



## A Caring Way

VOLUME 12, ISSUE 2

SUMMER 2014



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## Charlie Gets Connected!



Charlie has always has the desire to work, keep busy and be a part of his community. He had been through many employment agencies over the years to help with his search, but no luck. So when an opportunity presented itself to work at

Popeye's in St. Thomas he was thrilled. This job came about through the connector group at Participation House when Stacey Sutton had met Rabbie, the District manager, at Popeye's over lunch. He was interested in what

Stacey did for a living and what Participation House was all about and then mentioned he wanted to give someone the opportunity to work at Popeye's. Charlie was definitely interested, he was called in for an interview with Rabbie to discuss job duties, hours, wage and general meet and greet. He offered the job to Charlie, he said was very happy to meet him and was excited to start working with him.

Charlie started the next week, and works every Thursday evening for 2 hours. The employees at Popeye's were very welcoming and showed Charlie the ropes, a great team environment. Some of his duties include, wiping tables, talking to customers, stocking supplies, dishes, cleaning, and he is learning new jobs most weeks. He has been there 4 months now and is loving it, wears his Popeye's hat and

shirt proudly each week. The Shawna Rd team have been great, adjusting their hours and learning alongside Charlie in order to make this happen for him, especially Hazem Daoud who goes with him every week and helps Charlie with some of the tasks and is

doing a great job at keeping it going.

Charlie could not be happier, his room is full of pictures of co-workers, he's getting a paycheck every two weeks, and even getting the staff discount. He is proud to be earning his own

money and making the same as other employees. It has been a great experience and he is looking forward to many more years of work.

Charlie said "Rabbie is a good man, he always comes up to talk to me and checks to see how I'm doing. The staff are nice and tell me I look good in my uniform. I'm really happy I got this job, I've been trying for a really long time and other people would just say I don't think it will work out. Thank you to the Popeye's staff for giving me the opportunity at your restaurant".



Charlie working at Popeye's



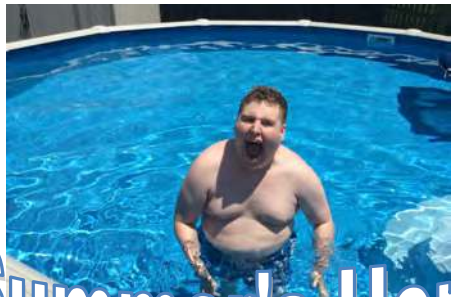
@PHSSLondon



**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.

### Did you know?

Our entire website is able to be translated into **over 70 different languages** using the newly added **BrowseAloud** program?  
Check it out at [www.participationhouse.com](http://www.participationhouse.com)!



# Summer's Here!

Wishing all Safe Summer Fun for 2014!!  
From your friends at



## Participation House

SUPPORT SERVICES  
London and Area

Join Us!



Visit us online at [www.participationhouse.com](http://www.participationhouse.com)

# New! SHOUT OUT CORNER

A big THANK YOU to Kim Harrisgreen for the great things you do! We always appreciate the spontaneous rides, and more importantly, the extras you do without hesitation are much appreciated!!

Sue Baker! What an amazing job you do for the people you work for, and always with a smile and a positive attitude! And big thanks for creating the "Excellence Report" and giving us the opportunity to share the excellence done by others! You sure are appreciated!!

Shout out to Jackie Graat for being a SUPER STAFF! Thank you for assisting Martha with achieving her goal of becoming a quilter/sewer by taking classes, going to quilt shows, and sewing at Martha's home!

To the CRESTON TEAM! You Rock!! Thank you for all the work and great writing on the procedures, protocols, and coordinators binder!

YOU ROCK!



### 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](mailto:leslieg@participationhouse.com) or 519-660-6635 x221 and tell us about them!



*Participation House Support Services is staying green!*

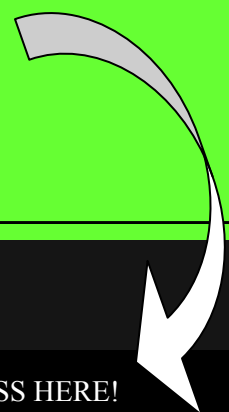


With the rising cost of postage, we're asking you to make a


GREEN choice!


**Sign up to receive our newsletter straight to your inbox in two simple steps!!**

Visit [www.participationhouse.com](http://www.participationhouse.com), scroll down to the bottom, and enter your email address! *It's that easy!*



**Location Information**

 620 Colborne Street, Suite 101 (at Pall Mall)  
London, Ontario Canada N6B 3R9

 Phone: (519) 660-6635 | Fax: (519) 660-1654

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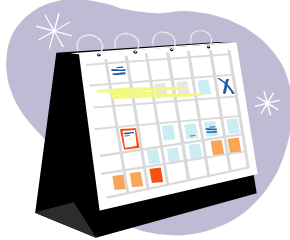
ADD YOUR EMAIL ADDRESS HERE!

**SIGN UP**

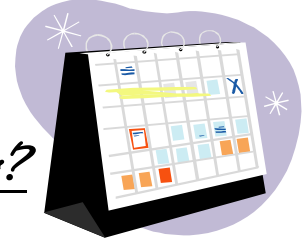
# Participation House

FOUNDATION - LONDON

## Events



*Have YOU marked Your Calendar?*



### 13th Annual Leo Kirwin Golf Tournament August 22, 2014

ONLINE REGISTRATION now available at  
[www.participationhouse.com](http://www.participationhouse.com) !!!

Professional Silent Auction, Registration gift, lunch and 18 holes of Golf!



### Nearly \$3000 raised in 2nd Annual Ladies of Harley Ride for PHF!

Our big thanks to the Ladies of Harley London Chapter who for the second year running got together, brought their friends and ran an amazing event for Participation House Foundation! Watch this space for the date of next year's Ride for PHF!



London Chapter

### Over \$24,000 raised in 14th Annual Bowl-A-Thon!

A day filled with bowling, raffles, refreshing drinks, delicious meal, prizes and great fundraising!

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



### Nearly \$22,000 raised in 15th Annual Salute to Laudable Londoners

Honouring Janet and Jamie Caskey

Watch this space as we announce the date for the 16th Annual Salute to Laudable Londoners!



**Further information about these events is available on our website.**

Or contact [elliem@participationhouse.com](mailto:elliem@participationhouse.com)



# Meet Al Simms, Loyal supporter of PHSS

## ***How did you initially become involved with Participation House?***

We became involved through the wonderful family of Bill Holmes.

## ***Could you tell us a bit about your family and professional background?***

Family is number one with me. I live in London with my wife and children. My wife's name is Marianne. We have two great kids, a daughter who is 11 and a son who is 8. Our kids keep us busy with dance, piano, swimming and soccer. Life is busy but we always have to make time for our kids. I work in Ingersoll as the General Manager of the Oxford Small Business Support Centre Inc. Our centre provides training and financing for entrepreneurs in Oxford County. I enjoy working with small business owners and helping them succeed.



society. I work in the non-profit sector and know that many non-profit organizations are needed to support many initiatives, individuals, causes and communities. Non-profits have the potential to have a great impact socially in our country. Many have positively impacted each one of us. We need to continue to support the right non-profit organizations financially and volunteer whenever we can.

## ***What inspired you to choose Participation House to receive funds raised at your annual New Apostolic Church Bazaar?***

We have a connection with the Holmes family. As well, we want to make sure we give to a trusted and respected organization such as this one. Participation House is a vital organization that is managed effectively and supports many individuals in the community. When we support Participation House, we support our community.

## ***What interests you about the non-profit sector?***

Non-profits have an important role in our

***Thank you once again, Al, for choosing Participation House Support Services to receive funds raised at your annual New Apostolic Church Bazaar in June!***

New Apostolic Church  
111 Wortley Road, London, ON

## Soul Collage® Open House

This was the first open house at the Carson library for the SoulCollage® group. The open house offered to family and friends was a more personal look at our SoulCollage® process.

We shared the full process with journal pages and personal written explorations. A central table filled with wildflowers, images and color was the backdrop for our SoulCollage® binders that were there for people to flip through and read. Members of the group answered questions and proudly showed their work.

Thank you to Carson library and a special thanks to Laura the librarian for the hospitality she shows us. Being able to use the library, as our meeting place is important to us. Laura always has our room ready and her support is greatly appreciated.

Michelle was extremely happy to have her dad and nieces attend. Valerie said that it was good to share with her brother who enjoyed it all. He was pleased that Valerie had an opportunity to share herself with others. Denise said that it was fabulous to share and spark an interest in others. Regina's mom has been a supporter from the start and has popped in now and again for a sneak peak at her cards. Sandra told us, "It was a wonderful opportunity to show my mom my process with SoulCollage® and show a part of me that I haven't shown her in years."

An event like this validates the hard work and commitment of everyone involved. The Interaction of guests and SoulCollage® members was enthusiastic and infectious. Guests were surprised at how much goes into this process and they voiced their appreciation of how valuable it is to each person.

When we come together we work as one. We help each other and listen to what each person has to say. Ultimately getting to know ourselves is the goal. In this process we realize our inter-connectedness. We have become stronger and aware and more able to voice how we feel.

*By SoulCollage® Members*





## Dean turns 65 Years Young!



**Dean celebrated his 65th birthday on June 29th surrounded by family and friends!**



## Livin', Lovin', & Cruisin'!



Tour lovers enjoyed a cruise along Southern Ontario's largest river during a trip on the Grand River Dinner Cruise.

The tranquil country setting was the perfect place to relax and enjoy the beautiful river scenery, excellent service and delicious food!



Do you have shopping to do and just don't have the time?

Is your "Hunny do" list getting longer and longer and you need some help?

**CALL JOHN'S PERSONAL SHOPPING SERVICES!**

Dependable, reliable and your satisfaction is his guarantee!

*Cut out and keep on your fridge...you won't want to loose this!*

# JZ

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Your satisfaction is my guarantee!





### OVER \$24,000 RAISED AT THE 2014 ANNUAL BOWL-A-THON!!



(above) Jimmy among the big winners of the day!  
(below) Happy Birthday Ruthanne!

A GREAT BIG thanks to all who attended and contributed to the success of this year's Bowl-a-Thon! It was a fantastic afternoon filled with great bowling, fabulous food, and extraordinary prizes!!

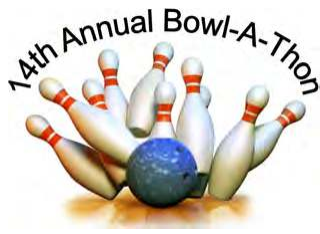


Congratulations to Millridge, the wining team!



These girls are ready to bowl!

Don't miss out on the fun!  
Tie up those bowling shoes, hit the lanes, and start practicing to join us for next year's Bowl-a-Thon.  
Celebrating 15 years on June 7th, 2015!!



(left) Check out that prize table!  
(right) Nice form Dominic!



### A ROUND OF APPLAUSE TO THE STONEY CREEK COMMUNITY CENTRE, YMCA & LIBRARY!



Participation House Support Services applauds the Stoney Creek Community Centre, YMCA & Library for purchasing new accessible equipment and creating a welcoming place in the community for all!

*"We are now more accessible and our member Donna is loving the independence & health benefits that the brand new StepOne is giving her here at the Stoney Creek Community Centre, YMCA & Library. We were so excited to show her how to use the New Equipment"*

Stoney Creek Facebook Page



Stoney Creek Community Centre & YMCA

Building healthy communities



ymcawo.ca





## FAMILY CONNECTIONS...

*"Call it a clan, call it a network, call it a tribe, call it a family: Whatever you call it, whoever you are, you need one." Jane Howard*

(A regular feature where we can acknowledge and celebrate the diverse gifts and contributions of the many families connected to Participation House.)

Welcome to the Jamieson family...

Jack is a recent High School graduate and receives support to participate in the community; his Dad, Bill is a member of our Public Relations' Committee; his sister, Sarah is a newly certified yoga instructor (and plans to offer classes in Victoria Park with proceeds donated to PH); and his Mom, Tina, is a Board member with our Foundation.



### Family Event Reminder!

The next family event will be held on *Tuesday Oct 9<sup>th</sup> from 1 to 3 pm* at the Unitarian Fellowship Hall. There will be members of our Connector Group on hand to do a presentation followed by refreshments.

Please contact Leslie at 519.660.6635 ext. 221 or [leslieg@participationhouse.com](mailto:leslieg@participationhouse.com) if you would like to attend. Transportation can be arranged if needed.

### Let's get Krazy for Kiwi Kraze as they Support Participation House!!

Come on out and enjoy a frozen yogurt on **Friday, September 19th, from 5-8pm**

To the Fanshawe Park and Wonderland location of



15-20% of sales during this time will be donated to Participation House Support Services!!

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

### Wayne's Livin' his Dreams!

**Wayne is hosting a BBQ Potluck!**

Join him once a month over the summer at his house on Hartson Close.

**July 26, Aug 23 & Sept 20**

**11:30am-1:30pm**

\$3 per person as Cam will be coming to play music at 1230.

*Limited spots!*

*RSVP early to avoid disappointment!*

Call Corrie at 519-657-7896 with numbers and what side dish you will be bringing.

**Wayne, with assistance from the Facilitation team, is fulfilling his dream to have get together's more often! Party on Wayne!**



# Notes from the Meaningful Moments Board



**Bob celebrates his 41st birthday with his friend Ellen**



*Cathy contributes to making a salad for dinner in her home on County Club Mews*



Michael enjoying the sunshine in Springbank park



Chelsey sporting her new locket from her jewelry party

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



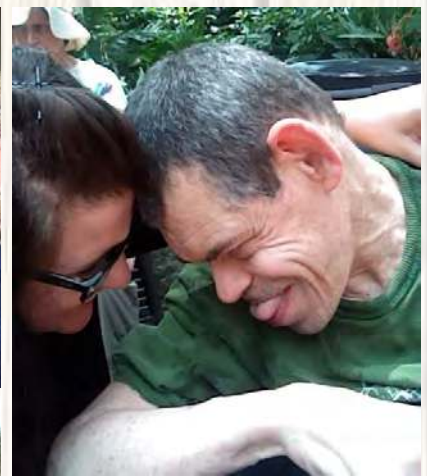
# Selfie

(also selfy)

A photograph that one has taken of oneself, typically one taken with a smartphone or webcam and uploaded and posted on a social media website.



## ***"PARTICIPATION HOUSE IS SHOWING OFF OUR SELF-IE'S!"***



***Thank you to all who shared their selfies with us!***



## ***"BUT FIRST...LET ME TAKE A SELFIE!"***

## News from the Quality Assurance Committee!

Our Quality Assurance Committee, a Committee of the Board, has been rejuvenated and is busy doing some exciting work. This Committee includes Maria Sinosic, Merv Sharpe and Maureen Reid, members of the PHSS Board of Directors, Brian Thompson, self-advocate, Tom Boaz and Gwen Pelley, parents, as well as staff members, Carmell Tait, Laura Smith and Cathy Smith.

We have been conducting interviews with people supported every other month since November 2012. The overall purpose of these interviews is to gain firsthand knowledge about the quality of services provided and whether we are helping people to have more meaningful lives. We have modeled these interviews based on what we learned from the Participatory Action Research or PAR process which has been an aspect of PHSS's accountability measures for the last 14 years. In contrast to more traditional forms of "research" PAR is a pragmatic evaluation approach that emphasizes reflection and study; focuses on improvement and action; and involves people as participants in the study and change process.

Two volunteer QA Committee members conduct the interview, with support from staff Committee members. This informal interview is intended to be a conversation about the person-directed planning process and the support service's ability to implement individual plans. One of the main goals of the interview is to determine the ability for a staff team to incorporate certain elements into their efforts to help people achieve their own unique goals and dreams as described in their person-directed plan.

Our intention is to assess or gauge typically hard-to-measure elements such as flexibility, listening, problem-solving, creativity, individuality, adaptability as well as engagement of the person, their family and their staff team. We decided to focus on these elements and the ability for a staff team to incorporate these elements into their efforts to assist people to achieve their own unique goals and dreams. Our assumption being that a strong presence of these elements will be directly correlated to a high quality of services that means positive and tangible outcomes for people.

We are not measuring whether the person actually achieved a particular goal or not, although we will discover this as a by-product of talking to each other during the interview, but instead we are gathering anecdotal information and looking for themes or patterns, so we can make organizational changes which will result in people having the best quality of life possible, as defined by each of them.

Conducting these interviews on a bi-monthly basis is a work-in-progress and we are encouraged by what we have learned so far and by the changes that have been made and will continue to be made to improve the quality of services for people.



## From the Communication Team

# The Communication News

VOL 3

Contact: [commteam@participationhouse.com](mailto:commteam@participationhouse.com)

**"Communication is not only the essence of our being human, but also is a vital property of life" ~ Piece, John A.**



Participation House Support Services Communication Team year long course through the CDAC (Communication Disabilities Access Canada) formerly known as AAPC (Augmentative Communication Community Partnerships of Canada) has come to an end but we are still working efficiently to maintain communication among the individuals supported, while continuing to learn new ways to support all communication styles amongst the individuals.

The communication team would like to thank Laurel Robinson, consultant of the CDAC for the time and knowledge. Certificates of completion were presented to the members of the communication team that participated in the training course. We as a team are looking forward to future learning endeavors.

If you have a "Shout It Out" story that you would like to share in The Communication News, please let us know. Send it to [commteam@participationhouse.com](mailto:commteam@participationhouse.com)



### John's Story

John Mchardy resides at Shawna Road. He is a social butterfly at home and in his community. He loves nothing more than speaking on the phone to his friends and family and greeting new people when he is out in his community. John has had a Dynavox for several years. John has found the Dynavox especially helpful when he is speaking to his family on the phone or his close friend that he frequently talks to. John has recently had the Dynavox revamped to make it more users friendly for him and easier to maneuver around conversations. John has been a big part of updating his Dynavox. He has chosen the voice that will communicate for him, the speed of the voice and all of things he would like to communicate. John practices daily and is getting more and more comfortable with the machine. He often takes it out with him and chats with his paratransit drivers. He also uses it to meet new people at social events. Way to go John!



Our communication workshop was a success. Thank you to Laurel, our presenter from the CDAC who condensed our year long course into a one day workshop. Our video progress stories were shared as well there were several tables of samples of our communication tools we designed throughout the year and/or devices that have been purchased to assist individuals with their communication needs. Participation House employees who attended the workshop experienced firsthand, how to build a communication board and utilize the skills presented.



**Upcoming Workshop**  
**Tuesday July 29, 2014**  
**Visual Schedules 1p -3p**  
**Board Room Main Office**



# ★ Staff Appreciation 2014 ★

Wednesday, July 16th



Staff appreciation was a huge success!  
Thank you for letting us *Thank You!*



It was great day to enjoy hamburgers, and hotdogs, indulge in a piece of cake, socialize, and celebrate our fantastic staff!!



Because we want you to know...

# You Rock!





# Thank You



LONDON  
COMMUNITY  
FOUNDATION

## A Donor of Distinction

Participation House would like to extend a special **Thank You** to the Richard and Beryl Ivey Fund, a fund within London Community Foundation, for their continued support.

On behalf of those who benefit from your endless generosity,  
*Thank you!*

## The Health and Wellness Committee presents ...

### Relay for Life

Thank you to all who contributed towards our Relay for Life team!  
Participation Cure 4 Sure raised money to help lead the fight against cancer.

Join us next year as we *Celebrate, Remember and Fight Back!*



Marianne and Laura gearing up for a great night (above)



John and Trish pop by to cheer on the runners! (below)



The best way to stay awake? How about some sumo wrestling and a little Dance, Dance Revolution!

### Healthy Recipe Corner



#### Greek Dip! Easy and Great for Summer BBQ's

- INGREDIENTS:**
- Plain Cream cheese
  - Garlic Hummus
  - Chopped Cucumber
  - Diced cherry tomatoes
  - Black sliced olives
  - Feta Cheese
  - Green onion or chives
  - Nacho or pita chips

- DIRECTIONS:**
- Layer cream cheese on dish, then layer hummus on top. Add chopped cucumber, tomatoes and olives, feta cheese and green onion to top it off.

*Serve with nacho or pita chips. Maybe make double!! It's a crowd pleaser and will go fast!*



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.

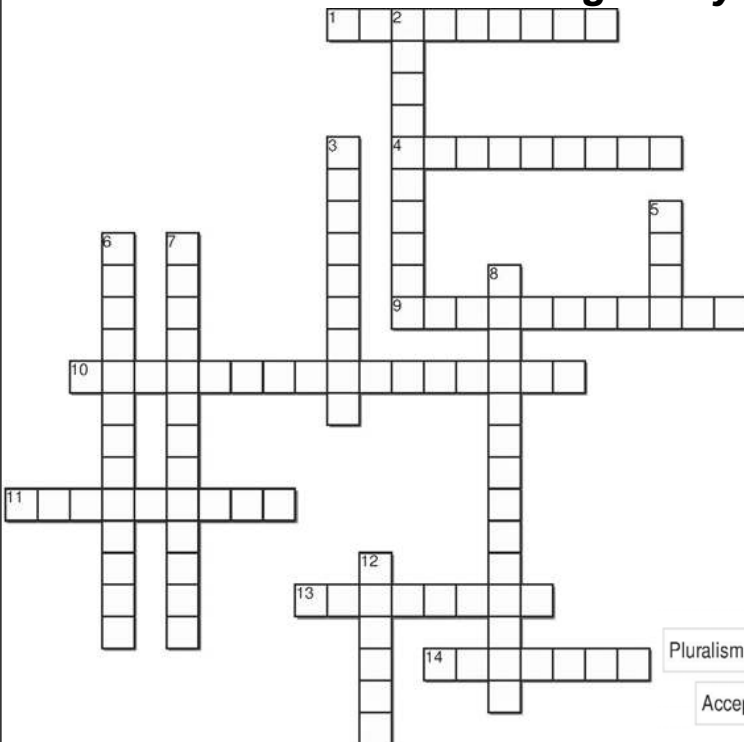
We are confident that if we all work together we can come up with solutions which will benefit all of us. We would also like to hear from you if you are pleased with our programs and services, and we will make sure your comments reach the staff and volunteers involved.

**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

***A little bit of fun brought to you by the Diversity Team !***



**Across**

- 1. Transmission of customs or beliefs from generation to generation
- 4. Powersharing among a number of political parties.
- 9. To enable or permit
- 10. The co-existence of diverse cultures
- 11. Unlike in Character or quality
- 13. The fact of being who or what a person or thing is.
- 14. The aggregate of people living together

**Down**

- 2. The action or process of being received
- 3. A feeling of fellowship with others
- 5. A group of people descended from a common ancestor
- 6. Embracing
- 7. The state of being connected by blood or marriage.
- 8. Distribution of wealth, opportunities within a society.
- 12. The state of being male or female



Come Join us! The diversity committee would like to expand our knowledge and connections with other groups and cultures within our community!

Contact Leslie at [phdiversity@execulink.com](mailto:phdiversity@execulink.com) for more information!