

THE ADVOCATE

RECENT HAPPENINGS



As the last month of the year, December gives us a chance to review and reflect on our memories from the entire year.

All of our successes and challenges (both positive AND negative) provide an opportunity for each of us to learn and grow. None of us is ever completely in control of the situations we face, however we are in control of how we choose to respond to the events that occur in our lives. In fact, if we are open-

minded, our planned path often takes us in another direction and surprises us with the outcome.

To illustrate how challenges can become successes, check out the following stories from Sherry May and Christopher Gibbons!

Sherry May always enjoyed attending Guelph Day Services, but in March of 2020 the threat of Covid closed the service indefinitely. Sherry stayed home to keep safe and did not return to the Day Service until September 2021. She explains “this was a very long time to be away from all of my friends. I felt relieved to be back and very happy and comforted to be among my friends again.”

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As long as she could still be with everyone, Sherry was okay with the fact that Day Services looked different. Changing a negative into a positive, Sherry created a project that could reflect her feelings and honour all of the friends she missed and the new ones she would make. She spent countless hours knitting individual squares that she is sewing together to make a beautiful, and colourful friendship blanket. She hopes to hang the blanket in the Guelph Day Service building to share with everyone once it is completed. Sherry's Direct Support Professionals smile and say, "she is so friendly, she will be making lots more squares for all the new friendships she will make!"



Christopher Gibbons wanted to share with us how his year transformed from bane to boon (stressful to beneficial). Over a year ago Christopher moved to Centre Wellington from Ottawa and struggled with the stress of moving, meeting new faces and learning new places. He persevered in his new community and was able to pick up a paper route just down the Street

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from where he lives. He was so successful in his new job that Christopher received Carrier of the Month for the Wellington Advertiser in October! (BRAVO!!)

We Want to Hear From You!

Question of the Month:

1. Think about the past year ... How have you turned a negative to a positive?

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



INTERNATIONAL DAY OF PERSONS WITH DISABILITIES: DID YOU KNOW?

WHAT YEAR WAS THE FIRST INTERNATIONAL DAY OF PERSONS WITH DISABILITIES HELD?

- October 14th, 1992

WHY DID THE UNITED NATIONS CREATE THIS IMPORTANT DAY?

- To promote an understanding of disability issues and mobilize support for the dignity, rights and well-being of persons with disabilities. In 1992 the UN General Assembly urged people from around the entire world to get involved.

WHEN IS THE OFFICAL INTERNATIONAL DAY OF PERSONS WITH DISABILITIES NOW?

- Every year on December 3rd

WHO CELEBRATES THE INTERNATIONAL DAY OF PERSONS WITH DISABILITIES?

- Anyone who wants to – People from the entire world are invited to share their thoughts and spread the word that people with disabilities have value just like any other human on earth!

OTHER COOL FACTS!

- On December 18th, 2007, the day was renamed from the International Day of Disabled Persons to the International Day of Persons with Disabilities.
- This day is observed annually around the world with different themes

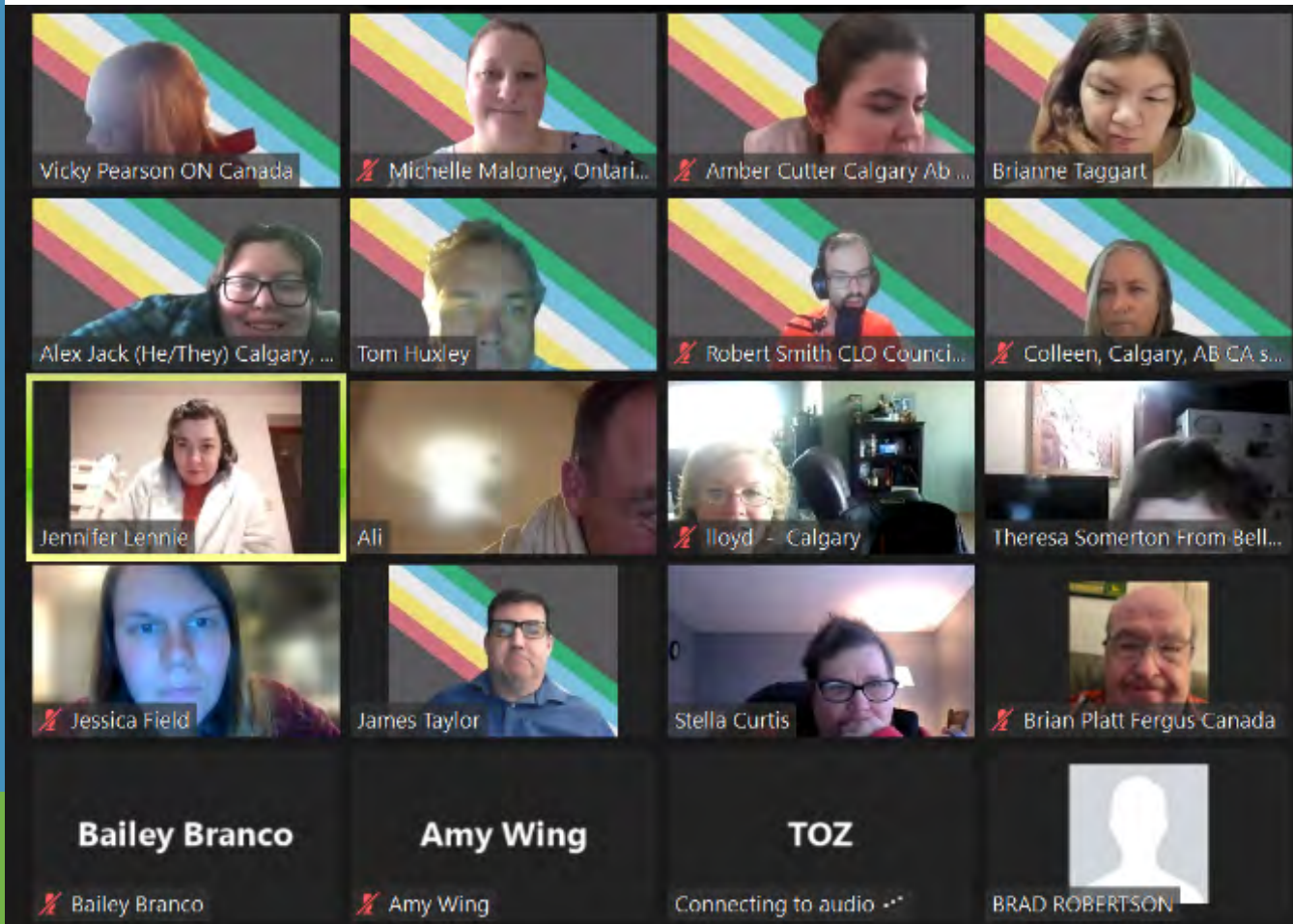
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MY VOICE MATTERS, MY LIFE MATTERS, I MATTER!

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each year.

- The theme for 2022: “Transformative solutions for inclusive development: the role of innovation in fuelling an accessible and equitable world.”



People 4 People members met with members of the *New Vision Advocates* from *Community Living London*, *Disability Action Hall* from Alberta, *Hot Topics* from Australia, and the *Self Advocacy Federation* from Alberta to plan an event to honour the International Day of Persons with Disabilities. The free event took place on zoom and Facebook live.

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To ensure the event was inclusive to all advocates we invited everyone to create a 10-15 second TikTok video showing us what disability pride means to them. We also collaborated with advocates from the [Staying Connected Network](#) to create a song called the Disability Pride Song.

Our guest speakers included groups from around the world. The group called [Advocating Together](#) from Scotland presented advocacy from their part of the world. [Disability Action Hall](#) and the [Self Advocacy Federation](#) from Alberta shared a presentation on Food security. [Respecting Rights](#) from Ontario gave an informative presentation on their connection with Arch Disability Law and discussed their work on self advocacy. [The Council of Community Living Ontario](#) explained how their council runs. [Hot Topics Brisbane \(qdn.org.au\)](#) described what their group members have been working towards and issues related to disabilities in Australia.

The entire event can be viewed on the [Staying Connected Network's Facebook page](#).

HOW DID YOU CELEBRATE THE INTERNATIONAL DAY OF PERSONS WITH DISABILITIES?

Send in your responses! Email us at P4PGuelph@clgw.ca

CELEBRATIONS

PHOTOS FROM THE SPEAKING OUT CONFERENCE, 2022
SONG FOR THE CONFERENCE: SERENA RYDER - TOGETHER WE ARE ONE



Judy Noonan, People 4 People member at CLGW, working at registrations.



Michelle Maloney, Resource Advisor at CLGW, Planning Committee member.



Brian Platt from P4P, Planning Committee member of the conference.



Amy Olivier, dancing at the conference.

CELEBRATIONS

REBORN THERAPY BABIES WORKSHOP



Cheryl Turner & Jacquie McBride from P4P, hosting a workshop on Reborn Therapy Babies.

Aimee Olivier, attending Reborn Therapy Babies workshop.



Jacquie McBride posing with her reborn therapy baby.

CELEBRATIONS

WORKSHOP WITH RESPECTING RIGHTS: LAND ACKNOWLEDGEMENTS



Judy Noonan hosting a workshop with Respecting Rights on Land Acknowledgements.

Tom, Vallana & Brian attending a workshop on Land Acknowledgements.



Judy Noonan with Community Living Ontario Council members.

CELEBRATIONS

BIRTHDAYS!



Here is my therapy doll. Her name is Princess Jen. Everyone should have a therapy doll. Princess Jen makes me feel better and it helps me relax.

SUZANNE THOMAS
NOVEMBER 22ND



TOM HUXLEY
JANUARY 11TH



ALICIA BROWN
JANUARY 26TH

HOLIDAY RECIPE: SOUTHERN FRIED OKRA

RECIPE COURTESY TASTEOFHOME.COM



INGREDIENTS

- 1-1/2 cups sliced fresh or frozen okra, thawed
- 3 tablespoons buttermilk
- 2 tablespoons all-purpose flour
- 2 tablespoons cornmeal
- 1/4 teaspoon salt
- 1/4 teaspoon garlic herb seasoning blend
- 1/8 teaspoon pepper
- Oil for deep-fat frying
- Additional salt and pepper, optional

DIRECTIONS

1. Pat okra dry with paper towels. Place buttermilk in a shallow bowl. In another shallow bowl, combine the flour, cornmeal, salt, seasoning blend and pepper. Dip okra in buttermilk, then roll in cornmeal mixture.
2. In an electric skillet or deep-fat fryer, heat 1 in. of oil to 375°. Fry okra, a few pieces at a time, for 1-1/2 to 2-1/2 minutes on each side or until golden brown. Drain on paper towels. Season with additional salt and pepper if desired.

FRIED OKRA TIPS

How do you make fried okra not slimy?

- Cooking okra quickly and over high heat tends to help prevent the okra from becoming too slimy. When you're preparing the okra, slice it into bigger chunks instead of thin slices. The smaller you slice, the slimier the okra will get.

Do you wash okra before frying?

- Yes, you should wash the okra right before use. Make sure to dry it thoroughly, because additional moisture will cause the okra to become slimy.

LOCAL EVENTS + ADVOCACY RESOURCES

LOCAL EVENTS

[Wellington Advertiser Events](#)

GUELPH

[City of Guelph Upcoming Events](#)

[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 December 7th, 2:30pm - 4:30pm. For more information, email: jessica.field@arch.clcj.ca

STAYING CONNECTED NETWORK MEETING

Thursday December 29, 5:00-7:00p:
Join advocates from across Canada who come together to share resources, experiences, and work together to advocate for change to improve the lives of people with developmental disabilities. Meetings are held on the last Thursday of the month. For more information [join the Facebook page](#).

ONLINE DISABILITY EVENTS

[Eventbrite page](#)

International Day of Persons With Disabilities Celebration - December 1st, 4:00-8:00pm

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. Please email P4PGuelph@clgw.ca for more TikTok information. To register for this event please email vicky.pearson@cill.on.ca

HOLIDAYS OF THE WORLD WORD SEARCH

G	E	M	B	R	A	C	I	N	G	M	O	O	L
T	S	S	T	L	U	C	I	A	S	D	A	Y	K
C	N	N	A	A	E	S	Y	Y	U	T	S	H	L
H	O	A	R	A	E	C	A	C	A	R	A	R	E
R	I	U	Y	L	A	R	A	S	I	N	O	K	A
I	T	A	M	Z	L	A	R	S	U	H	N	W	R
S	I	W	O	M	I	S	O	K	A	R	S	A	N
T	D	A	C	S	Y	U	K	T	I	A	A	N	I
M	A	R	U	O	S	A	S	O	H	U	R	Z	N
A	R	E	L	E	H	U	A	R	E	R	S	A	G
S	T	N	T	A	N	E	K	Y	T	T	R	A	N
D	W	E	U	N	W	R	G	Y	U	E	I	L	C
A	E	S	R	A	W	L	N	Y	S	L	C	T	E
Y	N	S	E	W	T	E	I	N	S	L	E	R	O

AWARENESS
EMBRACING
LEARNING
ROHATSU

CHRISTMASDAY
HANUKKAH
NEWTRADITIONS
STLUCIASDAY

CULTURE
KWANZAA
OMISOKA
YULE

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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