

SPEAK OU

A Newsletter for Our Community



Creating Community

VOLUME 15, ISSUE 3 SUMMER 2017

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It all began with the idea of using the fun-filled atmosphere of a quarter auction to facilitate a family day of activity and art, and shared by a team of people who volunteered to brainstorm how such an event could unfold.

Volunteers canvassed for donations and the response from community partners was amazing! A number of staff and family members donated items, pushing our prizes up to almost 80. A huge 3M gift basket, a flat screen T.V. and two Adirondack chairs were particular favorites, along with many smaller but fantastic baskets.



It was an event that the whole family could participate in and stayed true to the vision of an accessible and affordable family day, which took place in the beautiful setting of Eco Park, an ecological haven designed to host people of all abilities through accessibility and shared community. From the interactive art collaboration and excitement of the quarter auction to the art showing and sale, everyone got to participate. The outdoor BBQ of hamburgers and hotdogs always

satisfies and there was a host of volunteers to help make this run smoothly. Great salads and hors d'oeuvres were served in the big barn while servers walked through the crowd giving out ice cream bars during a break.

Our auctioneer Heather did a fantastic job. Her quick wit and ability to engage people gave us so many laughs and made the day. Mark Crossley wore his legs out to hand out prizes, and our bucket carriers who took all the quarters worked the crowd like seasoned professionals. People went home with wonderful prizes and smiles on their faces. The good-natured competition over winning prizes and the hilarious ways people expressed their delight when winning a gift basket all contributed to a fun atmosphere. Our deepest thanks to Don and Dorothy Adams for their help, support, and donation of meat for the BBQ.

...Article continues on page 3

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.

PAGE 2 SPEAK OUT



SHOUT OUT CORNER

"To Becky and Greg for helping get the Springbank van fixed!"

"Thanks to Suzanne and Haley at Kainswoods for helping with staff coverage at the hospital for Phair Crescent!"

"Shout out to Cherese for helping med train our new staff while I was away with the Belgrave ladies on vacations!!

Thank you so much!!"

"Shout out to the Belgrave staff for doing an amazing job holding down the fort while I was away on vacations with Sandra, Kellie and Regena!"

"Big shout out to Team Kimberley for the awesome work they do and going above and beyond. Also thanks to David Ragobar and Laura Smith for their support and being there for the team."

"I want to give a shout out to the **team at Cranbrook** for the outstanding support that they provide to the consumers. I'm super impressed with the team here, both with how hard they work in the home, as well as getting everyone out into the community and trying new things."

"I would like to give a shout out to the Bruce St. Team for working together and making good things happen for the people we support. Special Thanks to Marianne Forget, Andrea Grech and Laura Kloostra for the dedication and support to make the Bruce St. Team successful!!!"

"Thanks to Dennis, Janet and Brenda and the staff team at Phair Cres. for welcoming me last November. All the help and kind gestures over the past months are appreciated, thanks again!" - Donna

"Two gentlemen at Balsam Gate were told that they were not able to get a passport. Our amazing staff went to MPP Kate Young's office, who was supportive, although did not have an avenue to assist with obtaining a passport. Thinking outside the box, staff set up a Skype call with ARCH, an advocacy group in Toronto, and Jim demonstrated his desire to travel to Disney World. ARCH successfully represented both Gary and Jim, and as a result, both gentlemen now have a passport to travel.

A HUGE shout out and thank you to the extraordinary staff team at Balsam Gate for making this happen! "

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



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!**

Reconnecting with Old Friends



This is Doreen and Laurie, who have reconnected after a very long time. Laurie used to visit a horse farm, which Doreen owned. Unfortunately, Laurie stopped going because he found that the grounds became too difficult to maneuver. Only recently has Laurie reconnected with Doreen, which is all thanks to his staff member, Kristine Kobler!

Kristine has a personal relationship with Doreen and her husband, and we are hoping to encourage more visits as time permits. Thank you to Kristine for being such an important part of this connection! In Laurie's Person Centred Plan, Kristine indicated that she will continue to nurture the relationship between Laurie and Doreen. A true connection!

Raising Paddles for Paint

Continued from front page...

At the end of the day, everyone left the park before the rain and when everything was totalled up, we had raised over \$3,500! Not bad for our first event! This money will be used to grow and develop Possibilities in Paint so that people who want to try their hand at art can do so using the best materials we can supply. They will get the opportunity to experience how art can bring a richness into one's life.

We are so grateful for all the help and support from our volunteers, family members, staff, artists, community partners and businesses that stood with us. The unwavering support of Participation House makes so many things possible. It is good to know people are cheering you on and are wishing for you to succeed; to all of you, a heartfelt thanks.







PAGE 4 SPEAK OUT

Comic-Con and Clifton Hill



Ken and Stephen went on a day trip to Niagara Falls back in July. They enjoyed the road trip listening to music and sharing many laughs. While they were there, they went to the falls and enjoyed the view on a beautiful sunny day.

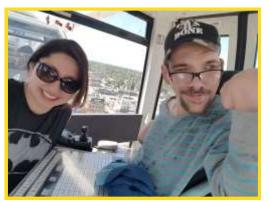
Stephen attended Comic-con dressed as a Ghostbuster. He made the costume himself, with some assistance from his staff. At Comic-con, Stephen met many of his favourite characters from movies, and had his picture taken with a mini-Cooper decorated with an Austin Powers theme. He had a great time, and loved shopping at Comic-con too.

Ken ventured down Clifton Hill, taking in all the sights and going on some rides. He had a great time going on the Ferris wheel and enjoying a 5-D movie.

Both guys enjoyed their day trip, and couldn't have wished for more perfect weather!









Make a Green Choice!

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

#winning at Western Fair Creative Arts Competition



Did you go to the Western Fair this year? You might have seen a familiar name in the creative arts competition!

Ken submitted his mixed media artwork into the Visual Arts competition, and his art won

FIRST PLACE!

With the beautiful use of contrasting colours and shades, Ken really knows what he's doing with his artwork. The huge smile on his face says it all—he loves creating art!! With passion like that, it's no surprise that Ken did so well!

Congratulations, Ken!!

WE NEED YOUR HELP

Between the aging population of those we support and those who have complex needs, hospitalizations are becoming more frequent.

We are one of the very few agencies that continues to send support with the people we serve while they are in the hospital.

We believe that this is an important, valuable, and essential service that ensures the safety and health of those we support. That's why **we provide 24-hour staff** for those we serve during their time in the hospital. It provides comfort, reduces stress and anxiety for the person supported, as well as eases the burden on family members and friends, knowing that there is a trusted, familiar face with their loved one.

Given the unique care and communication needs of the people we support, our staff are also a significant advocate for the needs, preferences, and wants for those who may have alternative forms of communication.

Unfortunately, funders have never provided any extra funding for this support.

Due to continuing economic pressures, and cost increases without subsequent budget increases, we need your help.

Making donations will help to ensure the continuation of this service. You can even set up automatic monthly donations online via **www.participationhouse.com**!

Please help us continue to provide this compassionate service by making a donation.

Please donate online via our website at www.participationhouse.com

or via cheque/cash to: Participation House Support Services 620 Colborne St., Suite 101

	London, ON N6B3R9	
I'd like to contribute:	\$750 = approx. 24 hours \$500 = approx. 16 hours \$250 = approx. 8 hours	\$125 = approx. 4 hours Other amount \$
Name:		
Address:		
Phone Number:		

PAGE 6 **SPEAK OUT**













On June 4, 2017, our friends at Fleetway welcomed 31 teams and countless staff, friends, and family members to the 17th Annual Bowl-A-Thon in support of Participation House Foundation!

The sun was shining, and everyone's excitement and enthusiasm was radiating throughout the bowling alley as teams socialized and had a full day of fun. Because of your support, we were able to raise more than \$33,000! Thank you very much to all those who contributed—we could not have done it without you!









Thank you to everyone for coming out to the 17th Annual Bowl-A-Thon! The event raised more than \$33,000!!

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

















16th Annual Leo Kirwin Golf Tournament

History was made on August 18, 2017—we had a record number of registrations this year, with more than 120 people participating in the event, and raised a record total of over \$27,000!

It was wonderful to see many familiar faces from past tournaments, as well as many newcomers!

A huge thank you to our friends and hosts at East Park, all of our participants, sponsors, volunteers and donors, because without you, this would not have been possible.





Thank you to everyone for coming out to the 16th Annual Golf Tournament!

The event raised more than \$27,000!!

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































PAGE 8 SPEAK OUT



Mark Your Calendar!





Possibilities in Paint Annual Art Show!

When: November 18, 2017 Where: Community Place (Adelaide St. N.)

Join us at the Community Place for a fabulous art show, where aspiring artists in the Possibilities in Paint program will have their art on display for sale. Pick up a lovely piece of artwork as a Christmas gift, or to compliment your décor!

Mummer's Dance



When: November 18, 2017 Where: Royal Canadian Legion, Victory Branch #317, 311 Oakland Ave.

Come out and celebrate a traditional Newfoundland Mummer's Dance, a custom dating back to the earliest settlers! People would disguise themselves with old articles of clothing and visit the homes of their friends and neighbours. Travelling from house to house, some mummers would carry their own musical instruments to play, sing and dance in the houses they visited.

\$15 per ticket—ALL PROCEEDS GO TO PROJECT HOPE!



PHSS Annual Christmas Celebration

When: December 14, 2017 Where: Hellenic Community Centre

Join us at our annual holiday celebration, taking place on Thursday, December 14th! Dance the night away for only \$25 per person, and includes a full holiday dinner! We will be recognizing those who are celebrating a work anniversary, and a special guest may also make an appearance!

For more information about Participation House events, please visit our website: www.participationhouse.com or contact Amanda Bartlett at amandab@participationhouse.com.

Also check us out on FACEBOOK! We post all kinds of updates and events!



Participation House Support Services





DID YOU KNOW?

Participation House Foundation is a registered charity! You will receive a tax receipt for any donation of \$10 or more!

Charitable Registration Number: 89172 2043 RR0001

Give a Monthly Gift to Show Your Ongoing Support!

Payments can be made by credit card, Interac or Paypal on CanadaHelps.org's secure online system.

Online donations can also be designated in honour or memory.

Simply visit our website at www.participationhouse.com and click on "Donate Now"

You will be given the option to give a one-time donation or to arrange monthly contributions.

Your donations help individuals with severe physical, developmental and/or multiple disabilities to achieve their full potential in the community. On behalf of all the staff, families, friends, and more than 200 people we support – *THANK YOU*!

We also welcome your cheques:	Enclosed is my contribution of \$		
Please make your cheque payable to:	Participation House Foundation 620 Colborne Street, Suite 101 London, Ontario N6B 3R9		
Name:			
Address:			
City: Postal Code:	Telephone: ()		
Please direct my donation to the Highest Priority Needs of Participation House	Please direct my donation to providing Staff for Hospitalizations		
Please direct my donation to the Brian Dunne Housing & Accessibility Fund*	Please direct my donation to the Lori Hicks Vacation Fund		
Please direct my donation to the Elizabeth Leighton Training & Education Fund	Please direct my donation to the Community Place Building Fund		
Please direct my donation to the Fulford Family & Consumer Fund			

*Note: The Board of Directors has established endowment funds so they will provide a lasting legacy of support. Donations are prudently invested and the income earned by these investments of the capital is used to support the work of Participation House Support Services as outlined by the fund terms of reference.

Participation House Foundation – London respects your privacy. We use your personal information to provide services and keep you informed and up-to-date on the activities of Participation House Foundation – London and Participation House Support Services, including programs, services, special events, funding needs, opportunities to volunteer or to give, open houses and more through periodic contacts from Participation House Foundation – London. If at any time you wish to be removed from our contact list, simply contact us by email at info@participationhouse.com and we will gladly accommodate your request.



DID YOU KNOW?

In 2012, 1 in 7 Canadians aged 15 or older reported having a disability

We have developed a unique combination of residential living, home supports, day programs and recreation to meet the needs of people who have significant disabilities but also have much to offer our community – people who are good neighbours and great citizens. To meet the ongoing and future requirements of the people we support and those who could benefit from our services, Participation House Foundation has identified four areas of need:

Equipment

More than 8 out of 10 persons with disabilities use aids and assistive devices; having the appropriate aids can enable an individual to participate more fully in society.* For people meeting the challenge of multiple disabilities, up-to-date and well-maintained equipment is essential to maintain health and support independence and community involvement. The items range from something as simple as a shower commode to sophisticated communications devices or a \$25,000 air bed that helps prevent pressure ulcers.

Housing and Accessibility

Participation House homes are very special places. From the outside they look like any other warm and comfortable family home. Inside, modifications are made to ensure they are ideal for the people we support. Each person has a private bedroom that is a reflection of his or her personality. These houses quickly become homes, much loved by those who live there. While government funding may be available, it does not cover all expenses. Participation House Support Services understands its responsibility as a good neighbour to properly maintain our homes, both inside and out. Private funding and/or gifts-in-kind are welcome to create new homes when operational funds are available from the government.

Transportation and Travel

Many of the people we support face significant mobility challenges, and are unable to get around without a wheelchair. When they want to leave their homes to participate in community activities, a van equipped with a wheelchair lift is essential. The goal is to pair each location with their own van, but many are still relying on ParaTransit.

Reliable access to transportation is necessary for unexpected medical appointments or other urgent situations. Also, the spontaneity of activity such as going to see a movie, window-shopping at the mall or grabbing a coffee with friends at Tim Horton's is not an option when Paratransit must be booked days in advance. **An accessible van costs approximately \$58,000, with annual maintenance, gas and insurance costs of about \$15,000.**

Like anyone else, the people we support sometimes need a chance to unwind, have new experiences, see the world and visit distant family and friends. But travel, whether for a holiday or to compete in a bocce ball tournament, is difficult because of the additional costs for a full-time attendant. Private funding would allow more people to take holidays – a pleasure most of us take for granted.

Education, Training and Therapy

Education, support and advocacy are ongoing needs for the people we support and their families. Additional funding would allow more people to participate in conferences and other educational activities, as well as provide therapy such as Occupational Therapy, physiotherapy, and specialized technology.

Our staff members, too, have ongoing education needs to ensure they can provide the best possible care and support. Government funding covers basic required training in areas such as first aid and CPR. It is more difficult to find funds for leadership, values training or training in specialized computer skills.

Please help us meet our goal of independence for our neighbours and friends by making a financial contribution to Participation House Foundation – London.

John McHardy—Daredevil







At a planning meeting, it was identified that John has a passion for speed. Talking about going fast and seeking a thrill from that "daredevil" moment put a huge smile on his face. John loves cars, and we learned that he had thoroughly enjoyed the experience of being on a speed boat years ago.

We discussed many different ways to have a "daredevil" experience with John and he really responded to the idea of riding a roller coaster. Add to that a fun van ride, the exciting atmosphere of a theme park, and music galore, John was all in.

Inquiries were made and it was felt that the greatest challenge would be getting John onto the roller coaster, and there was concern that Canada's Wonderland may not allow him on the ride. Staff stepped up to inquire directly with Canada's Wonderland, and found that if John wanted to go on the ride and could be physically assisted onto the ride, then the park staff would help to make it happen.

From the beginning, we knew that John would need two staff to transfer him into the seat on the roller coaster. Dan Fraser, John's support staff explained, "Our whole approach was specific to John, and we adapted to what was needed at the time. With one staff sitting in the seat of the roller coaster and ready to position John with the second staff pivoting him into the seat, we easily transferred him into the roller coaster from the wheelchair. We just got it done. John knew what he was doing and was strong enough to hold on tight. He looked nervous but he went all the way."

When asked how Canada's Wonderland staff reacted to John's specific need, Dan told us that the Wonderland staff were amazing. When they knew what was needed, they allowed John and his staff to go up the off ramp to gain safer access to the ride without the

rush of the crowds. This made things so much easier and John was able to transfer comfortably.

The overall result for everyone involved in this experience was described as a *triumphant feeling of success*. "It all worked out and we felt as if we could do anything, even if it seemed impossible," said Dan Fraser. The photographs of John on the rollercoaster say it all.

The biggest learning outcome that came from this fantastic day out was that the team came together and strategically thought it all through. They talked it out and organized before putting the plan into action, and the teamwork, combined with family involvement, made it happen.

Dan cannot stress enough the importance of attending planning meetings, as the planning meetings are what helped the staff to create an experience with all the things that were important to John.

This was not just one ride on a rollercoaster: it was a well thought out practice for doing what was thought to be impossible. People listened to John and helped him follow his dream, and John has pushed those boundaries to his benefit for the past few years since his first planning meeting.

PAGE 10 SPEAK OUT

From the Volunteers at Games Night

From all of us on the Orientation Week Science Team, thank you so much for having us! We all had a great time and it was definitely a meaningful experience.

"This was my sixth time volunteering at Participation House, and every time I have come, it has been even more of an incredible experience. It is extremely rewarding to bring smiles and laughter to everybody, and I am so glad that everyone enjoyed it! It was great getting to know some of the participants a little bit and learn about their daily lives. Working with Denise and Brittany was fantastic, and they are both great Uno players! The supportive work Participation House does for the London community is truly commendable, and I know I will be personally taking part in a lot more Games Nights and Yoga Nights this year with the Red Cross Society." - Christina

"Overall I found today really rewarding. It was super fun joking around with everyone at our table, and seeing them laugh made my heart so happy! I had an alliance going with Ricky until he betrayed me and made me pick up 4 cards, and after that he formed a team with Maggie. I think the work they do at PH is really special and meaningful and they should all be really proud of themselves." - Audrey

"I had a really good time tonight, and found it so special to be able to interact with everyone who had so much joy and were so easy to get along with! I had an amazing time playing with Kelly; the excitement throughout the game made me enjoy it so much and I had such a special, meaningful time with everyone." - Liz

"Today actually surprised me in terms of what to expect and how much I would actually enjoy it. It didn't seem like we were doing much for them but it really showed that they appreciated it from how happy they all were to see some new faces. Me and Becca killed it in Monopoly and definitely would have won if we had time to finish the game! Had a great time with all the people there and it was a great experience." - Shamez

"Iwas nervous coming in today because Idon't have a bubbly personality that helps when engaging with people with intellectual disabilities, but the staff/volunteers were absolutely amazing and provided examples of how to interact. Everyone was treated the same, apart from assisting with those unique needs each person has. I thought, "we're not doing much, just playing some Uno for 2 hours," but my next thought was about how I have an older brother at home with an intellectual disability. He doesn't have any friends or activities to enjoy outside of the home, he only knows how to have fun with my parents, brothers, and I. He also spends most of his time alone. I know how much it would mean to him to get to play Uno with friendly new people for 2 hours, all while being treated normally. I appreciated watching the social connections everywhere I looked today." - Magdalena







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. 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



Enjoying the View at Springbank Park



Janet regularly visits Springbank Park to appreciate the changing seasons, and recently discovered a section of fencing surrounding a pond.

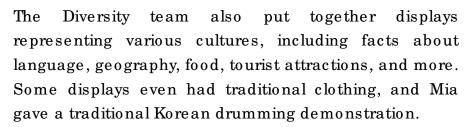
Due to the unique cut outs in the fence, Janet was able to enjoy watching the fish and ducks swim in the pond through the fence. Now people who are at a lower eye level can see through the fence and experience the nature our city provides, thanks to the Tanys Quesnel Fund.

An Abundance of Flavours



The Diversity Committee celebrated their annual potluck on June 27th this year!

Everyone was welcomed to the Community Place on Adelaide St. N. to enjoy a delicious selection of traditional foods from around the world.



We hope you can join us next year!!









PAGE 12 SPEAK OUT

Raising Money at East Side Mario's



Dean also celebrated his birthday that night! Happy Birthday Dean!

On June 29th, we partnered once again with East Side Mario's on Wellington Rd. South for a night of fun, filling the seats with family and friends!

We had a very successful night! Because so many people came out to show their support, we raised **over \$1440!!!** We were aiming for \$1000, and you helped us blow that target out of the water!

Thanks again for everyone's support and efforts to make it such a great night! Hope to see you come out to another East Side Mario's fundraiser!







Let's Get Social!

Get the latest updates and information on Facebook and Twitter!!



Participation House Support Services



@PHSSLondon

Ricky Visits the Big City—It's a Home Run!

One of Ricky's dreams on his person centered plan was to go to Toronto to watch a Blue Jays baseball game. With a lot of planning and organizing, his dream came true on June 3rd. Accompanied by his friend Shane and a staff member, Ricky's day started very early:

- 7:30 am.— Boarded the Via Rail train in London and was off to Toronto!
- 10:00 am.—Arrived in Toronto with hours to spare so he was able to tour the area, see the CN Tower, and experience some local festivities (including a slip 'n slide in ketchup, a man on stilts, and a juggler on a unicycle!)
- 1:00 pm.—The Blue Jays played against the New York Yankees
- 7:45 pm.—Ricky returned from Toronto by Via Rail, and greeted by his parents

Even though the Blue Jays lost to the Yankees that day, Ricky still had a fabulous day exploring Toronto. Thank you to everyone who made this dream come true for Ricky!





Conversations That Matter

On July 5th, all staff were welcomed to the office for a combined Staff Appreciation and Conversations that Matter Anniversary Party!

The CTM team was in full force that day with a Rolling Video Game Bus on site! They took turns watching different videos and facilitating conversations with the staff who dropped by. Then, just for fun, turned on Just Dance outside the van for everyone to participate!

We'd like to recognize the Conversations that Matter Leader Prize Winners:

- Irena Djukic
- Jessica Lucas
- Diana Hidalgo
- Maddy Edwards

These extraordinary people were identified has having fully embraced Conversations That Matter within their locations and have facilitated great conversations.

We also want to give an honorable mention to Betty Bannerman, Corrie Fitt, Ann Marie Werden, Jean Vanderwolf, and Bahrija Salihovic for also stepping up and being fantastic Conversations That Matter gurus!



Conversations that Matter is a collection of short, engaging videos that emphasize high quality values-based training. The goal of the Conversations That Matter site is not to inspire people, but to provoke self-reflection, deepthinking and meaningful change.

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Get it instantly in your inbox!

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

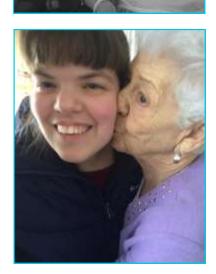
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PAGE 16 SPEAK OUT



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

Carme ll Tait

Chief Operational Officer (519) 660-6635 ext. 223 carmellt@participationhouse.com

Making Waves!



Back in June, we received more information on the accessible updates for the pool facilities in London.

After advocating for more pool accessibility in London, the City has taken the recommendations under consideration, and has been implementing accessible features into new facilities and renovations.

The South West YMCA facility confirmed they will have an accessible change table, which will be able to move away from the wall, allowing for caregivers to access both sides.

East Park is set to open a brand new wave pool in June 2018!

.

A welcome addition to East Park's Waterpark's seven waterslides – including the legendary 55' high bullet slide – the new wave pool will continue a tradition of surfing the crest of advanced waterpark technology that started with the installation of the innovative water climber in 2008.

To complement the new wave pool, and to accommodate the anticipated influx of summer-loving Londoners, the expansion will also feature a lounge area, and pavilions.



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