



Elmira District Community Living the 'Patchwork' newsletter

WINTER 2012

"Uncomfortably Numb"

Ontario Developmental Services Labour Relations

Upcoming Dates:

- General Membership Thurs. April 5th, 2012
- AGM Thurs. June 14th, 2012
- Maple Syrup Festival Sat. March 31st, 2012
- Elmira Charity Quilt Auction Fri. Oct 26th & Sat. Oct. 27th, 2012

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How Did We Get Here?

As many of you know, we have been in negotiations with the union representing our workers (OPSEU), since the last contract expired on March 31, 2010. Our last day of bargaining was June 2010, and we are now scheduled to return to the bargaining table on February 1, 2012, with the help of a conciliator appointed by the Ministry of Labour. Given that we are once again moving forward with negotiations, I thought it important to provide you with an update regarding our own negotiations, as well as some background related to the bargaining and funding situation in our sector.

Our most recent collective agreement expired on March 31, 2010. At that time, there was great uncertainty as to what funding would come forward from the MCSS in the future. Subsequently, the government passed wage restraint legislation that froze compensation to non-union employees until March 31, 2012. Since the legislation did not apply to unionized employees, the government, as part of its budget, stated that it had a policy of expecting government funded agencies to also negotiate a zero/zero increase with the unions. The labour unions, chose to exercise their rights and



bargain, as have the arbitrators who have issued decisions in interest arbitrations, basically awarding settlements in the range of 1% to 2.75% per year.

(Continued on Page and 3 and 5)

Welcome to Robert Meyer of First Street



Robert Meyer

We would like to welcome Robert Meyer into the 81 First street home. Robert came to EDCL in August 2011. Prior to moving in, he lived with his mom for 42 years, so moving in was a very big step for Robert but one he seemed to make with

very little trouble. He works as part of the team at ARC Industries on contracts. He really enjoys collecting mugs and an assortment of cds. He has enjoyed making friends with his new housemates and the people in the day supports program. He

also has a passion for sports of all kinds, but especially hockey and soccer. We look forward to sharing many good times with him in the future.

Submitted By:
Matt Schedler

Anthony Gubek—Steps Forward

For those of you who knew Anthony Gubek when he was the full-time Primary Case Manager at Centre St. and were aware of his horrific, life altering accident, you may be happy to find that there is a somewhat positive update.

It will be two years ago this upcoming March when Anthony suffered a debilitating fall, resulting in quadriplegia. Until now he has been in Grand River, Freeport and McMaster Hospitals and two long term care facilities while he received physio and rehabilitation therapy and waited for a place to go. He has been unable to return home simply because the home he shares in Kitchener with his wife Mary and their three sons is not

ANTHONY HAS
REGAINED SOME
LIMITED USE OF
ONE HAND

WE WISH HIM
CONTINUED
SUCCESS!

able to accommodate his wheelchair. Mary, who works overnights in a group home in Kitchener, is juggling work, the household and life with 3 sons, one who has special needs, plus visits with Anthony in the evenings.

Mary and I became friends as I went back and forth with her as we navigated the multitude of insurance forms and necessary documentation. What a wonderful woman. Strong of faith, hard working, optimistic and determined to have her husband back home with the family. When it became clear that she would need to fix up her home and put it on the market in order to find a new home which would be wheelchair accessible, a few of us got together and volunteered some time and elbow grease. We went to the Gubek house and stripped wallpaper, patched holes, painted, removed and re-painted cupboard doors and found a used dishwasher and

microwave on KiJiJi which were moved in and installed. Once some insurance money began to flow, Mary began the search for a new home and in October she was able to locate and purchase a new home which will enable her to finally bring Anthony home. They moved in at the end of December.

Mary is sincerely grateful for the help of the group which included, Lisa Reitzel and her husband Mike, Christine Kitching and her fiancée Glen, and myself. We wish them all the best in their new home as they bring the family back together again. One further update - with ongoing physio, Anthony has regained some limited use of one hand so that he can hold a book to read, a pen to write, and maneuver his electric wheelchair. Best wishes for continued successes!

Submitted By: Laurie Thomson

Cindy goes on a hot air balloon ride!

In September Cindy Culp was given the opportunity to live a dream by going on a Hot Air Balloon Ride!! One of Cindy's favorite things are Hot Air Balloons, and she told her sister, " One day I want to do that." Her sister Cathy made that dream come true.



Submitted By:
Kim Detweiler

**Up, Up, and
Away!**



Heather Cadeau and Cindy Culp

Collective Bargaining Update (Continued on Page 5)

In an effort to convince the unions to agree to the wage freeze, in 2011, discussions were created at central discussion tables in Toronto. This included representatives from employers, ministries, and unions. Part of what was discussed included the concept of Central Bargaining in the DS Sector, and others, such as Children's Aid Societies. Unfortunately, these talks were unsuccessful, resulting in the unions, including OPSEU, to resume negotiations with each individual agency, including us.

Even prior to the present, ongoing round of bargaining, the unions, especially CUPE and OPSEU had undertaken a concerted effort to line up the expiry dates of most agencies across Ontario, thus providing more leverage in a strike. They have also been more coordinated across the province by bringing "Central Issues" to each bargaining table, and demanding a more patterned approach, including the monetary settlement.

To add to the complexion of the current negotiations, there is also

the history of the strikes that occurred in 2007 at seven agencies, mostly in and around London. These strikes were eventually settled with the Ministry agreeing to fund increases of \$ 2.40 per hour per developmental support workers across the province over a three year period union or non-union everyone benefited.

The Present Situation

Since the resumption of bargaining this September, OPSEU has reached an agreement with two agencies in Thunder Bay, as well as numerous other agencies. The Thunder Bay settlements are four year agreements, from April 1/2010 to March 31/2014. The first two years provides average payments of \$800 per full time employee (pro-rated for part time), and then 2.5% increases in each of the last two years. OPSEU is now demanding that this "pattern agreement" be followed at subsequent negotiations throughout Ontario, and will likely be their position when we resume negotiations. **These demands, and the**

recent settlements, are despite the fact that agencies have no assurance that the Ministry will fund these increases. Quite clearly, agencies are being put between a rock and a hard place. While we all value the work that our employees provide and want to pay them well and attract the best, the union's position puts us in a very precarious situation. We are being asked to commit to money we simply do not have, and do not know if we will have it in the future. **The advice of the government to agencies regarding their bargaining is "take reasonable risk"**. Although it is true that in the past agencies had no assurances of future funding for negotiated agreements, such calculated risks were taken in a climate of economic stability. With the Drummond Report looming and the government's fiscal house in disarray, the uncertainty now is far greater. In the past, annual operating budget increases were relied upon to enter into those agreements.

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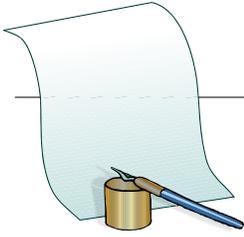
Compliance Review

On December 5th and 6th we had a Compliance Review from the Ministry of Community and Social Services. For 2 days the Ministry Rep went through Policy and Procedure Manuals, HR practices and personnel files, followed by visits to Eagle Dr., 215 First St. and Centre St. residences. After thoroughly going through documents and talking to staff and residents,

we only received two very minor recommendations. She was very impressed with the Managers of these locations, the staff and the homes themselves. On January 4, 2012, Michelle Ingram-Smith went through her compliance review for the ODSP Employment Supports and also sailed through with flying colours. A follow up report was sent to our Program Supervisor,

Alayne Langerak, which included a comment that stated that out of the 100 organizations that she has reviewed, EDCL was the best!

*Congratulations to everyone for all of your continued hard work and dedication to those we support.
W e l l d o n e !*
Submitted By: Laurie Thomson



Reading, Writing, and Arithmetic . . . Modified

Communication (reading, writing, and speaking) and numeracy (math) are the common essentials most people require to 'get through' life...needed for most jobs, to maintain social interaction, facilitate independence, to learning new abilities. When people are not equipped with these skills, the world around them can become even harder to understand, and can affect a person's confidence and self-esteem.

Various programs are available through places like The Literacy Group, and St. Louis Adult Learning Centre, which are designed to increase a person's reading, writing and arithmetic skills...however, there is one program aimed specifically towards adults who have a developmental disability. Called *ESU-Modified*, it is an extension of the Essential Skills Updating program offered by the Waterloo Region District School Board. Its purpose is to work with *self-directed individuals capable of working independ-*

ently, who want to gain the knowledge necessary to benefit them in every aspect of life.

This program is free, and is currently held late afternoons on Mondays and Wednesdays, and on Friday mornings, at 151 Weber St. S., Waterloo. For further information view their website at www.wrdsb.ca/esu/esu-modified, or call 519-885-4356, ext. 224.

Submitted By: Tami Schaafsma

Let's do our part, dispose of your E-Waste at ARC

On August 17, 2011 ARC Industries and Eco-Tech Recycling partnered up to have a very successful Community Event: BBQ and collecting E-waste.

A total of 60 vehicles came out some from as near as a block away and as far as Fergus to enjoy hot dogs/hamburgers and to drop off their E-waste for recycling.

Since the Community Event in August, ARC has continued to collect E-waste and is averaging a Television per day.

Collecting of E-waste has helped generate revenue for



Special Thanks to all of the volunteers of the August 17th Community Event !

ARC Industries and its employees.

You can drop off E-waste at ARC: 146 Church West, Elmira between 8:30am to 4:30pm.

Monday to Friday. Other arrangement can be made by calling Donna Fulcher or Jody Brown @ 519-669-1567

Submitted By: Jody Brown

Collective Bargaining Update (Continued from Page 3)

Five years ago the government announced annual operating increases of 2% for each of the next 4 years. **However, the fourth year's increase was later cancelled due to the economic downturn.** This left some agencies scrambling to pay the increase they agreed to, without the funding offset. As it stands today, agencies have been without operating increases now for 2 years. Costs of operating continue to rise. **Every year we have to find a 1% increase to meet Pay Equity requirements, which has not been funded for the past year. Other costs continue to rise for which we receive no funding increase.**

Where Do We Go From Here?

Our budgets are balanced to date and we anticipate finishing the year without a deficit if no unforeseen operating demands are placed on it. The financial cost of the "pattern agreement", if used as a template applied to our operating budget, would add an additional financial burden of approximately \$ 439,000 between now and March 31 of 2014. The additional cost of pay equity between now and the end of the agreement would be an additional \$ 95,000

collectively amounting to an increase to our operating budget of around \$ 532,000 between now and March 31 of 2014. At this point we have no information to indicate we will receive funding for this.

The Board of Directors takes its fiduciary responsibilities very seriously, including an obligation to provide the best care, and to ensure a balanced budget. This funding crisis is seen in Europe, and now in our own governments, something the Drummond Report is grappling to address in Ontario. Without increases in revenue, how can we continue to increase costs? It is difficult to see "the reasonable risk" in the decision the Board of Directors has to make. A labour dispute serves no one and harms the people we support. Lay-offs and support reductions are a poor solution and will only serve to take services from the people we support, in an effort to try and provide higher wages to fewer employees.

The decisions ahead of us, as we enter into bargaining our second collective agreement are complex. There are no simple solutions. The possibility of reaching an agreement with the union under these circumstances will be difficult, but we will do all in our power to make an agreement that is responsible

and ensures the long term viability of the organization and the quality of care our supported persons deserve. We will keep you informed as to the status of our negotiations and the impacts it may have on you and or your family member.

In the meantime if you would like to express your feelings to your elected officials, we have included a letter and a stamped envelope that you can send to your local MPP and the Minister of Community and Social Services. The enclosed letter is a template, please use or modify it as you see fit.

If you, as a recipient of support, or as a family member of someone supported by our Association, have any questions, please feel free to contact either Donna Haid, President of the EDCL Board of Directors or Greg Bechard, EDCL, Executive Director for further clarification.

Contact Information:

Donna Haid
Contact Diane at the Admin. office and we will have Donna contact you directly to discuss your concerns.
Tel: (519) 669-3205 Ext. 221

Submitted By:

Gregory R. Bechard
Executive Director, EDCL
Tel: (519) 669-3205 Ext. 227
Email: gbechard@elmiraacl.com

Looking for Male Volunteers

If you are interested in participating in friendship activities once a week for a couple of hours with a male individual receiving supports from EDCL,

please contact Laurie Thomson at Tel.(519)-669-3205 Ext. 229. lthomson@elmiraacl.com
We would be looking for a minimum of a *one year commitment*.



Janet Woestenenk riding at Pride Stables

This fall Janet Woestenenk, from Reidwoods, started horseback riding at Pride Stables. During her trial session she was lying down on the horse and lasted for twenty minutes before she requested to get off. Over the eight week sessions Janet began to sit up straight on her horse and enjoyed her time at the stables. By the end of the eight weeks Janet was smiling

on the horse and sitting up straight. She would reach for objects while on the horse when asked to and lasted a full hour on the horse with no problems. We are all very proud of Janet for persevering with this and going outside her comfort zone.

Way to go Janet!!

Submitted By:
Alanna Macdonald



Janet Woestenenk during her riding lesson

The Auction Results are in.....



Come and join us at our next Auction October 26 & October 27, 2012

Once again we had another extremely prosperous auction with a net profit of approximately \$ 72,000. Hundreds of supporters came to bid on various items that were donated by our generous community. The funds that are generated during our auction allows us to purchase supports

and services that are not covered by government funding such as the maintenance of our properties and buildings as well as vans that transport the people we support to work and outings within our community.

We must thank the business Riverdale Country Poultry processing for allowing us to take over their place of business for a number of days for the past few years.

I would like to thank the auction sale committee members for all

of the long hours of canvassing, organizing, and preparing for our auction day.

We cannot thank you enough for your support and dedication to our largest fundraiser

In addition to our committee members we have close to 100 volunteers that make sure the day runs smoothly. Thank you for your continued support.

Submitted by: Diane Bauman-Maclachlan



Our Auctioneer Bill Hancock selling the first quilt in our 2011 auction



Paul Quenville is all smiles at the food area



Alma, Margaret, & Elizabeth Moser at the raffle quilt ticket table

A thank you from the HERTEIS family

It has been a year since we lost an angel by the name of SHEILA HERTEIS.

Arlene, Gerry, and family would like to thank the EDCL family for all of the kindness and support they received during the past year. The friends involved in the creation of the quilt patches and

the presentation of Sheila's quilt is a beautiful tribute and an overwhelming expression of love for a friend to many. The quilt is also a lasting memory of the countless people she touched with her warm smile and generous spirit most generously paid for by Julie Jamieson.



The idea of the Tribute to Sheila Quilt was the vision of the Dietrich Family: Julie Jamieson, Anita Stalzer, Arlene Herteis & Liz Dietrich

Safety Smart Seminar at ARC

A Safety Smart Seminar was held at ARC on September 28th for all participants in our day supports. We learned that safety is important and it's everyone's responsibility. Basic first aid, street safety, fire safety and the proper way to wash your hands were presented by our guest speakers. We thank primary care paramedic Becky from Emergency Medical Services, Constable Josh from the Waterloo Regional Police, Fire Prevention Officer Dennis from the Woolwich Fire Dept. and Public

Health Inspector Ann-Marie from Health Protection, Region of Waterloo. Their presentations were very interesting and informative and a great way for everyone to



Ann Mayer, Joyce Weber, Constable Josh, Donnie Vandenhoogen, and Lee Wright took part in the Safety Smart Seminar

learn to feel comfortable with their community service providers. The ARC Employee Health & Safety Committee helped organize the event and presented the speakers with tokens of appreciation. For many of our participants this was their first seminar experience.

They all received name tags and a bag to collect handouts and information. Thanks to McDonalds, No Frills and Walmart for donating towards the event. We ended the morning with a BBQ. The question asked, "When is the next seminar?"! Submitted by: Jeanette Kraal

One Year Celebration at Snow Goose

The family room reverberated with chatter and laughter. Welcoming hugs were shared by all. One year ago three tenants and two students came together to begin the next phase for their future; living independently. They quickly became close friends, deep bonds have developed; they have become family. They share spontaneously, including each other in their lives. Gabby, Janine, Joel, Mark and Stacey are family, accepting and celebrating one another for who they are, learning from one another. Parents; Debra, Jean, Donna, Ray-

mond, Marg, Ron, Kathy, Bob and Sandra have observed with awesome gratefulness and joy how effortlessly these bonds formed, how caring and close we are, how comforting it is experiencing inclusion. We thoroughly enjoy our times together. During this past year there have been many get-togethers appreciating family and friendship and the pleasures of life. The October celebration was an event to recognize one year at Snow Goose. What is a party without cake? We shared the tradition of singing and candles. Our gatherings

have become ever-widening including family, friends, friends of family, brothers, sisters, nieces, nephews, grandmas and grandpas. The family evenings are not complete without playing games or watching videos together. If one dares to chat with one another during these movies beware – you will be quickly shushed!! We take pleasure in our celebrations of inclusion, caring and quite simply belonging.

Observations from:

Kathy Allison, Marg Martin, and
Donna Haid



Mark, Stacey, Joel, Gabby, & Janine



Gabby, Janine, Mark, Joel, and Stacey celebrating one year together at Snow Goose

Annual General Meeting

The Annual General Meeting and potluck supper held June 16th, 2011 enjoyed a successful full house. Thank you everyone for sharing laughter and friendship throughout the evening.

The greeters were: Ann Mayer and Trevor Wilson. Thank you Ann and Trevor, we enjoyed the warm welcomes. The evening agenda included annual

reports and announcements of the board members who have finished their term; as well as naming incoming Board of Directors.

A thank you is extended to David Bouda representing the law firm; McCarter Grespan Beynon Weir LLP For his clarification and discussion pertain-

ing to the revision of the Elmira District Community Living by-laws. With the membership approval received, the Elmira District Community Living Letters Patent will be forwarded to the government for approval.

Please join us on June 14th, 2012 for the next AGM.

Membership Meeting from October 13, 2011

Heather Graham and Ann Mayer greeted forty-five members and guests. We enjoyed your warm welcomes and invitation to peruse the Raising Mill Gate ladies scrapbooks prior to the call to order for the meeting. Thank you ladies. The meeting feature presentation from the ladies who have made Raising Mill Gate their home was delightfully shared. We received a peak into their lives, daily activities and learned what a warm-

hearted family everyone has become; caring for one another unreservedly. The ladies enthusiastically presented bristol boards sharing likes and hobbies with the membership. Christine, on behalf of all the Raising Mill Gate family, ladies and staff, presented a glimpse into a week at Raising Mill Gate and experiences on vacations. They were very much enjoyed and this naturally overflowed into refreshments and fellowship.

Thank you to Donna Fulcher, Rodger Hanna, and Sarah Cadeau' and all staff who shared their evening with attendance at the membership meeting.



Greeters- Ann Mayer and Heather Graham

The Ladies of RMG

RMG is a home for 6 ladies: *Lori Diebolt, Bevis Knoll, Barb Kunza, Elizabeth Turpel, Heather Graham & Ann Mayer.*

As in any family, the unit of RMG has good and bad days. If there are any arguments, they are soon over with "I Love You", hugs and carrying on like true sisters. *At Raising Mill Gate, there are two Primary Case Managers; Karen Brubacher and Christine Black.*

The ladies have many activities they can participate in on an on-going basis – Friendship Club, Bowling, Church, Baseball, visiting or going for walks with friends, library trips and of course "Stinky Movie Night". Weekends are for extra activities. This could include going out to a movie, Mapleton Ice Cream Farm, bike rides, Brantford Zoo...the list is open to all possibilities.

Music is a passion for most of the ladies. You could hear anything from ABBA to Elvis to Country Gospel. It is amazing how the ladies know the words to most of the songs. Some staff also bring in their own guitars and have a singing night with the ladies.

Submitted by: Christine Black



The RMG Family:

Back Row: Melissa Gutz, Elizabeth Turpel, Barb Kunza, Lori Diebolt, Heather Graham, & Christine Black.
Front Row: Ann Mayer and Bevis Knoll

In loving Memory of Raymond Dietrich

Ray was a wonderful, loving friend. He always made us smile with his charming personality and unconditional love for others. He took his time to enjoy all things in life; his food, his coffee and his love for dancing. Country music would make his toes tap and he loved the occasional dance. Going out for a drive to Tim Horton's and playing "Allan Jackson" during the adventure made Ray glow. His smile and laughter were infectious. We also loved the sweet winks which you would receive when he was pleased with his friends, communicating his approval. Ray's family was an important part of his life. They supported

him during his journey with total love, value and adoration. They inspired to create joy and strength; a circle of family love and devotion. Ray had a way of teaching us to find joy in the midst of busyness; peace in our hearts and the ability to truly love and care for each other. The simple things were important. A smile, a hug, a coffee, a wink, a song, a dance. These were rich times. Perhaps Ray was always teaching us. Dedicated in his pursuit for righteousness and grace; comfort and joy. Although he has left us, his gentle spirit is all around us, guarding and protecting with faith,

hope and love. Ray taught us about life, faith and finishing well. He is our guardian angel.



Raymond Dietrich on route to Tim Horton's

"Believer's, look-up- take courage. The angels are nearer than you think." Billy Graham.

Submitted by Cheryl Martin

Cool Runnings, starring Mark Allison

**THE BOBSLEIGH EXPERIENCE:
ADRENALINE CERTIFICATE
OF ACHIEVEMENT**






This is to certify that on **January 21, 2012**
Keith, Leanne, and Mark
Successfully descended down the 1500-metre Olympic Track at
CANALIA OLYMPIC PARK in an authentic four-man bobsleigh, clocking in at an
amazing speed of **120.78** km/hr and crossing the finish line in **59.92** seconds.

winsportcanada.ca

Mark Allison has added bobsledding as a new found skill. Please visit http://www.youtube.com/watch?v=NIC-QRq_IY for all of the details of his ride on you tube.

Awesome Job Mark!

ATTENTION VOLUNTEERS!

Volunteers are required to help at the pancake tent at the Maple Syrup Festival to be held on Saturday March 31, 2012. Our agency receives 40% of the proceeds and we need your support! Please call Diane at Admin. to sign-up.

Sharron Agnew and her friend Rio!

I would like to introduce Rio, he came to ALC as a birthday gift for Sharron Agnew. *What else do you buy for someone turning 75 who has every thing?* Sharron was very happy with her new pet and has taken on the role of being a very responsible pet owner. She cleans his cage every night, washes his dishes and refills his food and water, Rio is usually sitting in his favorite spot while she is doing this, on her shoulder. Wherever Sharron goes, Rio goes, he is very rarely in his cage,

he prefers to be amongst the action and hates to miss coffee break!!



Sharron Agnew with Rio on her shoulder

Rio is a very spoiled bird, he has more toys than any other bird I know. He has many admirers who love when he sits on their shoulders, and sings to them at breakfast. Rio has provided, for many who live at ALC hours, of laughter and smiles. He never fails to surprise and amaze us with his intelligence and love for all, but especially the bond that has been established between Rio and Sharron.

Submitted by Kim Detweiler

Jim Plein turns fifty years young!

The look on Jim's face when he came into the Legion for his surprise birthday party was payment enough for the hours of work which had been put into organizing it.

Jim thought that his brother Patrick was taking him out for a treat and had no idea that it was all a ruse to get him to the Legion where his family and friends were waiting to celebrate with him.

Jim is a member of the Legion so it was an ideal place to hold this special day, and it was large enough to accommodate all who were able to make it. Unfortunately it fell on the same day as the Quilt Auction so a lot of people who would have liked to have been there were unable to do so.

Jim lives at Crane drive in Elmira

with four other gentlemen, who amazingly managed to keep the party a surprise. He first moved into Reidwoods back in 1987, but had dealings with our association prior to that.

Jim has lots of interests, including word search puzzles and he always has a bag with them in it on hand, and from the amount he was bought for his birthday I think he is okay for the next 50 years. He does a great job coloring by numbers and was very pleased to be given a large container full of every colored pen, pencil and paint available. Jim was happy with everything he was given, but he would also have been happy to just spend time with those who he cares for and who obviously care for him.

I would like to thank the ladies auxiliary for the wonderful food,

Foodland for the cakes and a special thank you to Maureen Phillips who gave up her time to come out and help me to both set up and clear up. Thank you to all who came out and helped us to make this day so special.

Yes, our very own Jim Plein is now 50 years young and enjoying every minute of it.

Submitted By: Cheryl Smith



Jim Plein at his 50th Birthday Celebration!

*RECOGNITION AWARDS
FOR 2011*

MICHELLE DECOSTA

MICHELE PAMPLIN

JOSH STROME

LINDA FERZOCO

PAUL QUENNEVILLE

DONNIE VANDENHOOGEN

RAYMOND MOSER

LEE WRIGHT

JANE ROTH

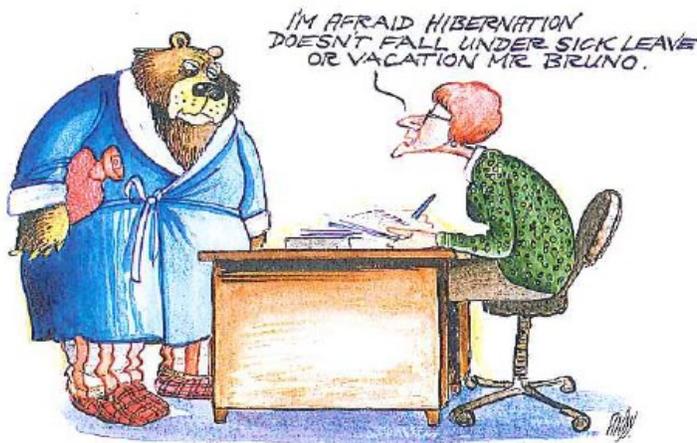


ELMIRA DISTRICT COMMUNITY LIVING

The 3 Rs... Rights, Respect, Responsibility.

Susan Hipperson, a Skills Development Coach will teach people with disabilities to learn about the rights that they have as human beings and as citizens and apply them in their everyday life. The program provides hands on training, where participants will role play, game play and discuss topics such as: What are Human Rights, What is Responsibility, What is Respect, and using all three of them together. She would like to offer this program in Elmira in the early spring. Sessions could be 3 times a week, during the day or evening and with a minimum of 12 people in attendance.

If you are interested in attending or have a family member who would like to attend, please contact Cheryl Peterson at 519-669-3205 x 226 or cpeterson@elmiraacl.com before Feb.24/ 12



OUT AND ABOUT WITH REIDWOODS!

