



## *A Caring Way*

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### In This Issue:

Shout Out Corner.....2

Sending Farewells.....3

New Comic/Video Store..3

Foundation Update.....4

Meet Tina Jamieson.....5

Restaurant Review.....6

Diversity Potluck.....7

Meaningful Moments.....8

Rocking for Hope.....9

Happy Birthday!.....10

Imagining More with  
Possibilities in Paint.....11

Charity Bazaar.....12

Collaborating for  
Success.....13

Health and Wellness  
Committee.....15

Diversity Word  
Search.....16

## Participation House is Expanding!



Take a drive out to Adelaide St. North and you will be sure to find the Path to Inclusion sign, marking the future home of Participation House Support Services' new addition, a spot to come and go and make new friends!

Participation House Support Services' new location will offer a broad spectrum of services for adults who are medically fragile and/or are living with complex physical needs. This brand new building will provide a much needed respite place for adults who are no longer eligible for educational support and live at home with their families.

**Whether respite is needed for an hour, or a whole day, this new hot spot will give people the option to relax, hang out with family and friends, and try out new therapies.**

Construction is expected to begin during the summer, and the building is anticipated to be completed by the end of 2015. This new venture will be a large, multi-functional building with open lounge areas, modern kitchen, a covered laneway, and the ability to add an elevator to expand to a second level in the future.



**Watch for updates in upcoming issues of our Speak Out! newsletter!**

 @PHSSLondon

 Find us on  
Facebook

**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

“Thank you to **Kim Harrisgreen**, for being an awesome advocate for the people she supports!”



“For helping us get the van fixed, thank you to **Stacey and Ian** for coming in on your day off to get the van to Goldline!”



“Look up in the sky! It’s a Bird... It’s a Plane... No, its **Dan Fraser!** He assembles patio furniture faster than a speeding bullet, is more adaptable than a locomotive, and is able to hurdle obstacles in a single bound. Disguised as DFR, a mild mannered DSW for a major Support Services Agency, he fights the unending battle for equality, inclusion, and the Canadian way.

But seriously, Dan is a true inspiration. He presents himself as cheerful, professional and mindful of others at both Hill St. and Shawna Rd. He endlessly promotes autonomy in those he supports. From designing a fishing rod holder—allowing individuals to enjoy fishing with the use of one hand—to introducing professional race car drivers to some of his fans, Dan is a true inspiration that anything is possible.”



“I would like to give a shout to **Heather from Wickerson** for being shamelessly fabulous all the time with her creativity with the WHEEF club. She has opened a wide door for meaningful moments for the participants.”



“Thank you to **everyone at PH** for being so helpful and welcoming during my first month here!”  
-Amanda

## 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 Amanda at [amandab@participationhouse.com](mailto:amandab@participationhouse.com) or 519-660-6635 x254 and tell us about them!

## Goodbye (for now) Ellie, We Will Miss You!

After 6 years of dedicated service, Ellie Moore, Executive Assistant and Foundation guru has resigned from Participation House Support Services. Ellie's major involvements in all the Foundation events over the past 6 years has largely contributed to raising **over \$526, 000!** Her energetic and lively character and always happy go lucky attitude will be greatly missed. Thank you Ellie for all of your hard work and support over the years!! Don't forget to visit!



Partners<sup>€</sup>  
For Life

Participation House is a *Partner for Life!*

If you donate blood please consider a one time registration under our Partnership Number—**PART 013329**

**Help us give the gift of life!**

Partners<sup>€</sup>  
For Life

## Congratulations on Your New Store!

Stephen is filled with joy over the start of his new movie business. Stephen has been working hard to get all set up for the opening of his new store, called "SD Comic & Video".



SD Comic & Video will have something for everyone from DVDs, Blu-Ray, and VHS of all sorts. There are tons of comics and brand new action figurines for sale. Come by to browse and chat over some juice and a snack! Stephen's store will then be open every Thursday from 1:00-3:00 PM at 277 Hartson Close.



**The 16th Annual Salute to Laudable Londoners  
Honouring Mitchell A. Baran**

This year, the Salute to Laudable Londoners took place on April 21, 2015 and raised over **\$15,000** for the Participation House Foundation!



Dana James, Paul Booth, Cathy Vitkauskas at the 2015 Salute to Laudable Londoners



Mitchell Baran receiving the 2015 Laudable Londoner award from Bryan Thompson



The old CFPL team: Kathy Wallis, Bill Brady, Kate Young

**The 15th Annual Bowl-A-Thon is  
Sunday, June 7th, 2015 at Fleetway!**  
Watch for pictures and information in the summer issue!



**Mark Your Calendar!**

Save the Date for the **Annual General Meeting!**  
**August 13, 2015** at Springbank Park

Dust off those golf clubs for the **14th Annual Leo Kirwin  
Golf Tournament on August 21, 2015**  
East Park Golf Gardens | 7:30 a.m.-2:00 p.m.



Further information about these events is available on [www.participationhouse.com](http://www.participationhouse.com).  
Or contact [amandab@participationhouse.com](mailto:amandab@participationhouse.com)

## Meet Board Member, Tina Jamieson

### PHF Board of Directors

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

Years ago, when I worked for VON, one of my co-workers told me that her daughter had recently gone to live in a Participation House home, and that she was very happy with the decision she had made. We have a special needs child ourselves, so when the time came to consider post-secondary school day supports, we contacted PH Family Resource Coordinator, Cathy Smith. Cathy and Carmell Tait came to our home for a visit, and they asked me if I'd be interested in sitting on a committee. I am now involved with the Foundation Board, the Foundation Strategic Planning Committee, Laudable Londoners, and the Golf Tournament.

#### Tell us about your family and professional backgrounds:

My husband Bill is a Marketing consultant and a graduate of the Ivey School of Business. He worked for Nortel Networks for 10 years and his first position was working at the Calgary 1988 Olympics, as Nortel was the official telecommunications supplier. He is a sports nut so he was definitely in seventh heaven! Bill sits on the PH public relations committee and is also a board member at YOU, Youth Opportunities Unlimited.

Our daughter Sarah is a recent Western University graduate who now works at Voices.com in London, and is also a certified yoga instructor. Our son Jack attends the PH day supports program twice/week at the Princess Avenue location. Jack loves going out into the community with his support worker J.P. and he now has a volunteer position (coordinated by PH) delivering flyers for the Grand Theatre. The Grand Theatre recently showed their appreciation by giving Jack two tickets to a performance of his choosing, which was very kind!

I am also a Western University graduate. My first position after university was working at Kingsmill's Department Store, and was extremely saddened to

see a London retail landmark close its doors. I also worked at VON for 6 years in various capacities. I learned how the homecare health model works, from receiving a new patient referral from CCAC to then scheduling a PSW or nurse to go into a patient's home and providing much-needed care. It was very rewarding to coordinate someone's healthcare and realize how cost-effective home care is compared to hospital care.



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

I have always enjoyed helping non-profits with fundraising events. It is extremely empowering and rewarding to see an event through from start to finish, and then say "Wow, look at what we were able to accomplish, and most importantly, look how much money we were able to raise for such a worth-while organization!" That feeling of satisfaction never grows old. Fund raising for non-profits is a critical component that helps bridge the gap between government funding and budget shortfalls.

#### What inspired you to dedicate yourself to Participation House Foundation Board of Directors since 2013?

From the very beginning of our journey with Participation House, we have been touched by the passion and dedication of everyone who works and volunteers at PH. We appreciate the individualized-approach model that PH uses, and it makes us feel very fortunate to be involved with such a caring and compassionate organization. I am extremely inspired by my fellow foundation board members, who set a wonderful example of what volunteering for a non-profit truly means. I am very proud to be affiliated with the Participation House Foundation Board of Directors and I hope that we can continue to achieve many great things in the coming years, and provide the necessary resources/funds that the Participation House Support Services Board requires, to carry out the agency's needs.

## Dishington's Tea Room & Gift Shop Restaurant Review by Lisa Yates

In May, my WHEEF friends and I took our Moms out for lunch in celebration of Mother's day to Dishington's Tea Room in Lambeth. The staff there were very welcoming, accommodating and friendly from the moment we arrived until seeing us out. They had a nice variety of yummy sandwiches, scrumptious salads, delicious desserts and, of course, tea to choose from. I thought the egg salad sandwich and Caesar salad I ordered were fantastic! The décor was very charming. There were teapot designs on the walls, curtains and everywhere you turned. They served tea with an array of delightful tea cups, saucers, and tea pots with adorable tea cozies.

Dishington's Tea Room offers high tea for groups of 12 or more. It is strongly recommended to make reservations, especially for big groups. They also have a gift shop in the front in which they sell an assortment of clothing, jewellery and accessories. The tea room is accessible from the side door but the gift shop is not accessible with a wheelchair.

I give it 4 stars! ★ ★ ★ ★

Stay tuned for my next review...



2485 Main Street (Lambeth)  
London, Ontario  
519-652-2818  
[www.dishingtons.com](http://www.dishingtons.com)

## INFORMATION FROM THE POWER TO THE PEOPLE GROUP!

### Our Mission

We advocate for people with disabilities to be included in our community, have a say in creating better supports to gain independence and make informed choices for our lives.

### Our Vision

People with disabilities making decisions that allow us to live the life we want and participate fully in our community.

Do you have a family member interested in joining the Power to the People? **Meetings are generally held the last Thursday of each month at the CNIB from 1-3pm.**

All meeting minutes are in text and mp3

**Contact us now! Fun events to come including the annual picnic in the park in July!**

The Power to the People group is currently working on making videos to show their rights, and advocating for changes to be made within the community.

**Keep an eye out for our soon to be Facebook page!!**

For more information, contact Charlie or Sandra at [phpowertothepeople@gmail.com](mailto:phpowertothepeople@gmail.com)

# Diversity



## 2nd Annual International Potluck!

Great big **thank you** to those who braved the cold and contributed to the Diversity Committee's 2nd annual International potluck!

Scrumptious Italian Pasta, delectable Canadian butter tarts, appetizing Mexican guacamole, mouth-watering chili, and deeeeelicious Canadian beaver cupcakes made the afternoon a tasty one! Keep an eye out for fun, entertaining Diversity events throughout the year!

**You won't want to miss out!**

The Diversity committee strives to build an environment where employees, family, community and peer group differences are valued, empowered and respected.



*Check out the back page for a bit of fun from the Diversity Committee! Enjoy a summer-themed word search to get you ready for the nice warm weather!*

### Make a **Green** Choice!

Sign up at [www.participationhouse.com](http://www.participationhouse.com) to receive our newsletter straight to your inbox.

## Thank you for the memories, Mr. Purple!



Sadly, after 12 plus years of providing the residents of Mount Brydges and surrounding area with their must-see movies, games and more, Stephen, the owner of Mr. Purple's, is closing its doors, but not before sharing a fond farewell to long-time employee and friend Dean Brooks over a cup a coffee and a few laughs. Stephen was gracious enough to provide Dean with a valued connection in the community as an employee at Mr. Purple's several years ago, during which time Dean learned many new skills. Dean's connection with Stephen

and Mr. Purple's meant completing various jobs in the store; jobs included inputting movies into the computer system and stocking shelves among other things, with a coffee break in between here and there. During Dean's time with Stephen, he was also able to help with community endeavours for the Mount Brydges Optimist Club, such as helping to change the community's event sign in the heart of the village. Dean took a lot of pride in his role as an employee of Mr. Purple's and perhaps, more importantly, has made a lasting connection and friendship with Stephen that they will enjoy for years to come. It was truly a wonderful adventure for both Dean and for Stephen!

*Can you see the resemblance between  
Mr. Purple and Mr. Brooks?*



## John McHardy is Crooning with his Comrades!



John and church member,  
Rhonda, strike a pose!

John McHardy enjoys singing with the group at "Friendship Club".

Each Tuesday night at North Park Community Church, this tight knit and caring community gather to sing, pray and participate in the telling of a bible story. They do a story-related craft and form meaningful friendships with members of the church. A very pleasant evening winds down with a snack and some time to chat amongst friends.



John jammin' with his friends at Friendship Club



## Havin' Fun and Makin' Music!



Laurie, Peter and Wayne continue to enjoy music by Cam Denomme at anaf 229 Sunday afternoon with other anaf members. The three men enjoy singing to Cam's tunes while eating their dinner. Fun times had by all, come on out and enjoy the fun!

Doug participated in a drum making workshop at the museum of archeology, where he made a native hand drum with other participants.

Wednesday mornings you can hear our PHSS drumming circle from 11:00-12:00 at the UFL. This group and others are invited to attend a drumming session at McCormick Park on June 14 from 2:30 to 4:30. Reforest London will be there planting trees. All families and people supported welcome. Come out and grab a drum.



# Rocking for Hope II

### Featuring:

Genevieve Fisher  
 Counting Down the Hours  
 Five Oceans  
 Alyssa Sestric



Saturday, August 22, 2015

Norma Jeans  
 1332 Huron St.

Tickets \$10

First band plays at 4:00 p.m.

Contact Bliss or Angela at Participation House for more information: 519-435-1104

## Happy Birthday Leo: Celebrating a Milestone



Wendy McBride, Leo Kirwin, Dave Wighton

Leo Kirwin, a long-time board member; supporter of Participation House Support Services; and honoree of the annual Leo Kirwin Golf Tournament, celebrated his 90<sup>th</sup> birthday with a barbeque surrounded by family and friends.

Many of his friends here at PH signed a large birthday card with an amazing original painting on the front cover, done by Possibilities in Paint. The artwork, a radiant heart, reflects Leo's generous heart for all that he has done for us.



### Make a **Green** Choice!

Sign up at [www.participationhouse.com](http://www.participationhouse.com) to receive our newsletter straight to your inbox.

## Happy 25th Birthday, Harry!



Harry went to Cowboy's Ranch with Morgan for his 25th birthday celebration, and he had a blast! He met Irene, Kate, and Melissa there. He had his favourite drink, rum and Coke. Every time a song came on, he would get super excited and dance his little heart out; he especially loved dancing with Irene! Harry also enjoyed people-watching and blew kisses to all the ladies! He had a huge smile on his face the entire night, and said he would love to go again!

## You've Got Fan Mail!

Last month I attended a fundraising action at Ryerson University for their Alternate Spring Break program - where a select group of students "become part of the community" that they visit. Last May it was a village in Uganda where they assisted with building sanitation systems and other smaller projects. This year my daughter is a trip leader and the group is off to India.

Suffice it to say that Steven's artwork - a beautiful picture of a flower - now graces my home. Please pass on my message to Steven and encourage his painting, it is wonderful.

Many thanks for the donation (I am not sure how the painting got into the auction). I just wanted to ensure that Steven is acknowledged for his creativity and generosity.

Many thanks,  
Diane Ferguson



## Imagining More - Possibilities in Paint



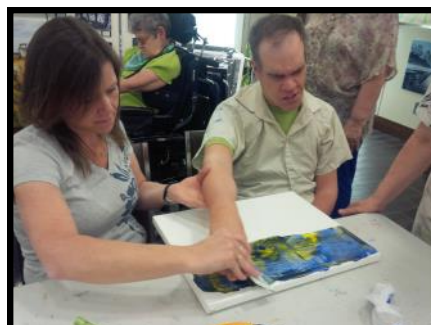
Westmount Shopping Centre has been a well-known community spot for yours. Lately, the mall has been putting a lot of energy into revitalizing in a way that engaged a diverse demographic. It is now home to a wonderful art space and gallery called "Art Centre". Heather Marvell is the visionary behind the formation of the co-op of community artists.

On Wednesday, May 27, the Creative Art Co-operative from Participation House held their first workshop in that bright and beautiful space, and welcomed the novice artists with open heARTS.



With lots of individual attention and instruction, all four artists from PH were able to enjoy the thrill of getting creative and the satisfaction of completing a colourful masterpiece.

*This is community collaboration at its best.*



## Charity Bazaar for Participation House

Come out to the New Apostolic Church  
in Wortley Village for their annual  
charity bazaar!



**Saturday, June 13, 2015**  
**8:00 AM—1:00 PM**

**111 Wortley Rd.**  
**(Wortley Rd. & Byron Ave.)**  
**London, ON N6C 3N8**



## A Day Out with Ryan and Tobi



I started volunteering at SARI a year ago, where I met a 6-year-old horse named Tobi. Every Friday morning, I spend an hour at his stables. My first 30 minutes is spent grooming, and the following 20 minutes I take him for a walk. We walk indoors or outside, depending on the weather. I love walking outside because Tobi gets to meet the other horses as they graze and I get to interact with other horses as well.

I bring him an apple every week to thank him for sharing his time with me. Tobi is very patient and calm., and I love to hug him every hundredth stroke. The volunteers provide friendly support for both myself and Tobi. I leave Tobi back in his stall and look forward to next time.



## Collaborating for Success

Participation House has had a long and friendly association with Tom Bitz, the owner of the building at Princess Ave. We are now delighted to partner with Dini, Tom's wife who has opened a gallery and gift store 'The Rusty Gate' in the same building on the corner of Adelaide and Princess Ave.

So impressed with the art that we created here Dini offered us a section of wall space at her store to show and sell our art. On the opening weekend hundreds of people visited the store and three pieces of art by our own artists were sold. We have since replaced them with art by three new artists. We hope to rotate the art shown at the store so that all



artists that practice here are given an opportunity to display and sell their work. Dini has also asked for Artist's cards in boxed sets to be on sale before Christmas.

We thank Dini for her belief in us, and her support of Canadian Artists and Artisans. The Rusty Gate is eclectic in content and stunning in décor. Inspiring art and craftsmanship is highlighted in a funky but classy space. You won't be able to walk out empty handed, so please go visit.

It is obvious that for Dini art is a passion and we understand what it is like to put yourself out there and follow your dream. All the success in the world is wished to her. We believe collaboration and partnership builds communities that care about each other.



### 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 – London and Area. 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](http://www.participationhouse.com)*

# Participation House

## SUPPORT SERVICES

London and Area

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



Participation House Support Services – London and Area is currently recruiting **Part-time Developmental Services Workers.**

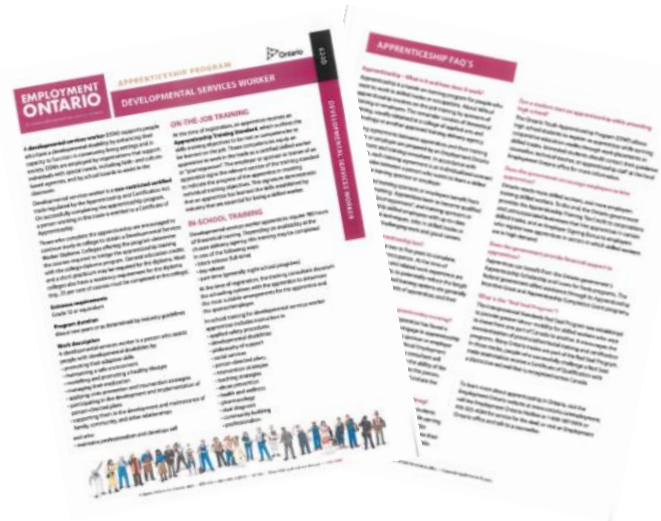
Successful candidates will be responsible for supporting persons with disabilities; assisting with planning; teaching life skills; supporting and creating community involvement and participation; recreation and leisure; maintaining and monitoring health care supports; assisting with financial matters;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



### **PARTICIPATION HOUSE SUPPORT SERVICES WILL SPONSOR YOU!!**

Developmental Services Worker (DSW) Apprenticeship programs are available!

Please contact [shelleya@participationhouse.com](mailto:shelleya@participationhouse.com) for further details.



## PHSS is Accepting the Baton!

Our team is very excited about participating in this year's Canadian Cancer Society Relay For Life because every step we take in Relay raises money to help the Canadian Cancer Society save lives.



Saturday, June 6, 2015

TD Waterhouse Stadium, London ON

5:00 p.m.—11:00 p.m.

Participation Cure 4 sure. [www.relayforlife.ca](http://www.relayforlife.ca)

Watch for pictures in the next issue, and join us next year to  
***Celebrate, Remember, and Fight Back.***

Any questions or more information: please contact team captain Shelley Anderson  
519-615-0289 or [shelleya@participationhouse.com](mailto:shelleya@participationhouse.com)

## Healthy Recipe Corner

### Chili-Beef Tacos

**Prep Time:** 15 Min **Total Time:** 35 Min **Serves:** 4

#### INGREDIENTS:

- 2 Tbsp Chili powder, or Mexican seasoning
- ½ tsp Cumin seeds
- 1 tsp Olive oil
- 1 small Onion(s), uncooked, chopped
- 2 cloves Garlic, fresh, minced
- 1 lb Beef, ground, extra lean, 95% lean/5% fat, raw
- 8 oz Tomato sauce, canned
- 8 oz Beans, kidney, canned, all types, rinsed and drained
- 8 Taco salad shells, large, store-bought
- 4 Tbsp Cream, sour, reduced-fat
- 4 tsp Cilantro, raw, fresh, chopped

#### DIRECTIONS

1. Toast chili powder and cumin in a medium skillet over medium heat until fragrant, about 30 seconds. Add oil to skillet and heat; add onion and cook until tender, about 3 minutes. Add garlic and cook until fragrant, about 3 minutes. Add beef and cook until cooked through, about 5 minutes. Add tomato sauce and beans; cook 5 minutes more or until heated through.
2. To assemble, fill each taco shell with 1/4 cup of beef mixture; top each with 1/2 tablespoon of sour cream and 1/2 teaspoon of cilantro. Yields 2 tacos per serving.



***Our lean, chili-spiced beef is the perfect filler for all your Mexican cooking needs.  
Try it in burritos, quesadillas or over baked tortilla chips.***



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. 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 Bit of Fun from the Diversity Team!

S A N D A L S U D B W Q S B L  
 J S S F F W M X E A J P F E O  
 I I A P N L H T T L L E I A Q  
 S J C U C O R E H P P R F C D  
 U M S E G A R D E N I N G H T  
 N F G W C M I W S V D N M U G  
 S H T E E R X P H L I W C Z U  
 H J I L B G E J U H P L B T N  
 I N O Z A R X A S D N E I R F  
 N N M Y R P H I M X F U H L O  
 E E W P B W F Y N E Z O G O T  
 Q N O H E Y S R E W O L F O G  
 O K F L C K R I U B A N S P C  
 U X S V U H Y F A M I L Y H V  
 B L I S E S S A L G N U S L D

POOL  
 SWIM  
 SUNGLASSES  
 BEACH  
 FLOWERS  
 GARDENING  
 WATERMELON  
 SANDALS  
 ICECREAM  
 BARBECUE  
 SUNSHINE  
 FISHING  
 FAMILY  
 FRIENDS



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