

THE ADVOCATE

RECENT HAPPENINGS

In May of this year Brian Platt wrote and submitted the following application to the Anne Stafford Light Up the Future Bursary.

“My name is Brian Platt. I live on my own in Fergus Ontario. I have one brother and a sister in-law who I am very close to. I enjoy going for coffee every morning and my favourite thing to do is advocate for myself and others. For as long as I can remember I have been a self advocate. I have been a member of People 4 People self advocacy group since 2009.



“I have always been drawn to presenting workshops to people about developmental disabilities. My goal is to take a special public speaking class to help me become a better public speaker. In the past I have presented a workshop at the 2019 Speaking Out Conference in which I worked hard to assist to create. I REALLY enjoy presenting to people and learning with others on how to cope. I enjoy making people laugh and being a part of the learning process. I wish to continue to grow my skills with speaking and create workshops to support students with intellectual disabilities.

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"By taking a public speaking course through Conestoga College. I will gain more confidence and understanding in presenting workshops and creating learning experiences centered around advocacy. My vision for myself is to go to schools to present workshops to help students have a better understanding about advocacy and intellectual disabilities.

"My plans are to work with People 4 People members to create workshops to share with local students."

In July, Brian received an email from Community Living Ontario accepting his application. He was over the moon to hear this amazing news! He says "I was away at the Cottage and when I read the email I kicked my feet up and jumped in the air!"

Fast forward to August 24th and Brian is working hard to complete his 10 lesson course on [Mastering Public Speaking](#) at Conestoga College. He is one step closer to his dream of being able to share his experiences and knowledge with local students about living with a disability.

Read more about the background, vision and eligibility of the Anne Stafford Light up the Future Bursary [on this page](#).



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LAST EDITION'S QUESTION: HOW DO YOU COPE WITH CHANGE?

RESPONSES FROM SUMMER 2022

Alicia – "I was sent home from Day Services because of another Covid Outbreak.

"I went home and played a game. Usually, I play a game online with my grandma on Sunday but because I was home on Monday due to the Day Services being closed. I asked my grandma if she could join me online for another game on Monday and she was able to."

Judy – "I looked up quotes about 'change' to help me be inspired to be more positive about the process. I also research why people may be afraid of change and how to look at change from different lenses."



3

ATTENTION DEFICIT HYPERACTIVITY DISORDER: ADHD

Attention Deficit Hyperactivity Disorder (ADHD) affects 1 in 20 people in Ontario.

I have a son with ADHD and know that it looks and feels different to everyone. His diagnosis has allowed me to understand some of the struggles that people with ADHD may face.

Years ago, a DSP (Direct Support Professional) I worked with heard (incorrectly) that I had ADHD. They started to speak and act differently towards me; treating me like a child, saying things like “we need to focus” and “let’s get straight to work.” Instead of correcting my workmate, I worked even harder to prove that I could do my job, ADHD or not.

This experience helped me reflect on the effect stigmatizing labels have on our self-esteem. I understand now why some people choose not to share whatever ‘special need’ they have.

Biases are real – But here’s the thing. We can stop the negative impact of stereotypes and biases by accepting people for who they truly are, NOT for the ADHD (or other!) label they may have. It is important we build each other up and contribute to a culture of tolerance, understanding and acceptance. The fact is that everyone struggles with something. Rather than focusing on the downside of our differences we can bring light to the positives of having ADHD (or any other type of disability, challenge or ‘special need’).

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MY POEM ABOUT ADHD BY JUDY NOONAN

ADHD is like being on speed
It's like having a safari stampede
Trampling through my living room they
proceed.
Overwhelmed, I zone out
Without a doubt.
Hyper-focus
Only I would notice.
Please no advice
Just empathize
And be nice.
Running out the door without my glasses
And still in my pajamas.
Hopefully this frustration
Passes!
I practice laughing
As my mood changes
In a flash.
Not all things are as bad as it seems.
I have so many ideas and
So many dreams.
I want to build an inclusive world.
Thoughts of inventions
Like a spinning top
In a powerful swirl.
Looks so beautiful Like small colorful
pearls.
So much Excitement,
Makes my word-finding Difficulties

So confining.
Slow down, Judy
It does help
Words to flow free
And you not to melt.
I am very impulsive
And live in the moment
And buy and create many new things
with my impulses.
I can multitask
Until I am overloaded
And then I crash.
I'm so empathetic
I am there for you
Before you even ask.
I don't need
Any weed
Or any speed
To be high
ADHD does that on the side.
I can feel empowered and other times
I can feel like a Coward.
Being told so many times
To get my shit together
It breaks my spirit.
You spent too much of your money
On things you didn't need
It's your doing honey.
Meds help slow down the flow in my
mind. Suppressed
ADHD Confined...
Balanced and realigned.
Sometimes.

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I don't know what to do	Even on some meds.
I feel a little lost	I need an outlet.
I want to write something new.	My ADHD Has helped me
I don't think ADHD is an attention deficit	Please take my hand
Like a sweater being knit	Together we stand
Every thought will eventually	Making stereotypes about ADHD
Fit.	History
My mind is fine	By helping others understand.
If you allow me your time	What you don't understand
I will figure out something that rhymes.	Can get out of hand.
I do love some types of pressure	And make those of us feel small
Art and writing are two no matter what	And you feel tall
measure.	In ways you don't
Those two are easy to do.	Realize at all.
Without meds	Little things you say or do
Nights I lay awake	Ignorance Can make us feel so blue.
In my bed.	In so many unhealthy ways
With the meds	And to me that is so not okay.
It organizes thoughts	So look at ADHD as a gift
That goes through my head.	Open minded, there's a shift
ADHD was here first	You get my drift, we all deserve
And any time I can burst	The Best life Lived.
And become unfocused	

We Want to Hear From You!

Question of the Month:

1. What is one positive thing that has come from your struggles?

Send in your responses! Email us at P4PGuelph@clgw.ca
 We will share your ideas in the *next edition* of the Advocate

CELEBRATIONS

MINI GOLF FUNDRAISER IN LONDON ONTARIO

with fellow Advocates for the Speaking Out Conference



MEGAN GAMBLIN



ALEC MACKENZIE



FROM LEFT TO RIGHT: ALEC, MEGAN AND JUDY NOONAN

CELEBRATIONS

EXCITING NEWS FROM ADVOCATES



Cheryl Turner, Jacquie McBride and Lorrie Stevens are excited to announce they have been accepted to present their workshop at the 2022 Speaking Out Conference in Port Elgin, Ontario. Their workshop is titled "Therapy Babies: A Day in the Life Of." Watch for links and photos of their presentation in the winter edition of The Advocate.



Judy Noonan, P4P member, is attending the Community Living Ontario Annual General Meeting in September. She will be present in her role as a council member with Community Living Ontario. She was one of 12 self-advocates elected from across the province to work together with Community Living Ontario's Board of Directors. Read more about the council here: bit.ly/clocouncil

CELEBRATIONS

BIRTHDAYS!



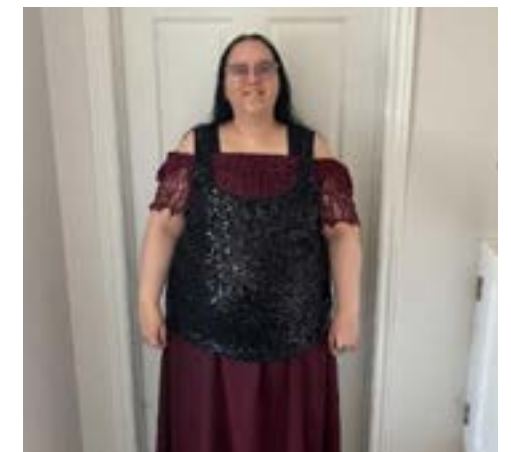
BRIAN PLATT
OCTOBER 5TH



JACQUIE MCBRIDE
OCTOBER 13TH



ALEC MACKENZIE
OCTOBER 17TH



LEANNA SNYDER
OCTOBER 27TH

RECIPE: PEANUT BUTTER MUFFINS



INGREDIENTS

- 1 and 1/4 cup creamy peanut butter
- 1/2 cup granulated sugar
- 1/2 cup brown sugar, lightly packed
- 1/2 cup vegetable oil or melted butter
- 2 large eggs
- 2 teaspoons vanilla extract
- 1 cup milk
- 2 cups flour
- 1 tablespoon baking powder
- 1 teaspoon salt
- optional: jam

DIRECTIONS

1. Preheat oven to 375°F
2. Combine peanut butter, sugar, oil, and stir well. Then beat in eggs and stir in milk and vanilla extract.
3. In a separate bowl, whisk together flour, baking powder, and salt.
4. Gently combine wet and dry ingredients with a spatula
5. Divide batter into muffin tins - this recipe should make 18 muffins
6. Optional: add 1tsp of jam to the top of each muffin and swirl into the batter with a knife
7. Bake at 375°F for 18-22 minutes until a toothpick inserted comes out clean or with moist crumbs.



LOCAL EVENTS + ADVOCACY RESOURCES

LOCAL EVENTS

[Wellington Advertiser Events](#)

GUELPH

[Visit Guelph Wellington](#)

[Guelph - AllEvents](#)

[Guelph - Eventbrite](#)

ERIN/HILLSBURGH

[Upcoming Events](#)

FERGUS

[Fergus Events](#)

MINTO

[Town of Minto Events](#)

[Harriston-Minto Fall Fair](#)

MOUNT FOREST

[Mount Forest Chamber of Commerce](#)

ADVOCACY EVENTS

RESPECTING RIGHTS

Quarterly meeting to learn about what Respecting Rights is working on. You are welcome to bring a support person with you. Wednesday September 7, 2:30pm - 4:30pm. For more information, email: jessica.field@arch.clcj.ca

DISABILITY JUSTICE NETWORK OF ONTARIO

Calls for the abolition of long-term care. [Read more here.](#)

INCLUSION CANADA

Launches the [This Is Ableism campaign](#). Watch the [video here](#).

COUNCIL OF COMMUNITY LIVING ONTARIO MEET MPP

[Watch the meeting](#) with Minister Merrilee Fullerton.

International Day of Persons With Disabilities - December 3rd

Join advocates from all over the world in a virtual celebration. Community Living Guelph Wellington advocates will be taking part by creating 1-2-minute Tik Tok videos. More information to come!

Please email P4PGuelph@clgw.ca for more information.

INTERNATIONAL DAY OF PERSONS WITH DISABILITIES WORD SEARCH

Y	K	L	I	V	I	N	G	A	B	L	E	I	S	M	L	K	Q	R	D
C	O	M	M	U	N	I	T	Y	X	D	L	V	P	T	Y	C	F	U	N
F	R	A	D	X	D	S	O	S	I	V	E	D	O	J	Y	Y	M	O	S
O	I	D	M	W	G	J	G	R	K	O	B	P	L	T	T	Z	I	T	C
P	G	L	K	T	N	N	P	U	D	I	I	X	E	I	I	T	A	C	K
G	H	R	Z	R	I	P	C	S	W	C	D	F	L	C	C	N	P	U	P
B	T	O	N	R	T	Y	T	R	S	E	A	I	D	E	D	K	G	H	Y
O	S	W	A	Z	A	O	H	O	A	S	B	V	N	O	I	S	I	V	U
D	L	H	C	M	R	G	P	G	N	I	G	N	E	L	L	A	H	C	R
I	S	S	W	I	B	B	L	C	S	C	O	S	V	D	A	R	G	Y	H
S	H	M	E	E	E	E	O	S	M	C	L	A	Y	Z	T	E	J	Z	G
A	J	S	J	I	L	G	E	S	M	B	P	R	D	S	P	L	C	H	B
B	X	O	N	V	E	C	P	K	R	A	E	L	P	O	E	P	Y	Q	Q
I	V	G	A	C	C	E	P	T	A	N	C	E	H	S	T	R	A	Z	H
L	A	L	E	A	R	N	I	N	G	F	M	X	C	U	L	T	U	R	E
I	W	T	E	K	L	G	I	A	F	F	O	R	D	A	B	L	E	F	O
T	F	E	J	A	O	M	S	E	L	G	G	U	R	T	S	Y	H	N	M
Y	S	E	T	A	C	O	V	D	A	V	J	N	A	B	Y	E	C	Y	J

AFFORDABLE
COMMUNITY
VOICE
LIVING
STAND
VOTING
FUN
SHARING

LEARNING
CELEBRATING
DISABILITY
STORIES
CULTURE
SAFETY
ARTS
CHALLENGING

BEING
TOPICS
PRIDE
PEOPLE
STRUGGLES
ABLEISM
VISION
ACCEPTANCE

WORLD
RIGHTS
ADVOCATES
CONNECTION
ACCESSIBILITY

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



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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