



A Caring Way

VOLUME 11, ISSUE 1



MAY 2013

Knowing Our Past—looking forward to our Future

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Friday, November 18, 1988 at 1:30pm marked the official opening of the very first Participation House Support Services—London and Area home, situated on Belgrave Avenue. The day was clear and mild, with temperatures of 5C. The Honorable John Sweeney, then Minister of Community and Social Services was a special guest at the gathering. This momentous occasion was brought about by seven years of tireless lobbying by parents and fundraising for services.

25 years later—parents are still lobbying for their children and fundraising efforts continue—through old methods and new, as Participation House moves to keep up with the times, and as we leave our own mark on the history of the sector.

And how far we have come from those fledgling, but exciting beginnings! Supporting over 150 individuals, at 350 staff strong, sporting a fleet of converted vans and

agency vehicles, with 2 prestigious FOCUS accreditations behind our name and 51 locations throughout London and Area, Participation House can proudly say that the legacy begun that clear day in 1988 continues to be nurtured and developed as we enter into our 26th year.

Our latest project, a brand new fully accessible Fourplex home on

Southdale Road, build entirely on fundraising efforts, became home to its first 2 supported individuals early this year, with another 6 individuals in the process of moving.

We look to you, our dedicated supporters, volunteers, families and staff as we say a big Thank You for all that you do.

The hard work, support, presence and donations have made the difference to Participation House, in times when we have to rely on our own efforts as we look to the future, with the strength of our past.



@PHSSLondon



Mission: Participation House supports individuals with developmental disabilities and/or complex physical needs to live in their own homes, participate in community and enjoy life with family and friends.

Announcements and Invitations

BUILDING ACCESSIBILITY TOGETHER

Participation House Foundation
in partnership with Willow Bridge Homes,
RBC Royal Bank and Fanshawe College cordially invites you
to join us for the *Official Opening* of -

608 Southdale Road, London

July 5, 2013 11:30am—1pm

Official remarks at 12 noon

Light refreshments will be served.

Kindly RSVP yes only to Ellie: 519-660-6635, x221
elliem@participationhouse.com

Thank You to No Frills for providing free parking



**The Board of Directors is pleased to announce that
Participation House Support Services – London and Area
has successfully achieved a four year re-accreditation**

“The decision to become accredited and the work that went into meeting the standards established by FOCUS clearly demonstrates a commitment to quality and a desire to continue to improve the lives of the people they support.”



Partners
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
For Life

EXCITING WORKSHOPS FOR FAMILIES...

FINANCIAL MATTERS: Henson Trusts, Wills and the Registered Disability Savings Plan (RDSP) with Paul Strickland,
from Siskinds Law Firm – **Thursday, September 26, 7-9pm**



Paul specializes in advising and providing practical solutions for individuals with special-needs and their families. Paul's expertise in this area includes addressing long-term needs by way of wills, trusts, and estate planning. His expertise also includes addressing immediate needs by way of innovative legal solutions, inclusive of present-day usage of Henson trusts.

Please register with Ellie at elliem@participationhouse.com

For further information contact David Wighton (davidw@participationhouse.com or 519.435.1997 or Cathy Smith cathys@participationhouse.com or 519.660.6635, ext. 231)

The Communication Team presents:

A Community Activity Board Workshop

Come join us as we create communication tools and opportunities to increase your independent communication with the community.

July 16, 2013 1pm-3pm

Participation House Main Office—620 Colborne Street, Unit 101

RSVP: commteam@participationhouse.com or 519-660-6635 x0

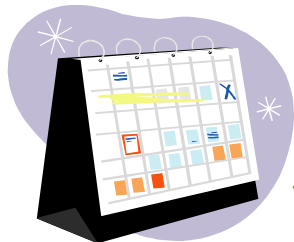
Katy has become a Canadian Citizen!
During the touching ceremony she also received a special Diamond Jubilee pin.

Congratulations Katy!

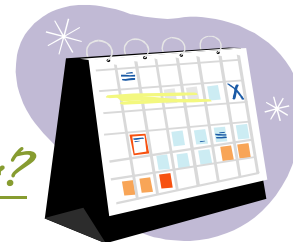


Participation House

FOUNDATION - LONDON



Upcoming Events



Have YOU marked Your Calendar?

Lerners LLP Facebook LIKE Campaign

When: May 1—June 1, 2013

Where: FaceBook!

It is so easy to donate \$1 of free money to Participation House! Simply log into FaceBook and LIKE the Lerners LLP page in the month of May! For every new LIKE at the end of the month Lerners will donate \$1 to Participation House Foundation!

13th Annual Bowl-A-Thon

When: June 2, 2013

Where: Fleetway Bowling Lanes

Ladies of Harley Ride for Michael

When: June 22, 2013

Where: Starting point/registration at Rocky's Harley-Davidson 10am.

Join this great group of Ladies and register for this event, or simply come by for the fun of watching them take off and come back! Prizes, BBQ and motorcycles to be enjoyed! For more information visit our website or call Ellie at 519-660-6635 x221.

12th Annual Leo Kirwin Golf Tournament

When: August 23, 2013

Where: East Park Golf Gardens

Registration will be open before you know it—enter your team and come have fun with us on the greens! Great lunch, silent auction and a \$5,000 Hole-in-one prize to be had!



Further information about these events is available on our website.
Or contact elliem@participationhouse.com or 519-660-6635 ext. 221



Regena's story - Golden Opportunities

By Regena Kress

The journey in life with mental illness is not easy one. Most often people do not understand how difficult each day can be to get through. Being to open your eyes when you wake up in the morning and carry on with your day without a struggle is special. When you have a mental illness, on a very bad day you feel like a prison inside your head.

One day I received a surprise visit from Al Fewster. Through our conversation, Al told me he was going to be facilitating a workshop on mental illness, and asked me to be a guest speaker. I felt this was a wonderful opportunity to share my struggles, and enlighten anyone supporting those with mental illness.

At the workshop, I was at the front of a room with about fifty support workers. People asked many questions about my struggles and successes. I talked about being a part of a group "power to the people," where I am becoming stronger at exercising my rights of power and control of my life; my choices, rights and freedom of my voice.

I was asked about where I live what my life is like. I spoke of the continual positive encouragement which I receive every day from my support workers; my family's strong

support, and how they are proud of me. I am continuously learning new coping skills. Communication is very important for me on being able to tell someone what is going on in my head. Often staff will talk to me and are able to help me refocus my thoughts.

This is sometimes very difficult, but can set me up in a better place in my head for that day. Also

the programs I am part of, and to be aware of my triggers help me a great deal. Music is a big part of my day, it is good therapy and when I talk a lot that tells anyone who knows me that I am in a good place.

I have come to realise that each day is a new day, some are golden and some are not. The last two Christmases have been

wonderful for me as I have been able to celebrate them joyfully with my family and being aware of every wonderful memory created of the moments with the family.

I work hard with all those whom I am connected with to focus on how to think positive and not to panic, but to go to plan b or c if I feel there is a "situation" about to happen. My "down" times do happen on occasion, but not for long or often.

The workshop was a wonderful day with good memories. People commented that they enjoyed me sharing my challenges and successes. That day was indeed a golden day.



Regena and Al

POWER TO THE PEOPLE

A Self Advocacy Group

The group is getting bigger and every voice counts. If you are interested in becoming part of this group come to a meeting. We hold them on the first Thursday of the month.

The next meeting scheduled is June 6.

Our elections were held and many people voted. The results are:

Co-Presidents: Charlie Flemming, Sandra Regalo

Vice President: Chris Boyce Boyer

Secretary: Regena Kress

Treasurer: Wendy Cane

Co-Hosts: Donna Froese, Bryan Thompson

One of the projects we will be working on in the next few months is making a video on teaching people to understand their rights, so we are looking for actors!

Sandra, one of our members is planning on having a wheel-a-thon with the proceeds going to Children's Hospital.

Another member, Chris, has started a blog about "accessibility and wheelchair life". Check it out—
www.man-on-4-wheels.blogspot.ca

Come join the group and see what you can do or how you can contribute!

SoulCollage® - First Exhibition!

This is the first exhibit offered at the Carson library by the SoulCollage® group. Everyone involved is delighted to share their creativity with the community. The exhibit consist of a series of collages depicting the seven Chakras and four wall hanging depicting the four direction of the Medicine Wheel.

It was a tricky process as a few things fell off the wall on the first day. A bit of brainstorming and some laughs and we were up and running. The exhibit ran until January 31st. We have had some great feedback and look forward to doing this again in the future.



SoulCollage® - Having a Vision

By Kathleen Abley

Within our own lives and within our agency we have undergone transitions in the past few years. When we are in transition we have to face change. We face our fears and we learn to revision what we want to happen and evaluate what is important to us. This is true for the SoulCollage® group that has been meeting for the past five years.

The group has always met within a comfortable location provided though the Leisure program. For the most part the experience has been segregated from the London community at large. Although a great deal of growth and knowledge has increased our knowledge of ourselves and our belief in our gifts and talents, exploring and expressing ourselves though images and words has been contained within the group. This past spring we were encouraged to bring our group into the wider London community in the hope that new possibilities will present themselves.

We met and discussed what we needed and began to form an idea of the type of space that was right for us. We needed a community location where we could gather together and share an inclusive and accepting atmosphere; a place where we could meet people and be part of an everyday experience, where our daily life could meld in with the daily rituals of others. We wanted to be seen as part of the fabric of community, coming and going, sharing and contributing, having fun. With the help of a dedicated Coordinator who understood what we needed we found the Carson Library.

In the heart of Old East, the Carson Library has a long history of serving a diverse community of families, artists, artisans and retirees. It is a proud community that understands the value of working

together, overcoming differences and finding the common good. The library is central to those who attend the SoulCollage® group and no one person has too far to travel on Paratransit.

This transition has brought many good things. We have grown in confidence and self-reliance; learned that we can talk our way though difficulties. We can compromise without letting go of our needs and we can change our minds if we want to. The most important thing we have learned is that being open and exploring new possibilities can open doors;

physical doors that are literally closed and doors closed within our minds.

Today we have a new vision for our SoulCollage® group—a vision that includes learning from each other in communi-

ty, where we will display and share our creativity person to person and through technology. We will learn to blog as a group and make personal videos to help us share our creativity in an exciting new way.

We have already put together a display that will be shown at the library for others to see. In the future we hope to invite people to join us in our SoulCollage® experience, reaching beyond Old East Village, London Ontario, to touch others who strive to connect and push aside barriers in the world at large.

Is this a big vision for a small group? Maybe a dream in the making? But it is grounded in the present where interconnection is acknowledged, explored and celebrated as part of a full life. And as our lives become richer, fuller, the transformation will be reflected in the wider community of which we are a part. Every one of us will shine.



Sandra, Kathleen, Michelle & Regina

Poetry Corner

Mom

By Mike Keech

I love you Mom
 You helped me learn
 You helped me grow up
 Learned me, to cook, garden, read.
 You explained to me many things.
 I love you Mom
 You made my life good
 I love you

Your son Mike



Mrs. Olga Keech
 1936—2013

Haiku with Joey Caruso

Haiku can be a simple 5/7/5 syllable line count and captures a moment in time. Joey has a great sense of rhythm and will make it known if he likes the words and sounds.

This is a collaboration that always brings a feeling of being present in that moment. Try it, and have fun!

My Newspaper

By Joey Caruso

Turn crisp paper page
 News, stories, horoscope, sport
 Waiting to be read

Morning

By Joey Caruso

February dawn
 Light pushes through closed blinds
 Sunshine comes early

.....

Ryan's Art

Our Ryan Farrell is well known for his textured art and great choice of colours—having had several of his donated works auctioned off at fundraisers!

This latest offering is from his personal collection.



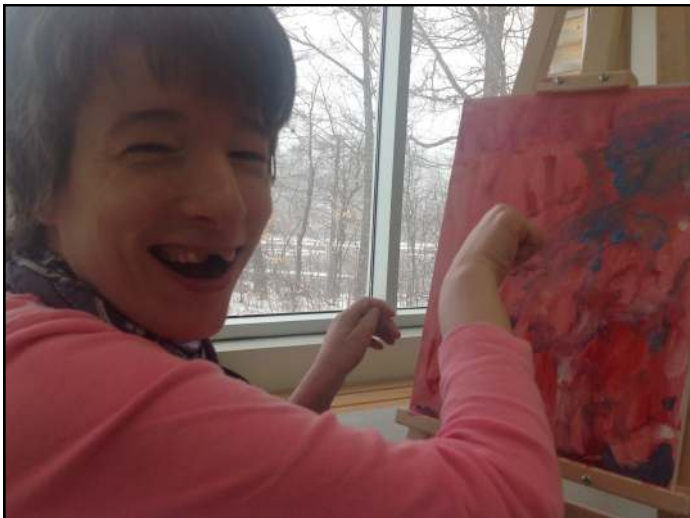
Notes from the Meaningful Moments Board

Organized photos and worked on the Easter page of our ongoing scrapbook!



Katy making an ornament with Mark

Met Sonya from Roller Derby and took pictures with the ladies at lunch!



It is no secret — Janet loves painting!

Went out to enjoy the great weather and got a lengthy hand massage!

Made and contributed a Ladybug magnet to a craft sale

Spent time on Facebook reading through friends profiles and wrote up a status update!



Ken is perusing his passion for radio

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



Thank You

Through your generous donations in 2012 Participation House continued to grow from strength to strength! On behalf of everyone we support, we humbly thank you for your contributions!

A Donor of Distinction

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

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RANDY WILSON ARCHITECT INC.
RANKIN, BRUCE
RBC ROYAL BANK (RICHMOND STREET)
REDDING, THELMA
RENKEMA, TREVOR
RICHARDS, SHARON
RICKETTS, JEAN
RICOH CANADA INC.
RIEDER, C.
RILEY, CARLIN AND SHANNON
RILEY, DON AND JULENE
RILEY, MAUREEN
RITCHIE, CHARLES AND LINDA
ROBB, MARILYN
ROBBINS, JENNIFER
ROBERTS, KELLY
ROBINSON, BOB
ROBINSON, LYNDA
ROMAO, LINDA
RORABECK, CECIL AND LINDA
ROUTLY, HEATHER
ROYAL CANADIAN LEGION (BYRON—SPRINGBANK
BRANCH #533)
RUSSELL, BARBARA
RUTH, PRENTICE
RUTHERFORD, PAUL
RYDER, EUGENE & LIZ
RYDER, MARY
SALE, DOT
SALE, RANDY
SALE, RON
SALHANI, JEN
SANDFORD, AGNES
SANDFORD, CHRIS
SANDFORD, ELAINE
SARGENT, KIM
SAUCIER, JENNY
SCHAUFLER, DONNA
SCHEUERMANN, TONY
SCHOELEY, ALBERT
SCHOLTEN, KAREN
SCHRAM, BOB & DEB
SCHRAM, DEB AND BOB
SCHULTZ, W
SCHWARTZ, PETER
SCOTT, ALEX
SCOTT, SEAN
SEDORE, KEN
SERAFIN, IRENE
SERGEANT, S.
SEVIER, GLENDA
SEXTON, FRED AND CATHERINE
SHARPE, MERV
SHAULE, D.
SHOREMAN, MAUREEN
SHORTT, ROSANNE
SINGH, ARUN
SINKE, WILMA
SINOSIC, MARIA
SISKINDS LLP
SLEMKO, GERALD AND PENELOPE
SMITH, BRYAN & BETH
SMITH, DONALD AND JOAN
SMITH, JEFF
SMITH, LARRY
SMITH, LAURA
SMITH, NORMA
SMITH, SANDY
SMITH, SARAH
SNAPE, JUNE
SNIDER, ADELE
SNIHUR, CARON
SNIHUR, DAVE
SOK, SOYUTH
SOL, BRENDA
SPENCER, DON
SPENCER, SUSAN
SPRIET, ANDREW AND HELEN
STANFORD, BARB & JAY
STEWART, JANET
STEWART, NORMAN
STILCO CORPORATION
STRICKLAND, ROSS AND DORIS
SURETTE, KARA
SURRY, JEAN AND DAVE
SWAN, JOAN
SWANSON, DEBE
SWEETLAND, BRAD AND JUDY
SYDENHAM CREDIT UNION
SZILASSY, MARGARET
TAGGART, B.
TAIT, CARMELL
TALAJKO, J.
TALLON, NANCY
TATTERSALL, RICHARD AND BEV
TAYLOR, KATHY
TAYLOR, MELANIE
TAYLOR, ROY AND PAULINE
TENNANT, LOUISE
THACKRAY, PETER
THAR, LIZ
THE BAG LADY
THE CANADIAN MEDICAL HALL OF FAME
THE RIVER ROOM
THIBIDEAU, JOANN
THOMPSON RUTABAGAS LTD
THOMPSON, GARY AND PHYLLIS
THOMPSON, JAMES AND BEVERLY
THOMPSON, S.
THRASHER, DIANE
THRASHER, MARTY AND SUSANNE
THUSS, MATTHEW

TILCO ELECTRICAL CONTRACTORS
 TIMPANY, KATIE
 TOPPING, CATHERINE
 TRIMMER, KATHY
 TRUDEAU, KATE
 TUFTS, PAUL AND JANET
 TURGEON, HELEN
 TWYNSTRA, JEAN
 UNITED WAY OTTAWA
 UNITED WAY TORONTO
 VAN DAMME, ANGELA
 VAN DAMME, STEVEN
 VAN ROESTEL, JUDY
 VANDERWAL, SYLVIA
 VANDERZWAN, JONAS
 VANHIE, DAWN
 VANTFOORT, RICK
 VERHOEVER, LOUELLA
 VERRINDER, JOYCE
 VERRINDER, NORMAN AND LAURA
 VERRINDER, TAMMY
 VERRIPS, J.
 VERWOLF, CORY
 VINCENTI, GEORGE
 WACHOWIAK, KRISTINE
 WALLIS, KATHY
 WALLIS, NORMAN AND DOROTHY
 WALMSLEY, CORAL
 WALTERS, RICK AND SUSAN
 WALZAK, PHYLLIS
 WARD, ANGIE
 WASKO, ELIZABETH
 WATSON, ANNETTE

WATSON, M.
 WEIL, VI
 WERDEN, ANN MARIE
 WESTERN PRORESP
 WESTMOUNT DENTAL OFFICE
 WHATMORE, PETER AND ELIZABETH
 WHITE, R.
 WICKENS, CAROLYN
 WICKHAM, GEORGE
 WIENDELS, NICK AND COLLEEN
 WIENS, MARION
 WIGHTON, DAN & KELSIE
 WIGHTON, DAVID
 WIGHTON, MOIA & JAMES
 WIGHTON, W.
 WILDE, GARNET
 WILLIAM WALL MEDICINE PROFESSIONAL CORPORATION
 WILLOUGHBY, KEN AND SHIRLEY
 WILSON, JANET MARIE
 WITCHELL, MARION
 WITT, MIKE
 WOOD, MIKE
 WOOD, ROB AND JUDY
 WOODALL, TERRY AND CATHERINE
 WOODFOD, B.
 WOROZBYT, LORI
 YOUNG, RUTH
 YOUNG, WILMA
 YUREK HOMEHEALTH CARE
 ZAVITZ INSURANCE INC.
 ZSEMBER, ELIZABETH
 ZYNOMIRSKI, EDWARD AND WANDA

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The Health and Wellness Committee presents ...

Healthy Recipe Corner

Spinach and Cheese Crustless Quiche

INGREDIENTS:

- 5 eggs
- 1 1/2 cups grated mozzarella cheese
- 1/3 cup crated parmesan cheese
- 1/4 cup crème fraise
- 1/2 cup cooked onions
- 3 cups steamed spinach
- 1/2 tsp herb and garlic spice
- Salt and pepper to taste

METHOD:

Stir all ingredients, pour into greased quiche or pie plate. Bake at 350° for 30min!



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
carmellt@participationhouse.com

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Diversity Team Quiz! Enter and WIN!!!

This great quiz contains recent and current Holidays around the world—can you match the Holiday with the religion/culture associated with it?

- | | |
|---|--------------------------------|
| A. Naw Ruz/Norouz (Mar 21) | 1. Sikh |
| B. Pesach (Mar 26-27) | 2. Hinduism |
| C. Magha Puja (Mar 27) | 3. Christian |
| D. Good Friday and Easter (Mar 29 and 31) | 4. Baha'i, Persion, Zorastrian |
| E. Baisakhi (Apr 14) | 5. Jain |
| F. Beltane and Samhain (May) | 6. Judaism |
| G. Holi (Mar27) | 7. Buddhism |
| H. Mahavir Jayanti (Apr 25) | 8. Wiccan/Pagan |

Send your answers to PHdiversity@execulink.com (or call/fax the office) and stand a chance to win a \$10 gift card in our lucky draw! Entries close June 28!