedding anniversary in November. We have two grown children who are both married. All four of us were born in the same hospital in Burlington, Ontario, and we moved to London in 1994. Joshua is 27 years old and lives in Ottawa with his wife Ashely, and Rebecca is 25 and lives here in London with her husband Spencer and our two beautiful grandchildren. Joseph is 20 months old and Evelyn is 5 months old.

I have been in retail for 29 years, and the last 22 years has been in retail management. In 2010, I started to pursue a Business Human Resources diploma online through Durham College and will complete my studies in April 2017.

What interests you about the non-profit sector?

I was diagnosed with colon cancer in 1995. A few years later, I began investigating ways to give back to the



community that saved my life. I was inspired by the London Knights "House of Green" shirts in 2005, which saw the proceeds donated to the Wellspring Cancer Support Centre. That year I put together a charity golf tournament that raised another \$1,800 for Wellspring. A couple of years later we signed on Corey Perry to be the title sponsor and over the 7 year run of the tournament we raised over \$100,000.

It's important to me to give back to the community and to show my children (and grandchildren!) the power that people have to make a difference in their community.

What inspired you to serve on the Participation House Foundation Board of Directors?

I initially saw in the "Speak Out" newsletter that Participation House was looking for new Board members. I had felt a void since the golf tournament disbanded and I thought this would be a great opportunity to serve the community. I absolutely LOVE seeing the smiles and enjoyment on everyone's faces at the Bowl-A-Thon, and I was a regular participant in the Leo Kirwin golf tournament. I continued to hear the stories of how Participation House has changed the lives of so many people that I knew this was the place that I wanted to donate my time to.



The Perry Pledge

Have you heard? Rob has taken his "Perry Pledge" to Twitter in support of Participation House. For every game the London Knights win he will donate \$2.00, and \$5.00 for every goal that Victor Mete scores!

The "Perry Pledge" started as a prediction on a hockey message board that Adam Perry (who was with the Knights at the time; and Corey's younger brother) would score 25 goals in the upcoming season. A friend who was a fan of the Guelph Storm challenged that prediction and so they started a wager, where the person losing the bet would donate \$100 to charity.

It has since snowballed and fans from all over started participating with their own pledges every year based on results of their favourite players/teams. This season, Rob chose Victor Mete of the Knights because he is a draft pick of Rob's favourite team, the Montreal Canadiens.

Will you make a #PerryPledge?



Mark Your Calendar!



PHSS Annual Christmas Celebration

When: December 15, 2016

Where: Hellenic Community Centre

Join us at our annual holiday celebration, taking place on December 15th! Only \$20 per person, and includes a full holiday dinner!



18th Annual Salute to Laudable Londoners

When: April 26, 2016

Where: London Hunt & Country Club

Join us for an evening of elegance and sophistication as we honour a true Laudable Londoner. **The big reveal coming soon!**



17th Annual Bowl-A-Thon

When: June 4, 2017

Where: Fleetway

Come on out and enjoy a full day of bowling, lunch, and prizes!! Pledge forms will be available in the Spring!



16th Annual Leo Kirwin Golf Tournament

When: August 18, 2017

Where: East Park

Join us on the links for another great year! Bring your foursome for a day on the green, a fantastic lunch, and fabulous prizes! Stay tuned for details!

Sponsorship opportunities are available: contact Amanda for more information!

For more information about Participation House events, check out our website at: www.participationhouse.com or contact amandab@participationhouse.com

Make a Green Choice!

Sign up at www.participationhouse.com to receive our newsletter straight to your inbox.

10,000th Blanket

The Crochet Club celebrated their achievement of donating their 10,000th blanket, and so generously gave it to Participation House!

Pictured are City Councillors, Anna Hopkins and Michael Van Holst, along with representatives from Participation House, Birthright, Mission Services, Merrymount, Life*Spin, Ronald McDonald House and several members of The Crochet Club of London.



Reap personal growth, feel good, and make a difference in the life of a person with a disability.

Many opportunities exist for individuals interested in volunteering with Participation House Support Services. Volunteers provide support at all levels of the organization. Opportunities are available for those interested in providing support in group settings, as well as assisting with special events and fundraising.

For more information, visit our website: www.participationhouse.com



*Celebrate the holidays with the friends and families of **Participation House Support Services***

**Hellenic Community Centre
133 Southdale Rd. W.—North Room**

Doors open at 4:00 p.m.

Cash Bar 4:30 p.m.

Dinner 5:30 p.m.

Dance the night away starting at 7:30 p.m.



December 15, 2016

Tickets: \$20 | Dance Only Tickets: \$5

Get your tickets at the main office by December 2nd

World Class Art



Monday art has been amazing! One week we had two world-class artists working with us, Lilliana Gomez and Rafael Igmacio. Rafael was visiting London from Milan, Italy and was invited so that he could be part of the unique opportunity offered to the people we collaborate with here at Possibilities in Paint. He was truly moved by the openness, hospitality and freedom he experienced while working with us.



It was so wonderful to watch people work side by side with these two artists. Student and teacher, person to person, in respect and with full acknowledgement of all

our creative abilities. Well done everyone. Look at the beautiful work that was completed!



The Annual Possibilities in Paint Art Show and Sale is on November 26th!



Participation House Community Place
1796 Adelaide St. N., London, ON
1:00-3:00 p.m.



Western Serves

Western Serves is a campus-wide program which allows students, staff and faculty to get engaged with non-profit organizations in the London community, and we were fortunate to have eight wonderful, enthusiastic students from Western join us for afternoon of fun.

Everyone had a great time together on September 24, 2016 as we held a Connecting Through Art workshop at our new Community Place in North London. Thank you to the students for a great day!



PAR Success Story

Currently, London, Ontario, with a population in excess of 380,000 people, has only one facility that comes close to meeting the needs of physically challenged residents.

A small group met with the City of London to discuss accessibility and advocate for accessible pools in London, and asked for at least two pools to be retrofitted to accommodate these residents.

The City of London is taking these recommendations into consideration and implementing them into the South London pool renovations and two new pool facilities in the East and South-West!

Some of these planned initiatives include: installing lifts and ramps into the pools; and fully accessible change rooms.

The South London pool renovations are expected to be done by now, go check it out!!

East London pool is expected to open in 2019 and South-West facility is expected to open in 2018— Stay tuned for more updates!



Strategic Plan Update

The Participation House Support Services Board of Directors have just finished their third strategic plan and are now looking forward to update the organization's strategic directions.

Here are the strategic directions identified for 2016-2019:

Preserving what is Sacred

⇒ Maintaining our unwavering commitment to those we support

Creating and Influencing Community

⇒ Creating inclusive communities through engagement, education and influence

Enhancing our Capacity to Serve

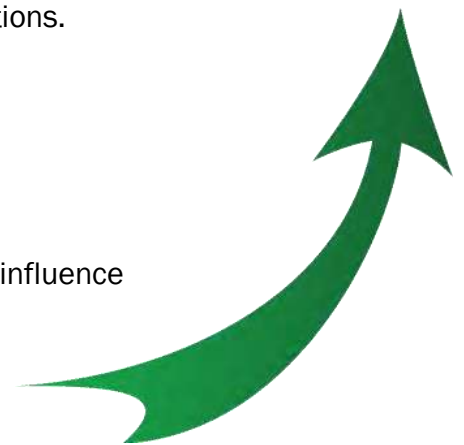
⇒ Supporting an increasingly diverse and growing number of people

Leading in Health and Support Services

⇒ Contributing to transforming health and social services through innovation and collaboration

Interested in learning more about the strategic direction of our organization?

Contact Leslie Giesbrecht at **519-660-6635 x234** or **leslieg@participationhouse.com**



COME ON DOWN!



One of John's passions is the show "PRICE IS RIGHT". He loves it so much, he will watch 30-year-old black and white DVDs of the program. No joke!

John and his support team heard the PRICE IS RIGHT was doing a Canadian tour, so they were able to secure some tickets to the live taping in Kitchener on October 3, 2016. Not only was this an incredible experience for him to be in the audience...



His name actually got called to "COME ON DOWN"! **Amazing!!!!** He made a bid but didn't get on stage, but what an INCREDIBLE experience to be a part of!

SoulCollage® by Sandra Regalo



Just a reminder that we now exist on social media! Our blog can be found at: circleofsoulsblog@wordpress.com, and I am the blog wizard. I attended a class to learn how to blog, and Nikki helps me write the post once a week (or when we get time).

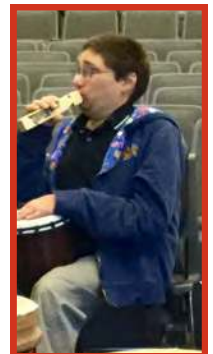
Everyone in the group enjoys seeing new people checking in because we have been working on it for some time. I believe this process makes a difference in our lives; it gives us a way to talk about ourselves and learn how we are connected to each other. What we do together is important and we want to share it. Valerie also thinks the blog is a good thing for us.

Please check us out and follow us or give us a thumbs up!

Drumming at Western



Drumming at King's has been awesome! We recently had a small but energetic group where Karl shared his new whistle. We also welcomed Susie (who saw our flyer up at the college), Kyle (the Western student from the Faculty of Music) a visitor he brought with him.



Conversations that Matter

LAUNCH PARTY

On Wednesday, October 12th, with PHSS in lights, over 120 people gathered throughout the afternoon at Landmark Cinemas on Wellington for the much anticipated event of the year...

The Official PHSS Conversations that Matter Launch Party!

Equipped with pop and popcorn, participants watched select videos from the website and had the opportunity to reflect and share their thoughts and experiences through a facilitated conversation. The afternoon also included a celebrity Skype appearance from Norm and Emma themselves!

The mix of staff, families, people supported and Board members created an opportunity for insight and understanding between all who attended, and allowed for all to have conversations that *Truly matter!*

Thank you to all that attended! Keep watching, and keep talking!

LOOKIN' GOOD DAVID!



THANKS FOR COMING RUTHANNE!



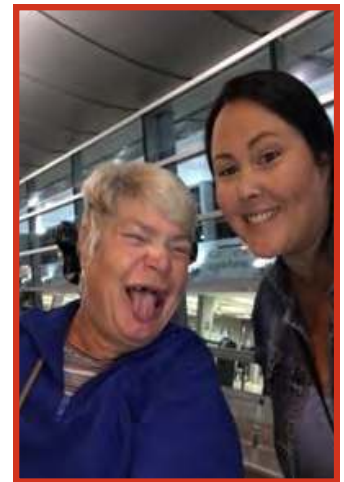
IT'S SHOWTIME!



Judy Celebrates 60!!

Judy had a great evening spent with her family at her sister’s house. Her aunt sang to her and then had a party at her home with her friends, staff, and previous staff members the next day. Sheryl made a yummy cake shaped like a horse at Judy’s request. She received so many amazing balloons, beautiful flowers and creative gifts. **Happy Birthday Judy!**

Judy also took a big adventure in September to Calgary to help witness and celebrate her niece’s wedding with her family members and staff Crystal. It was such a great success; she had an amazing time and did not wish to come home because she loved the scenery out there.



Work with Us!

Are you a highly skilled and dedicated person committed to providing a safe, caring and enriching environment?

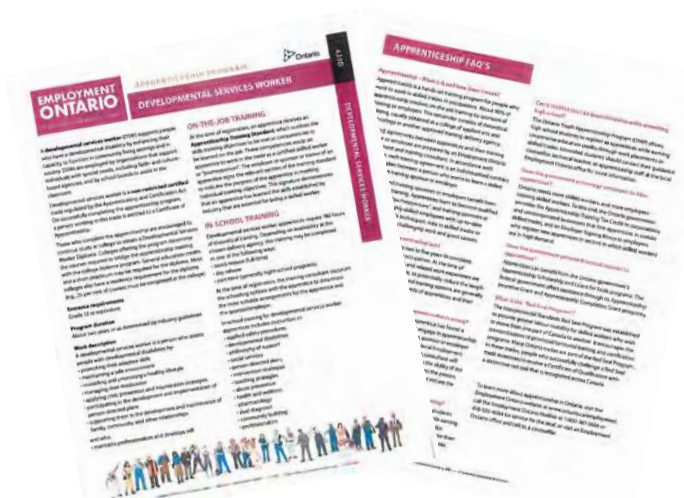
We are currently recruiting

PART-TIME DEVELOPMENTAL SERVICES WORKERS

Participation House Support Services will sponsor you!

Developmental Services Worker (DSW)
Apprenticeship programs are available!

Please contact shelleya@participationhouse.com for further details.



Don't Stop Believing



John fulfilled one of his dreams of going on a Caribbean cruise with his two fabulous sisters, his awesome staff (Dan) and the great rock band, Journey!

The trip was amazing, and all about John. It really was his 'Journey'. His powerful personality shined bright for everyone aboard the ship, and by the second day, John was a celebrity receiving miles of smiles and high-fives from everyone aboard the Carnival Victory Cruise Ship. He ate delicious food with the most incredible views, and danced with all ladies at the disco into the wee hours of the morning. He was the party of the dance floor and got the nickname **"Party McHardy"** from then on out.



"He had a VIP escort to the front of the stage to rock out to Journey. The lead singer shook his hand in the middle of a song, and, to the envy of other concert goers, he was given a guitar pick & set list from the band. It was at the concert that John met his new friend Tara Farnsworth, who invited John to spend a shore day at her beach cabana, where he floated in the crystal clear waters of the Caribbean, relaxed at the private cabana and rode around in a beach wheelchair. He went shopping for t-shirts in Nassau, and saw sharks and sting rays in a giant aquarium. Cruise passengers would recognize John and approach him for selfies and a conversation, and he was unfailingly friendly and fun to be with the entire trip." (Nancy McHardy)



"A special thank you to his two sisters Nancy and Mary Lou who kept energy levels high making this family vacation extra special and such a good time were had by all." (Dan Fraser) Thank you to Dan for supporting John making this trip a unforgettable one and for Tanya for organizing it and making it happen. With hundreds of photos and family memories to cherish, John is far richer for the experience. This was one goal that turned out to be far more successful and fun than was ever imagined, an amazing experience for John, his family and his staff.



Make a **Green** Choice!

Sign up at www.participationhouse.com to receive our newsletter straight to your inbox.



**We want to
hear from
YOU!**

Participation House Support Services is always searching for innovative ways to support people with developmental and/or complex physical needs to live in their own homes, participate in community and enjoy life with family and friends. We do our best, but we're not always perfect. We want to hear from you about our services and supports. "You" could be a parent, an advocate, a member, a person we support or a concerned citizen.

However, first you should try speaking with the person with whom you normally communicate. If you're not satisfied, contact the Chief Operational Officer, Carmell Tait.

If you feel your problem remains unsolved, contact the President/CEO. We will work to resolve your issue, and if need be, the President will raise it with the Board of Directors.

This procedure is intended to address issues that are within the power of Participation House Support Services. Issues such as insufficient government funding for services cannot be rectified through this route.

We are confident that if we all work together we can come up with solutions which will benefit all of us. We would also like to hear from you if you are pleased with our programs and services, and we will make sure your comments reach the staff and volunteers involved.

Key Contacts:

Brian Dunne

President/Chief Executive Officer
(519) 660-6635 ext. 227
briand@participationhouse.com

Carmell Tait

Chief Operational Officer
(519) 660-6635 ext. 223
carmellt@participationhouse.com

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Getting to know... **Mayfair Appiagyei**

What traditional celebrations do you and your family continue to practice?

We were born and raised in Kumasi-Ghana/West Africa as Seventh-Day Adventists, which means we recognize and keep the Sabbath, Friday sunset to Saturday sunset, holy. This means we rest from our work these hours to worship God. We believe it is a lot of blessings to keep the Sabbath holy as the bible says and this is a big celebration for us, which we still cherish.

Have there been any positive or negative experiences living in Canada with your heritage?

The only negative experience is the cold winter since I was raised in a place with summer all year round. Yes, there are a lot of positive experiences. Examples are, free education for everyone and even availability of student loan for college and university; free and equal healthcare for everyone; and the peace we have and always knowing that the police is there to serve and to protect. These are great benefits in Canada that I wish my country will implement one day.

What is the biggest difference between your culture and Canadian culture?

Ghana has very strong social family ties, where everybody takes care of each other. It is rare to see people depressed or stressed out because there is always somebody to talk to. The elderly are very strong and independent and they are also taken care of by the family members and community.

What is the biggest similarity between your culture and Canadian culture?

Both cultures love to celebrate holidays such as Independent Days, Easter and Christmas.

Do you still have family members in Ghana? What has been your best experience traveling back to Ghana?

I have extended family back home. Although I have not gone back home since I arrived in Canada 21 years ago, I am looking forward to visiting someday.

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Creating Community

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