



Creating Community

VOLUME 14, ISSUE 2

SPRING 2016

In This Issue:

- Shout Out Corner
- Power to the People
- Join the Foundation Board of Directors
- Salute to Laudable Londoners
- 2nd Annual Art Show
- Upcoming Events
- Rocking for Hope
- PAR, Pictures, and Punch
- Pancake Lunch
- Volunteer's Perspective
- Health & Wellness
- We Want Feedback!!
- Diversity Fun

Celebrating Possibilities!



Looking back at the Spring 2015 edition, we cannot believe how far we have come in only one year. In that issue, we recently broke ground on the new building and included pictures of the brand new construction.

How far we have come! On April 29th, we held the Grand Opening of our new Community Place on Adelaide St. N. to celebrate possibilities for

the future. Approximately 130 people came out to see the new building and participate in the ceremony. It was a fantastic turnout from funders, staff, families, Board members, and community partners. It was wonderful to see everyone come together to celebrate this milestone!

See page 10 for more pictures!



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 all the staff who use their President’s Choice point cards while grocery shopping and saving money for those we support! The \$20 here and there is extremely beneficial!!”



“I would like to thank **Bahrija and the Robinson team** for always having an amazing turnout at yearly PCP. The team is always so warm, welcoming, focused and enthusiastic. Lots of food, laughter and support for one another. Keep up the great work, it’s noticed.”



“Shout out to **Cathy Smith** for her stellar work with families!”



“We want to acknowledge **Heather Dunster** for assisting the men to welcome and invite us in for the tea party when we came to their door.”



“Thank you to **Cherese** for the incredible insight and med training. I learned so much in 4 hours and our med books are starting to look fabulous!”



“Shout to everyone living at **Riverside and the staff**, for having the highest usage of their YMCA card! Keep it up, YMCA champions!”



“Thank you to all who came out to The Pancake Lunch in February to make it a huge success! We were able to donate \$500 for the Syrian refugees. A special thank you to **Shelley and Ann Marie** for their donation, and to the **volunteers** who did the work of cooking, serving, and cleaning up. Thumbs up to all!!”



“Thank you to **everyone** who helped out with the Grand Opening! Your help was much appreciated, and helped it run smoothly. Special shout out to **Mike Reeks** for doing such a great job!”



“Shout out to **Mark Crossley** for connecting people in their community, and **Stacey Sutton** for her creative thoughts and ideas that start planting seeds for others to act on.”

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!

And The Award Goes To...



The FOCUS Innovation Awards were held on May 11th, 2016. We were a finalist for their provincial **Innovation Award**, and Winner of the **Most Innovative Presentation!**



Our submission for the 2016 Innovation Awards described our Possibilities in Paint program, where supported individuals can express their creativity through art, and how the program brings people from the community together to create something inspirational. **#creatingcommunity**



Happy Birthday, Laurie!



Laurie and I (Mark) have been going to the Kiwanis Senior Centre for lunch for couple of months.

Now there are a number of people who know us. We went there on his birthday, and they brought out a candle on a danish for him, and everyone in the cafeteria sang "happy birthday". Laurie seemed quite pleased. Pictured is Shirley who also attends, and Heather who works in the kitchen.



Volunteer Shout Out

Amy and the staff at Wickerson would like to recognize our wonderful volunteer, Katherine. Katherine is a positive and enthusiastic presence at the Wickerson home.

She has been instrumental in assisting with a number of community outings, weekend adventure and was especially appreciated as "an extra pair of hands" for Amy's Wednesday morning WHEEF club for nearly 4 months.

Thanks Katherine-You're AWESOME!!





Power to the People Updates

The Power to the People group has some very exciting updates to share:

We had Rob Kennedy teaching First Aid and Fire Safety at our meeting on May 4th, 2016.

We have looked into ordering t-shirts for the group, and Ricky has ordered new t-shirts in red, with a white logo. They are going to look great!

Bryan is in the process of getting permission for the group to use the song "Limitless" as our theme song.

Jeff Brown and Erin Whittaker, our nurses, are coming to teach about staying healthy when you live in a wheelchair and information about medications among some of the information.

We have been attending various workshops over the OTN network. Most recently, we had 15 people attend the self-advocacy groups workshop about bullying. The next one will be about respect and dignity, and will be held in June.

The 3rd annual Power to the People BBQ is coming up in July. Watch the calendar for dates of these and other events!

Election Results... **drum roll please!**



President for the next 3 years is **Ricky Clark!**



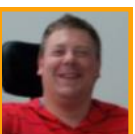
Your new Vice Presidents are **Charlie Fleming and Sandra Regalo!**



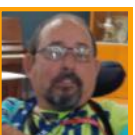
Regena Kress has been re-elected Secretary!



Wendy Cane has been re-elected Treasurer!



Bryan Thompson has been re-elected Drink Host!



Tom Mahoney has been re-elected Snack Host!



Join Participation House Foundation's Board of Directors!!

The Participation House Foundation was created in 1994 with two main purposes:

- 1) To **fundraise** as a way to complement government funding—all money raised by the Foundation directly benefits people needing supports and services
- 2) To **engage** with community members and share our vision and mission

The Foundation is an integral part of the organization and the Board of Directors is looking for new members!

Are you interested and/or experienced in fundraising and event planning?

Do you have ideas for how to raise our profile in the community?

Want to have your say in the future of the Foundation?

By joining, you will be able to:

Guide the Foundation's strategic plan

Raise the organization's profile in the community

Have fun and meet new people

Help to coordinate our signature events



Salute to Laudable Londoners



Bowl-A-Thon



Leo Kirwin Golf Tournament



The Foundation's Board of Directors generally meets once a month for two hours in our main office boardroom at 620 Colborne St. If you are interested and/or would like more information, please email Amanda Bartlett at amandab@participationhouse.com



Make a Green Choice!

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



17th Annual Salute to Laudable Londoners



April 13, 2016
London Hunt & Country Club

Participation House Foundation honoured Murray Faulkner, retired London Police Chief, at the 17th Annual Salute to Laudable Londoners. With years of involvement with the Law Enforcement Torch Run for Special Olympics, United Way, YMCA of Western Ontario, St. Joseph's Health Care and Foundation Boards, and many more volunteer initiatives, he truly expresses the spirit of a Laudable Londoner.



It was an amazing evening full of laughter and excitement, with everyone crowding around Murray to offer congratulations.

Thank you to everyone for your contributions! With your help, we were able to raise more than **\$16,000!**



2nd Annual Art Show

On Nov. 21, 2015 Possibilities In Paint (P.I.P.) held their 2nd Annual Art Show. Putting an art show together with over 30 participating artists could be overwhelming if it were not for the commitment of family members who picked up, dropped off, set up, and disassembled items to make a wonderful experience spectacular. This was truly a collaborative effort. THANK YOU TO EVERYONE!!!

It is always the artist who takes centre stage, no matter what goes on behind the scenes. It is their effort and willingness to take a chance and put their artwork on display for everyone to enjoy, that brings about such celebration and amazement. Not amazement that we can do this but amazement that is done with such professionalism and style. Being involved with art and creative expression gives people the opportunity to choose if they want to pursue such an endeavour seriously or partake for fun and pleasure. All choices are good and respected. Creativity is fostered with Participation House and has blossomed with the growth of P.I.P.



We would like to thank Blue Heron Framing for providing us with first class frames at a good price. It is our commitment to put art out there in the best possible way, and their beautiful frames definitely help us do that.



Eat Wings, Raise Funds!!



Thank you to everyone who braved the dreary weather to order wings at Buffalo Wild Wings on February 24th in support of Participation House Foundation!

It was a HUGE lunch crowd—the busiest Wednesday in a long time—said the manager. Even the wait staff said it was super busy and had to call in another person!



We are incredibly grateful for all your support, and to Buffalo Wild Wings for partnering with us!

From that night we received 15% of the proceeds, and we are proud to announce that **\$330 was donated back to us!! Thank you so much for your support!!**



Mark Your Calendar!



Staff Appreciation Day!

When: July 20, 2016 **Where:** Main office board room

THANK YOU to all the PHSS staff members for everything you do. Come on in to get a thank you gift and enjoy a BBQ lunch!

thank
you!



PHSS AGM—Picnic in the Park

When: August 11, 2016 **Where:** Springbank Park

The PHSS Board will once again host their Annual General Meeting in Springbank Park! Watch for more information to come!

15th Annual Leo Kirwin Golf Tournament

When: August 19, 2016 **Where:** East Park Golf Gardens

SAVE THE DATE! The weather's turning warm, so get your clubs out and start practicing for the annual golf tournament!



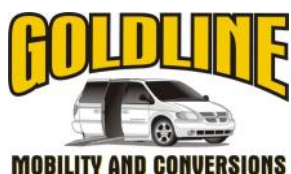
Legal Guardianship Information Session

When: September 27, 2016 **Where:** BMO Centre, London Optimist Sports Centre

Participation House is pleased to be offering an information session with presentations by lawyers, Ian Wright from the London law firm Scott Petrie and Charlie Walters from the Office of the Public Guardian and Trustee.

Thank you to everyone for coming out to the **16th Annual Bowl-a-thon** on June 5th!
The event raised more than \$25,000!!

A huge thank you to our KING PIN sponsors for their generous support!



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

ROCKIN' FOR

HOPE



AN ANNUAL EVENT BENEFITING
PARTICIPATION HOUSE SUPPORT SERVICE

JOIN US

SATURDAY, AUGUST 27, 2016

AT NORMA JEANS

1332 HURON ST.

DOORS OPEN AT 4

LIVE MUSIC STARTS AT 6

\$15 A TICKET

RAFFLE & DOORPRIZES

LIVE MUSIC FROM:

UPSIDE OF MAYBE

COUNTING DOWN THE HOURS

NEWPORT ELECTRIC

FOR MORE INFORMATION, CONTACT ANGELA OR BLISS AT PARTICIPATION HOUSE: 519-435-1104



Pictures from the Grand Opening



SIGN UP TO RECEIVE OUR NEWSLETTER VIA EMAIL!

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:
www.participationhouse.com

Or email Amanda to be put on the e-mailing list:
amandab@participationhouse.com

Save the postage, save the planet
Go paperless!



PAR, Pictures, and Punch!



On May 17, 2016, families, staff, and supported individuals all came out to the PAR, Pictures, and Punch party at the new building on Adelaide St. North. Attendees enjoyed free family pictures, punch, and time to socialize.

The talented Leslie put on a phenomenal show about PAR: the Participatory Action Research process and feedback from you that will guide our strategic plan for the next few years!

Out of the PAR process comes our Areas of Engagement...

Preserving What is Sacred

Accessibility

Family Engagement

Community Engagement

Advocacy

Relationships

Technology

...and we have gathered champions to guide and make progress in these areas! More information about PAR and each of these areas can be found on our website under *What's New*: www.participationhouse.com

If you were unable to make it to the PAR party and/or are passionate about one or more of these areas, contact Leslie at the office to sign up: 519-660-6635 x234 or leslieg@participationhouse.com



Pancake Lunch



More than 130 people came out to the UFL to munch on pancakes and sausages with real maple syrup, with proceeds donated to Westview Baptist Church in support of a Syrian refugee family in London.

Because of everyone's support, we were able to donate \$500 to the family!

Participants included staff, supported individuals, families, members of the Westview Baptist Church, and March of Dimes! What a great way to meet community members!

A HUGE thank you to all the people who helped out that day; a special thanks to Wendy, JP and Mark for pulling off such an amazing lunch! A big shout out to Carmell as well for her great idea...it was a very good way to bring people together with a common goal.



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



A Volunteer's Perspective—by Duncan McRae



As a lifelong athlete, I understand the power that sport has to bring people together, build relationships, and develop confidence. This year, I sought an opportunity to get involved in the London community through Participation House in conjunction with the London Cannonballs Boccia Club. This club brings together athletes with disabilities and provides them with the opportunity to practice their skills and compete at amateur and elite levels. After a successful interview, I was hired for the Sports Assistant position and attended an extensive information session to inform me of the rights of disabled persons, and the proper procedures to take when assisting anyone with a disability.

My primary responsibility was to aid a man named Joey, who has cerebral palsy and requires an assistive wheelchair for mobility. Joey is unable to perform daily tasks without the assistance of a staff or assistant, and he also has trouble speaking. Often numerous attempts are required to interpret what he is saying, so I've learned to be patient and kind. He is a wonderful gentleman with a great sense of humour, and as our relationship develops, I find I learn so much from his positive worldview.

My role as a sports assistant was to dedicate 5-6 hours every Wednesday to chaperone Joey to Stronach Arena, where he practices boccia. Joey is classified by the Paralympic Committee as a BC3 athlete (a player with very severe physical disability who requires an assistant and assistive device), and uses a ramp to propel his boccia balls. The London Cannonballs train very rigorously, as many athletes strive to make Team Ontario and, ultimately, Team Canada. As Joey's assistant, there is no room for error, as his colleagues unanimously agree he is the best BC3 athlete in the club as a result of his technical strategy. As Joey's assistant, I am not allowed to converse with him during play, and have to keep my eyes averted from the play. Due to his physical limitations, Joey is unable to move his ramp and grab his boccia balls, so he and I developed a system of gestures and one word call-outs to perfect ramp adjustments and to ensure each shot is exactly how he wishes it to be. Our communication is difficult, but it's taught both of us a lot about different methods people use to understand one another, including speech, gestures, facial expressions, and body language. These skills have helped Joey and I to more effectively interact with each other, as well as people we see every day.

Although my position was to exclusively assist Joey, I quickly became a part of the London Cannonballs boccia family, and now experience an aspect of athletics I was previously unfamiliar with. This incredible group truly redefines what it means to be a team, and the unconditional support they have for one another makes my volunteer experience rewarding and worthwhile. I am extremely appreciative to have the opportunity to work with someone as skillful and talented as Joey.

Participation House

SUPPORT SERVICES

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



Participation House Support Services is currently recruiting **Part-time Developmental Services Workers.**

Successful candidates will be responsible for supporting persons with disabilities; assisting with planning; teaching life skills; supporting and creating community involvement and participation; recreation and leisure; maintaining and monitoring health care supports; assisting with financial matters; preparing reports; updating job knowledge; and enhancing department and organization reputation.

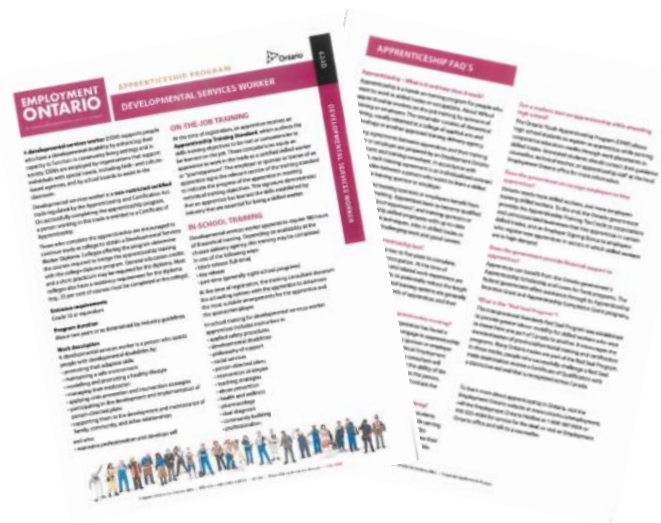
Visit www.participationhouse.com for more information and how to apply.



PARTICIPATION HOUSE SUPPORT SERVICES WILL SPONSOR YOU!!

Developmental Services Worker (DSW) Apprenticeship programs are available!

Please contact shelleya@participationhouse.com for further details.



Tips from the Health & Wellness Committee

Spring Back Into Your Exercise Program!

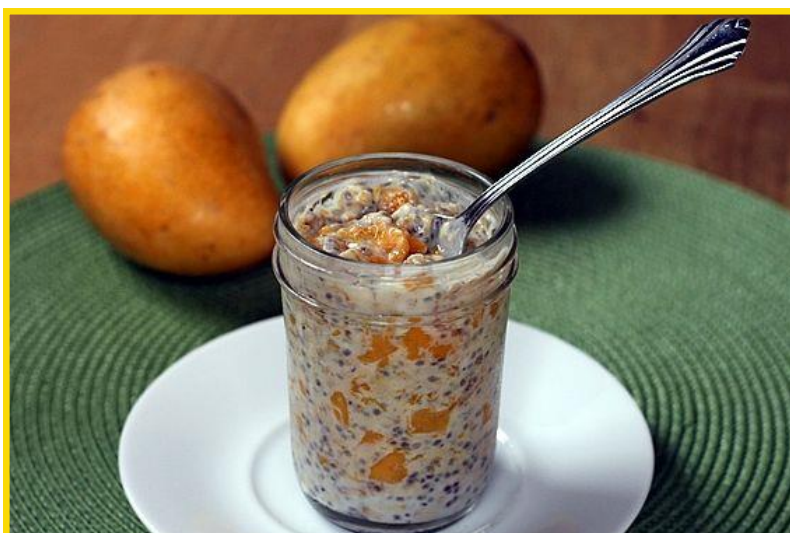
After a long, lazy winter, the key is to start off slow.

Sunny days are here again, and you're aching to get outside and get a taste of spring by jogging a few miles, teeing up for a round of golf, or playing a few sets of tennis. But before you do, experts say you need to prepare your body for exercise, especially if you used the cold weather as an excuse to become a couch potato.

Check in with your health care provider for a spring check-up. Then, start off slowly by walking for 10 minutes every day or every other day and then next week increase to 15 minutes. Then, each week increase your walking by increments of 5 minutes until you are walking comfortably for 30 minutes each day or every other day.



Healthy Recipe Corner—Mango Almond Overnight Oatmeal



Easy, no-cook oatmeal with make-ahead convenience; packed with nutrition to get your day off to a healthy start. Make it in individual mason jars for a perfect serving size and an easy grab-and-go breakfast!

Ingredients

- 1/4 cup uncooked old fashioned rolled oats
- 1/3 cup skim milk
- 1/4 cup low-fat Greek yogurt
- 1-1/2 teaspoons dried chia seeds
- 1/8 teaspoon almond extract
- 1 teaspoon honey, optional (or substitute any preferred sweetener)
- 1/4 cup diced mango (approx. half of a small mango)

Directions

In a half pint jar or container, add oats, milk, yogurt, chia seeds, almond extract and honey. Put lid on jar and shake until well combined. Add mangoes and stir with fork until mixed throughout. Return lid to jar and refrigerate overnight or up to 2 days. Eat chilled.

Nutritional Info: 207 calories, 4g fat, 47g carbs, 7g fiber, 12g protein

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.

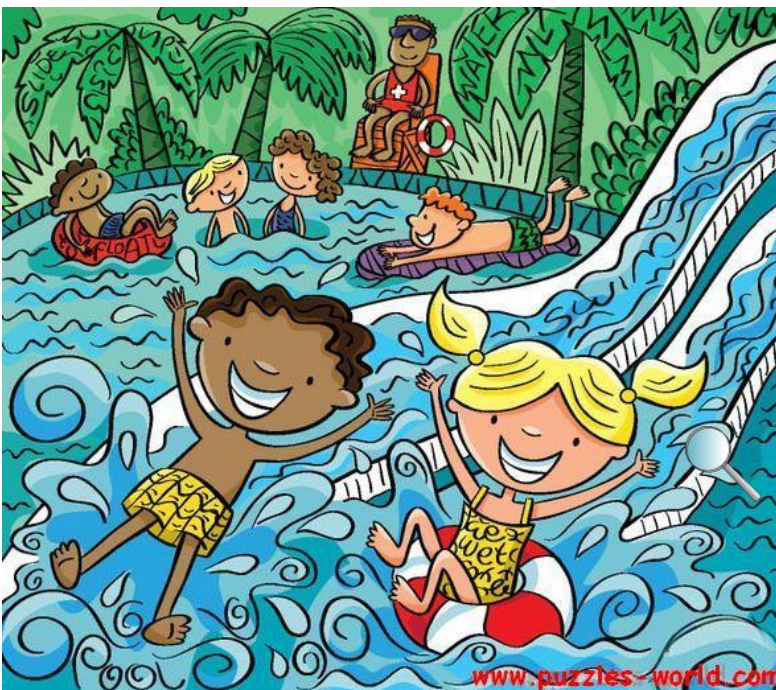
We are confident that if we all work together we can come up with solutions which will benefit all of us. We would also like to hear from you if you are pleased with our programs and services, and we will make sure your comments reach the staff and volunteers involved.

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

A Bit of Fun from the Diversity Team!



Looking forward to

So are we!

Here is a bit of fun from the Diversity Team—there are summer-related words hidden in the picture!

Do your best to find all 6!



Answers:
 Pool (in the water below boy's feet)
 Wet (on girls bathing suit)
 Swim (on the water slide)
 Float (on inner tube)
 Slide (on left tree)
 Water (on right tree leaf)