

Speak Out



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PHSS Goes Sailing

with the Access Boom Sailing Program at Rondeau Bay Provincial Park

Ali's Experience

"Ali was overjoyed with the accessible sailing at Rondeau Bay Park. Days following the trip, he could not stop talking about it and asking to go again. For years, I have not seen my son as happy as he was when he came home from the event. I am grateful for the activity and I hope that the event continues every year. Thank you so much to the staff that ran and organized the event."



Madi's Experience

"Madi has a real sense of adventure and an infectious laugh. She has done many incredible activities with PHSS but most recently she had the opportunity to go sailing for the first time at Rondeau Park. Madi loved being in the open water and having the wind blow through her hair. Sailing was an activity we never imagined Madi would be able to do. Thanks to PHSS, for making this dream a reality"

Vikram's Experience

"Vikram felt very safe and comfortable during the whole process. A lot of people don't ever get to experience sailing, so it was utterly amazing that we were able to have that opportunity. If we get the opportunity again, we would absolutely do it! It was so unique and so much fun. Vikram had a blast!"



Meaningful



Petting Zoo

Triple C Farm brought the zoo to PHSS!
The entourage included two alpacas, a mini horse, two sheep, and a family of goats!
The ladies LOVED spending time with the animals. They were so friendly and cute!



Gone Fishin' Tournament

The *Gone Fishing* group turned the ECO Park Fishing Derby into a tournament attracting 24 participants. The event ended with an award ceremony and BBQ celebration!



Moments!



Selfie Photobooth

The PHSS ladies group enjoyed their day at The Selfie Booth in London - a playground for social media-worthy pictures!

The ladies loved their private photoshoot and clicked a lot of snappy pictures. It turned out to be a very memorable and fun day!



PHSS Events of 2022



Showdown in the Downtown

This MMA event was held on Sat Oct 22nd at Budweiser Gardens and was cheered on by more than 2800 fans. PHSS and Fierce N Fit were both acknowledged and received awards on behalf of London Health Sciences Foundation and the Showdown in the Downtown for the work and support we do within our communities! This event raised over \$170,000 with a portion of the proceeds going towards PHSS!



Annual General Meeting

Our Annual General Meeting was held on August 11th, 2022, at Watson Porter Pavilion in Fanshawe Conservation Area. Over 250 people participated in the Garden Party and were very excited to connect with the other members of the PHSS family after 2 years apart.





Ottawa Open House

On Friday, December 9th, we were more than excited to welcome families, people supported, neighbours, ministry and political leaders, councillors, partners, and staff to our open house to celebrate the introduction of four community homes to the Ottawa area. The event gave PHSS the opportunity to showcase our unique supports and gave many in the area the chance to learn a little more about the organization. Following the event, guests were invited to tour the three other Ottawa homes to gain an insight on the supports and services being offered.



Winter Wonderland Holiday Party

The PHSS community put their party pants on for the 2022 Winter Wonderland Holiday Party! Held on December 14th at the Hellenic Community Centre, this was the first in-person holiday gathering since the pandemic and we could not have been happier with how the night turned out. With live music, a penny raffle, and holiday themed photo station, everyone was definitely put in the holiday spirit!



Foundation Events of 2022



Laudable Londoner

On May 25th, 2022, the 23rd Annual Salute to Laudable Londoners was held at the London Hunt Club and raised over \$39,000! Even in light of the pandemic, over 80 people gathered to celebrate award-winning author, Emma Donoghue. Emma leverages her success and pays it forward to change the world. She has used her phenomenal literary achievement to effect positive change throughout our communities.

Summer Games

As COVID restrictions were lifting, we planned an in-person/virtual hybrid Summer Games this year. From June 20th to 24th, participants engaged in friendly competition over a week of daily challenges. We played scavenger hunt bingo, got crafty, came together for a picnic, and had a pizza party! Keeping up with the spirit of our annual Bowl-a-thon, we hosted a penny raffle at the office and ended the week with a bowling bonanza at Fleetway!



Leo Kirwin Memorial Golf Tournament

The 20th Annual Leo Kirwin Memorial Golf Tournament was held on August 19th, 2022, at East Park Gardens. The golfers were happy to get back together and support PHSS. With a silent auction, 50/50 draw, and Westjet Gift of Flight raffle, the event raised over \$35,000, marking a new fundraising record!



Diversity, Equity & Inclusion at PHSS

Vision: An organization that reflects and champions the diversity, equity, and inclusion of all people in the community.

Mission: To create a culture which embraces and nurtures everyone's capabilities, differences, experiences and perspectives.

Guiding Principles:
People & Community

PHSS DEI Statement: We believe that focusing on Diversity, Equity & Inclusion is an opportunity and responsibility to create a culture that embraces the contributions of each person in the community.

Strategic Priorities: 2023-2026

Deliver exceptional experience to the people supported and families

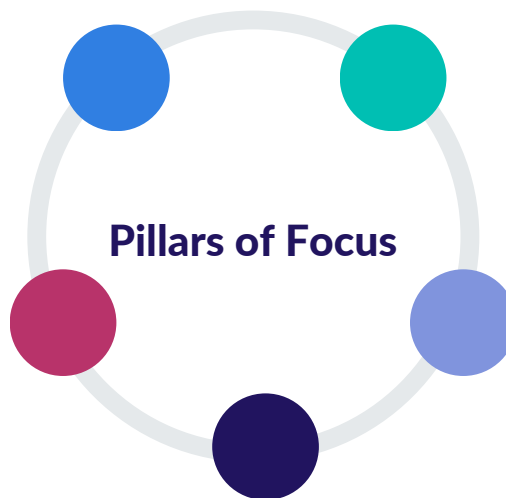
Nurture a supportive environment and culture

Be champions in our community

Education & Training Implement
DEI training for board members, leadership, staff, people supported, families, and volunteers to expand their knowledge of key DEI areas.

Celebrations
Embed DEI in all aspects of the organization through regular recognition and celebration of different holidays, observances and events.

Representation & Support
Establish and support a DEI reporting and response procedure for witnessing or experiencing an uncomfortable/inappropriate situation in workplace.



Policies & Procedures
Develop and expand our policies and procedures that articulate our approach in supporting the diverse needs of all our constituents.

Recruitment & Retention Strengthen our recruitment practices to ensure that we are equitable and inclusive across all areas of the organization

We have the

ADAM MILLYARD

Nominated for Leadership, being an Everyday Hero who leads by example & Ultimate Team Player

MONCY JOHN

Nominated as an Everyday Hero - Goes that Extra Mile & for Reliability - Always there for you

IRENE BLAIS

Nominated as the Ultimate Team Player

GRACE KNELSEN

Nominated as an Everyday Hero - Goes That Extra Mile

BEN AUER

Congratulations on graduating from your bachelor's degree at Western University and landing on the Dean's Honor Roll!

LINDA ANTONY

Nominated for Reliability - Always there for you

CHELSEA MRAKICH

Nominated for Reliability - Always there for you

DOUG ATKINSON

Nominated for Reliability - Always there for you

ALEX SCHERER

Nominated as the Ultimate Team Player

JEN MACMILLAN

Nominated as the Helping Hand - Reliability & Being an AMAZING coordinator

DAN MORTIMER

Nominated as an Everyday Hero "The absolute best. My Friday hero. Thank you for picking up meds last minute!"

MARK CROSSLEY

Nominated as an Everyday Hero - Goes that Extra Mile & a Ray of Sunshine - Always Spreading Positivity

ADAM CHIROSTECKI

Nominated for going above and beyond

NGAN LE

Nominated as a Ray of Sunshine - Always Spreading Positivity

#BestStaffEver!

TRACEY CARVELL

Nominated for Reliability -
Always there for you

ASWIN BABY

Nominated as the Ultimate
Team Player

JESSICA COOPER

Nominated as an Everyday
Hero - Goes That Extra Mile
"Best coordinator we could
have asked for!"

DONNA SHEPLEY

Nominated as an Everyday
Hero - Goes That Extra Mile

HANNAH SMITH

Nominated for Reliability -
Always there for you &
Ultimate Team Player

KIM HARRISGREEN

Nominated as a Ray of
Sunshine - Always Spreading
Positivity

PREDRAG VUJIC

Nominated as the Ultimate
Team Player & for Reliability -
Always there for you

MARIA QUIJALVO

Nominated for Reliability -
Always there for you

KRISTEN HOUGHTON

Nominated as an Everyday
Hero - Goes That Extra Mile

CHRIS FAIR

Nominated as the Helping Hand
& being an Everyday Hero

RIJOMON PARAPARAMPIL

Nominated for being
Knowledgeable with a Willingness
to Learn

JOHN MACNEIL

"Always willing to take on
extra shifts. Travels with those
we support, attends and
participates in PCP. An
Everyday hero!"

NADINE HIEMSTRA

Nominated for Leadership &
Ultimate Team Player
"Has taken on more work &
responsibilities. Always cheerful
& positive!"

AMBER BOERSMA

Nominated as an Everyday
Hero - Goes that Extra Mile &
Reliability - Always there for
you

On the Road: Ottawa Edition

Gord Kittmer has many roles; a customer service rep at Rocky's Harley Davidson, a stable hand at White Willow Equestrian Farm, a mechanics student, friend, son, musician, sailor, tech committee member, Boccia Ball player, a college educator and many more.

In December 2022, Gord added another role to that list as he made the trek across the province from London to Ottawa to present as a guest speaker at Algonquin College, sharing concepts by Wolf Wolfersberger and his Social Role Valorization theory to the DSW Students.

Social Role Valorization (SRV) is a framework that helps us look at what we can do to influence society's perceptions of a given individual or group. In particular, SRV asks us to pay attention to the social roles that people hold (both negative and positive, and both current and potential) as many of our judgments about people are based on our perception of the social roles that they hold.

Gord shared how the theory has impacted his life and assisted him to build what are seen as "valued roles" within his community. SRV theory is broken down into five categories; relationships, work, personal, civic duty, and spiritual roles; and explains why some roles are seen by society to have a higher value. Gord discussed how he has grown within each category since learning about SRV theory and how each role has added value to his life. The theory has assisted him to nourish the relationships that come from each role has encouraged him to invest into his interests in a more segregated way.

An objective look at the lifestyles, opportunities and situations lived by people who are seen as less worthy according to society's values informs us that people who are devalued are constantly living much poorer quality lives than their valued counterparts – not by choice, but by societal action and design.

Gord challenged the DSW students to think beyond simply providing personal care and to help impact the lives of those they support by encouraging them look beyond barriers, and assist them to create valued-roles and in turn reduce marginalization, isolation, and increase friendships for all those they serve. The impact of Gord's presentation was seen by the several DSW students successfully being hired by PHSS Medical & Complex Care in Community - Ottawa.



Entrepreneur Spotlight: Knits by David



Who doesn't love a hand-made gift for the holidays?

Knits by David had a successful holiday season at the Local Vendors Market that was set up through the St Thomas and Komoka Home Hardware. Selling his hand-knit hats, scarves, and dish cloth sets, David worked 3 vendor days and made a total of \$250.

David was extremely happy with his success, and was also so grateful for all the wonderful people he met that were pleased to chat with him about his business. A big Thank-you to Home Hardware for welcoming him, as well as the staff who assisted in making these days everything he hoped they would be.

“Choose a job that you like, and you will never have to work a day in your life.”
- Confucius

Health & Wellness

The Ways to Wellness Project was created by the Health & Wellness Committee to help people get back to a state of overall wellness. With everyday life, work, and COVID-19, we have all felt the toll on our physical and mental wellbeing, Ways to Wellness is our way of helping everyone get back to feeling good—mind, body, and soul.

Achieving overall wellness is an active process of becoming aware of and making choices towards a healthy and fulfilling life. The road to overall wellness looks different for everyone and it is a lifelong journey. Studies have shown that there are 8 dimensions of wellness: physical, social, intellectual, emotional, spiritual, environmental, occupational, and financial.

The Health & Wellness Committee will be going through all 8 dimensions, focusing on 1 dimension at a time for 3 months each. During those 3 months we will offer information, learning opportunities, and events. In the end it is our hope that everyone will have a better understanding of each dimension of wellness as well as the knowledge and understanding to achieve overall wellness for themselves.



Our Signature Event Partners

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