



*Port Alberni Association for Community Living*

# PAACL NEWS

## Community Living

A few of the activities enjoyed by PAACL Participants



**"I enjoy coming to the groups to learn and have fun doing it"**

### **SPECIAL OLYMPICS RAFFLE!**

**"Two Tickets anywhere West jet Flies + \$4500 Cash."**

Tickets are \$10 each with only 2000 to be sold. The draw date is June 15, 2011. Due to cut backs from Gaming, Special Olympics must continue to fundraise in order to provide their recreational activities. Thanks to West jet, which has provided prizes two years in a row, allowing Special Olympics to meet their commitment to their athletes. To purchase tickets, please contact Grace or Barb at 250-724-2552.

Congratulations to Special Olympic athletes Jenna & Crystal Domovich, Sumeet Handel, Annie Wilson, Tyler VanKooten, Mike MacDonald, Karen Tassie & Emma Acres for swimming so well in Powell River & Courtenay. We are so proud that you all brought home ribbons.

**The Whole Living Group is an activity offered to participants receiving services from the Port Alberni Association for Community Living. The group offers a variety of topics that cover mind, body and soul including organization in your home and life, managing holiday stress, coping with change, communication, goal setting, as well as topics related to physical and emotional health. The group is facilitated by two community support staff. The topics of discussion are determined by the participants attending the group.**

**One very popular activity is the 'Whole Living' board game developed by the group facilitators. A roll of the dice takes a token around the board with each stop creating an opportunity to get up and move, answer a health related question, or spark a discussion. During another session, participants learned breathing exercises to help them accept change and lower their stress.**

**Upcoming discussions include coping with loss, how you eat to live your best life, and laughing yoga. Dolores Doughty, a member of the Whole Living group, states "I enjoy coming to the groups to learn and have fun doing it."**



**Our 'Green' Party**

- PAACL SERVICES**
- Connections Day Program
  - Services for Community Living
  - Community Employment
  - Access Leisure Program
  - Pathways Club House
  - Self Advocates
  - Residential Support Services
  - Infant Development Program
  - Supported Child Development Program

The Community Access Leisure program provides adults who have a developmental disability the opportunity to gain the necessary skills to participate in a healthy community environment. The focus of this program is for participants to participate in community recreational activities, promote independence, and practice their social skills. Community support workers facilitate groups of 4 to 8 participants Monday through Friday in the evenings. The activities are dependent on the preferences of the group members and include attending hockey games, community festivals, Capital Theatre productions, bowling, and picnics at the lake. Recently two of the groups got together for a 'green party' to celebrate St. Patrick's day. Green clothes, green food, and a lot fun was had by all! The Community Access Leisure program is funded through Community Living BC. If you would like more information about this program, contact the program manager, Sharon MacDonald at 250-724-7155.

Or contact the,

Port Alberni Association for Community Living; 3008 2<sup>nd</sup> Avenue Port Alberni BC V9Y 1Y9 Phone: 250-724-7155 or Fax: 250-723-0404;

Email: [admin@paacl.ca](mailto:admin@paacl.ca) Website: [www.paacl.ca](http://www.paacl.ca)



Constable Shelly Schedewitz met with the Pathways Self Advocates on March 11, 2011. They had a very informative discussion about Face book and email safety, cyber bullying, and community safety. We would like to send a BIG Thank You to Constable Shelly.

**Dates to Remember:**

- April 1:** MLA Scott Fraser to visit Pathways at 4pm
- April 6:** Fire Department visit to Pathways 4:30-5:30
- April 8:** Self Advocate nominations for PAACL Board of Directors
- April 20 and 21:** Membership Days at Pathways
- April 22:** Pathways Closed for Good Friday
- TBA:** Pathways assisting the Kiwanis in yard cleanup at the Kiwanis Hilton Centre.

**HEALTH and WELLNESS**

PAACL now has a Health and Wellness Committee with a focus on workplace wellness. Workplace wellness is a combination of health education, screening, intervention and organizational activities that aim to develop a healthy environment that is conducive to employees' health and wellness (Wikipedia, 2009). Wellness is a lifestyle perspective that can encompass physical activity, nutritious eating, stress management, safety and addictions prevention. The committee challenged all PAACL programs to participate in the "Dress for the Cause" campaign of the Breast Cancer Society. This is one of many activities offered to promote healthy living within our organization. Beginning this April, PAACL's Wellness Committee will circulate a Body Bulletin leaflet to all programs and to some of our community partners. The leaflet contains health and wellness information on various topics, nutritional information and healthy recipes.

**COMING EVENTS**

- Special Olympics banquet tickets will be on sale at Rainbow Lanes April 16<sup>th</sup>.
- Operation Track Shoes Tag Days at Safeway, Quality Foods, Extra Foods and Wal-Mart: May 5 & 6