

THE ADVOCATE

RECENT HAPPENINGS

WE WANTED TO HEAR FROM YOU, AND YOU HAVE ANSWERED!



In The December 2022 Advocate Newsletter, we asked YOU to think about the past year and tell us how you turned a negative to a positive.

We received your responses and now we would like to share them!

The first responses came from the people who are supported by Erin Day Site. They returned after Christmas holidays and fought the January blues by learning about the Chinese New Year.

It took place from January 22nd-29th, 2023. In China they call it chunjie (春节), or the Spring Festival, and you [can read more here](#).

This holiday is celebrated at different times every year as the celebration takes place on the Lunar calendar. To learn more about the Chinese lunar calendar [visit this link](#).



>> Continued on page 2



>> Continued from page 1

The Chinese New Year is the biggest festival in China and is celebrated all over the world. The people supported and staff from the Erin Day site learned, according to one legend, that the “festival began when villagers defeated a beast called Nian, which means ‘year.’ Nian was said to be afraid of the colour red, bright lights and loud sounds which were used to chase it away.” [Learn more here.](#)



They learned about the decorations that are displayed, eating reunion dinners with family, and offering sacrifices to ancestors are all part of the tradition. It is also a way to clean out the old and bring in the new. This year is the year of the rabbit. They said they

“learned a lot and had so much fun doing it, and they worked really hard on all the crafts they did.”

Talia fought the February flurries by supporting her community in the “Coldest Night of the Year” walk to fundraise for Hope House in Guelph. Her team was called The Honey Bees.



>> Continued on page 3

MY VOICE MATTERS, MY LIFE MATTERS, I MATTER!

>> Continued from page 2

The teams fundraised for the 2-5km walk which started and ended at The Hope House. The event had 447 walkers, 67 teams and 52 volunteers. Now that is community support! The goal was to raise \$148,000 for Hope House. They surpassed their goal and raised \$173,179.00.

The event runs every year and you can learn more about this charity [at this link](#).



We Want to Hear From You!

Question of the Month:

1. The next newsletter comes out in June, and we would love to share your spring adventures. Are you spending March planting bulbs for your spring garden? Are you joining a gym to get healthy for the summer? Are you connecting with friends or joining workshops? **Tell us your plans for the spring.**

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

We will share your ideas in the *next edition* of the Advocate

A HOME JUST RIGHT FOR ME: AN INTERVIEW WITH TALIA, FEBRUARY 26, 2023

Talia has recently moved into her own apartment. Prior to this she lived in two different settings. We asked staff to share Talia's experience with us. Their questions and Talia's answers are below.



Talia, where did you used to live?

I used to live in a group home in Guelph. Sometimes it was hard to have roommates.

Then I moved to a townhouse with a roommate. I heard neighbours talking and yelling at night. My townhouse was not close to shopping or other activities. That felt not good. My townhouse got sold and we had to move out.

During COVID, I moved back into my parents' home. It was pretty good. But I really wanted to live in my own place.

Talia, where do you live now?

I live by myself in a one-bedroom apartment. I moved there in December 2022. I can walk to the grocery store, Tim Horton's, bus stop, the recreation centre, the library, and my parents' house.

>> [Continued on page 5](#)

>> Continued from page 4

What do you like best about living by yourself in your apartment?

Learning to take care of my own place.

I like cleaning my apartment. Staff helps me. I've learned to mop the floor, vacuum, load and unload the dishwasher and clean the bathroom. I help to cook stuff in the oven. Staff helps me make a healthy meal plan each week. I go grocery shopping by myself or sometimes with staff. I also remember to lock the door. I feel proud of myself.

Having friends over.

Sometimes I invite a friend over for pizza and a movie. That makes me feel happy.

Getting to know my neighbours.

The neighbours in my building make me feel good. I say "hi" to them in the lobby. I went to a holiday party and a Valentine's party with them. We also went on a building fundraising walk together to raise money for the Food Bank. There are lots of dogs in my building. I like to say hi to them, but I don't pet them.

Fitness.

I have a fitness room in my building. I like to use it when other people aren't there. I exercise on the treadmill. I also walk to fitness and aquafit classes at the Rec Centre.

What is hard about living on your own?

Sometimes I text people too much and they get mad at me.

>> Continued on page 6

>> Continued from page 5

Sometimes it's hard for me to wait for staff or friends to come. Sometimes it's hard for me to know what to do with my free time. I like to go out and do things.

What helps you to live successfully on your own?

Staff.

My staff are really nice. They remind me to put my phone away if I text too much. They support me with cleaning and meals. Staff help me make a schedule each week about things I am doing. This makes me feel happy.

Technology.

I use an Amazon Echo Alexa in my apartment. I tell Alexa to set the timer for 30 minutes when I am waiting. I also set reminders on Alexa. She can play jokes for me. I also ask her to play music for me. I sing along to songs like Taylor Swift, Lady Gaga, Katy Perry and One Direction. I also ask Alexa the weather, so I know what to wear. My Alexa has a screen and camera, so I can talk to and see my parents when I want. I also text friends and family and type with them on Facebook Messenger.

Friends and family.

I get along well with my sister and parents. We text and talk and visit. When I visit my parents, I help them out. I unload their dishwasher and take out their garbage. I also text and message friends from my Support Circle.

Having stores and community centres nearby.

I'm happy I can walk to places like the grocery store, library, the

>> Continued on page 7

>> Continued from page 6

recreation centre, coffee shops and the bus stop.

What are your goals for the future?

I would like to work somewhere—maybe in a drugstore. I would like to stock products on shelves. I used to work at the Joint Café, but it closed down.

What is your advice for people wanting to live more independently?

You need to learn to do some chores like washing your own dishes and cooking. You need to check the expiry date on food and buy healthy foods.

You can ask your support staff or family and friends to help you find a place and to help you move out.



SPRING CELEBRATIONS

Suzanne Thomas on her Caribbean Cruise trip in February 2023



TRACY MARGETTS
BDAY: JUNE 28TH



VIETNAMESE VEGETARIAN SPRING ROLLS WITH MUSHROOMS & VEGETABLES

RECIPE FROM ARCHANA'S KITCHEN



INGREDIENTS

- 6 rice paper sheets
- 1 carrot, thinly sliced lengthwise
- 1 cucumber, thinly sliced lengthwise
- 1/2 cup cabbage, thinly shredded
- 1 portobello mushroom, thinly sliced lengthwise
- 1 green bell pepper, thinly sliced lengthwise
- 1 shallot, thinly sliced lengthwise
- 12 basil leaves
- 12 mint Leaves
- Small bunch of coriander leaves, finely chopped
- Salt and pepper, to taste

DIRECTIONS

1. Prepare the rice paper sheets according to the package instructions and set aside.
2. Heat a teaspoon of oil in a heavy bottomed stir fry pan. Add the sliced portobello mushrooms, bell peppers and shallots with salt and pepper and sauté until half cooked, set aside.
3. Place one cooked rice wrap sheet flat on the working surface. Layer 2 leaves of basil, mint and cilantro. Layer up with carrots, cabbage, cucumber and sautéed vegetables.
4. Fold from the sides first, and then roll from your side to the other end. Press the ends to make the wrap stick together.
5. Arrange the wraps on a serving platter, cover with a greased cling wrap and refrigerate until you are ready to serve them.
6. Serve your Vietnamese Vegetarian Spring Rolls along with Hoisin Sauce as an appetizer for a weeknight dinner.

LOCAL EVENTS + ADVOCACY RESOURCES

LOCAL EVENTS

Wellington Advertiser Events:

wellingtonadvertiser.com/events/

GUELPH

City of Guelph Upcoming Events: guelph.ca/events

Visit Guelph Wellington: visitguelphwellington.ca/listings/activities

Guelph - AllEvents: allevents.in/guelph

Guelph - Eventbrite: eventbrite.ca/d/canada--guelph/events/

ERIN/HILLSBURGH

Upcoming Events: erin.ca/living-here/events

FERGUS

Fergus Events: downtownfergus.com/events

MINTO

Town of Minto Events: town.minto.on.ca/events

Harriston-Minto Fall Fair: harristonmintofair.ca/

MOUNT FOREST

Mount Forest Chamber of Commerce:

mountforest.ca/

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.

Thursday March 2nd, 2:30pm - 4:30pm. For more information, email: jessica.field@arch.clcj.ca

STAYING CONNECTED NETWORK MEETING

Thursday March 16, 2023, 5:00pm-7:00pm

Thursday April 20, 2023, 5:00pm-7:00pm

Thursday May 18, 2023, 5:00pm-7:00pm

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 third Thursday of the month. [For more information join the Facebook page.](#)

ONLINE DISABILITY EVENTS

eventbrite.com/d/online/disability



The National Center
on Advancing Person-
Centered Practices and
Systems

ncapps.acl.gov/webinars.html

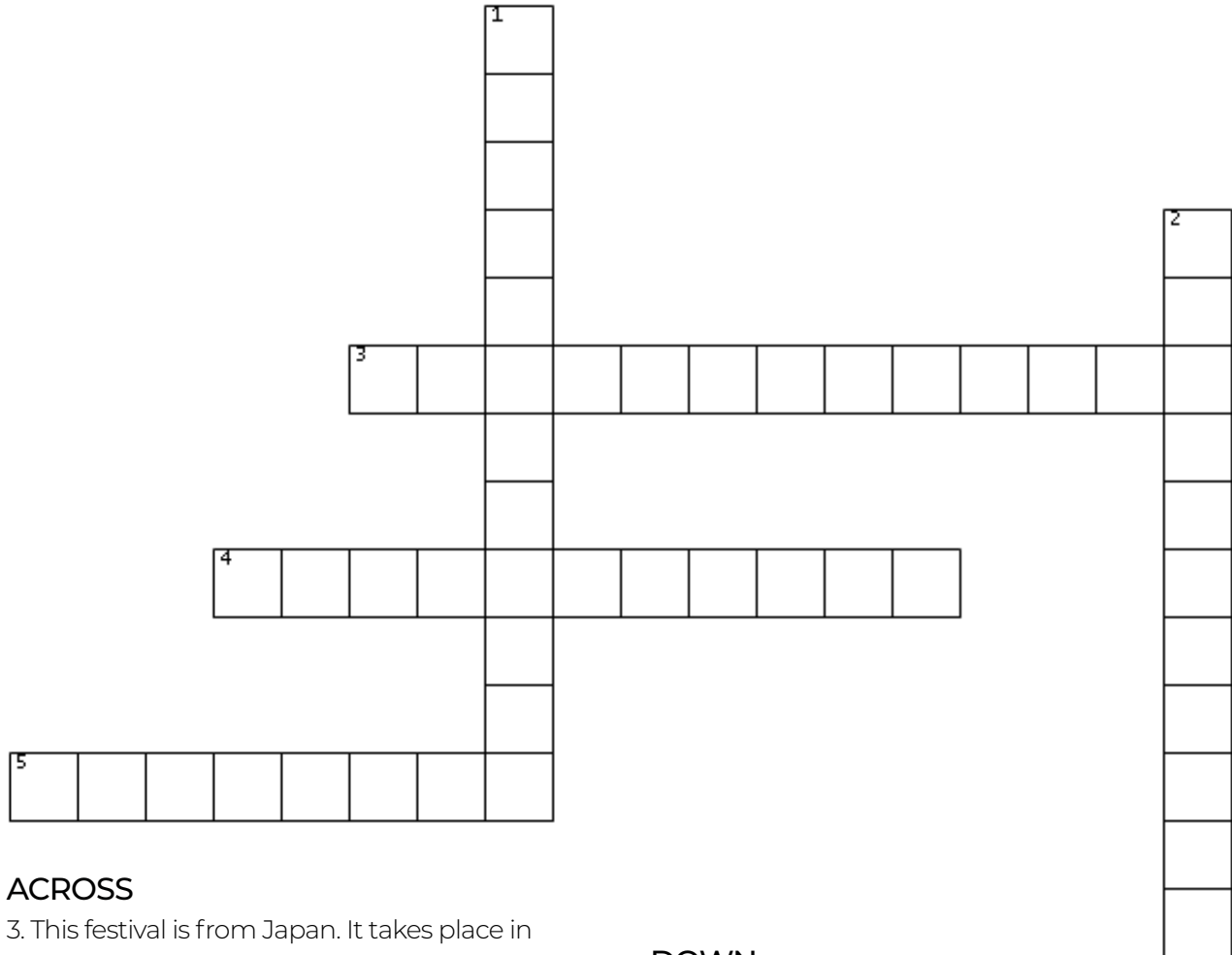
2023 Speaking Out
Conference

October 20, 21, 22, 2023

speakingoutconference.com

CROSSWORD:

SPRING FESTIVALS AROUND THE WORLD



ACROSS

- 3. This festival is from Japan. It takes place in spring and is one of the most beautiful spring festivals around the world.
- 4. In Bosnia, they celebrate the onset of spring with food. During this 'Festival of Scrambled Eggs,' people gather in the city park on the banks of Bosna River to have free eggs.
- 5. This festival takes place in Thailand and is a mass water fight where people splash chilling water on the passers-by from April 13-15th.

DOWN

- 1. People in Switzerland celebrate this festival by burning a giant snowman called Boogg to represent the end of winter.
- 2. This Guatemalan festival is basically 'Easter Week' that is celebrated each spring with costumes and parade floats.

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.

NEWSLETTER CREATED IN PARTNERSHIP WITH:

