



# PAR'S PEOPLE



December 2008



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PAR South Clubhouse

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# Member's Thoughts

and getting together with Family and Friends. - Nela

This year our members have expressed interest in sharing their thoughts about the holidays. The question we asked was,

**“What is your favorite part of Christmas?”**

I love to celebrate Jesus’s Birth-day and to go to many parties.

- Katy

Watch my son open presents.

- Amanda

I like to share Christmas with my family. - Jill

Christmas songs and mostly dancing. -Sohail

My favorite part of the Holidays is the decorations, being with friends & family and the smell of hot apple cider and baked goods. But most of all remembering friends whom need a friend.

-Tina

Sharing with family and friends - Ram

Fondue - Ali

I like decorating the Christmas Tree and seeing friends who I haven't seen in a long time.

- Fran

To go to church service with family & friends. Plus Christmas Trees decorated with lights etc.

-George



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I like spending time with friends and a significant other. - Donnie  
Being with family. - John

Seeing smiles on people’s faces when they open their gifts and spending time with family and friends. - **Crissie**

I love Christmas lights, colorful trees, Christmas Party at (PAR),

# Unit Reports

## SID Unit Report

With Christmas upon us there is a buzz in the air that the holiday season is around the corner. The sounds of caroling echoes through the halls of the clubhouse as we look forward to our Christmas party. Part of unit chores have been to decorate so that it looks festive for our upcoming silent auction during the bake sale. We would like to welcome our new members Daniel, Paul Z, and Sun Ying to the SID unit. A big thanks to Daniel who has helped out with several jobs in the unit, helping members and staff with all of our special projects. Thanks Daniel, we very much appreciate your help. Also we would like to welcome our O.T. students, from McMaster University Crissie and Heather (who is in our unit). They are wonderful to have around and a big help. They will be staying with us for 6 weeks. We hope that you learn lots from us! We have spent time finding lyrics for the songs that the carolers will be singing at our holiday bash. The holiday season is fast approaching and we have been busy with reach out calls, letting mem-

bers know of our upcoming events. While preparing for our Christmas celebrations we have thought of others, as we have participated in a presentation at the Credit Valley Hospital. Complements goes to Barb B., Tina H., and Fran K. who did an awesome presentation that was a worthwhile learning experience for Heather and Crissie (our O.T. students). Among all of our special activities, the SID unit hosted Breakfast Club last month. Thanks to all who came out. Special thanks goes out to all SID members who helped prepare breakfast and to all those who cleaned up. We wish everyone a safe and Happy Holidays and the best in the coming year.

**SID Team**



# CCS Unit Report

We welcome to our Unit, Crissie, OT McMaster University graduate student on PAR Placement in 6 block weeks. She's a people person and seemingly a pro in the kitchen.

Our Unit was kept busy finishing baking Bake Sale goods and preparing for the big event. We had two committee meetings looking into all details to make sure the occasion is successful. We also did an authentic Lebanese meal to celebrate the country's Independence Day. Thanks to Tina who came up with the menu and shared with us and to work on the delicious lunch.

November was a repair and clean up month. The grease trap overflowed, one kitchen pipe was broken and all four washrooms and kitchen floors were hardcore dirty. It was timely for the general clubhouse cleaning and organizing in setting up our Christmas decorations to start the season for the upcoming Bake Sale on December 3rd.

Our hats off to all those people:

1. Who participated in supporting PAR North United Way Pampering Day fundraising.
2. Who had fun in attending the Monday Evening Socials and the Saturday Special Event
3. In SID preparing healthy, delicious and very filling free breakfast for our club.
4. Who helped finished baking goodies for the Bake Sale and set up the clubhouse Christmas decorations.

Likewise, our complements also goes

to Ron H. who started joining PAR South in planning and the conducting of social activities. Special thanks to Crissie who inspired our Unit members to volunteer in partnership on the work ordered day activities. We are also happy to have Heather around jumping in to give a hand even if she is with SID Unit.

We congratulate Amanda, Mike H., Donnie and Beth L. in finally having a place of their own. We wish you all the best! Good luck and enjoy! Lastly, our sympathy and condolence to Nela and family in the loss of a paternal aunt, the loss in their clan.

Take care! Keep warm for the winter is here! Best Wishes to All,

CCS Crew

Special



## Reminder of Snow Day Procedures



**With the snow on the way here are some tips on knowing if we are open.**

1. If the weather looks blustery outside when you wake up and you're not sure if we're open, call PAR (905) 270-6295
2. The message on the machine will be changed by 7:30 a.m. to let you know that we will be closed and not to come in.
3. If the message says we are open but you are still not sure whether to come, phone back around 9:00 A.M. and talk to someone who is here.



# FIRST CANADIAN CLUBHOUSE CONFERENCE

(NOVEMBER 5th to 8th, 2008)

On Tuesday morning November 4th, Nancy drove four staff and two members from North and South PAR to the airport. Steve, Ali, Barb from the South. Ron, Debby, Mida from the North. We were all very excited and full of energy. We arrive in Calgary at 1:45 P.M., it was 3:45 P.M. in Toronto. We picked up our luggage and headed to the hotel. It was approximately a twenty five minute drive. After checking into the hotel, we went to our room, unpacked and met in reception. By this time we were hungry and thirsty. We found a restaurant close to the hotel that looked decent. After a satisfying meal we made our way back to the hotel and rested for the evening. On Wednesday morning, after a restful night, we ate a buffet breakfast at the hotel. Arriving at the hotel a day early and funds available, Steve went to pick a van for us to go sightseeing for the day. We traveled an hour and a half to Banff Park. The mountains looked so pretty, the snow was fresh and white. After taking some pictures, we drove to Lake

## December Birthdays

Henry	5
Craig	5
Laraine	6
Jack	6
Meliana	6
Luoi	6
Maria SL	7
Sharon L	9
Jeanette	10
Liban	12
Fergie	15
Shelley	16
Stan	19
Bryan	21
Paul M	22
Imran	25
Mary Ellen	27
Christina	28
Tom W	31

### Housing Dinner

Tuesday Jan 13, 2009

Topic: How to survive on your own in the winter months

#### Menu

Roast Beef & roast potatoes

With corn

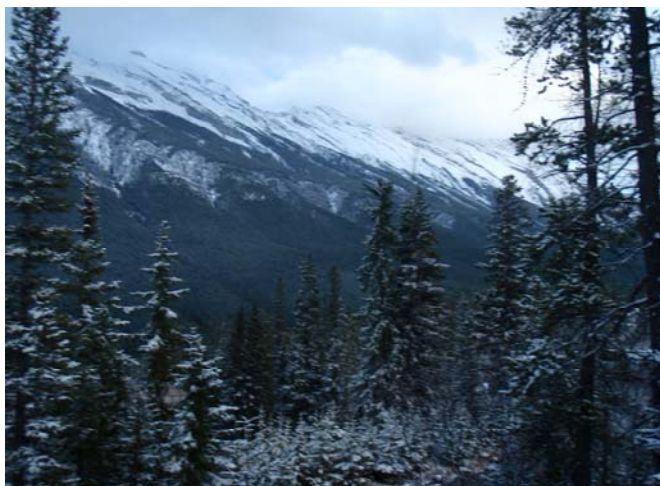
Apple Pie a la mode

Cost:

\$3.00



Louise another forty minute drive. It was worth it, very pretty,



more pictures taken. A few hours had passed since breakfast. We headed back to Banff and chose a restaurant close to the shopping area. After lunch we shopped for souvenirs and other items. Our time was now limited, we needed to be back at the hotel to register for the Conference. Banff Hot Springs was close to the shopping area. Steve, Ron and Barb spent half an hour enjoying the hot clear water in a picturesque surrounding. It was a wonderful experience. On Wednesday evening there was a Welcome Reception in the Grand Ballroom. Entertainment was provided by Dean Kernohan from Potential Place, host of the Conference. He played the guitar and sang a song called **“HOPE”**.

Thursday breakfast was in the Grand Ballroom. We were not impressed. The day was spent at-

tending Plenary’s, Workshops and a Tour of Potential Place, host of the Conference. It was very interesting listening to other club-houses describe how they dealt with issues within their club-house. Reach out calls, Employment and volunteering during the work-ordered day was discussed frequently. After the workshops had finished, we went to the local malls to shop and had dinner at a restaurant close by. Evening entertainment was provided by Potential Place. It was Karaoke night. Steve sang, he was amazing. I have never sung at Karaoke. I decided to give it a try, first time for everything! I chose to sing SHAGGY’S **“IT WAS’NT ME”**. OH MAN! I could not keep up with the music, I had lots of fun. The audience enjoyed it. Friday was spent attending Plenary’s, Workshops and a last chance to tour Potential Place. Evening was upon us, it was time to relax and prepare for the Ban-



quet. After dinner it was time to relax and dance the night away. The band played well, but unfortunately, the music did not go down as well. Most people left early and looked for alternate entertainment. Before we knew it, Saturday was upon us and it was time to return home. We enjoyed our last breakfast at the hotel. At the Open Forum, Ralph Bilby (ICCD) informed us that out of three hundred and fifty Clubhouses only one hundred and forty are accredited. **PAR** South is one of them. **YEH!!** Twenty five Clubhouses attended. Everyone mingled; we shared our experiences and had lots of fun. A very friendly crowd. Unfortunately we did not have time to participate in Open Sharing Time. Did not feel like hitchhiking back to Toronto. We arrived back at 6:45 P.M. safe and sound. Congratulations to all the presenters! Well done! It was a learning experience. We enjoyed every minute.

**Barb Bostock**



At No-

# Career corner

member's TE dinner Ali made a brief announcement that she was placed in charge of employment, replacing Doug Gardener, so she would now be using Fridays to call prospective employers. She also discussed how members can be involved by suggesting possible employers if they hear of any jobs becoming available that members would be interested in doing and/or be qualified to perform. There was a group discussion on possible employment opportunities, both immediate or sometime in the near future. There was some discussion on having Thursday meetings, as well as Tuesday dinners. The next TE dinner will be in January, due to staff shortages and Christmas planning there will not be one in December. In January we will be serving a pot roast dinner with



vegetables and Carol's surprise pudding. At our next dinner we will find out how many members are ready or interested in working, as well as brainstorming finding possible future employers. We ended the meeting with delicious dinner of roast chicken, baked potatoes and salad. Everyone agreed that it was a successful dinner. See you at the next dinner on Jan 20/09 when we will talk about Why is work important.

Doug K.



Note from our Director of  
Rehabilitation Services

Dear Clubhouse Members and  
Staff,

It has been quite sometime since I have taken the opportunity to write in to your newsletter and felt now is such an opportune time given I will be away on Maternity Leave starting December 1st, 2008.

The year ahead is one of many changes for me and my husband as we embark on this new adventure in life called parenting. We are so excited and await with anticipation for the arrival of our

baby boy.

I can't wait to meet him and bring him to the clubhouse and introduce him to all of you. Thank you to everyone for your many well wishes and beautiful gifts. You all are so special and I am very fortunate to have had Clubhouse a part of my life for the last 20 years. I very much enjoyed the beautiful baby shower you threw me and words cannot express my gratitude. Thank you from the bottom of my heart.

The year does not only have changes in store for me but for the clubhouses as well, such exciting times ahead with the pending move of the clubhouse in 2010 and the merging of North and South. I can only imagine the many opportunities this will create; more social recreation and employment only to name a couple. These changes will go well. Remember this in times when you all question the need or concerns of such a change. This is good for the program and will give the membership more opportunities. Under Steve's leadership this will surely go well. I know that you all have so many strengths and skills that will help with getting this off the ground.

I look forward to coming back to



all this exciting buzz in  
2010. This is not goodbye but  
see you soon. Next time you see  
me I will be a new Mommy.  
Have a great holiday season and  
may your new year be happy and  
healthy.

Nancy Bratkovic



## POEMS

Christmas is a time of good  
cheer  
A time to be with those you  
hold dear  
A time to find your peaceful  
soul  
A time to make your spirit  
whole  
A time to remember all  
you've got  
To take a little but give a  
lot  
So don't forget to have  
some fun  
You won't be sad when  
Christmas is done

C.A.M.D.K.



## Recipe of the Month

### Rudolph's Cookie Kisses

#### Ingredients

1 cup softened margarine  
1 teaspoon vanilla  
2/3 cup sugar  
1 2/3 cup flour  
1/4 cup cocoa  
1 bag (9 oz) chocolate kisses

Beat margarine, sugar and vanilla  
until it is creamy. In separate  
bowl, stir together flour and co-  
coa. Blend into other mixture,  
mixing well. Refrigerate for  
about 1 hour or until dough is  
easy to handle. Mold scant table-  
spoon dough around each kiss,  
covering completely. Shape into  
balls, then bake on cookie sheet  
for 10 to 12 min-  
utes or until set.  
Cool, then roll in  
powdered sugar.  
Makes 4 1/2  
dozen.





**Have fun Cooking!**

**Buy our  
"Taste the Magic  
PAR South Clubhouse  
Cookbook"  
Available NOW!  
\$10 each**

**Makes a great gift!**

**Orders accepted by Fran or Ali  
Please Support A Great Cause**

**Call 905-275-6295 to place  
your order**



**Thanks to everyone who worked on  
PAR's People this edition:**

Donna	Maria	Tina
Daniel	Fran	Peter
Heather	Norm	Shree



## **ADDITIONAL INFO**

### **PAR Hours of Operation**

9 am - 4 pm  
Monday to Friday

House Meetings are held on Mondays and  
Fridays at 12:30 pm  
in the café

Planning Meeting  
Every Wednesday at 1 pm in the board  
room

Pool Table and Social Times  
Members are reminded that the pool table  
is open from:  
9 am-9:30 am  
12:00 pm-1:00 pm  
3:30 pm-4:00 pm

Social Rec Mondays 3:30-7:00pm

During these times, the radio may be  
played as well as other social activities in-  
cluding personal Internet use and card  
games.

### **Holiday Closure Hours**

**Special Reminder PAR South will  
be closed Christmas Day, Boxing  
Day and New Years Day. See the  
calendar on page 12 for all special  
events.**





# December Word Search

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

## December Words

Angel

Bell

Candles

Candy Cane

Cards

Carollers

Chestnuts

Coal

Decorations

Egg Nog

Elves

Fireplace

Gifts

Holly

Hot Chocolate

Hugs

Lights

Manger

Marshmallows

Music

North Pole

Ornaments

Reindeer

Rudolph

Santa

Scrooge

Snowball

Snowflake

Snowman

Stockings

Traditions

Turkey

Wreath




Yuletide



Is this a polar bear  
or a seal?

# December

2008

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	<b>1</b> Social Rec Movie & Craft Night	<b>2</b>	<b>3</b> Bake Sale 11:00 to 3:00	<b>4</b> OT Workshop (11-12)	<b>5</b> PAR Closed (BSDD)	<b>6</b> 
<b>7</b>	<b>8</b> Social Rec. Christmas Lights Tour (outing)	<b>9</b> OT Workshop (11-12)	<b>10</b> PAR'S Christmas Party (PAR Closed)	<b>11</b> OT Workshop (11-12)	<b>12</b> Literacy Class (1:30 – 2:30 p.m.)	<b>13</b>
<b>14</b>	<b>15</b> Social Rec. PAR South Coffee House OT Workshop (11-12)	<b>16</b> SID Team Building	<b>17</b> Planning Meeting (1:00 to 2:00 p.m.) OT Workshop (11-12)	<b>18</b> CCS Teambuilding	<b>19</b> Literacy Class (1:30 – 2:30 p.m.) OT Student last day	<b>20</b> Social Rec Bingo (11-3)
<b>21</b>	<b>22</b> NO Social Rec. Social Rec. Meeting 11:00 am	<b>23</b>	<b>24</b> Christmas Eve PAR Closed at 3:00 p.m.	<b>25</b> Christmas Day PAR Closed	<b>26</b> Boxing Day PAR Closed	<b>27</b>
<b>28</b> 	<b>29</b> NO Social Rec.	<b>30</b>	<b>31</b> New Year's Eve Brunch PAR Closed at 3:00 p.m.	<b>1</b> New Year's Day PAR Closed	<b>2</b> PAR Open 9:00 to 4:00 No Literacy	<b>3</b> 