

THE ADVOCATE

AN OPEN LETTER TO BRYAN ADAMS & HIS CONCERT TEAM

ON JANUARY 30TH AT THE AUD IN KITCHENER,
BRYAN DID SOMETHING THAT MIGHT HAVE SEEMED
ORDINARY AT FIRST, BUT THAT HAD PROFOUND IMPACT.

As a not-for-profit disability services organization, our staff often book concerts and event seats for the people we support. If the person happens to be a wheelchair user, or has a visual or hearing impairment, we will often book seats as close to the stage as possible and on an aisle, to ensure they have the best possible experience for their needs. Sometimes we have to get a little creative, but that wasn't the case. Colleen,



>> Continued on page 2



ERIN
FERGUS
GUELPH
HARRISTON
MOUNTFOREST

our staff member, managed to get tickets for Marion, the person she was supporting, in the third row and on the aisle. While they were amazing seats, Marion is wheelchair bound. This meant, that as soon as the first song started, folks stood up. The concert was absolutely rocking, so why wouldn't they! But for Marion, this meant her view was now of backs and shoulders.

What happened next is the profound part.

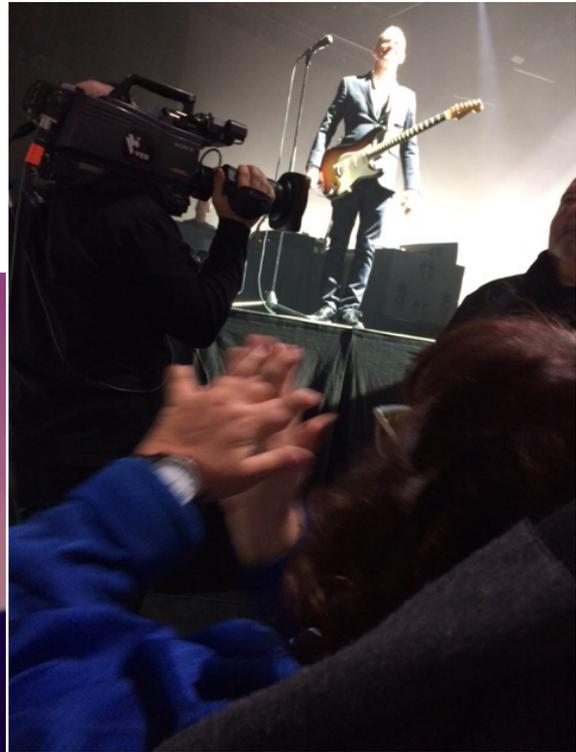
One of your team came over to Marion, and started chatting. A few seconds later, Marion was turning on her electric wheelchair, and getting ready to move. Now, in our line of work, the people we support are often asked to move – not to improve their opportunity, but for someone else's convenience. But, before our staff member could ask, your team member leaned over, and told her that Bryan wanted to give Marion a better view of the show.

This was an extraordinary moment. Your team and Bryan saw Marion as a citizen; as someone worthy enough to enjoy the show like anyone else, and made the accommodation to make it happen.

Then, to add icing on the cake (and what was a swoon-worthy moment), Bryan waved at M once she had settled into her new spot (angled towards the stage with no backs, butts or shoulders in front of her, right in front of a microphone), and that team member came back with a guitar pick for her to keep.

>> [Continued on page 3](#)

MY VOICE MATTERS, MY LIFE MATTERS, I MATTER!



Thank you, to Bryan and your team – for creating equity and recognizing that with a little accommodation, Marion’s price for admission was just as valuable as her able-to-stand friends.

AMANDA MCDUGAL WOULD LIKE TO SHARE HER SUCCESS STORY

SUBMITTED AND WRITTEN BY SANDI GIESEL,
DIRECT SUPPORT PROFESSIONAL

Amanda is a bright young woman and a mother of two children. She lives in a supportive housing apartment at Michael House in Guelph. Michael House assists women and children make the critical transition to independent living in the community.

Last fall, Michael House chose Amanda to speak on their behalf during the 2018 United Way Campaign. Amanda went to many locations and workplaces in Guelph and spoke about the challenges she faces as a single mom. She has advocated for herself and her daughters, attended multiple programs focusing on parenting in the community and regularly accesses services that support her own mental health.

She told her support worker at CLGW that it was hard to write out her life story knowing she would be speaking in front of so many people. She was also incredibly nervous. Amanda's support worker got to see her give her speech for the employees at Suez Environment for their workplace campaign, and she did an amazing job.

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>> Continued from page 4

Amanda was honoured to share her story with so many people. She also got a wonderful surprise when her speaking engagements were done. Amanda found out she was the recipient of the United Way Agency Speaker of the Year Award.

The United Way 2018 Campaign surpassed their goal of 3.6 million dollars. Michael House is just one of the many local agencies and social service programs that the United Way helps to support financially.

Pictured is Amanda receiving her award from Jim Jarrell, President and COO of Linamar and the 2018 United Way Campaign chair at the annual reveal and awards ceremony at the Delta Hotel.

When asked how she felt about receiving the award she said, "Pretty incredible, on top of the world!"



RECIPE: EASY AND YUMMY HUMMUS

INSPIRED BY 5-MINUTE HUMMUS FROM REAL SIMPLE



INGREDIENTS:

- 1 15-oz can of chickpeas, rinsed
- 1 clove of garlic
- 1/4 cup of olive oil
- 2 tbsp of lemon juice
- 2 tbsp of tahini (optional)
- 1 tsp of ground cumin
- 3/4 tsp salt
- 1/4 tsp of paprika

INSTRUCTIONS:

Add all of the ingredients to a food processor and puree until smooth.

Add 1 to 2 tablespoons of water as necessary to achieve the desired consistency.

This is a great recipe to enjoy at home or share at parties!

CHOICES...

We make several every day, so much so it's easy to forget that making choices isn't always automatic. Whether learned on our own, or taught by another, choice requires three things:

EXPOSURE, EDUCATION, and EXPERIENCE.

Known as the "3E's", choice is a fundamental human right and a central tenet of person-centred support.



Using the 3E's to guide you, and the person(s) you support in making informed choices, is a step-by-step process. The following example uses the 3E's to foster a basic choice around clothing:

Sam has a severe disability, and does not use words to communicate. Staff believe Sam cannot make his own choices because he requires full-time support.

>> [Continued on page 8](#)



EXPOSURE: Show Sam what his choices are. Take out some clothes from his closet and give him time to choose what he wants to wear.

EDUCATION: Listen with your eyes and ears to Sam's choices (eye blinks, sounds, body movements, facial expressions, etc.) If Sam makes no choice, recognize this is a choice. Check in, and ask for his permission for you to make a choice for him. Affirm Sam's skill to increase his awareness of his choices.

EXPERIENCE: Repeat this process every time a clothing decision is required. Expand Sam's experiences in making even more choices!

A person we support may face obstacles in making even the simplest of choices. We all have to start somewhere. Bravo for facilitating the first step towards successful choice making, and continuing the path towards doing better!

UPCOMING EVENTS



TICKETS ON-SALE NOW
clgw.ca/gala | 8 Royal Rd. Guelph | 519-824-2480 | admin@clgw.ca

SPRING FASHION GALA
A fundraiser for Community Living Guelph Wellington

Presented by: **Scotiabank**

APRIL 10, 2019
COCKTAILS AT 5:30PM, DINNER AT 6:30PM
Silent auction throughout the night

ITALIAN CANADIAN CLUB OF GUELPH
135 Ferguson St., Guelph ON

TICKETS: \$50
Includes dinner + gala + door prize entry

COMMUNITY LIVING Guelph Wellington
FOLLOW US AT @CLGuelphWell



*INTERNET SAFETY & CYBERBULLYING



DATE: April 17, 2019

TIME: 1:00 pm to 2:00 pm

LOCATION: Wellington County Library – Fergus Branch, 190 St. Andrew St. W., Fergus, Ontario

COST: Free

CONTACT INFO: P4PFergus@clgw.ca

Cyberbullying is serious. It hurts the people who it targets and affects every aspect of their lives. In some cases, it has even led to tragedy. Bullying and harassment can take place through text messaging, social media, rating sites, email, blogs, and other forms of media. With the rapid advances in technologies, cyberbullying is happening to more and more people every day.

Who's partnering or involved: CLGW, People4People, Fergus Library, and the Ontario Provincial Police – Center Wellington



*SPRING FASHION GALA (A FUNDRAISER FOR CLGW)

DATE: April 10, 2019

TIME: Cocktails at 5:30pm,
Dinner at 6:30pm

LOCATION: Italian Canadian Club of Guelph, 135 Ferguson St., Guelph, Ontario

COST: \$50.00

TICKETS: clgw.ca/gala

Yes to local! Yes to fashion!
Yes to you for wanting to attend our 2019 Spring Fashion Gala!

THE P4P MISSION

IT IS THE GOAL OF PEOPLE4PEOPLE TO LEARN THE SKILLS THAT WILL ENABLE US TO KNOW OUR RIGHTS, UNDERSTAND OUR RESPONSIBILITIES AND LIVE WITH DIGNITY AND RESPECT.

- Erin Chapter: p4perin@clgw.ca
- Fergus Chapter: p4pfergus@clgw.ca
- Guelph Chapter: p4pguelph@clgw.ca
- Harriston Chapter: p4pharriston@clgw.ca
- Mount Forest Chapter: p4pmtforest@clgw.ca



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FUN FACTS: Do frogs have ears? Frogs can hear both in the air and below water. They do not have external ears; the eardrums (tympanic membranes) are directly exposed or may be covered by a layer of skin and are visible as a circular area just behind the eye.



IF YOU WOULD LIKE TO SUBMIT TO THIS NEWSLETTER
PLEASE EMAIL YOUR CLOSEST P4P CHAPTER.