

Personal Lifestyle Support Inc.

July - September
2025

Volume 4 | Issue 1

Stay Updated with PLS!

We're CARF Accredited! 🏆



We are proud to announce that Personal Lifestyle Support Inc has achieved a **3-year accreditation** from **CARF International**—the highest level of accreditation awarded by the Commission on Accreditation of Rehabilitation Facilities. This recognition reflects our ongoing commitment to quality services, person-centered support, and continuous improvement.

What is CARF?

CARF is an independent, nonprofit accreditor that sets internationally recognized standards for quality in health and human services. Achieving CARF accreditation means we meet rigorous benchmarks in safety, service excellence, and responsiveness to the individuals we support.

Thank you to our team, individuals we support, and community partners who made this possible!

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.



“at PLS we believe success is measured through happiness”

Reminders!

☀️ Heat Safety Tips for Hot Days.

As summer heats up, it's important to stay cool and safe — especially during support times. Here are some simple reminders:

What to Bring:

- 💧 **Water Bottle** – Stay hydrated all day
- ☂️ **Hat** – Keep the sun off your face and head
- 🧴 **Sunscreen** – Apply before you go outside
- 🌀 **Cooling Items** – Hand fan, cooling towel, or misting spray
- ☂️ **Umbrella or Shade** – Great for lake or park visits with little shade

What to Wear:

- 👕 **Loose, Light-Coloured Clothes** – Helps your body stay cool

Where to Be:

- ❄️ **Air-Conditioned Places** – Try to plan activities indoors when it's really hot
- 🕒 **Limit Time Outdoors** – Hottest part of the day (11am–4pm)

Let's stay safe and cool together this summer!

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Mark Your Calendars!



July 2025 

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.



Office Closure:

**** June 30** – in lieu of Canada Day**

Support will take place **July 1st**

Friday Night Dances @ PRC

July 25th

\$5 entry, chips & pop! 7pm – 9pm

National Sidewalk Egg Frying Day–July 4th

World Chocolate Day – July 7th

Global Forgiveness Day – July 7th

National Mac & Cheese Day – July 14th

National Ice Cream Day – July 20th

International Self-Care Day – July 24th

Disability Independence Day – July 27th

August

Office Closure:

BC Day – **August 4th**

Friday Night Dances @

PRC

August 15th

\$5 entry, chips & pop! 7pm – 9pm

National Watermelon Day – Aug 3rd

International Cat Day – Aug 8th

Lazy Day – Aug 10th

Left-Handers Day – Aug 13th

National Waffle Day – Aug 24th

National Beach Day – Aug 30th

International Overdose Awareness Day – Aug 31

September

Labour Day – **Sept 1st**

Truth & Reconciliation Day – **Sept 30th**

Concussion Awareness Month

FASD Awareness Month

National Cheese Pizza Day – Sept 5th

FASD Awareness Day – Sept 9th

World Suicide Prevention Day – Sept 10th

National Day of Encouragement – Sept 12th

Terry Fox Run – Sept 14th

Batman Day – Sept 20th

Staff Meetings:

July 3rd 4pm-5pm

August 6th 4pm-5pm

September 3rd 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!

At PLS, we're proud to recognize the incredible dedication and service of our team members. Your commitment helps shape the heart of the work we do every day.

Samara will be celebrating **9 years** with PLS this July! Your long-term commitment and steady support have left a lasting impact on those around you. Thank you for everything you bring to the team — we're so grateful to have you!

Serenna will celebrate **4 years** with PLS this August! Your reliability, kindness, and willingness to jump in wherever needed have made a real difference. We're so thankful to have you on the team!

Rebecca will celebrate **3 years** with PLS this August! Your consistent efforts and strong teamwork have not gone unnoticed. Thank you for all you do!

Deo will reach **1 year** with PLS this August! It's been a pleasure having you on the team — your hard work and positive attitude are valued and appreciated.

A heartfelt thank you to all of our staff — your dedication, care, and commitment are the foundation of our success. Here's to another great year ahead!

Celebrating

A huge thank you to everyone who joined us for Individual Appreciation Day! It was a fantastic turnout filled with joy, laughter, and great company. For those who couldn't make it, you were missed—and we hope to see you at the next celebration!

Your Input

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!

www.personallifestylesupport.com