

# Personal Lifestyle Support Inc.

JANUARY– MARCH 2026

Volume 2 | Issue 1

## MISSION STATEMENT

Personal Lifestyle Support Inc. will empower those who we support through person centered planning, helping them achieve their goals and dreams. By doing this we aspire to enhance their self-confidence and quality of life through community inclusion.

We will work together by keeping the focus on person centered support to promote healthy self-esteem. We will continue to offer the highest level of quality service with strong ethics and integrity.



## Stay Updated with PLS!

The 2024 Annual Business Analysis & Quality Assurance Review are now on the PLS website!

Take a moment to browse this year's findings, accomplishments, and strategic priorities. Your continued interest and feedback help us strengthen our work each year, and we invite you to visit the site to stay informed and engaged with our ongoing commitment to excellence.

## Upcoming!

We'll be sending **new consent forms** through your direct support worker for you to review and update. They'll also take a moment to go over your **Rights & Responsibilities** with you, as well as review the **Complaints Form** to ensure you understand the process. In addition, they will also complete your **Personal Life Plan goals** to complete, and we strongly encourage each individual to be actively involved in their own planning.

Thank you for your cooperation—we truly appreciate it!

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*“at PLS we believe success is measured through happiness”*

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## Reminders!

As we are still in Flu Season, we want to take a moment to remind everyone about the importance of staying healthy and safe! Here are a few key tips to keep in mind:

- **Stay Home if Sick:** To protect everyone around us and minimize the spread of illness to others, we please ask if you or someone in your household is displaying symptoms of an illness to stay home. ***\*If you do participate in your support time while displaying symptoms, PLS will have to contact families or stakeholders and cancel the rest of support for the day.***
- **Practice Good Hygiene:** Wash your hands frequently, use hand sanitizer if soap is unavailable, and avoid touching your face.

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## VISION STATEMENT

The vision of Personal Lifestyle Support Inc. is to create a world where every individual, regardless of their abilities or challenges, is valued, included, and empowered to reach their full potential. We envision a society that celebrates diversity, embraces inclusion, and fosters a culture of respect, dignity, and opportunity for all.



## Mark Your Calendars!



### January 2026



#### Office Closure:

New Years Day – Jan 1<sup>st</sup>

#### Friday Night Dances @ PRC

January 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>

\$5 entry, chips & pop! 7pm – 9pm

#### Alzheimer Awareness Month

Polar Bear Plunge Day – Jan 1<sup>st</sup>

World Braille Day – Jan 4<sup>th</sup>

National Bubble Bath Day – Jan 8<sup>th</sup>

National Dress Up Your Pet Day – Jan 14<sup>th</sup>

National Cheese Lover's Day – Jan 20<sup>th</sup>

Bell Let's Talk Day – Jan 21<sup>st</sup>

National Puzzle Day – Jan 29<sup>th</sup>

### February 2026



#### Office Closure:

Family Day – Feb 16<sup>th</sup>

#### Friday Night Dances @ PRC

February 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>

\$5 entry, chips & pop! 7pm – 9pm

#### Psychology Month

#### Black History Month

Groundhog Day – Feb 2<sup>nd</sup>

National Tater Tot Day – Feb 2<sup>nd</sup>

International Epilepsy Day – Feb 9<sup>th</sup>

Valentines Day – Feb 14<sup>th</sup>

Random Acts of Kindness Day – Feb 17<sup>th</sup>

Chinese New Year – Feb 17<sup>th</sup>

Pink Shirt Day (anti bullying) – Feb 25<sup>th</sup>

Rare Disease Day – Feb 28<sup>th</sup>

National Pancake Day – Feb 28<sup>th</sup>



### March 2026

Day Light Savings – March 8<sup>th</sup>

Clocks go **forward** 1 hour!

#### Friday Night Dances @ PRC

March 6<sup>th</sup> & 13<sup>th</sup>

\$5 entry, chips & pop! 7pm – 9pm

#### Brain Health Awareness Month

Self-Injury Awareness Day – March 1<sup>st</sup>

World Music Therapy Day – March 1<sup>st</sup>

National Cereal Day – March 7<sup>th</sup>

National Mario Day – March 10<sup>th</sup>

National Napping Day – March 9<sup>th</sup>

Pi Day (3.14) – March 14<sup>th</sup>

St. Patrick's Day – March 17<sup>th</sup>

International Day of Happiness – March 20<sup>th</sup>

World Down Syndrome Day – March 21<sup>st</sup>

Earth Hour – March 28<sup>th</sup>

#### Staff Meetings:

January 7<sup>th</sup> 4pm-5pm

February 4<sup>th</sup> 4pm-5pm

March 4<sup>th</sup> 4pm-5pm

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## MANDATE

To provide comprehensive support and advocacy for individuals with diverse abilities, empowering them to lead fulfilling lives and participate activity in their communities. We are committed to promoting inclusion, accessibility, and equality of opportunity for individuals of all abilities, ensuring they receive the support and resources necessary to thrive and achieve their goals bearing in mind always, the strengths of the individuals.



## Celebrating Milestones!

**Marcie** will mark **5 wonderful years** with PLS this January! Your commitment and contributions mean so much—thank you for being an essential part of our team.

In February, **Mel** will mark **7 incredible years** with PLS! Your passion and commitment have helped shape PLS in countless ways. We're thrilled to celebrate this milestone with you—thank you for all you do!

**Glen** will be celebrating **3 wonderful years** with PLS this February! Your dedication, reliability, and contributions make such a meaningful difference. Thank you for everything you do!

**Maria** will celebrate **1 year** with PLS this March! In just one year, you've made such a positive impact. Thank you for your hard work and for being a wonderful part of PLS!

We appreciate each and every member of our team. Your hard work, commitment, and passion are what make PLS such a strong and supportive organization. Thank you for all that you do, each and every day.

## Moment of Appreciation!

PLS would like to take a moment to extend our sincere appreciation for all the annual surveys returned by individuals, home share providers, and family members. Your feedback plays a vital role in helping us strengthen our programs, improve the quality of our services, and ensure we continue meeting the diverse needs of the people we support. Thank you for taking the time to share your experiences, insights, and suggestions—your voices truly guide our growth.

We are excited to announce **Amit** as our survey prize winner for individuals & **Cindy** as our survey prize winner for families and home-shares!

## Your Input Matters!

Just a friendly reminder that Complaint Forms, as well as Comments and Feedback Forms, are available on our website and can be easily uploaded. We value your input, so please let us know what's working well and where improvements can be made. Your feedback helps us continually enhance the quality of our supports and services. Thank you for your contribution!