

Speak Out

WINTER 2026



EMPLOYER
PARTNER

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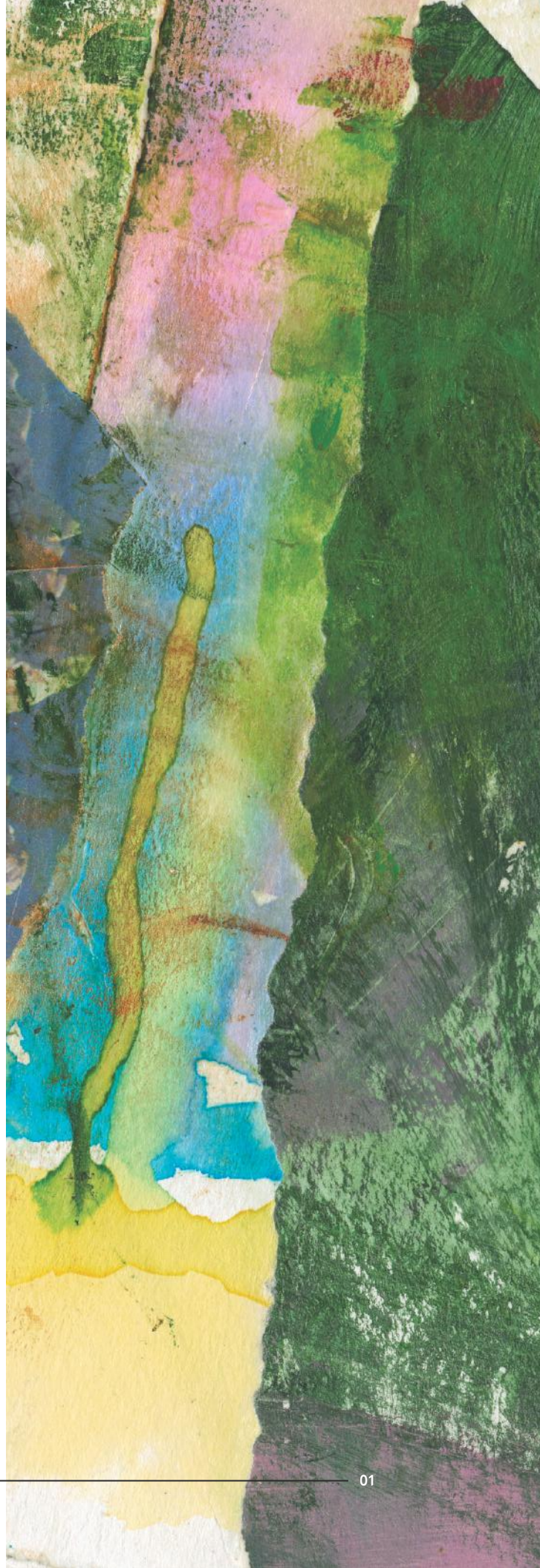
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Dates to Remember

PHSS Foundation Laudables East

Date: April 27, 2026

Location: London Hunt & Country Club

PHSS Foundation Laudables West

Date: May 27, 2026

Location: Canadian Museum of Nature

PHSS Foundation Bowl-a-Thon

Date: June 7, 2026

Location: Fleetway London

Paddles for Paint

Date: June 20, 2026

Location: Eco Park

PHSS Annual General Meeting

Date: August 6, 2026

Location: Fanshawe Conservation Area

PHSS Foundation Annual Leo Kirwin Memorial Golf Tournament

Date: August 14, 2026

Location: River Valley Golf Club

Annual Carmell Tait Memorial Walk

Date: October 2026

**More details coming summer 2026*

Possibilities in Paint Art Show

Date: November 21, 2026

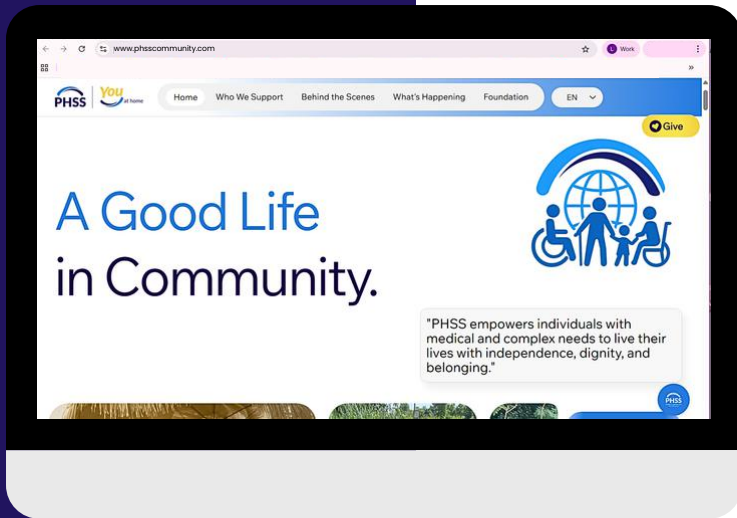
Location: PHSS Community Place North

Annual Holiday Party

Date: December 10, 2026

Location: Hellenic Community Centre

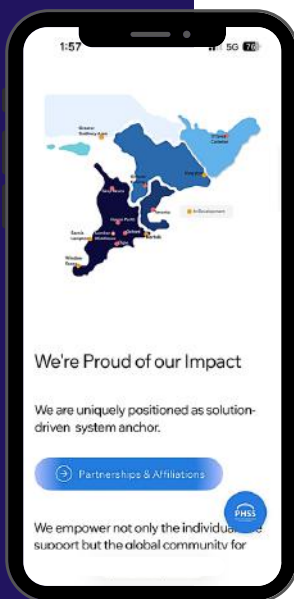
Website Redesign



After months of planning, brainstorming, editing, and meaningful collaboration, PHSS reached an exciting milestone in January, **we launched our brand-new website.**

This wasn't just a redesign. It was a chance to pause and ask ourselves: How do we show who we really are? How do we make it easier for people to find support, learn about our initiatives, and feel connected to the heart of our mission?

The result is a fresh, modern website with clearer navigation, easier access to information, and more space to share our stories, impact, and vision for the future. It's designed to grow with us, and with the community we serve.



This launch would not have been possible without the incredible partnership of Marshall Dunn and CarePlan AI, whose expertise and guidance helped turn ideas into something tangible and meaningful. We're deeply grateful for his support every step of the way.

We invite you to explore the new site and check out our AI chat bot. This website marks an important step forward for PHSS, and we're proud to share it with you.



Scan here or visit
www.phsscommunity.com
To check out the website today!

Business Achievement Award

Finalist!

We're happy to share that PHSS has been named one of 2 finalist for the London Chamber of Commerce Business Achievement Awards in the Non-Profit category.

The Business Achievement Awards highlight organizations across our community that are making a difference, and it's an honour to be recognized alongside so many strong and dedicated groups.

This nomination reflects the work that happens every day at PHSS, work driven by care, support, commitment, and community. It also belongs to the people behind the scenes and on the front lines who make that work possible.

We're proud of this moment, thankful for the community that supports us, and staying focused on what matters most: continuing to do the work, one day at a time.





2025 Holiday Party

On December 11, 2025, PHSS came together for our annual Holiday Party, an evening filled with connection, celebration, and festive cheer. Despite winter weather, more than 400 people gathered in London and approx. 30 gathered in Ottawa to mark the season and spend time together as a community. The night featured live music from the 'Upside of Maybe' that kept the

dance floor full, a special visit from Santa, and meaningful moments recognizing staff celebrating milestone anniversaries. The celebration was a warm and joyful way to close out the year and celebrate the people who make PHSS what it is. A special thank you to Jacob, our photographer, for capturing the many moments that will help us remember this evening for years to come.





Staff Anniversaries

A highlight of the evening each year is recognizing staff celebrating milestone anniversaries with PHSS. We are deeply grateful for the dedication, hard work, and the lasting, positive impact every staff has made at PHSS over the years. This recognition is our way of thanking them for their continued commitment to PHSS and the people they support.

- In 2025 we were proud to acknowledge:
- 33 staff celebrating 5 years
 - 7 staff celebrating 10 years
 - 2 staff celebrating 15 years
 - 5 staff celebrating 20 years
 - 8 staff celebrating 25 years
 - 3 staff celebrating 30 years
 - 4 staff celebrating an incredible **35 years of service**



PHSS Takes on the Slopes with London Track 3 Sit Ski Program

London Track 3 Ski School operates adaptive skiing and snowboarding programs for people with physical and/or intellectual challenges, including the Track 3 Sit Ski program, which uses specialized equipment and supports to make downhill skiing accessible.

This winter, PHSS supports eight people participating in the Track 3 Sit Ski program at Boler Mountain, alongside others involved in other Track 3 adaptive programs. Sessions run weekly and are structured around safety, skill development, and individual comfort, allowing participants to build confidence at their own pace with the support of trained volunteers.

For Justin, this season marked his first time sit skiing. Unsure at first, he decided to give it a try and quickly found something new he loves doing!

“Everything about the whole skiing experience has been nothing short of AWESOME,” Justin shared. “I am proud of myself for taking a risk and trying something new.”

PHSS would like to **congratulate the London Track 3 Ski School on winning Gold in the Sports, Recreation and Fitness – Skiing category at CommunityVotes London 2025.** This recognition reflects the strength of the program, the dedication of its volunteers, and the positive impact Track 3 continues to have in the community.





Skate Night at Storybook Gardens

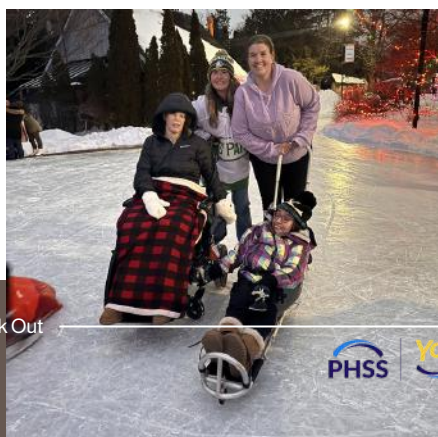
On Tuesday February 10th, people supported, their families, PHSS staff and their families, board members, and community members laced up their skates and gathered at Storybook Gardens for an evening of connection, celebration, and inclusion. With more than 110 people registered to hit the ice, our **PHSS Skate Night** was a wonderful reflection of what community truly looks like.



We are incredibly grateful to Storybook Gardens and the City of London for their commitment to accessibility and inclusion. Their thoughtful approach ensures that skating is an experience everyone can enjoy. With adaptive options like wheelchairs, skate aids, and sledges, ensures that people of every ability are able to enjoy the thrill of skating. Removing barriers creates opportunities, and this evening was a beautiful example of that in action.



Conversations were shared over hot chocolate, new friendships were formed, and familiar faces reconnected in a setting that welcomed everyone. Events like Skate Night remind us that inclusion isn't just a value we talk about, it's something we build together, one shared experience at a time.



Thank you to everyone who joined us and helped make the evening such a success. We can't wait to see you at our next Skate Night!

Exciting News from Owen Sound

Morgan & Jenise's Wedding: From First Date to Forever



ON FEBRUARY 14TH, 2026, SURROUNDED BY THEIR NEAREST AND DEAREST, MORGAN AND JENISE BEGAN THEIR FOREVER.

The day was filled with love, laughter, and the kind of moments that linger long after the last song plays. When asked what it felt like, Jenise smiled and said:

"Overwhelming, but in the best way. It was amazing to have people we hadn't seen in over 15 years all come together for us."

Morgan proposed just before Jenise left for a semester of school. "I knew I didn't want her to leave without knowing how committed I was," he shared.



They both agree they knew early on that this was forever. "From our very first date. There was just an instant connection, and we both knew this person was the one."

When asked about each other's best qualities, Jenise said, "He's helped me learn what healthy boundaries look like and supported me through some really difficult health struggles" and Morgan added, "She keeps me on my toes!"

Congratulations to Morgan & Jenise as they begin this new chapter together.

Community Place North Casino Day



Wrapped in Warmth

How Katy's compassion is helping women stay warm this winter

With the cold weather this winter has brought, many of us take for granted the simple ritual of pulling on a heavy coat, a snug hat, and warm mitts before heading out the door. For women and children seeking refuge at a shelter, these items are more than just clothing, they are tools for survival, dignity, and a fresh start.

Through her time volunteering at our local women's shelter, Katy has seen firsthand how even a single donation can change the trajectory of someone's day. She noticed that many women arriving at the shelter did not have proper winter gear, and Katy wanted to help.

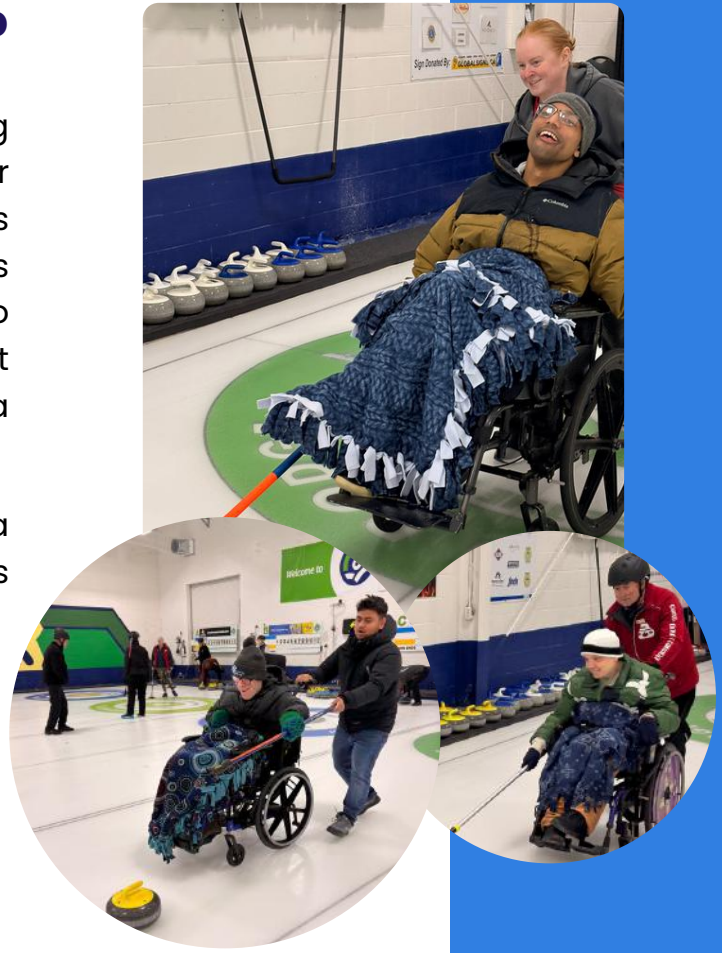
Katy gathered gently used coats, hats, and mitts and donated them to Anova Women's Shelter. She hopes these items will provide warmth, comfort, and reassurance to those in need in her community.



CPN at the Ilderton Curling Club

Community Place North has been heading to the Ilderton Curling Club every week for some time on the ice, learning the basics of curling and enjoying plenty of laughs along the way. From practicing their aim to cheering each other on, it's been a great way to build teamwork and confidence in a relaxed, welcoming setting.

We were also grateful to receive a generous donation of handmade blankets to help keep everyone warm at the rink, a thoughtful touch that makes their time on the ice a little warmer.



Alex and Jimmy Explore Montreal

Alex and Jimmy recently enjoyed a day trip to Montreal, taking in the beauty of the city during the winter season. Jimmy visited the Basilique Notre-Dame de Montréal, where he admired the stunning architecture and intricate details of this historic landmark. While Alex spent time walking through downtown Montreal, enjoying the city views, vibrant energy, and scenic surroundings.

With the sun shining, it was the perfect day to experience all that Montreal has to offer.



Physio with Steve



Steve Knezic, a PHSS staff with a Physiotherapy Assistant diploma, has spent years supporting people at PHSS to safely and effectively follow physiotherapy plans.

Steve ensures stretches are done correctly, adjusting positioning, guiding movement, counting reps, and teaching staff exactly how to support someone safely and confidently. He takes the time to answer questions and practice alongside the team until they feel comfortable completing the physio routine on their own.

After COVID, Steve shifted from evening sessions at CPN to visiting people one-on-one in their homes. He offers to sit in on physio appointments to hear updates firsthand and listens closely to people supported, staff, and families about what matters most, whether that's improving balance or maintaining strength for transfers. He adapts exercises to fit real life, like swapping hand weights for soup cans or playing music to keep people engaged.

At the heart of it all, Steve's goal is simple: help people maintain, and improve, their mobility while ensuring staff feel confident and families feel heard.



Cheering on **Team Canada** in the 2026 WINTER OLYMPICS





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Donate Today!



Your donation matters!

Our donors help enhance the ability for individuals we support to achieve independence and be part of their communities.

