

Personal Lifestyle Support Inc.

JANUARY– MARCH 2025

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!

We're excited to announce that our website is now fully up and running! We invite you to explore all the features, resources, and content we've worked hard to bring to life. www.personallifestyle.com

Be sure to check the website periodically for the latest updates, news, and information. We're committed to keeping it fresh and relevant, so there's always something new to discover!

We want to take a moment to express our gratitude for your patience as we navigate our first **CARF accreditation** process. It's an exciting milestone for us, and we appreciate your support along the way.

Our CARF survey is potentially scheduled for **February/March**. As part of the process, the survey team does request to meet with individuals served, families and home shares. If you are interested in participating, please reach out to your support worker or a member of our management team.

We will notify you of the exact date once it is confirmed! Thank you again for being part of this important journey!

“at PLS we believe success is measured through happiness”

Upcoming!

We will be distributing **new consent forms** to your direct support worker to be completed. Please note that these forms will need to be reviewed and updated accordingly. Your support worker will also go over your Rights & Responsibilities. We greatly appreciate your cooperation and understanding.

We're excited to announce that **Individual Appreciation Day** will be coming up in **Spring 2025!** We can't wait to celebrate and show our appreciation for all of you.

Once the event is planned, invitations will be sent out! We hope to see everyone there for a day of celebration.

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Volume 2 | Issue 1

Mark Your Calendars!



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.



January 2025

Office Closure:

New Years Day – Jan 1st

Friday Night Dances @ PRC

January 17th, 24th, & 31st

\$5 entry, chips & pop! 7pm – 9pm

Alzheimer Awareness Month

World Braille Day – Jan 4th

National Bubble Bath Day – Jan 8th

National Dress Up Your Pet Day – Jan 14th

National Cheese Lover's Day – Jan 20th

Bell Let's Talk Day – Jan 26th

Chinese New Year – Jan 29th

February

Office Closure:

Family Day – Feb 17th

Friday Night Dances @ PRC

February 14th, 21st, & 28th

\$5 entry, chips & pop! 7pm – 9pm

Psychology Month

AMD Awareness Month

Black History Month

Groundhog Day – Feb 2nd

Feeding Tube Awareness Week – Feb 5th-9th

International Epilepsy Day – Feb 10th

Valentines Day – Feb 14th

Random Acts of Kindness Day – Feb 17th

Pink Shirt Day (anti bullying) – Feb 26th

Rare Disease Day – Feb 28th

National Pancake Day – Feb 28th

March 2025

Day Light Savings – March 9th

Clocks go **forward** 1 hour!

Friday Night Dance @ PRC

March 7th

\$5 entry, chips & pop! 7pm – 9pm

Brain Health Awareness Month

Sleep Awareness Month

Self-Injury Awareness Day – March 1st

World Music Therapy Day – March 1st

National Cereal Day – March 7th

Demin Day for Dementia – March 7th

St. Patrick's Day – March 17th

International Day of Happiness -March 20th

World Down Syndrome Day – March 21st

Earth Hour – March 29th

Staff Meetings:

January 8th 4pm-5pm

February 5th 4pm-5pm

March 5th 4pm-5pm

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Volume 2 | Issue 1

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 **4 incredible years** with PLS this January! Thank you, Marcie, for your unwavering commitment and contributions!

In February, **Mel** will mark **6 amazing years** with PLS! Thank you, Mel, for your outstanding dedication and contributions throughout the years!

Glen will be celebrating **2 wonderful years** with PLS this February! Thank you, Glen, for your commitment and all that you do!

We truly appreciate your loyalty and the exceptional support services you provide. Here's to many more successful years together!

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.

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!