



A Caring Way

VOLUME 12, ISSUE 3

FALL 2014

Table Of Contents:

Shout Out Corner.....pg2

Communicate with us...pg3

Foundation Update.....pg4

Chris' blog and Ricky's Review Corner.....pg6

Meet Steve Elson.....pg7

PHSS gives a sweet Farewell to Summer.....pg8

The RDSP—is it right for you?pg10

AGM Highlights.....pg12

Talk with Kailey Brooks.....pg13

Chelsey's Reiki.....pg14

Health and Wellness Committee.....pg15

We ♥ Volunteers!.....pg15

We Want to Hear from You!.....pg16

Diversity Quiz.....pg16

“Together we make a Family”

“Family, life’s greatest blessing”;
“Family isn’t about whose blood you have, it’s about who you care about”;
“Families are like fudge, mostly sweet with lots of nuts”.

No matter what quote you relate to the most, families are important; and the families that support us at Participation House Support Services are remarkable, outstanding advocates for us, their children and loved ones we work for.

We would like to thank all of our families for their hard work and dedication throughout our 26 years. If it wasn’t for the proud parents who stood up for change we wouldn’t be the agency we are today.

Through the efforts of Chrissy and her family, the ladies who live on Wistow Street now have a fully accessible walkway that extends through their entire backyard garden, creating a beautiful outdoor space. All four of the ladies use a wheelchair for mobility therefore were unable to



access the majority of their own backyard. The fundraising efforts spearheaded by the Sinosic family including “Klicks for Chrissy”, a yard



sale/bake sale, donations, and a successful grant application from the McKay Cross Foundation allowed the walkway to be 100% funded and work began this past summer.

Donations and support from other families have also given those we provide service to opportunities to experience new dreams and create new goals. They have also assisted with furnishing the inside and outside of some of our locations. Generous donations have contributed towards much needed equipment at our day respite location to allow us to support the loved ones of these families in the best way possible.

We thank you again families, as your support of the work of Participation House Support Services is inspirational and truly appreciated. On behalf of your children or loved one and all those who benefit from your continued generosity, Thank you!



@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.

Until We Meet Again

Peacefully, Martha Mary Sanders passed away on August 25, 2014. Martha was a wonderful lady who had a love of sewing, quilting and yoga. She will be missed by her family, friends, and the Kainswoods team.



Martha Sanders 1959-2014

“May the road rise to meet you.
 May the wind be always at your back.
 May the sun shine warm upon your face.
 May the rains fall upon your fields.
 And until we meet again,

May God hold you in the hollow of his hand.”

SHOUT OUT CORNER

Shout out to Kathleen Abley for her warmth, kindness, positive energy and creative spirit, evident in many ways, including on the Facilitation Team and in her work with “Possibilities in Paint”

Way to go to the Facilitation Team! Thank you for helping those we serve find their passions, gifts, and dreams and assisting with making them a reality! You are helping change the lives of those we support.

Becky Johnson! We’re shouting out to you!! Thank you for going above and beyond, and helping those we support get active in the community! The work you do is fantastic!!!

Kim...You ROCK!! Your optimism, sense of humor, and flexibility make PH an even better place to be!! Keep on smiling and laughing through those snowstorms!! It’s much appreciated!!

A great big shout out and Seasons Greetings to all the staff, coordinators, and Seniors at PHSS. We appreciate all the work you do and filling all those shifts!!



WAY TO GO!!

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 US KNOW!

Contact Leslie at leslieg@participationhouse.com or 519-660-6635 x221 and tell us about them!

We want you to communicate with us!



Scan to visit our website
www.participationhouse.com



And don't forget to sign up to receive our newsletter straight to your inbox in two simple steps!!



Follow Us!



@PHSSLondon

Join Us!



Big thanks for all who visited



on Friday, September 19th, 2014

15-20% of their sales between 5-8pm was donated to Participation House Support Services!!

Thank You Kiwi Kraze for supporting all of us at Participation House!!



Calling all Blood Donors!



Participation House is a *Partner for Life!*

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

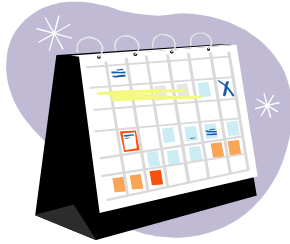
Help us give the gift of life!



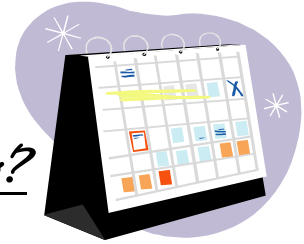
Participation House

FOUNDATION - LONDON

Events



Have YOU marked Your Calendar?



**Over \$22,000 raised in 13th Annual
Leo Kirwin Golf Tournament!!!**
Thank you to all our supporters and pencil in -
21 August 2015 for our next visit to East Park!



**Watch this space as we get ready to announce our
Honorees for the 16th Annual
Salute to Laudable Londoners!**

All information including Honouree Bio will be available on
www.participationhouse.com in early 2015!



Coming up, Coming up, Coming up!!!

**PENCIL US IN: 15th Annual Bowl-A-Thon
June 7, 2015**



NEW COMMITTEE MEMBER CALL:

**The Bowl-A-Thon and Golf committees are looking for new members!
If you are interested in fundraising, new ideas or would like to help—
Contact Ellie at elliem@participationhouse.com or 519-660-6635 x254!**

Further information about these events is available on our website.

SPECIAL EVENTS

THANK YOU

Highland Country Club Ladies Curling

Thank You to the Ladies at Highland Country Club who dedicated their annual curling fundraiser game to Participation House Foundation!

It was a pleasure to experience something new and make new friends!

\$500 Raised



Dill Pickle Party

A fantastic evening put together by Damon Whatmore with The Railway City Ragtime Band which entertained nearly 200 audience members at the Chalmers Church November 21.

Special thanks to David Hoy for his help!

\$2800 Raised



Mummers Dance

Bruce Yates—a Participation House supporter and parent of Lisa who attends Project HOPE has been the brains behind this fantastic Newfoundland Themed event for several years now—and it just keeps getting better!

\$2500 Raised



Check out Chris' recent blog! Summer Vacation 2014 ~ A Magical Place



Sunday August 24th, 2014 was a early morning for me! Getting up at 5am was tiring, but I was excited to start a new journey! I was heading to Detroit to catch a flight to Florida. From there I boarded the Magical Express bus that took us to Disney World, where we were greeted with happy faces and open arms. Jennifer, my roommate, our 2 staff, Wendy and Chantelle, and my self, were all ready to explore. We had so much fun during our 6 day stay at Disney! Our days were full of fun characters, exciting rides, delicious food, and interesting shows.



Disney World is huge! The property covers 27,258 acres and has 27 themed resort hotels and four theme parks, and so much more! We stayed at Pop Century. The four parks are named Magic Kingdom, Animal Kingdom, Epcot, and Hollywood Studios.

One of my favourite experiences was when we had dinner at The Crystal Palace. It was located in Magic Kingdom. While we ate the characters from Winnie-the-Pooh came to visit us. I met Tigger, Eeyore, Piglet, and my favourite Winnie-the-Pooh. I was able to talk to them take pictures with them. That evening we were able to watch the firework display over top of Cinderella's castle, and were

surrounded by thousands of people.

Fantastic was a night time show we attended at Hollywood Studios. It was really neat to see videos of different Disney movies displayed on water that was spraying up in the air. The show combined water, special effects, fireworks, characters on stage, music, and dancing! At one point then even set the water on fire! I don't know how they did it, but it was pretty cool to see.

In Animal Kingdom we went on a safari trip and were up close with different animals like rhinos, zebras, elephants, and monkeys. My favourite animal to see was the rhinos because they are so big to see in real life.

We were lucky enough to scoop up reservations for dinner at Cinderella Castle one night. We were told that getting into this restaurant was so hard that you had to book it up to 6 months in advance! We jumped at the opportunity to get in the next night! I felt pretty special while we were there. I got to meet all the Disney princesses and they all called me prince, gave me a hug, and took pictures with me! Jasmine was my favourite because I like the movie Aladdin and she was really pretty. Who doesn't like being surrounded by pretty women?! There were so many other things that we did while we were there. Everyone was very nice and accommodating. I am very grateful for being able to go on this trip and hope I could go again someday. There so much to see and do there. Its a great place for children and adults to go. And like they say, Disney is a magical place!



RICKY'S REVIEW CORNER

MAPLE LEAFS PRESEASON GAME VS PHILADELPHIA FLYERS

This was the first preseason game of the year for the Leafs. My overall thoughts of the game were it was a great game. The only things I did not agree with were some of the calls the referees made. For instance the referee allowed the first goal Philadelphia got. In my opinion this goal should have been dis-allowed since the Philly player tried to high stick the Leafs goalie. Some highlights from the game were the Leafs made a comeback with two power goals one right after the other. That was awesome! My favorite player number 43, Nazem Kadri (who I got to meet last year), scored the first power play goal! This game also had a lot of players hitting each other into the boards which was very exciting. As well as lots fights especially from number 17 on the Philly's team. He ended up



getting a 5 minutes penalty for fighting and 10 minute misconduct which led to him not being able to play the rest of the game. This made me happy as he was bugging the Leafs all night! One of my favorite moments of the night was when I got to take my picture with two cheerleaders, one a brunette and one a blonde. The brunette was from the Flyers and the blond was from Leafs. The game was tied and they had to go into a shootout which led the Leafs to win! Woot Woot! Go Leafs Go!



Meet Steve Elson, CMV Partner with PHSS

How did you initially become involved with Participation House?

I became involved with Participation House as part of a project I was undertaking a few years ago. I work for London Health Sciences Centre and St. Joseph's and I was asked to help LHSC look at ways to improve services for adults who are dependent on mechanical ventilation – especially community services. Needless to say it was not long before the name Participation House came up and Carmell Tait joined the project team.

Could you tell us a bit about your family and professional background.

Well I'm very happily married – that's the most important thing - and have been for many years. We have five children and now six grandchildren who we try and see as often as we can – but not often enough as they do not live near us. We have children and grandchildren in Belleville, Ottawa, San Francisco and New Zealand.

I was born in northern England and we immigrated to Canada in the early 1950's – along with many others. I come from a family of six children and I'm a twin with two older and two younger siblings. Both my parents have passed.

Professionally I've lived and worked in London for 13 years now. Most of my time is spent doing project work that involves multiple organizations – hospitals as well as other health care organizations. I've done clinical, IT projects and many others. I like to think of it as figuring out how to get organizations to work better together – basic sandbox skills really. I've worked in Niagara, the Belleville and Kingston area of southeastern Ontario and been involved in health care planning and project work since 1985 so I've been at it for a while.

What interests you about the non-profit sector?

Well a number of things really. One is always having to make do and make the best of a situation

knowing that there are real constraints. Revenue generation – especially for operating funds - often comes from a government agency or a body like the United Way so it's not like you are selling a product people will buy.

Another is motivation. People are motivated to work in the non-profit sector because of what the service or agency does for others not for what they get out of it in terms of personal gain.

What inspired you to collaborate with Participation House, and other partners, to spearhead the development of the regional Chronic Mechanical Ventilation (CMV) program?

I think we all care. I know it sounds trite to say this but it's true. We all know that these are very vulnerable people and they have a lot to contend with without service or system issues getting in the way – which they do.



We work in a health care system that's actually quite different than most other provinces – although we sometimes forget this. In Ontario we still have literally thousands of health care agencies, each with their own staff and board. Over 130 different agencies report to the South West LHIN for example. In other provinces that have regionalized health care there might be only a handful of organizations that provide or contract for the provision of health care for the entire province. This simplifies collaboration and integration. So in a long-winded way what I'm saying is that in Ontario there are unique challenges to trying to make health care work as a system. I'm personally inspired to try and make things work better from a systems perspective. That's where I put a lot of my time and energy. So when I get the opportunity to work with organizations like Participation House that share the same point of view – it's a good day!

Participation House Gives a Sweet Farewell to Summer!





If you're not having fun, you're doing something wrong.
Groucho Marx



The RDSP – is it right for you? One parent gives you the inside scoop!

The *Registered Disability Savings Plan (RDSP)* was introduced by the Federal Government of Canada starting with the 2008 taxation year. The objective of the plan is to provide a means by which individuals with disabilities can achieve financial security in the future. While it is certainly of great benefit for many people, it is not, however, a “one-size-fits-all” plan, as I came to discover personally.

To summarize, the RDSP provides government “grants” (maximum \$3,500 per year) to match personal contributions (up to \$1,500 per year). Those whose annual income is less than \$20,000 also qualify for a yearly “bond” (\$1000), regardless of personal contributions. Government contributions end after a maximum of 20 years, or when the beneficiary reaches age 49, whichever occurs first. To qualify, individuals must be eligible to claim the *Disability Tax Credit (DTC)* when filing their income tax return.

I understood all of those details when I opened an RDSP account for my son, Ryan, in April of 2009 when he was 31 years old. When I asked about other regulations that I should know about, the financial advisor at the bank explained that there could not be any withdrawals from the account “for 10 years”, and that early withdrawals are subject to hold-back penalties by the government. My understanding, therefore, was that we could make withdrawals as soon as the year 2019 (10 years after opening the account).

Based on this information, my intention when I opened the RDSP account was to provide funds on an “as-needed” basis to provide for the “extras” that Ryan may need that are not covered by his regular income (ODSP). I thought that we would have access to those funds when he reached age 41 (in the year 2019). However, I now know that I was wrong in my assumptions. I have since learned of other regulations that I was previously unaware of that make me question whether or not the RDSP plan is suitable for a person in Ryan’s situation.

There are 4 big issues:

1. In Ryan’s case, he qualifies to receive grants and bonds until age 49. According to the regulations on the Government of Canada website (www.gc.ca), *withdrawals taken within 10 years from the date of the last government contributions will trigger hold-back penalties* (unless beneficiary is 60 or older). The amount of the penalty co-relates to the amount of the withdrawal. In essence, this means that, in Ryan’s situation, we can’t make withdrawals until he is age 59 without incurring substantial penalties.

2. To qualify to be the *Plan Holder* (person who “owns” the account), a person needs to be one of the following:

The beneficiary (the individual with disabilities, if mentally-competent to manage their own affairs),

The beneficiary’s spouse,

The beneficiary’s child,

The beneficiary’s parent,

The beneficiary’s *Power of Attorney*,

The beneficiary’s *Legal Guardian*.



For someone like Ryan, who is not mentally-competent, does not have a spouse or children, and is incapable of naming a *Power of Attorney*, these restrictions are problematic. As his parent (mother) and *Legal Guardian*, I qualify to be the *Plan Holder*. The problem is that, under current rules, neither the original *Plan Holder* nor the *Legal Guardian* (if different) has the authority to name a replacement *Plan Holder* who does not meet the government’s eligibility requirements. (NOTE: A sibling is not eligible) In our case, this means that when I am no longer able to manage Ryan’s affairs, his brother (next of kin) cannot be the *Plan Holder* unless he becomes Ryan’s *Legal Guardian*. The process of hiring a lawyer and petitioning the court to become someone’s *Legal Guardian* is a lengthy, complicated and expensive undertaking (in my case it took 6 months at a cost of over \$5,000). Unless and until a new *Legal Guardian* is appointed for Ryan, there will be no one to manage his affairs other than the *Office of the Public Trustee*. This does not reassure me that his interests will be taken care of by someone who knows and cares about him!

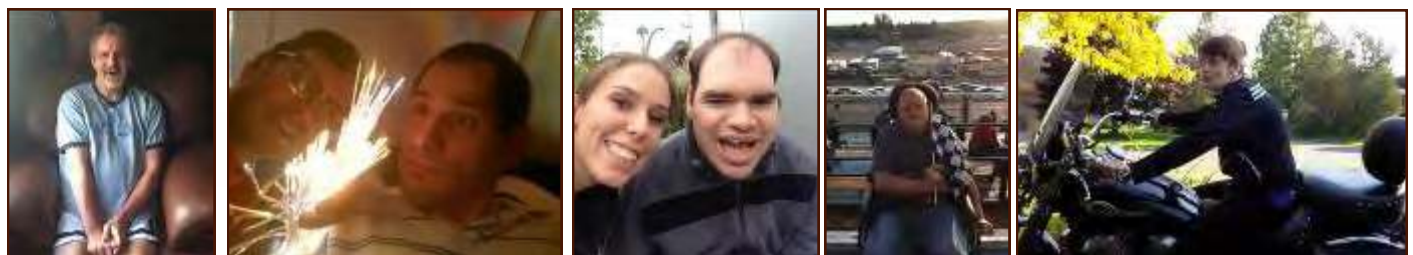
3. There are strict regulations that govern how withdrawals can occur. I now understand that the government’s intent for this fund is to provide long-term, regular income for persons with disabilities in their retirement years. Rules state that the beneficiary must start receiving the *Lifetime Disability Assistance Payments* (LDAP) no later than at age 60. There are annual withdrawal limits, according to a complicated formula designed to provide equalized payments until the beneficiary reaches the age of 83. While non-regular lump sum withdrawals (known as *Disability Assistance Payments* or DAP) can be made prior to age 60, they are also subject to maximum withdrawal limits, as well as hold-back penalties, if applicable. It begs the question: For medically-fragile people like Ryan, whose life expectancy may be shortened, does it make sense for them to wait until age 60 before having restricted access to the funds in their RDSP?
4. The other big problem is that Ryan is not capable of making a Will for his estate, nor does his *Legal Guardian* have the authority to do it on his behalf. He will therefore die “intestate” (without a Will) and any money remaining in the RDSP at the time of Ryan’s death will be distributed according to the succession laws of the province. As the person who is making the personal contributions into his RDSP, I do not have the legal right to determine what happens to those funds! I should, at the very least, be able to name an alternate “approved” beneficiary, such as a charitable organization.

In conclusion, the RDSP is a great savings plan for those individuals who are capable of managing their own affairs. For those who are not, it all depends on their specific circumstances. In our case, had I known about the many restrictions involved, I probably would not have considered the RDSP as a suitable option to provide for Ryan’s financial security. I may have opted, for example, to open a private trust fund instead, even at the detriment of not qualifying to receive the government grants and bonds.

The bottom line is that we all need to do our homework and due diligence when considering something this important. We need to ask more questions and do our own research, and hold the government and the banking institutions responsible for educating us. The decisions we make will have long-term consequences, impacting the future security of our special-needs loved-ones.

Submitted by Linda Barbee

Parent



2014 Annual General Meeting Highlights!

The wind couldn't keep us away from Springbank Park on Thursday, August 14th, 2014 for our Annual General Meeting. The afternoon was full of fun, laughter, singing, and eating. Artists through Possibilities in Paint displayed their masterpieces and those who attended were able to take their shot at creating their own works of art. Cards and wall art of all sizes were exhibited to give each person a sneak peek of what Possibilities in Paint is all about, and the stunning successes that derive from the opportunity. Members of the Diversity Committee gave everyone a chance to discover the different cultures Participation House Support Services is made of by inviting them to take part in a Heritage Scavenger Hunt. Select individuals were identified with flag tags from their heritage. In order for participants to obtain their signature they needed to ask a question about the individuals heritage/background. Once all the signatures were collected they were entered into a draw for a prize of *unbelievable value*, creating a buzz of fun and excitement throughout the park.

The meeting kicked off with a welcoming remarks from Maria Sinosic, Participation House Support Services Board Past President. Remarks from the treasurer, Policy and Oversight Committee, and Quality Assurance Committee were next followed by the election of the directors. Once the meeting was wrapped up, a good ol' fashioned BBQ supplied by Marshalls Pasta Mill was served buffet style. Karaoke from PH favorite, Tony Bycraft and the top music hits from 97.5 Virgin Radio wrapped up the afternoon and kept us all dancing and entertained till the early evening.

Thank you once again to all who joined us to celebrate our successes this past year and we look forward to coming together once again in 2015.





From the Communication Team

Kailey Brooks

Kailey is a young vibrant woman who loves being social, telling stories and sharing this passion with the people around her. Recently she has started using the app Pictello. This has given Kailey the opportunity to enhance her personal growth, “grow her wings” and reach her full potential of being the true social butterfly that she is.

Using Pictello, you upload pictures of things you have done, places you have been, or anything important to you that you would like to share with others. Kailey has also made a story about herself so that when she meets someone new she can use the app to introduce herself rather than staff speaking for her. On each page, along with the picture you can add words describing what is going on, or what about it you would like to share. Kailey also adds questions to her stories to ask the person she is sharing with. For example, she made a story about her trip to the Butterfly Conservatory and asked the questions “have you been here before? If you have, what was your favourite part?” This not only gives Kailey the chance to share her life and her stories with others but for them to do the same with her and share their stories. Kailey is a great listener as well as story teller and now with Pictello she can have rich meaningful conversations with her family and friends and can use this tool to help make new connections! She is also hoping to start a story telling group for people who share the same gifts of being a social butterfly or a story teller, or maybe someone who wants to explore and nourish this gift within themselves and needs a safe place to do so. Everyone has a story worth telling, and Kailey would love to hear them!



Kailey showing off her iPad with the Pictello app.

Rhiannon gets Running!



On September 21st 2014. Rhiannon and her “Jolly Rogers” team participated in the Color Run held in London Ontario. The Color Run is an international event that was founded in January of 2012 as an event to promote healthiness and happiness by bringing the community together to participate in the “Happiest 5k on the Planet”. Rhiannon and her teammates Chelsey, Kaylie, Catalina, Nicole, and Laykin had an amazing time and were successful in completing the entire 5 kilometer route while, of course, getting doused full of powdered color! It was an experience she won’t soon forget and the Jolly Rogers are gearing up to gain more members and get colorful yet again next year!

CHELSEY'S REIKI

Chelsey has accomplished one of her dreams and couldn't be more proud!

She has achieved her Level 1 Reiki Certification!

Reiki is a natural and safe method of healing and self-improvement. Reiki treats the whole person; body, emotions, mind, and spirit creating many beneficial effects such as feelings of peace, security and well-being!

Chelsey had a Reiki Master come to her home who transferred her energies to Chelsey. This ability allows Chelsey to tap into an unlimited supply of *life force energy* that improves health and quality of life, not just for her, but to transfer to others. This way of teaching has allowed Chelsey to become a Certified Reiki Practitioner! She was taught special hand methods as well as some theory and has been practising her techniques on staff ever since. Chelsey places her hands near on or the client in a series of hand positions, and energy is then transferred to the client. The staff is very impressed with Chelsey's new ability. The day Chelsey obtained her certification she was in her room when a staff member walked in. She said Chelsey didn't give her usual "hellos," instead was staring at the certificate on her wall, then back at the staff, to the certificate, back at the staff, until this person understood Chelsey and congratulated her. Once it was acknowledged Chelsey had the biggest smile and gave the "thumbs up" as she sat tall and proud! People have asked Chelsey to practise on them and she has been more than willing. She has taken staffs hands and applied different pressures in different areas and has manipulated her fingers to different spots on the hand. Chelsey just started doing this with people after being taught the Reiki method; incredible! She does her treatments with such confidence and the staff members who have experienced these moments with her have said it's been so amazing! Chelsey couldn't be happier to be a certified practitioner, just another way this woman is living with a holistic and healthy approach to life. She also has the great satisfaction in helping people and hopes to continue her practises with new clients! WAY TO GO CHELS!



Look at those drapes!

Thank you to Susan Holmes for organizing the donation of the beautiful custom drapery at our Kimberly home. Susi Niekrawietz did a wonderful job adding the grommets and completing the sewing required. Thanks go out to Jan Macauley who made up pillows to match with the leftover fabric. These women's efforts really make a difference in adding the soft touches to the newly renovated home.



CHRIS ROCKIN' OUT AT MOTLEY CRUE!

In September, Chris travelled to Toronto to see Motley Crue during their Final Tour. He had a blast rocking out to one of his favorite bands!



A great big thank you to Kent Bunston at Principles Design Studio for his recent generous donation of drapery panels and fabric to Participation House!

We ❤️ Volunteers!

Welcome to our returning and new student volunteers after the summer break!

Thank you to Western University London Bridges Club for their fundraiser efforts. \$200 was raised to purchase new round fold up tables for games night activities. The new round tables make it much easier for people to pull up their wheelchair and reach to the centre of the table.

The annual Western Serves community initiative was held on Saturday Sept 7. Student volunteers came out to partake in a drumming circle followed by a “Hamburger slider” cupcake contest. It was a challenge for some folks to complete their “hamburger” and there were a few conspicuous bites noted on some of finished masterpieces. The contest was judged and Katie Parker was chosen as the winner by the student panel.



The Health and Wellness Committee presents ...

Motivational Mantra

Eat Right
Move More
Breathe Easy

Healthy Recipe Corner

Strawberry Parfait

A great way to start the day!

Serves four

Ingredients

- 1 lb. strawberries
- 2 cups low fat vanilla yogurt or plain Greek yogurt
- 6 tbsp muesli cereal

Directions

1. Cut strawberries into quarters and divide half among 4 glasses.
2. Divide 1 cup of yogurt and 3 tbsp of cereal evenly amount glasses.
3. Repeat with remaining berries and additional 1 cup yogurt and 3 tbsp muesli. Top with sliced berries.
4. Enjoy!



