

*A caring way*

VOLUME 13, ISSUE 1

WINTER 2015



**PHSS Takes Home the Prizes!**

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Make a **Green** Choice!  
 Sign up to receive our newsletter straight to your inbox, visit [www.participationhouse.com](http://www.participationhouse.com)

On behalf of PHSS, Carmell Tait (3<sup>rd</sup> from the left) accepts two awards from Focus Accreditation. We were one of two finalists for their provincial Innovation Award and Winner of the Most Innovative Presentation. Our submission for the 2014 Innovation Awards describes our recent work in providing community support services to adults who are medically fragile and technologically dependent, including those living with chronic mechanical ventilation. This innovation enables PH to provide residential, overnight and day respite services to a segment of the population that

had been previously excluded from accessing these types of community supports. This improves our effectiveness as a community service provider who strives to be flexible, adaptable and responsive to the needs of people and families in our community. *FOCUS Accreditation was established in 2004 in response to a need for an innovative and robust quality improvement and accreditation program that reflects current successful practices and trends in community-based human services. PHSS has been a Focus accredited organization since 2009.*



**Become Social with Participation House Support Services!**



**Follow us on Twitter!**

**like us on facebook.**

[www.participationhouse.com](http://www.participationhouse.com)

Donate • Information on upcoming events • Purchase tickets online • Sign up for Speak Out • Get Involved

# SHOUT OUT CORNER

*Thumbs up to the **team at Phair Crescent**—your efforts to organize and plan activities near and far are noticed and appreciated. “JBGD”*

*Shout out to **Kristine Kobler** for welcoming each challenge, and having the depth of character to keep us coming back to the Vision of “relationships are the most important thing!” Your team at Louise Blvd sends this with Gratitude*

*A super shout out to **Karen Norman** for always coming to clip our cats nails each week. We really appreciate you helping us!!*

***Denise Cottel**, for making the time, during a very busy month, to find new, fun and meaningful pursuits for an excited individual you support. (private tutor to learn to read, skating and music lessons!)*

***Glenna Allen!** We want to give a great big Shout Out to you!! You have played such a vital role in assisting John with reconnecting with his family. Thank you for being such a great initiator with his sister and parents to get together for visits and dinner! 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!





## Possibilities in Paint Collaborative Studio 1st Annual Art Show!

Exploring creativity, building skills and promoting self-determination as a way to enrich people's lives were the guiding principles of Possibilities in Paint Collaborative Art Studio. This was achieved and demonstrated at our 1<sup>st</sup> Annual Art Show and Sale held at the Unitarian Fellowship of London (UFL) on November 29<sup>th</sup>, 2014.

The beautiful eclectic display of art represented over 20 growing artists who participated in the Collaborative Art Studio workshops over the past 9 months. "Art is a language that transcends language, borders and cultural differences" said Mike Mahoney for the London Community News. And this show proved that paint completely spoke for people's hopes and dreams, their newly discovered abilities and their shared joy in using color, texture and form as a medium to express themselves. The auditorium at the UFL was filled with friends, family and community. Everyone was impressed with the wonderful quality of work and the professional presentation. Lots of happy faces and people filled with pride.

Creating a presence within the community that promotes a positive change in attitudes gives all people the opportunity to reach their full potential.

As Julie Berry, poet and writer said, *"Anything less will result in a diminished world."*



## Connecting Through Art Workshop

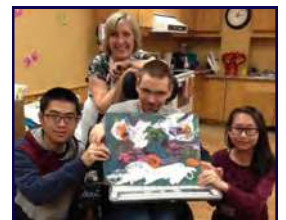


On Saturday, January 24<sup>th</sup>, 2015, artists from Possibilities in Paint and Western University Alternative Spring Break group teamed up to experience art as a way to connect with each other.

Students assisted artists hand over hand in painting, making color choices, tool selections, and even rotating and holding canvases. Everyone quickly became comfortable and wasted no time in creating amazing art.

*"I had such a good time on Saturday at painting – all the artists were great and the student volunteers were outstanding"* said Dana, a support staff who attended.

This is the first time that art has been used in this way and it was a great success. Building relationships between PHSS and the University of Western Ontario is not new, but perhaps this medium will open up interesting and exciting possibilities for everyone.



The photographs say it all!



## Upcoming Events

16th Annual Laudable Londoners *(see below)*

**When:** April 21, 2015

**Where:** London Museum, 421 Ridout St N

15th Annual Bowl-A-Thon

**When:** June 7, 2015

**Where:** Fleetway Bowling Lanes

14th Annual Leo Kirwin Golf Tournament

**When:** August 21, 2015

**Where:** East Park Golf Gardens

**- Save the Date -**  
**Participation House**  
**Support Services**  
**Annual General**  
**Meeting 2015**  
**- August 13th, 2015 -**

For more information visit [www.participationhouse.com](http://www.participationhouse.com) or  
 contact [elliem@participationhouse.com](mailto:elliem@participationhouse.com) or 519-660-6635 ext. 221.

*Laudable Londoners*

### 16th Annual Laudable Londoners

*Celebrating the contributions of  
 Mitchell A. Baran*

*Tuesday April 21, 2015 ~ 5:30pm to 7:30pm*

**Save the Date!**

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

## Meet Margaret Szilassy, PHSS Board Member

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

I first became aware of the significant challenges families in our community face in trying to obtain appropriate supports for their adult children. PHSS came to my attention when it stepped forward to assist friends of mine. I was most impressed with the care and support PHSS provided.

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

I am a partner in the law firm of Hicks Morley, LLP, practicing out of the firm's London Office. My practice includes all aspects of labour and employment law, with a particular emphasis on human rights and occupational health and safety.

I initially attended The University of Waterloo graduating with Honours Bachelor of Arts and then moved to London to attend The University of Western Ontario where I obtained my LLB. I now have lived and practiced law in this community for over twenty years.

*Thank you Margaret for your time and commitment to the PHSS Board of Directors!*

### ***What interests you about the community services sector?***

In my experience, this community is a very generous and caring. Nonetheless, at times, some of our most vulnerable residents remain in need of support and are unable to fashion meaningful lives without assistance. This sector is dedicated to providing that much needed assistance.

### ***What inspired you to dedicate yourself to Participation House Support Services Board of Directors since 2010?***

I thought I could be helpful to PHSS, the people it supports and those in our community requiring additional supports. I am inspired by the individuals PHSS supports, its staff, and my fellow board members. That's what keeps me coming back year after year.



## ***Join us for another Participation House Support Services Family Social!***

Open to family members of those supported by Participation House and any other family members who may be interested.

**Tuesday March 24th, 2015, 1pm to 3pm**

**Unitarian Fellowship of London, 557 Clarke Road (between Dundas and Oxford)**

*Members of the Diversity Committee will do an exciting and dynamic presentation!*

*You won't want to miss out!*

**Please R.S.V.P. by March 19th to [info@participationhouse.com](mailto:info@participationhouse.com) or call 519-660-6635 x221**

*Refreshments and light snack provided*

Interested in attending but need a ride? Transportation can be provided. Call or email for further information.



## The best bits of our 2014 Christmas Celebration!



*Nothing brings people together better than the holiday celebration!*

December 11th was filled with Christmas cheer as we joined together during our annual Christmas party. The evening was filled with laughter and good cheer, along with great food and catchy music. Dinner was kicked off with Grace from our very own Tom Mahoney, and ended with Carmell and Brian appreciating the anniversaries of our 5, 10, 15, 20, and 25 year staff. The night was rounded off with Christmas jams from "Cam and His Sidekicks" who kept us out of our seats till the night end.

Thank you for joining us! See you next year!





**See how Participation House Celebrated the Season!**

We got ugly...



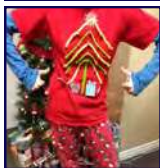
And we welcomed our newest addition to the PHSS team! Meet PHSS' office elf... Evergreen



The first place award went to Stacey Sutton for this Beauty!!



But a close second was Corrie Fitt with 'barfing Christmas'



We donated 125 lbs of food!



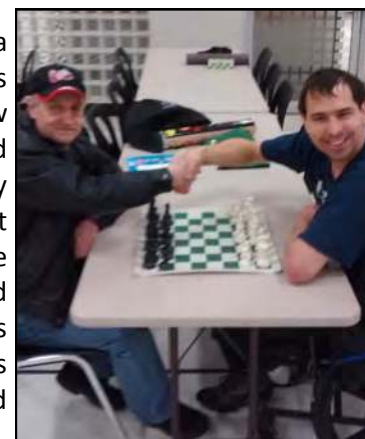
*Thank you Donna for organizing the Rheo Thompson chocolate fundraiser. And, thank you to all who placed an order. Those bars of chocolaty goodness raised Participation House Support Services \$421! Way to go!*

**Check Mate! The "Chess Boss" takes on another!**

Every life is comprised of infinitude of choices, decisions and actions. These factors all interweave into a tapestry of experience that makes us who we are, what we are, and how we see ourselves. How we see ourselves is of great importance on how others perceive us.

This is a success story about Matthew Tuz. Everyone who has ever gotten within the gravitational pull of his smile could tell you about his disarming charm. What lies beneath is something Matthew has been working very hard to change. His road has been a rocky one; there have been bumps, detours and dead-ends. What matters is that in the last few years he has been getting lost a lot less, and has been journeying the roads of his own choosing.

On top of many of his day-to-day activities, Matthew is now a proud member of a chess club. Each Thursday before he heads out the door, he practices new strategies on the computer. Initial insecurity and perhaps a degree of self-protection are now replaced with a feeling of belonging and being a contributing member. He has played in tourneys and has gone toe to toe with most of the members. Not a "newbie" any more, the other members approach *him* now and ask for a game. It is very important to note that even a loss—what in the past would've caused less-than-desirable emotions—is a learning experience. Shaking his opponents hand and saying "Good game," is more important than mere numbers. What matters is the experience as well as creating more opportunities to be a valued member of the community. This is exactly the road Matthew is choosing to take; it's a journey towards growth and success.





## A Donor of Distinction

Participation House would like to extend a special **Thank You** to the Iveys for their continued support!

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You make all the difference!**

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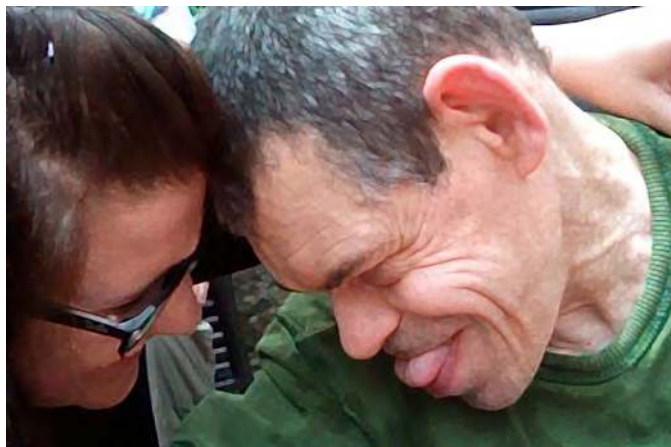
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***We thank you for your  
generosity and ongoing support!***





### El Ranchito Restaurant Review by Lisa Yates

Located at 111 Wellington St., London, Ontario (between Grey and South St.)  
(519) 858-4086

I belong to the WHEEF Club (Women Helping Eachother Evolve through Friendship). My friends and I went to lunch on Wednesday, January 28th, 2015 to El Ranchito restaurant. They serve yummy dishes from Central and South American countries. We ordered their combo platters so we could sample a lot of different foods. We tried pupusas, Salvadorian coleslaw, homemade salsa, empanadas, chimichangas, flautas, enchiladas and a mixture of rice and beans. My favourite was the deep-fried ice cream for dessert. The flavours vary from mild to hot and they can adjust the flavours to suit your palette.

When you enter the restaurant you notice the bright colours everywhere and hear the sounds of upbeat Latin music. The service there is very friendly and knowledgeable. There is a big parking lot on the right side and the restaurant is accessible for wheelchairs. **I give it 4 stars! \*\*\*\***

Next time we are going to try Dishington's Tea Room and Gift Shop in Lambeth. Stay tuned...



Janet was livin' it up with the ladies during a recent *Girls Only!* trip to Elmhurst Inn in Ingersoll

### Hello Elvis!

On December 17, 2014, Kellie, John, Peter and Wayne enjoyed an afternoon with Midnight Elvis at Belgrave Ave. The King entertained the Elvis Fan group for over an hour! What a performance! The tribute Artist created amazing memories for the group. It was an afternoon to remember!



### The Health and Wellness Committees Healthy Recipe Corner

#### Salsa Soup Makes 8 one cup servings

**Ingredients**

- |   |  |
|---|--|
| 1 onion chopped                                     | ½ cup salsa of your choice                       |
| 3 cloves of garlic minced                           | 4 cups of baby spinach or frozen chopped spinach |
| 1 tbsp. olive oil                                   | 1 tsp. sugar                                     |
| 1 Large (796ml) can of diced tomatoes               | ½ tsp. oregano                                   |
| 10 oz. of vegetable or chicken broth-reduced sodium |  |

**Directions**

Sauté onions and garlic in oil till translucent, added tomatoes, broth and salsa. Bring to a boil, then add spinach cook until softened.

Add sugar and oregano and simmer for 20 minutes. For added taste add 1 tsp. of feta cheese on top of each just before serving. Enjoy!



We want to  
hear from  
YOU!

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  
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[www.participationhouse.com](http://www.participationhouse.com)



## Diversity Team Quiz! Enter and WIN!!

February is the month for *Love*

Match which language matches the correct word for love to win a prize of **Unbelievable Value!**

- |              |             |
|--------------|-------------|
| A) French    | 1) Кохання  |
| B) German    | 2) Love,eh  |
| C) Polish    | 3) liefde   |
| D) Canadian  | 4) Amour    |
| E) Dutch     | 5) miłość   |
| F) Romanian  | 6) Láska    |
| G) Ukrainian | 7) dragoste |
| H) Czech     | 8) Liebe    |



Submit your answers to  
PHdiversity@execulink.com  
by April 1st, 2015 to be  
entered into the draw

*"All you need is love"* - John Lennon

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!

**Participation House**  
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London and Area  
*A Caring Way*

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