

THE ADVOCATE

PAPER HUGS

A WAY TO CELEBRATE CREATIVITY AND STAY
CONNECTED WITH FRIENDS AND FAMILY



This is a beautiful story of how Jackie Van Huisstede and her caregiver Margo Jackson Taylor found a new way to continue to connect with people through a small hobby they created together.

For those of you who do not know this beautiful lady (inside and out), this is Jackie.

Jackie is an energetic, outgoing lady who loves to be out and about, hanging out with her friends and family, laughing, travelling, dancing and attending Guelph Day Services. She is the kindest lady you will ever meet. Covid has taken its toll on Jackie; she cannot go to her exercise classes or participate in Special Olympics bowling. Gatherings with family and friends have not happened for a year. Day services have been closed and Jackie is missing that face to face connection and, most of all, she misses hugs. According to Jackie, this past year has been a “boring time off”.

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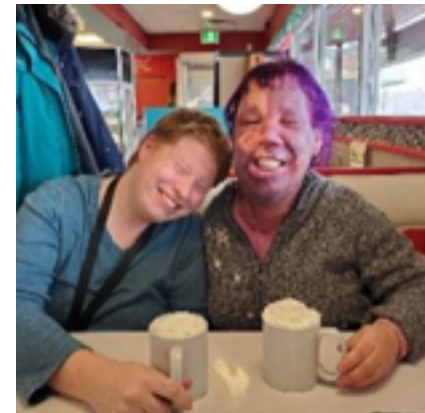
Jackie is a very creative and artistic person. Margo has tried to help Jackie fill her days with meaningful activities. One of the activities is card making, which Jackie has been assisting Margo with. Jackie enjoys colouring and assembling cards for her family and friends. The cards have brought smiles to their faces.

Jackie is missing hugs so much, they decided to make “hug” cards. These cards are homemade, so no two are alike. The picture shows samples of the work they have been doing. Jackie and Margo decided to see if they can reach more people who might be feeling the same way. They would like to offer these cards to people to send out to their family and friends. The cost of each card is \$2.50 and you can reach Margo and Jackie by email margojt1@icloud.com. They also mentioned if anyone lives out of town, they can mail them for the cost of the postage. If this idea takes off, they will look at setting up a small business where they can offer a variety of cards for many different occasions.

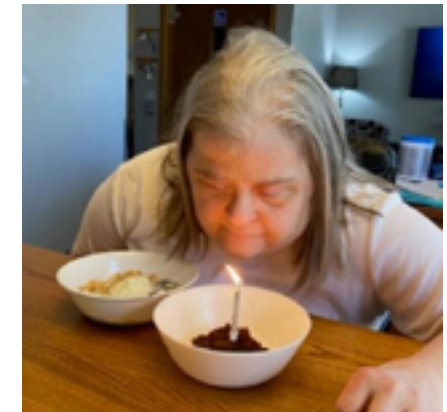


SPRING CELEBRATIONS

BECAUSE A PANDEMIC WON'T STOP US FROM CELEBRATING EVERYONE'S BIRTHDAYS!

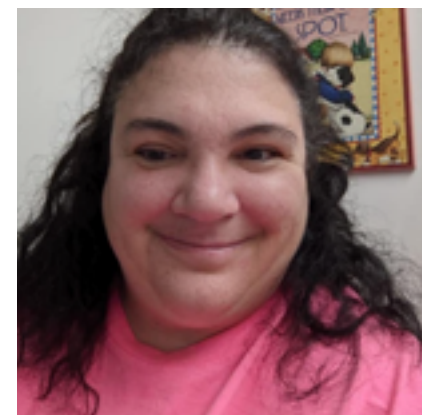


(LEFT) KERRI MCCASKELL, FEB 11, AND (RIGHT) JACKIE VAN HUISSTEDE, JANUARY 11TH.

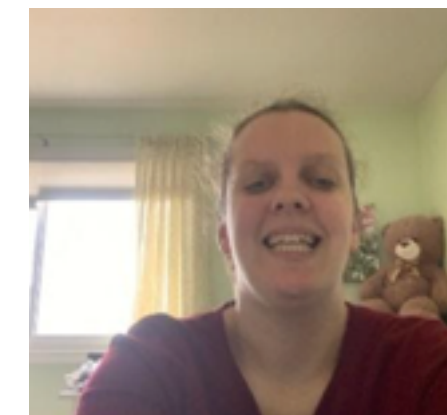


AMOL SUVERNPATKI,
JANUARY 25TH
(NOT PICTURED!)

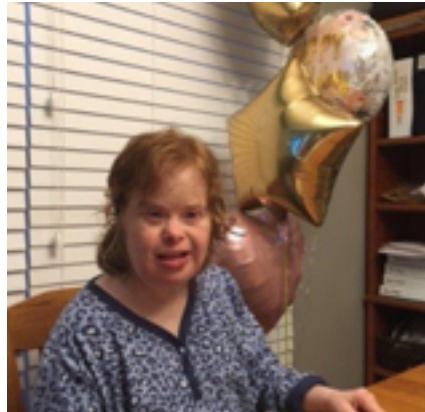
SUSAN MAXWELL,
MARCH 20TH



JUDY NOONAN,
MARCH 30TH



RACHAEL BARBER,
APRIL 2ND



SUZY POSTMA, APRIL 2ND
(tell her your birthday and she'll never forget it!)



BRIAN BRACKEN,
APRIL 17TH



TERRY BAUGHAN,
APRIL 25TH



BRANDI PHIPPS,
MAY 30TH



LORRIE STEVENS
(LEFT), JUNE 19TH

RECIPE: THE BEST PEANUT BUTTER COOKIES

BY RANJU AND PAM

We give these cookies a different look every time, but the smiling cookies are our favourite!



INGREDIENTS:

- 1 cup brown sugar
- 1/2 cup oil
- 1 cup peanut butter (used crunchy)
- 1/2 tsp salt
- 1/2 tsp vanilla
- 1 egg
- 1 3/4 cup flour
- 2 tsp baking powder
- 2 tbsp milk

DIRECTIONS:

- Cream sugar, oil, peanut butter, salt, vanilla, egg and milk. Add flour and baking powder.
- Roll into small balls and press down with a fork.
- Arrange chocolate chips or dark chocolate chunks on top.
- Bake at 375 degrees for 10 minutes.

GETTING TO KNOW CINDY KINNON

PEOPLE 4 PEOPLE HAD THE OPPORTUNITY TO MEET VIRTUALLY
WITH THE NEW EXECUTIVE DIRECTOR OF COMMUNITY LIVING
GUELPH WELLINGTON



What is your favourite restaurant?

My favourite restaurant was called Mother's Pizza or Mother's Spaghetti House. It was my favourite restaurant for two reasons. I worked there as a waitress and met my husband Geoff and we started dating and then eventually got married. Mother's Pizza holds a place in my heart because of the people I worked with. If I was working late and had to close, the staff would stay and help me put

the chairs up, clean the floors and dishes and would stay until I was finished. We worked hard but had fun at the same time. We were a wonderful team and had the same values. I bring part of the culture of that workplace to my job. I love working hard and like to have fun. Many of the people I worked with there were invited to my wedding.

Do you have any summer plans?

This summer we are very lucky because we are going to rent a cottage. Geoff and I are going with our family. We are lucky we can go away as a family unit as we have been together through this pandemic.

The cottage is on a lake and has a fire pit so we will be able to roast marshmallows, have

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fires together and spend time on the lake. I love Ontario. We live in a beautiful province. We do not explore it enough. I think the pandemic has shown me how important it is to slow down and spend time with family.

What motivates you to work hard?

I think I was taught very strong work ethic from my parents and grandmother. I do work hard and am very goal oriented. I make lists and like to keep busy. I am not one to sit and watch tv. I like to putter. I might go into the garden and pull weeds for a half an hour. I cannot sit still. This is the reason I became a quilter. A while ago I had to have a major surgery and was told I would have to rest, sit still, and take it slow for 6 weeks. I thought, I will not be able to sit still for that long! So, I went to the fabric store and purchased a water colour quilting kit. I enjoyed it so much that I joined the Royal City Quilters Guild and have been a member ever since. The members of the guild are an amazing group of people and I cherish my time with them.

What are your gifts that you're most proud of?

I believe I have the gift of patience. I think I am proud of this because I have the ability to listen. I want to understand the other person's point of view. I want to understand what they are trying to say and what feelings they are trying to express to me. I do not always get it right, so I try to ask a lot of questions. I hope that will not put people off but what I am trying to do is understand.

Do you believe people with Developmental disabilities have a voice?

I believe everyone has a voice. There should not be any distinction. It has always been a part of my life. I think that is why I am so comfortable working in the Developmental Services Sector. I do not see differences, I see similarities. I enjoy working with people with Developmental Disabilities as I can do what I need to give them a voice.

UPCOMING EVENTS

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
APRIL	28	29	30	31	1	2	3
	4	5	6	7	8	9	10
	11	12	13	14	15	16	17
	18	19	20	21	22	23	24
	25	26	27	28	29	30	
MAY		2	3	4	5	6	7
	8	9	10	11	12	13	14
	15	16	17	18	19	20	21
	22	23	24	25	26	27	28
	29	30	31				
JUNE			1	2	3	4	5
	6	7	8	9	10	11	12
	13	14	15	16	17	18	19
	20	21	22	23	24	25	26
	27	28	29	30	1	2	3

GUELPH/ERIN

2021 2RIVERS FESTIVAL - VARIOUS EVENTS, ALL SUMMER LONG!
2riversfestival.org

YOGA WITH ALPACAS
braeridgefarm.com/yoga-with-alpacas

SUMMER LECTURE CLUB
summerlecturesclub.ca/lectures-2021.html

TOGETHER IN CONCERT
cdngrandmothers.com

VIRTUAL CONSTELLATION "WALK"
visitguelphwellington.ca/events/calendar

CONVERSATIONS WITH DECOLONIZE THIS PLACE
bit.ly/decolonizewfriends

FERGUS/MT FOREST

DIGITAL DOORS OPEN ELORA AND FERGUS - ALL SUMMER LONG!
bit.ly/elorafergus

CONNECT WITH MAYOR KELLY LINTON
connectcw.ca

VIRTUAL MULTICULTURAL FESTIVAL
bit.ly/multicultfest

HARRISTON

WELCOMING VOLUNTEERS TO MINTO
bit.ly/volunteerwelcome

PROJECT CONNECT

CREATE A POSTCARD: GIFTS OF THE HEART, HEAD AND HANDS

1. Make a copy of this page.
2. Colour or draw a picture on the blank space.
3. Answer the 3 questions on the card.
4. Cut out the two boxes and glue or tape them together.
5. Send to a friend or neighbour in the community
6. Also send them a blank version, for them to complete and send to their friends or neighbours!

GIFTS OF THE HEART, HEAD AND HANDS

What would you walk through fire for?

What are your unique skills?

What are your hobbies?

Please create your own postcard and return it to:

Name: _____

Address: _____

THE P4P MISSION

IT IS THE GOAL OF PEOPLE 4 PEOPLE TO LEARN THE SKILLS THAT WILL ENABLE US TO KNOW OUR RIGHTS, UNDERSTAND OUR RESPONSIBILITIES AND LIVE WITH DIGNITY AND RESPECT.

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



MY VOICE MATTERS, MY LIFE MATTERS, I MATTER!

IF YOU WOULD LIKE TO SUBMIT THROUGH THIS NEWSLETTER, CONTACT THE ADMIN. OFFICE AT 519-824-2480 OR 226-314-0829.

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