

# THE ADVOCATE

## A NEW CHAPTER BEGINS FOR CLGW



Have you been wondering what's up with the WITHology Project? The CLGW WITHology Team landed on a project they believe encourages connection and communication.

**ACCESSIBLE LITTLE LIBRARIES** (or "ALL" for short) is a lending library for ANYONE and EVERYONE.

Like the free little libraries you have in your neighbourhoods, this one will be stocked with books and magazines for people to take for free. What makes "ALL" even better is the fact that it will be built with accessibility features in mind. WHY? Because access is a right! There will be an area to sit and talk that will be easier for people with mobility needs.

The Accessible Little Library will give family, friends, and neighbours a chance to get creative with ideas like planter boxes, painting, selecting books, writing notes, jokes, or stories. Our goal is to make "ALL" a meeting hub for people to gather and connect.

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The Accessible Little Library team consists of four main members : Megan Gamblin - Caretaker, Suzanne Thomas, Judy Noonan, Alicia Brown - Media Steward, and Michelle Maloney.

Some of the roles for this team include caretaker, media steward, meeting planner, scheduler.

**Q: WHERE will the first ALL be built?**

**A: Location to be announced!**

Extra hands will always be welcome as “readers never have any extra time because they’re always fully booked.”

If you would like to become a part of this project, please email Alicia Brown at: [aliciabrown3522@gmail.com](mailto:aliciabrown3522@gmail.com)

Here's another pun to keep you guessing (and groaning) ...

**Why was the Library so tall?  
Because it had a lot of stories.**

Stay tuned for more ALL updates!



## CHECK IT OUT: A NEW LOOK FOR THE ADVOCATE

People 4 People self-advocates believe it's important we all have a chance to learn about issues affecting our lives. For example, past issues focused on the recent provincial election, as well as the International Day of People with Disabilities.

We continue to meet weekly and are involved with a variety of advocacy groups, including learning webinars, meetings with self-advocates around the world, personal advocacy, and planning committees.

Knowing how important it is to share information in meaningful ways, we have developed a **new updated layout** for the newsletter.

Check it out and let us know what you think!

- The cover story is usually RECENT HAPPENINGS and will continue to include hot topics that affect all of us.
- Article 2 is about RIGHTS AND RESPONSIBILITIES and includes a story or article centered around rights and responsibilities to fellow advocates, family members, and the community.

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- The UPCOMING EVENTS section has been changed from a calendar to clickable links to local resources and upcoming advocacy events.
- The RECIPE page now includes a clickable link at the bottom of the page for people who want to share their recipes.
- We have added a section called QUESTION OF THE MONTH! Readers are invited to click a link and send their responses to articles in the advocate. This is your chance to ask questions advocates can answer in the next issue.
- The PUZZLE page will remain themed but maybe fellow readers would like to choose the next theme using a clickable link?
- The CELEBRATIONS pages will now include photos and stories of celebrations, memories, goals, and self-advocacy.

Your thoughts and opinions matter to us! Happy reading!



# HOW DO WE MAKE CHANGE WORK FOR US, NOT HAPPEN TO US

The privilege of being a Direct Support Professional (or DSP for short) is knowing our learning never stops. My work with self-advocates and members of P4P is no exception – lately our discussions have been all about change. And boy oh boy, has there ever been a lot of it at CLGW over the last few years ... DSP changes, program changes, day to day events, and on it goes ...

In a recent self-advocate meeting people talked about the effect of DSP changeovers, and the fact that sometimes it all feels like it's just too much.

As we talked together; we came to realize something very important. We cannot control change, BUT we can control how we deal with change.

In other words ... **We can make change work for us, not happen to us.**

The Convention on the Rights of Persons with Disabilities | OHCHR recognizes and accepts the following :

**(n) the importance for persons with disabilities of their individual autonomy and independence, including the freedom to make their own choices ...**

**(o) persons with disabilities should have the opportunity to be actively involved in decision-making processes about policies and programmes, including those directly concerning them ...**

With these points in mind and to help understand the effect of change, I asked some members of P4P the following question: *"How can the agency support you with DSP changes?"*

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Not surprisingly, everyone's needs were unique for their support around change:

- "I would like my old staff to let me know ahead of time if possible. I can communicate my needs but would like communication also."
- "If they are new staff to me, and they don't know what to do, they can ask questions."
- "We need to give SIL and Passport staff more time to communicate about the person supported so universal support can be offered."
- "If I am switched, I would like new staff to follow up with plans that were created by old staff."
- "I liked meeting with both the new and old staff together to explain my goals and needs."
- "I need a slow transition between staff."

## We Want to Hear From You!

### Question of the Month:

Give us ***your*** ideas of how you cope with change.

We will share your ideas in the September edition of the Advocate!

Send in your responses! Email us at [P4PGuelph@clgw.ca](mailto:P4PGuelph@clgw.ca)



# CELEBRATIONS

## UPCOMING BIRTHDAYS



DIANNE HILL  
JULY 14TH



GARY THOMPSON  
JULY 22ND



ANGIE LOCKMAN  
AUGUST 16TH

# RECIPE: HOW TO MAKE TACOS

FROM [WWW.SPENDWITHPENNIES.COM](http://WWW.SPENDWITHPENNIES.COM)

Before you begin, check out this video by Marcel for an example of how to cook tacos USING ONE ARM!

Ground beef tacos are super simple, especially if you make your taco seasoning in advance. Tacos are literally as easy as 1, 2, 3!



## DIRECTIONS

1. Brown Beef: Brown the ground beef over medium-high heat (I sometimes add diced onion and garlic too). I like to use lean (but not extra lean) beef (85/15) to get a bit of flavor from the fat. Drain any fat before adding seasonings.
  2. Add Seasoning: Add the tomato paste, water and taco seasonings, and simmer until thickened. The water rehydrates the spices and allows the sauce to coat every morsel of the meat.
  3. Heat Taco Shells: Hard shells should go in the oven (to make them crisp and warm) and soft shells can be cooked either in the oven or microwave.
- You can also serve this over a bed of lettuce to make a great Taco Salad!
  - Reheat: Reheat the meat in a frying pan (add a splash of water so it doesn't dry out) or in the microwave. Frozen taco meat makes a great (and super easy) Taco Soup as well!

Send in your recipes! Email us at [P4PGuelph@clgw.ca](mailto:P4PGuelph@clgw.ca)



# LOCAL EVENTS + ADVOCACY RESOURCES

## LOCAL EVENTS

### GUELPH

[City of Guelph Upcoming Events](#)

[Guelph - AllEvents](#)

[Guelph - Hillside Festival](#)

### ERIN

[Town of Upcoming Events](#)

### FERGUS

[Fergus Scottish Festival](#)

### MOUNT FOREST

[Mount Forest Chamber of Commerce](#)

### MINTO

[Town of Minto Events](#)

## ADVOCACY EVENTS

### ARCH DISABILITY LAW CENTRE

Learn more about your rights and watch the Time for change video. [Send in your thoughts!](#)

### INCLUSION CANADA

[inclusioncanada.ca/](http://inclusioncanada.ca/)

### SPEAKING OUT 2022

[Registration deadline is Friday September 2nd, 2022](#)

### STAYING CONNECTED NETWORK

Join self-advocates from all over Canada in monthly online meetings— [Summer meetings on June 30th 5-7 & July 28th 5-7](#)

## Accessible Information for Intellectual and Developmental Disabilities

You have a right to accessible information.

What should that look like? Fill out a survey to help tell the federal government how they can do better and communicate more accessibly.

1. Online
2. With support over the phone or a video call

3. On paper (you will be mailed a printed copy of the survey)

Please contact [AIIDD.Study@camh.ca](mailto:AIIDD.Study@camh.ca) or by phone [437-328-6761](tel:437-328-6761).

[In English](#)

[In French](#)

[In Inuktitut](#)

This project is a partnership between Inclusion Canada, the Centre for Addiction and Mental Health (CAMH), People First of Canada, the British Columbia Aboriginal Network

# SPRING WORD SEARCH

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

CONCERTS  
SWIMMING  
CAMPING  
SMORES  
WALKS  
FIREWORKS  
RELAX

TRAILER  
COTTAGE  
BEACH  
SUN  
GOLF  
WONDERLAND  
WATERPARK

BUBBLES  
FRIENDS  
READING  
LAWNCHAIR  
LAWNBOWLING  
HORSESHOES  
VACATION

TENTING  
STARS  
CAMPFIRES  
FISHING  
BOATING  
BADMINTON  
BIKING

MY VOICE MATTERS, MY LIFE MATTERS, I MATTER!

## 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:

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Guelph Chapter:

[p4pguelph@clgw.ca](mailto: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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