



A Caring Way

VOLUME 11, ISSUE 2

The Much Anticipated Opening!

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July 5, 2013 marked the exciting and long anticipated event – the official opening of our new four-plex model built on Southdale Road.

Special speakers, staff, supported individuals and visitors gathered and were graciously invited by Jay to tour his home within the four-plex. Our

WillowBridge Homes) and were introduced by Capital Campaign co-chairs Elizabeth Wasko and Catherine Sexton. All special speakers mentioned the rewards of working on a project aimed at improving the lives of those most vulnerable in society, and all expressed how grateful they have been



Pictured: Back Row L-R: Catherine Finlayson, Elizabeth Wasko, Gary Coutts, Catherine Sexton, Tim Schisler. Front: Judy and Jay.

three partners on this exciting project – RBC Royal Bank of Canada, Fanshawe Collage and Willowbridge Homes were represented by Gary Coutts (Account Manager, RBC), Katherine Finlayson (Executive Director of Fanshawe Collage Foundation) and Mike Hussein (President and Project Manager -

for the opportunity to be involved in this project.

Southdale assistant coordinator Tim Schisler had the opportunity to read a few words on behalf of four-plex occupant Tom, who was unable to

Continued on page 2



@PHSSLondon



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.

attend due to a bocchia ball tournament. All of the consumers who are living in Southdale were happy to welcome everyone to their new home during their open house. They are pleased to be at the new location and love how spacious and totally accessible their new house is. The consumers also enjoy the convenience of being so close to banks, grocery stores and many other essentials. They believe the merging of 2 houses has benefited them all and would like to give thanks to everyone for attending this event.



Willowbridge Homes President Mike Hussein handing over the keys to Executive Director, Brian Dunne

The planning, construction, fundraising and opening of this project has marked many firsts for Participation House, and has been a tremendous and rewarding learning experience for everyone involved. To the many friends and supporters of our agency who rose to the occasion and provided resources and supports during this project – we couldn't have done it without you!



Supporters gather at the grand opening

Gone but not Forgotten

We mourn the loss of an agency friend. James Drinkwalter, husband of Lillian Drinkwalter, passed away in March of 2013. Friends and family gathered to celebrate Jim and the commitment he had to Participation House. "Jim helped us build our family and community at Participation House and we will always remember him and be grateful for his friendship, time and memories", said Carmell Tait, C.O.O. of Participation House. We thank Jim for having an integral part in starting the Bowl-a-Thon 13 years ago, and for all his dedication and hard work throughout the years. Our best wishes go out to Lillian and her family as he will be sadly missed.



Partners
For Life

Participation House is a *Partner for Life!*

If you donate blood please consider a one time registration under our Partnership Number—**PART 013329**

Help us give the gift of life!

Partners
For Life



A Donor of Distinction

Participation House would like to extend a special **Thank You** to the Ivey's for their continued support!

New Apostolic Church Charity Bazaar



Brian Dunne and the members of the New Apostolic Church

Participation House has been very lucky to be a benefactor of the New Apostolic Church Charity Bazaar for many years.

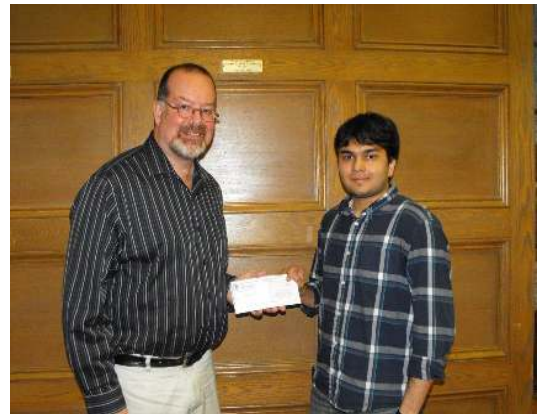
This year the NAC Charity Bazaar raised an outstanding \$1400 for Participation House!

Thank You! We are very grateful to our friends at the New Apostolic Church for keeping us in mind each year.

Thank you to London Bridges for thinking of Participation House during their 'LBCO Live' fundraiser

London Bridges is a community service club at Western University whose goal is to connect the Western student body to the greater London community by giving students the opportunity to volunteer and fundraise for local charitable organizations.

The LBCO (London Bridges Community-Service Organization) Live fundraiser consisted of multiple local musical bands who performed in a battle of the bands at Western. Participants voted for their favorite band by donating money, with the winning band receiving a prize and the title of battle of the bands champion for 2013.



David Wighton and Rushi Gandhi, past president of London Bridges

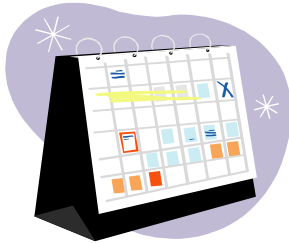
A SHOUT OUT TO



Thank you Libro Financial Group for including Participation House in their **Share the Future** program.

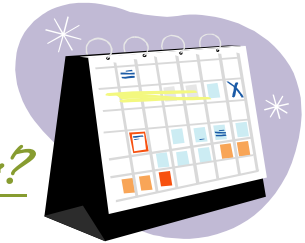
Participation House

FOUNDATION - LONDON



Upcoming Events

Have YOU marked Your Calendar?



Laudable Londoners

When: To be announced

Where: Watch www.participationhouse.com for more details as they become available

14th Annual Bowl-A-Thon

When: June 1, 2014

Where: Fleetway Bowling Lanes

13th Annual Leo Kirwin Golf Tournament

When: August 22, 2014

Where: To be announced

We would like to thank everyone who contributed to our events! Your commitment and dedication are truly appreciated!

Further information about these events is available on our website.

Or contact leslieg@participationhouse.com or 519-660-6635 ext. 221



An Interview with Graham Porter

By Leslie Giesbrecht

For more than 20 years, Graham Porter has provided legal counsel to us at Participation House Support Services. Graham Porter works with Leners Law Firm, one of the top 10 Ontario Regional Firms and top listed in Best Lawyers International. Leners has been a supportive partner of Participation House for more than 15 years.

In May of 2013, the lawyers at Leners Law Firm included Participation House in their “like” campaign through Facebook. This campaign donated \$1 to Participation House for every “like” they received.

(L) How did you initially become involved with Participation House?

(G) I have been doing work with Participation House since 1992.

(L) Could you tell us a bit about your family and professional backgrounds?

(G) I am a corporate lawyer. I have worked at Leners all of my career. I grew up in London, and both of my parents were involved in volunteering in the not for profit sector. I was fortunate that both my parents believed in, and set a great example for me to follow, of giving back to the community.

(L) What interests you about the non-profit sector?

(G) The non-profit sector interests me because it allows anyone to contribute in any way they best can to causes that they are passionate about. The sector allows you to give what you can give- whether it is time, money, energy or expertise.



Graham Porter, Leners Law Firm

(L) What inspired you to include Participation House in your Facebook “like” campaign in May?

(G) Participation House is a great and inspirational organization- PH helps people be independent and maximize their potential, and that is the greatest thing we have. It is a grass roots organization that is driven by the passion and commitment of its volunteers, employees and the people it serves, and everyone should know about the great things PH accomplishes every day.

LEARNERS is proud to support:

For more than 20 years, **Graham Porter**, a Partner in our London Office, has provided legal counsel to **Participation House London and Area**, an organization Leners has supported for the last 15 years.

Participation House

SUPPORT SERVICES

London and Area

Participation House is committed to encouraging and creating an inclusive community where individuals with disabilities have access to all the community has to offer and are included in a valued and meaningful way.

*Participation House Support Services would like to extend a heart felt **Thank You** for the support Graham, and the rest of the lawyers at Leners Law Firm, have shown*

AGM HIGHLIGHTS



Friends, Family, Food...Fun



Annual General Meeting

Celebrating our 25th Anniversary

Picnic in the Park

August 15th brought together amazing weather and an amazing group of people—for Participation House's 2013 Annual General Meeting and Celebration of 25 years!

Our Annual General Meeting isn't your typical meeting – it's a gathering of Participation House staff, board members, supported individuals and their families for a picnic lunch at Springbank Park. It's one of the few occasions during the year where the entire Participation House family gathers in one place. This AGM wasn't a typical AGM either—it involved the celebration of Participation House's 25th anniversary as an agency. The celebration kicked off with the official meeting, including Key note speaker, Leroy Innanen, who provided everyone with an inspirational speech outlining his experiences with Participation House over the past 25 years. "Good afternoon. My name is Leroy Innanen and I'm here today to celebrate with all of you the 25th anniversary of Participation House. I have been around for all of those 25 years, so Brian asked me to share a few words about where PH has come from and where it may be going", he began. "So as I share some history of PH, there are 3 themes that are woven through all of these stories:

The first theme is – change: embrace change, don't be afraid of it, get in front of it, do it yourself, before it is done to you.

Secondly - leading is better than following.

And the last theme is - get involved: participate, use your God-given gifts to bring about change to help yourself, to help others and to make this a better world." His talks about change took the audience on a journey from the first formation of PH to the recruiting of new members including the hiring of Executive Director, Brian Dunne to receiving our first government funding and opening our first home on Belgrave Avenue. He continued to talk about the change PH endured during the closure of institutions, and more recently, Participation House's part in the long-term ventilation project. Leroy spoke about not being afraid to lead. "Brian and Carmell led inside the organization but they also knew that they had to lead outside of the agency. They knew they had to lead in the community, with other agencies and with all members of our community. They knew they had to lead provincially, to serve on task forces, and on inter-agency boards

because they knew that was where changes in policy and practice were being formed and they needed to provide the front line input to bring about the change that was needed. But leading also means taking a stand for what you believe, for saying what you believe, no matter what the consequences. Brian is a leader and he has borne many consequences to bring about change in the community and in the province. Being a leader has not been an easy road for Brian to travel, but he has persevered through some difficult times to be recognized as a leader in our community, in our province and in our country". Lastly, Leroy talked about getting involved. "I

**Celebrating our
History—
looking to the
future with
confidence!**

commend every parent and family member who had to advocate long and hard to find funding. You had to go to many meetings, you had to talk to many people, you had to get involved. And I ask you - continue to get involved. Stay involved in your family members' lives. Help others by joining boards and bringing your gifts and your experiences to help others get the support you now have." Leroy continued "In summary, where has PH been over the past 25 years? We have gone through a tremendous amount of change.

We have encouraged participation and involvement by our management and staff, by the people we support, by their families, by our volunteers and Board members. We had the courage to lead when leading was needed in our changing world. Brian started with a staff of 1 and now there are 350, yes 350 full time and part time employees working with PH. From a waiting list of 28 with no one being served, we now operate in 51 locations serving over 150 people. Our first budget was \$75,000 a year, and we now have a budget of \$14.4 million a year. We are accredited. Outside organizations come in and independently evaluate how we do our job and report on it. We thought this process was so important for agencies like ours we helped develop it, and were one of the first agencies to receive accreditation. We are seen as a leader and pioneer both locally and provincially. Where are we going? Where we need to go to best serve those in need. Our values and our philosophy of service are the compass that will steer us well in the years to come. So congratulations on a job well done for the past 25 years. Buckle up your seat belts and get ready for big changes ahead in the next 25!"

From the Communication Team



Shout it Out!

Leslie Giesbrecht has been one of the staff involved with inspiring Jim and the staff to learn how to use Jim's new communication tools. Her enthusiasm has helped Jim to get excited and want to use his new remnant & communication books. Great job Leslie!

Christopher's Story

Christopher has always been known as the man with the blue bear; he takes it with him everywhere. A communication team member came in to help Chris with some pictures to help him choose what he would be doing that day. The staff would hold up two pictures and he could choose. One day, Olivia, a staff at Cranbrook, took Chris to his choice, McDonalds. Chris took the photo and carried it around the house all day. He continued to hold the picture as he went to

McDonald's, in replacement of the blue bear. When Chris returned home, he walked up to the staff working and said "fun". He held onto his picture the rest of the day.



Social Media Page

Man-on-4-Wheels

Check out Chris' blog!

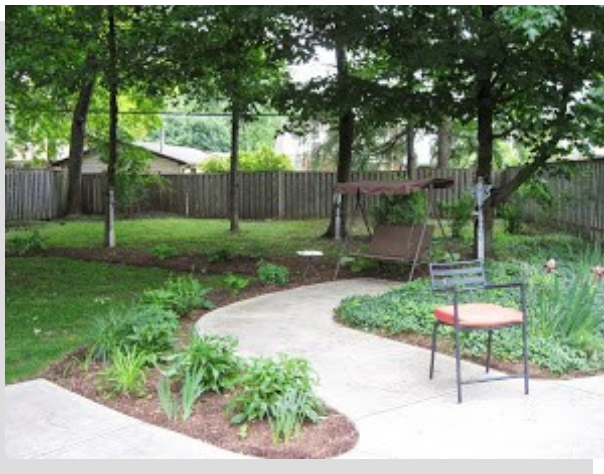
Here is a piece from his newest entry:

“LIFE IS GOOD! The demolition derby season is well underway. I have travelled to a few and will be going to derbies right up to Thanksgiving weekend. The action has been great with lots of hard hits!”



To check out the full story, visit <http://travellingheadaches.blogspot.ca>

Klicks for Chrissy



Make a Dream happen!

Chrissy and her family have a dream to complete a path in the garden of the home where Chrissy and her 3 roommates live. Each of them uses a wheelchair for mobility and presently they can access only a small portion of their backyard because the sidewalk is not complete. They would love to be able to enjoy the whole yard for gardening, relaxation or having a BBQ. Lets help support Chrissy! To check out her blog and donate visit:

<http://klicks4chrissy.blogspot.ca/>

Donations will be receipted by Participation House Foundation
London and Area

Create your own dream!

Start a donation site for your dream and we will help put the word out!
For more information, contact Leslie Giesbrecht at 519-660-6635 extension 221



Join us on Facebook!
We're Friendly!



And don't forget to
Tweet us anytime!



@PHSSLondon

Inspired Individuals

“B.I.N.G.O.!!”

Donald has been going to the Kiwanis Seniors’ Centre for their BINGO afternoons. Initially, it took some encouragement to include him in the game, however being that Donald is very social and friendly he soon made his mark! He is now welcomed by name by many of Kiwanis Centre staff and other seniors, and he seems to really look forward to going as well. He has a friend “Pat” that he regularly sits with, as well as a few other friends who will not allow the afternoon to go by without coming over to greet Donald and have a conversation. (At times when staff have assisted Donald with conversation, they have been politely informed that the conversation is with Donald and that’s who should be speaking!) As well, when new staff have come along, one woman in particular asks the regular staff questions of a “protective” nature, to determine whether this new staff is trustworthy and nice to Donald. On Donald’s birthday, the whole gang sang “Happy Birthday” to him and had signed a card—it was very obvious Donald was extremely touched by these gestures. Donald is a valued member of this group and clearly considered an important part of this community.



Donald and his friends from the Kiwanis Senior’s Centre



Ricky Clark (left) with Toronto Maple Leaf Nazem Kadri (right)



Ricky Clark, Nazem Kadri, his family and care team

Toronto Maple Leaf Nazem Kadri visits our very own Ricky Clark

Even though Ricky Clark spent a year living in the University Hospital’s ICU he didn’t mind returning to LHSC to crack jokes with Toronto Maple Leaf Nazem Kadri. Ricky, a die hard Leaf’s fan, is one of four participants in the long-term ventilation program living within Participation House. This program helps those patients live with dignity in their home, while remaining on a ventilator, and ensures beds in the hospital remain available for patients with acute care needs. With the help of his family, care-team, and encouragement from the Facilitation team, Clark reached out to Kadri in hopes he would visit. Kadri accepted the invitation and came with a few Leafs paraphernalia. He presented Ricky with an autographed photo and a hockey stick that he used when he played for Team Canada at the 2009 World Junior Championships. “It’s great to meet Nazem Kadri” said Ricky. “I watched him play as a London Knight, for Team Canada, and now for the Leafs”.

Pictures courtesy of the London Health Sciences Centre

Inspired Individuals

Anybody who spends any time with Karl will quickly realize that he loves spending time looking at family photos, from the collage of photos on his bedroom wall to his numerous photo albums. So it shouldn't have been a surprise when Karl mentioned he wanted to give his mom, Christel, a photo album for her birthday. We immediately went to Dawn Logan, Poplar's resident scrap booker. We asked Dawn to help Karl create a special photo album to give to his mom. Dawn was on board from the get go and the two of them spent several hours on the weekends over the next six months creating a beautiful book. The first step was to gather several pictures that could be used in the book. This involved emailing Karl's sisters Elizabeth and Maria, who both live in the States and asked them to

send several photos and special childhood memories. The second step was going to mom's house and going through her photo albums, taking pictures out to copy them at Shoppers, then putting them back, without telling Christel what we were up to. Dawn reached out to her fellow scrap bookers and asked for donations of materials. Dawn also brought in her own various scrapbooking tools, papers and embellishments. Between Dawn's personal supplies and the materials donated by her friends the office looked like we could open our own scrap booking store! Once the pictures had been gathered Karl and

Dawn went to work. Karl would pick out the picture, the paper and the various embellishments for each page. Hand over hand Karl would help cut and glue the pages together. Karl and Dawn dedicated two pages to each family member which includes, mom, Karl, his sisters, as well as Karl's niece and nephew. Each page contained baby and present day pictures, poems, birth dates, information on what

their names mean and words that other family members had used to describe their personalities. Finally after six months of a lot of hard work and keeping it a secret, which was the hardest part of all for Karl, the book was completed. The finished result was an extraordinary book full of beautiful designs capturing many childhood memories. Karl gave the book to Mom on her birthday

on December 23, 2012. Christel reported that "It was the best present I have received for a very long time. It brought tears to my eyes and to Elizabeth's eyes. We both loved it so much and it was so meaningful. The poems and sayings in there were so meaningful and well put. I will treasure it all for the rest of my life and I look at it very often, and have shared it with my friends. The thought and the amount of time put into it is amazing. The final poem just says it all: I thank you from the heart for all you've done for me; I bless the Lord for giving me the best mother there could be. And then Karl signed it himself!"



Karl showing off a page of his scrapbook he created for his mom

POWER TO THE PEOPLE

A Self Advocacy Group

July 11, 2013 marked The Power to the People's 2nd Annual Picnic

It was a great turnout and the weather was perfect. Seventeen members came out to laugh and socialize, eat burgers, salad and have a cold drink.

The members of the Power Pack made sure there was enough burgers and salads for everyone. They served chicken burgers or hamburgers with potato salad, macaroni salad, fruit salad and water, juice or pop to drink. Charlie even remembered the tongs for turning the burgers this year! No more melted plastic forks!



Para Transit thought the ground was too soft to drive across so everyone got out of the vans at the circle then had to decide whether to take a chance and drive across the grass or take the long way around on the path. Everyone took the chance and no one sank into the ground!

Everyone had a good time and maybe next year we will bring some music!



Power to the People donate to the CNIB

Regena, a member of the Power to the People group, gives a \$75.00 donation to the CNIB. The CNIB generously allows the Power to the People group to use their gymnasium for their get togethers each month.





**The Belgrave Belles once again hosted
their much anticipated**

ANNUAL STRAWBERRY SOCIAL

**Spending time in the sunshine
surrounded by good food, good music,
and good family & friends, it was a
great time had by all!**

**Thanks again ladies for offering your
beautiful home and hosting such an
amazing party! We all look forward to
next year!**



Notes from the Meaningful Moments Board



Brenda enjoying her passion for horse back riding

Had a great time at the fair and met some of my staff's family!

Guest speaker to RSA workshop at 4 points hotel— Powerful and part of a dream come true!

I was my turn to buy my co-worker a coffee while on our break!

Signed up for the Fanshawe College craft sale to sell my creations



Val and Barb at the annual Soul Collage gathering

On September 15th, Karl participated in the Lake Michigan Credit Union 10k Bridge Run with his sister Elizabeth



To add your posting, feel free to come into the office or fax it to (519) 660-1654.

Relay for Life

Participation Cure 4 Sure

A great big THANK YOU to everyone who participated and/or donated towards this year's team for the Relay for Life. Our team raised over

\$2,600!!

These funds will help change people's lives through information and services provided to survivors and their families as well as through life saving research.

Get your walking shoes ready for next year's relay!



Over \$27,000 Raised at the 13th Annual Bowl-a-Thon!



2013 Winning Team!

June 2, 2013 marked the 13th annual Bowl – a-Thon. On behalf of the Participation House family and the over 150 incredible individuals we support, thank you to everyone who attended, contributed, sponsored or gave their time. It was a huge success!!

The Health and Wellness Committee presents ...

Healthy Recipe Corner

Shelley's Homemade Macaroni

INGREDIENTS:

Makes 6 one cup servings
 3 cups of dried whole wheat elbow macaroni
 3 tbsp.'s of unsalted butter
 1 small onion, chopped
 2 tbsp.'s whole wheat flour
 2 cups of low-fat milk
 2 cups of shredded partly skimmed mozzarella cheese
 1/3 of a cup shredded parmesan cheese
 1/4 of a cup dried bread crumbs
 Salt and pepper to taste
 Pam spray



COOKING INSTRUCTIONS:

Cook the elbow macaroni to desired tenderness, drain and set aside. Melt 2 tbsp.'s of the unsalted butter in a sauce pan over med-high heat and add the chopped onion and cook until translucent. Stir in the 2 tbsp.'s of flour and then slowly add the 2 cups of milk bring the milk to a boil and slightly thickened, reduce the heat and add the cheese. Stir in the elbow macaroni and salt and pepper. Pour into pam sprayed six one cup size ramekins or a 9" casserole dish. Melt the remaining 1 tbsp. of unsalted butter, once melted add the dried bread crumbs. Sprinkle on top of each ramekin dish or casserole.

Bake uncovered for 25 minutes until golden brown. Enjoy!



**We want to
hear from
YOU!**

Participation House Support Services—London and Area 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 Executive Director. 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—London and Area to resolve. 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

Executive Director
(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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Diversity Team Quiz! Enter and WIN!!!

Find a diversity related word that corresponds with each letter of the word

DIVERSITY

Send your answers to PHdiversity@execulink.com (or call/fax the office) and have a chance to win a \$10 gift card in our lucky draw! Entries close November 10th!

Do you have great diversity ideas? Do you enjoy the thought of creating a diverse work place?

Drop in on a diversity team meeting to check us out!

Contact Leslie Giesbrecht at leslieg@participationhouse.com or 519-660-6635 ext. 221 for meeting dates and times