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Summer Activities for the Family

As summer vacation is one month away, it's time to start thinking about summer activities. Here are a few to get you started:

- Go for a bike ride and picnic at your local park
- Cool off at a splash pad, community pool or conservation area
- Make some s'mores - graham crackers + marshmallows + chocolate = a yummy summer treat
- Go to a carnival or fair
- Pick berries and bake a pie
- Pack blankets and pillows and head to the drive in

Click on the links below to check out some other exciting activities that are offered in the Region of Waterloo.

https://www.kitchener.ca/en/resourcesGeneral/Documents/CSD_NPS_Active_Kitchener.pdf

<https://www.cambridge.ca/en/parks-recreation-culture/Activities-Guide.aspx>

<https://www.waterloo.ca/en/government/programandactivitiesguide.asp>



Employee Development, Morale and the Committee for Excellence

Keeping employees happy and engaged in their job is always something Companies should be striving to do. At KW Habilitation, we try to keep up employee morale through employee events and development opportunities.

Most events are organized and planned by the Committee for Excellence. This is a committee made up mostly of Direct Support Professionals and a few management. Together the committee members are focused on promoting productive relationships to enable sharing of information; provide opportunity for professional development and personal growth; acknowledge best practices through celebration and communication; to respectfully embrace and nurture a person-centered and self-directed culture to help foster a positive and supportive workplace for all.

One of the things the committee plans is a one day professional and personal development day. The day consists of a variety of several different speakers that employees can choose from when registering. Topics vary every year but can always be used professionally or personally. Some of the past speakers and topics have ranged from: being mindful to yourself, nutrition, mental health, team building, aging, David Hinsperger, Outspoken - self advocate group, psychotropic medication and many others. It is always a great opportunity for employees to network with one another, share stories and experiences and have a day filled with professional and self-development.

Another event the Committee organizes is an Employee Appreciation Day. This is a fun-filled afternoon that focuses on appreciating all the hard work the employees dedicate to KW Habilitation and the people we support. Each year is a different theme and it allows us to celebrate some of the accomplishments that have happened over the year. People attending enjoy lunch, a few games and a chance to win some prizes. Employees who are working and unable to attend have their lunch delivered to them.

KW Habilitation is as much dedicated to the employees as the people they support. This allows for the fostering of a person-centered, person-directed culture and collaboration with the community to help build those connections. Everyone involved with the KW Habilitation community belongs and participates.



Thank you Taste of the Region

On May 5, 2018, Taste of the Region, in support of KW Habilitation, featured tours of some of Waterloo Region's finest restaurants to sample a signature dish and drink. The event was a great opportunity to enjoy exquisite cuisine, drinks, and a fantastic Day out with friends, all to support the work of KW Habilitation's Affordable Housing Building. Over \$20,000 was raised this year for the building, and we would like to thank all volunteers, participants and sponsors. This fine event would not be possible without amazing sponsors like Heffner Lexus Toyota, Leslie Warren Design Group, Westmount Signs & Printing, snap'd KW Media, Intrigue Media, Event Depot and more.



Y.E.P. - Youth Exploring Possibilities

Are you between the ages of 16 and 21?

Do you enjoy the community and having fun?

Y.E.P. is offered for 9 weeks during the summer. The program focuses on our community, including recreational and leisure options and future volunteer and employment possibilities. Participants gain confidence by using the Grand River Transit to access Kitchener-Waterloo.

In the past, Y.E.P. participants have enjoyed activities such as:

- * Cooking and baking
- * Arts and crafts, karate and Zumba
- * Learning about community safety from local police and fire departments
- * Volunteering at local non-profit organizations.

This year, Y.E.P. runs from July 3 to August 31, 2018.

The cost is \$120 per 5 days week and \$97 per registered 4 day week.

For more information or to register, email legup@kwhab.ca or go to www.mycommunityhub.ca.

Register today and don't miss this exciting summer program!





A new Partnership “Grows” between KW Habilitation and Rockway Mennonite Collegiate

In the winter of 2017, KW Habilitation and Rockway Mennonite Collegiate partnered to create an inclusive agricultural-based learning opportunity for both organizations. A course curriculum was created that encompasses a combination of in class and hands on learning. Goals were to foster leadership development, build community awareness and to nurture an appreciation of diversity. The nine week course began this past April; participants learned about KW Habilitation’s Our Farm and Green Thumbs programs, gardening basics, and the benefits of horticultural therapy. By the time classes wrapped up in June, everyone had experienced several practical components to demonstrate their understanding of classroom content. The feedback has been very positive. The students are quoted as saying “the classes were fun” and “I really liked how it was including everyone.” All students agreed that the class was a good experience and would recommend it to a friend. The goal is to continue the collaboration between KW Habilitation and Rockway Mennonite Collegiate students for years to come, including development of volunteer and employment opportunities in the future.

During this time, KW Habilitation was awarded a Community Environmental Improvement Grant through the City of Kitchener which was used to purchase three veggie trug systems and growing supplies. Enhancing the learning opportunities outside the classroom, these trug systems introduced more green space at our 99 Ottawa Street S, Kitchener location, and in doing so, incorporated the growing of food with no pesticides.

Another highlight of this partnership occurred on May 7, 2018 when more than twenty Rockway students volunteered for the day at Our Farm as part of their annual Envirathon Servathon. Work completed that day included: moving eight yards of triple mix soil and placing on beds, edging rows, filling and cleaning out raised beds, cleaning along the fence, cutting branches, and getting rid of old debris, cleaning and organizing behind the shed, sorting stakes, bricks and stones, cleaning and emptying three large compost bins, washing pots, removing sixty garden stakes and putting them in the new tomato beds. Weeks of work was accomplished with many hands in that one day with much appreciation.





LEG Up!

Summertime! The weather is great, the flowers are bloomin' and there is much a buzz at LEG Up! Summertime is the **ideal time** to drop in and check out what is happening at LEG Up! We have **4-week sessions** (June 25 - July 20 and July 30-Aug 24) and **drop in classes** over the summer.

And guess what? The classes are **cheaper** in the summer time!! What a perfect time to see if LEG Up! is a good fit for you.

New this year in our 4-week sessions are:

Baking to the Beat; a combo baking and music class, **Back to Nature**; a hike around our community trails and **On My Own-Safety**; a home safety skills course. Back by popular demand are Cooking around the World, Photography, Arts & Crafts and Healthy You-Zumba.

We have **drop in special interest classes** for you to spend a Monday afternoon with us to see what we are all about. Budgeting, safety in the kitchen, learning the Point of Sale System, Mental Health, Bus training, Computer Basics and How to make Friends are all topics covered. Friday mornings are **Shake and Bake Drop ins**. Bake some goodies, enjoy a cup of tea or coffee while making new friends.



To register for this summer, go to mycommunityhub.ca or contact LEG Up! by emailing legup@kwhab.ca or calling (519) 208-2225 and speak to Erika or Alison.



Are You Hiring ?

Qualified students are looking for summer employment.

If you are an employer wishing to hire valuable employees, contact us today!

KW CAREER  COMPASS

Creating a Diverse and Inclusive Workforce
Across Kitchener Waterloo

BIG Bike Ride for Heart & Stroke

Braving the cooler temperatures, KW Habilitation put on their best beach wear for the Heart & Stroke's Big Bike Ride on June 4, 2018. Our mighty team of 16 was up to the challenge as we pedaled the bicycle built for 29 around the Sportsworld and King Street loop during the busy afternoon traffic. Led by police escort and cheered on by passing motorists, our team chanted and showed our spirit in raising an awareness of heart disease and stroke throughout the 2 km ride. In total, KW Habilitation raised \$ 2,095 for the Heart & Stroke Foundation.



A **BIG** thank you to those who participated and to those who donated.



Our Annual Golf Classic

We hosted our Annual Golf Classic on Friday June 1, 2018 at Ariss Valley Golf and Country Club. The weather was fantastic and overall the day was a great success. We are excited that 122 people registered to golf which was our highest number of golfers to date. The money raised at our tournament this year will go directly to KW Habilitation, continuing our good work that is not funded, including Our Farm, where people are brought together through land, food and community.

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The Rae Lipskie Partnership



Join us for the 6th Annual DQ Super Sweet Treat Day!!

For the past five years, Dairy Queen owners and partners Rob Maxwell and Mark Parker have hosted this amazing fundraiser in support of KW Habilitation. In preparation for this year's event, Rob Maxwell

shares: "It is incumbent on small businesses to become involved in the local community. The support from small businesses fills the gaps where other financial support falls short. It's important to keep the dollars local supporting our neighbourhoods and communities. It's what keeps communities strong. People have to care. We believe KW Habilitation is an essential and invaluable service because they provide an opportunity for people to develop skill sets that allow them to contribute. All people have value and have the same need to feel a part of things. KW Habilitation builds bridges to make this fundamental need a reality."

We celebrate the contributions Rob and Mark make to their community and to KW Habilitation.

Saturday, August 25, 2018, 12 pm - 5 pm

****TWO LOCATIONS****

Dairy Queen 1-330 The Boardwalk, Waterloo
Dairy Queen A1-628 King Street North, Waterloo

\$1 from the sale of every Blizzard and Combo will be donated to KW Habilitation

Raffles prizes, balloons and face painting!

For more information contact Stacey Mitchell at:
 519-744-6307 ext 1252 or smitchell@kwhab.ca



JOIN US
 on Wednesdays
 starting June 20, 2018 until October 31, 2018
 11:30 a.m. to 3:30 p.m.
 at KW Habilitation, 99 Ottawa Street S, Kitchener

Drop by for fresh, locally grown produce,
 homemade crafts,
 artwork and baking!
 (while supplies last)

**ALL
 WELCOME!**



KW HABILITATION'S

'18 SCOTCH TASTING

at Hacienda Sarria

SAVE THE DATE

- OCTOBER 18, 2018 -

SCOTCH TASTING

at Hacienda Sarria

18 OCTOBER 2018

The taste you have been waiting for all year is back! Come and enjoy a new line up of scotches, passed hors d'oeuvres, a gourmet three course dinner and live entertainment.

Hurry—tickets sell fast! Tickets are \$150 pp or \$1,100 for a table of eight.

JOIN US

For **KW Habilitation's** 7th annual Scotch Tasting at its Finest. Thursday October 18, 2018, 6:00 –10:00 pm at Hacienda Sarria

- Full course dinner prepared by Charcoal Group of Restaurants
- Honourary Chair Neil Aitchison, MC CHYM's Adele
- Hosted by Scotch Expert Matt Howell
- New selection of 4 whiskeys and scotch
- Fresh handrolled cigars
- Live entertainment, silent and live charity auction
- Discount taxi rides within the Region of Waterloo
- Charitable receipt available for maximum allowable

PROCEEDS

All proceeds from this event will benefit children, youth & adults with exceptional needs in our community.

SPONSORSHIP & TICKETS

T: 519.744.6307, ext. 1313

E: scotch@kwhab.ca

www.kwhab.ca/scotchtasting



www.kwhab.ca/scotchtasting



***Thank you for your support
We hope you have a safe and wonderful summer***