



Creating Community

VOLUME 14, ISSUE 3

SUMMER 2016

In This Issue:

Shout Out Corner

Thank You!

Bowl-A-Thon

Join the Foundation
Board of Directors

Power to the People

A Secret Surprise!

Upcoming Events

Eat Italian, Raise Money

A Memorable Evening

Conversations That Matter

A Co-Op Reflection

Meaningful Moments

Health & Wellness

Diversity Fun

A Night on the Town

Kailey and Regena wanted to have a night out, so they invited a few friends and before you know it, several others were joining them! They went to the local country bar, Cowboys Ranch over on Wharnclyffe Road, where there was live music on the patio (as they have every Friday night in the summer).

The patio at Cowboys is an older one and not very accessible, so staff called to see if they had a ramp, but they didn't. Everyone planned on hanging out inside the bar and attempting to line dance instead. When they arrived, the staff at Cowboys had built a ramp for everyone to have full access to the patio and be able to enjoy the live music!

We want to give a HUGE shout out to the performer that night, Eric Ethridge, who not only put on an awesome show, but was so engaging, took requests all night, dedicated a song and took photos with everyone! He took a big group shot and posted it on his social media pages and gave the group a shout out!

After a night of dancing, singing, and lots of laughs, the staff at Cowboys Ranch realized how meaningful this night was and the importance of accessibility in their bar.

The manager approached staff at the end of the night and said that they were going to be looking into getting a proper ramp and smoothing out the curb by the entrance to the bar as there is a little bit of a bump there.

Thank you so much to Cowboys Ranch and to Eric Ethridge for making such a huge impact on everyone!



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 **Lawrence Idibe**, for completing the DSW Apprenticeship!



I would like to send a shout out to **Phyllis our IT goddess** for implementing a brand new phone system at the office without a glitch....awesome job!



Shout out to **John MacNeil**—he came in on very short notice to do a night shift, and **Janet Dustin**—who covered nights at another location and helped us out immensely!



Shout out to the **staffing team at Deveron** for the accomplishments in helping Michael achieve his planning goals!! Way to go team!!



Huge shout out to two staff at Cranbrook....

Becky Horton who (on only an hour's notice) stepped in to help with a stressful situation!

Melinda Stainthorpe who helped the Wickerson team out on the weekend by picking up Ryan on her way from Cranbrook to Hartson, so Ryan could enjoy a potluck with his friends.

So grateful ♥



A huge shout out to **Courtney** who is always so supportive, calm, empathetic and manages situations with class and confidence! I admire this!



Shout out to **Greg Horton and Victoria Devet** for their enthusiastic motivation and dedication to providing meaningful experiences and community inclusive activities for the persons they support!



Shout Out to **Karen Norman** who comes to the house once a week, is always there at staff meetings, and always has a story to help staff work better together for the guys. She is a great negotiator and we all win. Thanks Karen!

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!

A Donor of Distinction



LONDON
COMMUNITY
FOUNDATION

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!

Thank You, Thank You, Thank You!

Over the past few months we have had great success with our fundraising events both at the East Side Mario's dinner and the Annual Bowl-A-Thon. We realize that without the support and hard work of our staff, our efforts would be greatly diminished.

We would like to formally recognize and thank all staff members who so generously volunteered their time and efforts to make these events so successful and allow the Foundation to continue enhancing the lives of the people we serve.

Yours most sincerely,

The Participation House Foundation Board of Directors

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!



Participation House

FOUNDATION - LONDON



16th Annual Bowl-A-Thon

June 5, 2016

Fleetway



On June 7, 2016, our friends at Fleetway welcomed 28 teams and countless staff, friends, and family members to the 16th Annual Bowl-A-Thon in support of Participation House Foundation!



The rainy weather was no match for everyone's excitement and enthusiasm, as teams arrived and got ready for a day full of fun.

Because of your support, we were able to raise **more than \$26,000!** Thank you very much to all those who contributed—we could not have done it without you!



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



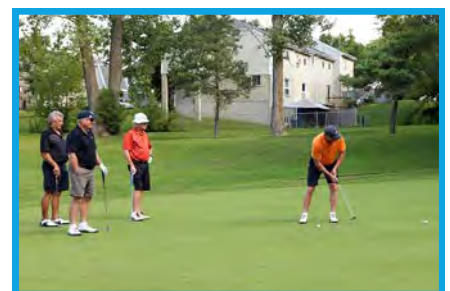
Salute to Laudable Londoners



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.



Power to the People Updates

It was so hot and humid this summer that when it was time to have our annual BBQ, we decided that it would make more sense to have a picnic indoors.

The people at the CNIB kindly let us use their auditorium to have the picnic, and Ricky brought the new PTPP shirts. They are bright red with a white logo and they look great! Very Canadian!

Everyone participated in sending a “fist bump” to Rio to show support for our Paralympians. We are going to be watching and cheering them on. GO CANADA!!

We invited the PHSS nurses to come to a meeting and they gave us some insight into ways to stay healthy, especially for those of us who live with a wheelchair. We learned what can happen if we don't take our medications, and we saw many different kinds of wheelchairs. One had tank tires, one that could go on the beach, and an inexpensive one that only costs about \$200 for third world nations.

We have two meetings left this year: one in October and one in November. We do not have an agenda yet, so come out and bring your ideas!

Meetings are generally held the last Thursday of each month at the CNIB from 1-3pm. For more information, contact us at: phpowertothepeople@gmail.com

Participation House
@PHSSLondon

Showing support for our athletes in
#Rio2016 🇺🇸! #35Mstrong Go @TeamCanada!

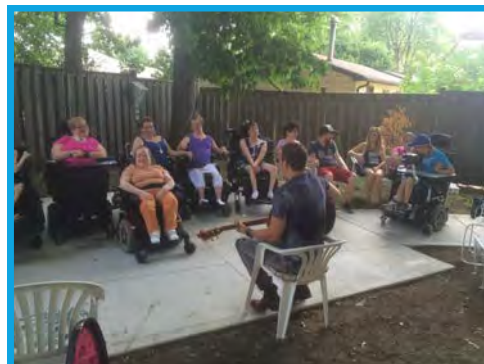


As it turns out...



After meeting Eric Ethridge at Cowboys, it turns out that someone in the agency knows Eric’s manager! It was arranged to be a surprise, and the cat’s out of the bag!!

The Cowboys group (plus friends) gathered at Wistow in the backyard, and to everyone’s surprise, out walks Eric Ethridge!



He surprised everyone with a couple of songs and signing, enjoyed some cupcakes for Chelsey’s birthday, and everyone sang Happy Birthday.

Everyone was SO happy to see him, and so shocked that he came just to visit them! What a fantastic experience!



A Heart of Gold

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, or the smallest act of caring - all of which have potential to turn life around. Sandra Regalo is one of those people who has the biggest heart to volunteer and brighten your day.

At the Thames Valley Children’s Centre, she was one of the volunteers recognized for their hard work and achieving 500 hours of time volunteered. Although Sandra was battling with her own life challenges and she did not always have the time to volunteer as much as she would have liked, Sandra still made sure that she set aside time to make someone happy.

It was amazing to see the entire hospital community recognize her. As we walked around the children’s hospital, people stopped to see how she was doing. We make life by what we give, and I believe Sandra has made a great life in society by her small acts of kindness.





Mark Your Calendar!



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.

Contact David Wighton for more information: davidw@participationhouse.com or 519-615-0313.



PHSS Christmas Party

When: December! Date TBD **Where:** TBD

Stay tuned for details!! More information will be available soon via email!

Thank you to everyone for coming out to the **15th Annual Golf Tournament!**
The event raised more than \$25,000!!

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



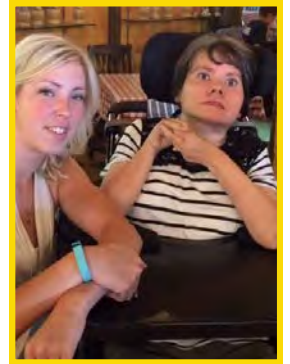
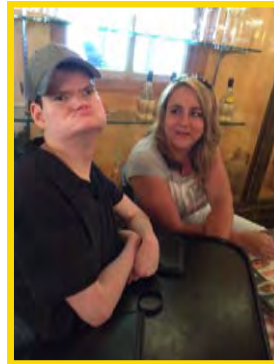
The Larry Myny Investment Group



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

EAT ITALIAN

RAISE MONEY



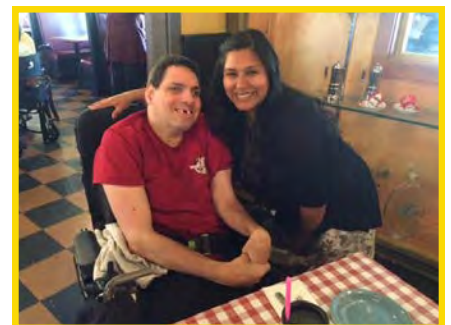
Did you come out on June 14th?

Our staff, people supported, and family members packed the East Side Mario's on Wellington Rd. South for a one-night fundraiser where senior management served the customers!

Before the event, we were told that they were PACKED with reservations that night. We also had The Amazing Corbin entertaining each and every table, stumping everyone with his magic tricks and illusions. It was such a fun night that the manager LOVED hosting us and would definitely be in favour of hosting our event again!

Because of your support, we raised \$1033 for the Lori Hicks Vacation Fund!

Thank you so much to everyone who came out to our "Eat Italian, Raise Money" night at East Side Mario's, and a huge thank you to our senior management for being on board with it!!



Bryan went Country!



Bryan got his country on at Rock the Park—Gone Country this summer!

Sponsored by London's country station, BX93, the Rock the Park—Gone Country festival was two nights of fantastic artists, and Bryan went to both! The first night featured Old Dominion and High Valley as openers, Dallas Smith, and the headliner, Jake Owen. Unfortunately, part of Jake Owen's set was cancelled due to rain, but that didn't stop Bryan from rocking out the next night!

The second night featured openers River Town Saints and Autumn Hill, Ontario born and raised Tim Hicks, and the show-stopper Brad Paisley! Brad Paisley put on a FANTASTIC show, and it was Bryan's favourite RTP night.

A Memorable Evening by Sandra Regalo

Saturday, June 3, 2016 at TD Waterhouse Stadium

This past year has been very challenging for me with my health. I am a cancer survivor—so is my mother.



The Relay for Life was a way to come together with others struggling with the fight: to remember and honour those who did not win the battle and people like me who are so humble for the opportunity to carry on.

I created golden memories walking with Carmell. My brother Herb and a few of my support workers came to the stadium as a surprise support. What a powerful and moving evening—words cannot describe my feelings or thoughts.



Sometimes on our path in life, we need to take the time to be grateful for our health, and appreciate those who surround us with love and a lot of caring, sincere support.

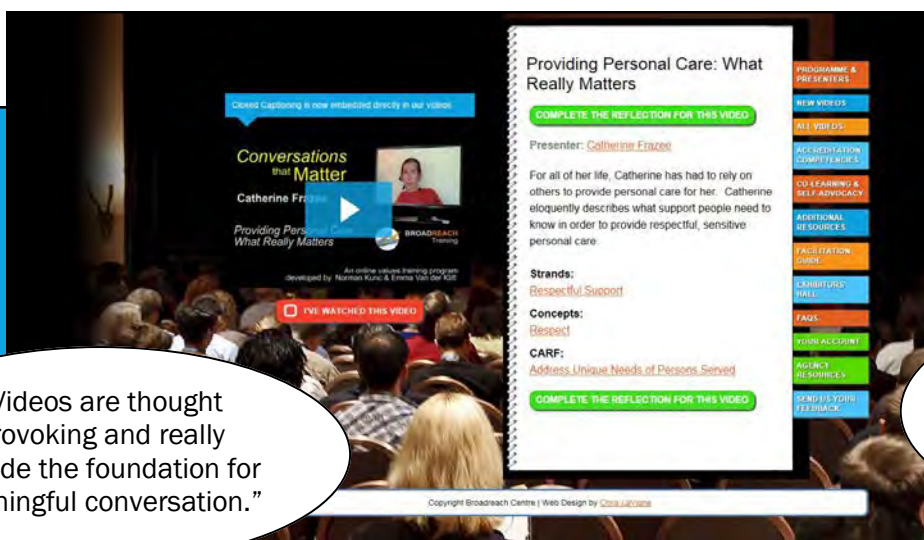
Conversations that Matter

Have you logged on?

May 2016 brought about a new and exciting program to the staff, committee members and the Board of Directors of Participation House Support Services. This value-based online training program offers a multitude of videos that include all topics and interests that are accessible any time and day of the week! Staff and committee members alike are enjoying the short, but to the point, videos that often lead to engaging and thought provoking conversations...**Conversations that Matter!**

Thank you to all the Conversations that Matter Core Group Members and location representatives for encouraging this important program!

Have you logged on?



“David Pitonyak’s video called ‘It’s about relationships not coverage’ was very interesting, and really connected with me.”

“Videos are thought provoking and really provide the foundation for meaningful conversation.”

“The video ‘Who’s Behavior is Inappropriate’ is hilariously funny!”

“Allows us to bridge ideas between those who are veterans in the field and those who are just beginning their journey.”

“Everyone should check it out!”

“Presenters are so diverse - from people and families who access support to industry leaders and scholars. Everyone can find a video they can relate to!”



Special call out to our Stratford location!

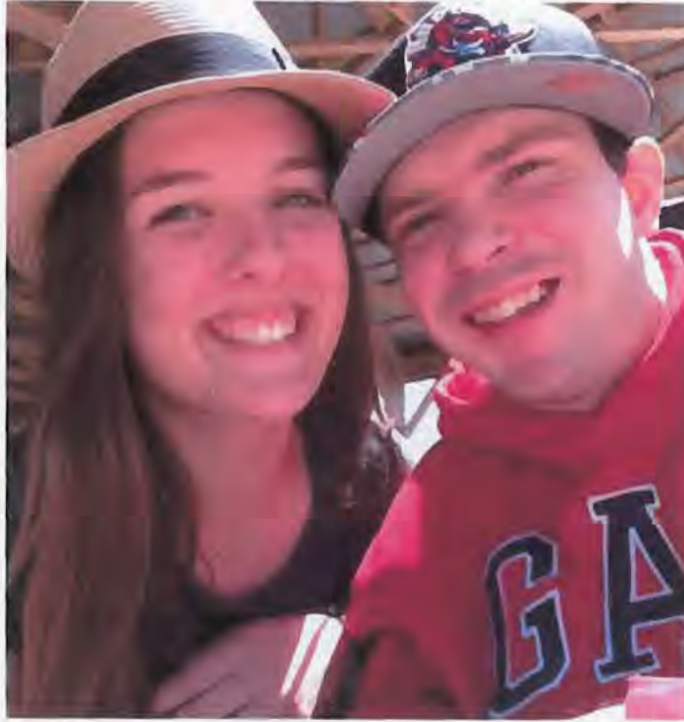
Distance doesn’t stop this electric and captivating team!

Congratulations for being the **FIRST** location to have all staff fully engaged with the program!

You all know that *they’re* having conversations...that matter!

Way to Go!

WE SUPPORT CO-OP EDUCATION PROJECT HOPE



My Experience

My name is Victoria Goldsack and I have had the absolute pleasure of working as an assistant at Project Hope for Catholic Central's Co-operative Education course. From February to June, I have had the opportunity to learn about participant care, relationship development, and leadership growth through hands-on experiences in the workforce. My co-workers have helped me to develop skills in time management, cooperation, organization, and communication over the last several months. This was a once in a lifetime opportunity and I am so grateful for all the new activities I was able to experience, places I was able to go, and people I had the pleasure to meet. Even though I am unsure about my future career aspirations, I have learned many skills that will certainly be beneficial for my future employment. I would like to thank Project Hope for opening their doors to me and always being so kind, welcoming, and understanding. I have enjoyed all aspects of my job, and I will miss the daily events and activities. I will especially miss the time just "hanging out" with the participants over lunch and getting to share in their personal journeys. Each moment was significant to me and will be greatly missed. I look forward to seeing all your lovely smiling faces once again, and I'm certain that we will cross paths in the future! Thank you for all that you have done to make my experience an unforgettable one.

Love, Victoria

... IT'S WORKING!



Meaningful Moments



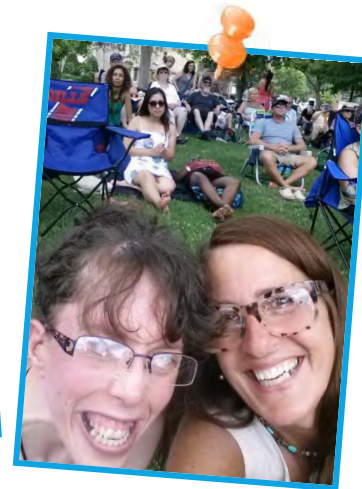
Trent and Rachel went out to the park, and then went to 7-11 for FREE SLURPEE DAY!



Andrea volunteered at Wienerfest in Embro



Ladies group has been busy making beautiful wood signs!



Ellen enjoying a day at Sunfest in the park!



The ladies from Wistow attended a paint night through "The Art Work Of Jesse Robinson" at Boston Pizza and had a great time!



Chelsey and Kailey went to Trackside music festival, and got to meet the Recklaws! How cool is that?!



Gardening group has been busy growing tomatoes, herbs, corn, cucumbers and so much more! They are now busy building a water feature in the backyard!

Kailey is part of the Shut The Front Door Improv street team! They are an improv troupe that put on shows once a month at London Music Club and Kailey goes to each one.



This year they had a booth set up at Sunfest and Kailey volunteered each day for a couple hours! She had a great time and met lots of new people!

Have you seen these people around?? They are your friendly

Person Centred Planning Facilitation Team!



YOU DESERVE *A DAY OFF*

**Attention PH Staff:
Wondering how to get an extra day off? It's easy!**

1. Recommend someone who would make a good addition as a support worker
2. The candidate **MUST** use your name when they apply (see www.participationhouse.com for the posting)
3. If they are successful and get hired, your name goes into the draw for **A DAY OFF WITH PAY!**

GET YOUR RECOMMENDATIONS IN ASAP!
The draw will be held in January and the candidate must get hired for you to be eligible!

*Day off must be used by end of March 2017



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

Outer Thigh Lifts

The outer thighs, also referred to as the hip abductors, are an important and often neglected area of the lower body. Thanks to this muscle group, you can get off of a bicycle, step out of a car and do a line dance. In short, abductor muscle exercises allow your legs to move out to the side; the stronger they are, the less prone to injury.

To begin, lie on your right side with your legs stacked and right elbow on the floor.

Raise your right leg up slightly higher than 45 degrees and pause for a second before lowering it back down.



Try repeating this movement for 3 sets of 25 repetitions on each leg, and begin to see your lateral leg strength improve!



Check Out (Some of) What the Advocacy PAR Group is Doing!

- Looking into **ACCESSIBLE SEATING AT BUDWEISER GARDENS** and being able to buy tickets online
- Looking to get a better **WHEELCHAIR LIFT ON THE VIA RAIL TRAIN** and multiple tie downs in one car so friends can travel together
- More **ACCESSIBLE SWIMMING** areas
- Meeting with the City of London about **INCREASING CROSSWALK TIMES** to allow supported people to cross safely

For more information about what this group is doing, give us a call! 519-660-6635



Communicating Across Countries



Boy, oh boy! Ryan at Timber is getting tech-savvy!

His mom goes to Florida for the winter, and although she can't visit in person, she makes sure to keep in touch while she is away—via Skype!!

They have a Skype chat scheduled every Tuesday at noon!

Do you have a long-distance friend or family member who you don't get to chat with very often? Do you have family that goes away for the winter and it would be long-distance to call them by phone?

We can help you set up Skype (which is free!) so that you can stay in touch with them!





**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



Diversity Profile

Getting to know... **Oliwer Ciszewski**

Oliwer was born in Poland, and is a part-time staff at Balsam Gate.

What brought you to Canada?

My mom got married.

What expectations did you have about how your life would unfold here (school, employment, meeting people)?

I didn't know what to expect. I only knew of a few stereotypes about Canada and it's weather conditions. I was 11 at the time and had just heard that the school system was a lot easier here. At the age of 11, it was possibly the best thing I could have hoped for.

What has been a challenging experience here?

Learning English and communicating with people has been the most challenging experience.

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

The biggest difference is cultural diversity. Here in Canada there are many different cultures.

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

Many of the traditions are similar, but are celebrated in different ways.

Participation House
SUPPORT SERVICES

Creating Community

Suite 101, 620 Colborne Street
London, Ontario N6B 3R9

Phone: 519-660-6635

Fax: 519-660-1654

E-mail: info@participationhouse.com
www.participationhouse.com

 **FOCUS**
accreditation
FOCUS-Accredited Organization