

# Personal Lifestyle Support Inc.

Volume 1 / Issue 1

OCTOBER – DECEMBER  
2024

## 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.



## Exciting Updates at PLS!

We're excited to welcome you to the very first edition of the PLS Quarterly Newsletter!

In this issue, we're thrilled to announce that we are gearing up for CARF accreditation. This is a significant step for us, and it reflects our commitment to excellence in service delivery. We're also implementing important organizational changes aimed at enhancing our support systems and ensuring that we can provide the best possible assistance to everyone we serve.

Our website is getting a makeover and is currently 85% complete! We're looking forward to launching the finished version soon. In the meantime, we invite you to check it out and share any feedback you may have!

[www.personallifestylesupport.com](http://www.personallifestylesupport.com)

Stay tuned for more updates and thank you for being a vital part of our journey!

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

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## Welcome

We are excited to welcome Deo and Michelle to our team of community support rockstars here at PLS! We're thrilled to have them on board and can't wait to see the great things they will accomplish.

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Mark Your Calendars!



## October 2024

### Office Closure:

Thanksgiving – Oct 14<sup>th</sup>

### Staff Training:

PosAbilities Course – Oct 10<sup>th</sup>

Mandt – Oct 21<sup>st</sup> & 22<sup>nd</sup>

PosAbilities Course – Oct 24<sup>th</sup>

National ADHD Awareness Month

National Down Syndrome Awareness Month

Invisible Disabilities Week – Oct 20<sup>th</sup>-26<sup>th</sup>

World Cerebral Palsy Day – Oct 6<sup>th</sup>

World Mental Health Day – Oct 10<sup>th</sup>

Halloween – Oct 31<sup>st</sup>

## 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.

## November 2024

### Office Closure:

Remembrance Day – Nov 11<sup>th</sup>

### Staff Training:

Mandt – Nov 5<sup>th</sup> & 6<sup>th</sup>

PosAbilities Course – Nov 7<sup>th</sup>

PosAbilities Course – Nov 21<sup>st</sup>

National Epilepsy Awareness Month

National Family Caregivers Month

Indigenous Disability Awareness Month

PRC Winter Program Guide available – Nov 26<sup>th</sup>

## December 2024

### Holiday Closure:

December 25<sup>th</sup>-27<sup>th</sup>

*Support to resume* Dec 30<sup>th</sup>

International Day of Persons with Disabilities – Dec 3<sup>rd</sup>

Human Rights – Dec 10<sup>th</sup>

PRC Winter Program Registration – Dec 6<sup>th</sup>  
Opens at 10am!

### Staff Meetings:

October 2<sup>nd</sup> 4pm-5pm

November 13<sup>th</sup> 4pm-5pm

December 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!

We're excited to recognize two important anniversaries this December:

**Catherine** will celebrate **5 years** with PLS! Thank you, Catherine, for your incredible dedication and support.

**Nadia** will mark **2 years** with us! Thank you, Nadia, for your hard work and commitment.

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

## Reminders

As we are entering 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

We want to take a moment to extend our heartfelt thanks to all the individuals, families, and stakeholders who participated in our annual survey! Your feedback is invaluable in helping us understand what we're doing well and where we can improve.

Your insights guide our efforts to enhance our services and better meet your needs. We truly appreciate your time and input as we strive for excellence together.