



Medical & Complex Care
in Community

Speak Out



EMPLOYER
PARTNER

Spring 2023

What's Inside

The Friday Night Lights	pg. 2
Meaningful Moments	pg. 3-4
We have the #BestStaffEver	pg. 5-6
London City of Music Expo	pg. 8
Health & Wellness	pg. 9
Signature Event Partners	pg. 10



The Friday Night Lights

at Community Place North



In 2018 Community Place North wanted to create and bring new and fun experiences to the people we support. They decided to bring the night life to them by coming up with a bar themed atmosphere called “Friday Night Lights”.

Friday Night Lights has hosted a variety of local entertainers, as well as Themed Trivia Nights. They have given Community Place North a night life atmosphere featuring mocktail drinks, snacks, themed decor, and dimmed lighting to help enhance the experience.

When the Pandemic happened, they had to pivot from in-person to a virtual platform, and were lucky enough to have musical artists perform on a weekly basis.

With restrictions lifting, Community Place North was able to go back to a modified in-person Friday Night Lights. On February 24, 2023, Warren Hargraves from Five Oceans performed at the first back in person event and it was a huge success! It was great to be able to offer a space for those we support to come together and enjoy live entertainment again while reconnecting with their friends.



Meaningful



Ready to Rock

Bryan had a great time at the Brier Curling championship that came to Budweiser Gardens in March! Bryan also had the opportunity to meet with Jennifer Jones - the 2014 Olympic Curling champion for Team Canada! Jennifer took time after the match to thank Bryan for his support. Bryan also enjoyed getting his picture taken with Jennifer and receiving her autograph.

March Break R&R

Over March break Lilly got to experience the highly sought after a Snoezelen room! Sensory Snoezelen rooms have a combination of soft music, lighting effects, hydrotherapy and aroma therapy. Lilly was able to create her own experience and choose which sensory items she wanted to interact with. She had an AMAZING time!



Break a Sweat

For his 2023 resolution, Sean set a goal to go back to the YMCA after not being able to go for over 3 years. On his first attempt, Sean started with a small goal but he easily surpassed it and was able to enjoy the walking track, treadmill and the exercise bike. And since we all deserve a treat after a good workout, Sean enjoyed an ice cream afterwards. Sean will continue going to the YMCA, and has now set a goal to start swimming as well!

Moments!

Bring on the Sirens

Making Dreams come true! During Ali's Person Centred Planning Celebration, Constable Golder and his partner Constable Phillippo with the London Police Service came out to surprise Ali after learning about his dream to have a close up meet and greet! Ali was thrilled with this special visit and really enjoys the lights and sirens from police cars.



Strike a Pose

Community Place North participants wore their smiles and went on a road trip this February to The Selfie Booth London! Mattie, Lia and Michelle had a blast at their private photoshoot with over 10 different themed booths to take lots of fun selfies in!



We have the

JESSICA LUCAS

Nominated for Reliability -
Always there for you

COURTNEY PATRICK

Nominated as a Ray of
Sunshine - "Always Spreading
Positivity, and always there to
lend an ear and her heart"

BARBARA STEWART

Nominated as an Everyday
Hero "Dedicated to helping the
ladies have fun, meaningful
days!"

ELIZABETH HUNTER

Nominated as an Everyday
Hero - Goes That Extra Mile

LINDSEY PEARSE

Nominated as the Ultimate
Team Player

JOBIN JOSEPH

Nominated as a Ray of
Sunshine "Creates a happy and
cheerful environment with
their smile and stories"

AMY MATHIEU

Nominated as a Ray of
Sunshine - Always Spreading
Positivity

RINKU ABRAHAM

Nominated for Reliability -
Always there for you

ROSE GODDING

Nominated for Reliability -
Always there for you, and
always there to listen

ATHENA WOLFE

Nominated as an Everyday
Hero - Goes That Extra Mile,
keeps busy and makes
suggestions for meaningful
days

BECKY JOHNSON

Nominated for Reliability -
Always there for you

CLAUDETTE THIBODEAU

Nominated as an Everyday
Hero - Goes that Extra Mile,
cares for everyone, and has a
heart of gold

BEA MURRAY

Nominated as an Everyday
Hero - Goes That Extra Mile
"Always willing to lend a
helping hand!"

CHERESE GOMES

Nominated for Reliability -
Always there for you

#BestStaffEver!

CHRISTINA OLEJNIKOV

Nominated as a Ray of Sunshine - Always Spreading Positivity

SANDRA IVES

Nominated as the Ultimate Team Player

JEFF BROWN

Nominated for Reliability - Always there for you

KAREN TRACEY

Nominated for being the Helping Hand - Leadership

JESSICA BLAIS

Nominated for Reliability - Always there for you

LILIAN MUKAMI

Nominated as a Ray of Sunshine - Always Spreading Positivity

SALINI DENNIS

Nominated as an Everyday Hero - Goes That Extra Mile, and provides guidance and support for the team

MARIA QUIJALVO

Nominated for Reliability - Always there for you

CAROL JOHNSON

Nominated as an Everyday Hero - Goes That Extra Mile, She is dedicated, flexible and reliable!

ERIN TURNBALL

Nominated as an Everyday Hero, and a positive team player

JEANETTE FLETCHER

Nominated for being the Helping Hand - Leadership

CORRIE FITT

Nominated as an Everyday Hero - Goes That Extra Mile

ALISON LAIR

Nominated for Leadership & Ultimate Team Player
"She always pays attention to detail, and never fails to make everyone laugh!"

KRISTINE WACHOWIAK

Nominated for being the Helping Hand - Leadership

Rock On!

London City of Music Expo

The first-ever London City of Music Expo kicked off on Thursday, March 30th showcasing the city's musical talent and celebrating London's unique status as the first UNESCO City of Music in Canada. The event brought together over 2000 people to share and learn about how music positively contributes to the local economy, community, and culture.

PHSS was invited to showcase the different ways music connects those we support to their communities. Our booth promoted initiatives like Love the World Experience the World which provides personalized Virtual-Reality experiences that fully immerse the participant in experiences from around the world, (concerts, skydiving, traveling) all from the comfort of their home.

Musicians from the Adaptive Music partnership were featured showing off customized, fully adapted instruments that were designed based on their interests, needs, and abilities. Gord, Katie, and Justin came ready to showcase their musical talents; Gord with his electric guitar, Katie with her air guitar, and Justin with his drums.

Representatives from Community Place North promoted their "Friday Night Lights" event highlighting shows from local talents such as Warren Hargraves from Five Oceans, and Serena Haggarty.

Community connections were strengthened when our musical volunteers hit the booth to talk about the impact of jamming with musicians and their adaptive instruments, and the importance of continuing to showcase how music can truly connect those around the world.

The benefits of the event didn't end there! We were able to meet an array of new community partners, make new connections and partnerships, and gather new volunteers! Keep an eye for us at further events to spread the word of the amazing work those we support do!



24th Annual Salute to Laudable Londoners



This spring the PHSS Foundation hosted the 24th Annual Salute to Laudable Londoners honouring Dr. Cathy Faulds. Cathy currently serves as a palliative care physician with St. Joseph's Health Care London and is a staff family physician at London Health Sciences Centre. She also serves as Chair of the Ontario Medical Association and ARGI.inc. Throughout the pandemic, Dr. Faulds was instrumental in arranging and administering COVID vaccines in-home for individuals we support, keeping them safe and healthy. She also helped PHSS nurses get approval from the Middlesex London Health Unit to administer vaccines and order additional doses. On top of all of this, Dr. Cathy conducted an internal review of PHSS' COVID protocols to be submitted to the Ministry of Children, Community, and Social Services.

Bekah Cook presented Dr. Cathy with the 2023 Laudable Londoner award, an inukshuk to symbolize the leadership and guidance Dr. Cathy has provided for her community.

Bad Haircuts for a Good Cause!

Hair Today - Gone Tomorrow! PHSS Staff got haircuts (bad ones) as a way to raise money for the Staff Support in Hospital Fund. The fund allows PHSS to continue to send our amazing staff into the hospital with those we support while they receive care. Together we were able to raise over our goal amount for a grand total of \$1,070.00!

The PHSS team rallied virtually and in person to watch as Klara from Charlie's Hair Salon worked her magic cutting and styling these "bad haircuts" on Mark, Cory, Kevin, Ben, Cam, and Ann Marie. As we surpassed the initial fundraising goal all Haircuts/Facial Hair had to be kept for two weeks!



From the PHSS Health & Wellness team:



Environmental Wellness

What is Environmental Wellness?

Environmental wellness is valuing our relationship between ourselves and our environment. This could mean being more connected with nature. It could also mean creating an enjoyable personal environment at home, in your workplace, and in your community.

Why is Environmental Wellness Important?

Practicing environmental wellness not only promotes our wellbeing, but also the wellbeing of the world around us. The environment we live in affects our health and well-being. For example, nearly a quarter of worldwide deaths are related to environmental conditions, such as poor housing, workplaces, and pollution. Furthermore, damage to the environment can lead to harming plants and animals across the world. With climate change on the rise, it is important to take action in order to mitigate or prevent further damage to our environment.

How do I Practice Environmental Wellness?



**Be Mindful of Your
Water Use**



**Donate Unwanted
Clothing**



**Use Reusable Bags
and Water Bottles**



**Go to a Farmer's
Market**

Diversity, Equity & Inclusion at PHSS

Meet the Team!

We are a team seeking to embody all the differences that make us unique individuals.

We strive to build an inclusive environment where all feel empowered to share their experiences and ideas, and aim to nurture a culture where inclusiveness is a reflex and not an initiative!

Values in Action

To address the challenges of a complex—and increasingly diverse—world, we need to make sure every person has a voice and a seat at the table.

Diversity, Equity, and Inclusion can have many definitions, but here's what they mean to us:

Diversity:

The presence of a wide range of human qualities and attributes within an individual, group, or organization. Diversity includes such factors as age, sex, race, ethnicity, physical and intellectual ability, religion, sexual orientation, educational background, and expertise.

Equity:

Fairness, impartiality, even-handedness. A distinct process of recognizing differences within groups of individuals, and using this understanding to achieve substantive equality in all aspects of a person's life.

Inclusion:

Appreciating and using our unique differences – strengths, talents, weaknesses, and frailties – in a way that shows respect for the individual and ultimately creates a dynamic multi-dimensional organization.



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Your donation matters!

Our donors help enhance the ability for individuals we support to achieve independence and be part of our community.

Donating is easy. Donate online at www.phsscommunity.com



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