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## **Pink Shirt Day, February 28th**

In 2018, Pink Shirt Day's main theme was cyber-bullying. The day is meant to focus on encouraging others to combat cyber-bullying by thinking twice before posting something negative, and use the internet to spread kindness in a positive manner instead. Pink Shirt Day comes from two Nova Scotia high school students who decided to take a stand against bullying in their own school.

### **How it Began**

Below, in the quotes, is a snippet of the Globe & Mail article that describes how Pink Shirt Day began:

"David Shepherd, Travis Price and their teenage friends organized a high-school protest to wear pink in sympathy with a Grade 9 boy who was being bullied [for wearing a pink shirt]...[They] took a stand against bullying when they protested against the harassment of a new Grade 9 student by distributing pink T-shirts to all the boys in their school.

'I learned that two people can come up with an idea, run with it, and it can do wonders,' says Mr. Price, 17, who organized the pink protest. 'Finally, someone stood up for a weaker kid.' So Mr. Shepherd and some other headed off to a discount store and bought 50 pink tank tops. They sent out message to schoolmates that night, and the next morning they hauled the shirts to school in a plastic bag.

As they stood in the foyer handing out the shirts, the bullied boy walked in. His face spoke volumes. 'It looked like a huge weight was lifted off his shoulders,' Mr. Price recalled.

The bullies were never heard from again."

## Volunteer Profile: Meet Terry Morneau

Terry Morneau has been a volunteer with KW Habilitation since August, 2014. In his role at the Welcome Centre, Terry greets visitors and staff and responds to phone inquiries. Over the past few years, Terry has been refining his conversation skills as well as learning new skills with the hopes of obtaining paid employment.

When asked what he likes best about his role at the Welcome Centre, Terry responded, "I like that it's not demanding or all that stressful". His favorite part of volunteering at KW Habilitation is the laid-back atmosphere. In his spare time, he enjoys watching videos and playing video games.

When asked what he would like to share in our newsletter, he replied: "if you need to hire a receptionist, ask for me!"

Next time you visit us on a Friday morning, you may just get to meet Terry in person.

If you would like more information about Volunteer Opportunities, please contact Selena Koprnicky, Volunteer and Student Coordinator at [skoprnicky@kwhab.ca](mailto:skoprnicky@kwhab.ca) or by phone at 519-744-6307 ext.1205.



## A message from Early Learning

# 5 Things to Know About Play

(From The National Association for the Education of Young Children)

- 1 Children learn through play.** Children learn and develop cognitive skills, physical abilities, new vocabulary, social skills and literacy skills.
- 2 Play is healthy.** Play helps children grow and counteracts obesity issues facing many children today
- 3 Play reduces stress.** Play is joyful and provides an outlet for anxiety and stress.
- 4 Play is more than meets the eye.** Play is simple and complex. There are many types of play: symbolic, sociodramatic, functional, and games with rules—to name just a few.
- 5 Play and learning go hand-in-hand.** They are not separate activities. They are intertwined. Think about them as a science lecture with a lab. Play is the child's lab.

## Introducing a New KW Habilitation Tradition

We received an awesome suggestion from one of our employees that would recognize people close to KW Habilitation who have passed away.

This respectful recognition will be done by flying the flag at half-mast. Honour will be for any person we supported, employee, volunteer including Board members, Kinsmen and KW Association members.

We will fly the flag at half-mast on the last Friday of the month and will send out a communication as to whom it represents.



## Changes at KW Habilitation



It has been said "Your life does not get better by chance, it gets better by change" (Jim Rohn) and change for some people supported by KW Habilitation is certainly happening.

In December 2017, KW Habilitation was approved for funding to renovate a wing of our David Fisher Residence (DFR). This renovation will address a serious community pressure, namely supporting people requiring high complex care and who are in desperate need of appropriate housing and supports. This project is being designed to meet these challenges physically and to help people live a better life.

When this project started at the beginning of February, five people moved from DFR to new homes. The people moving were excited to shop for their "new" home and settle in to a smaller environment where they can learn new skills and become part of their community.

Another decision made in 2017 was to eventually close our home on Belmont Avenue. This decision was not taken lightly as this has been home for approximately 34 years for many of the people who live there. The people currently living at our Belmont Home will be moving to new settings including the new affordable housing building on Sydney Street.

This brings us to the new apartment building at 108 Sydney Street South, Kitchener. KW Habilitation has worked tirelessly for the last several years to secure funding and bring this project to fruition. Although KW Habilitation will utilize a few apartments for the people we support, this is a building for anyone requiring affordable housing in Waterloo Region. We hope to build a model of neighbour-helping-neighbour to increase natural supports and friendships for all. Partnerships with other organizations are being discussed as to how we can best make transformational changes to meet the housing needs of people in our region.



All of these projects will involve change for the people we support as well as for our staff. We know however, that these transformations will assist in improving the autonomy and self-direction of the people we support as well as enhance their ability to develop new friendships and personal networks. This is an exciting time for everyone and we will continue to keep you updated on the growth and change KW Habilitation embarks on to make a better life for the people we support and our community.

# KW CAREER COMPASS

## Creating a Diverse and Inclusive Workforce Across Kitchener Waterloo

These businesses have created an inclusive workplace:



We can help you achieve the same.



For more information, please contact 519-744-6307 ext 1252  
or by email [info@kwcareercompass.org](mailto:info@kwcareercompass.org)

### Y.E.P. (Youth Exploring Possibilities)

Are you between the ages of 16-21? Do you enjoy exploring the community and having fun?!

**Y.E.P.** is offered for 9 weeks during the summer. The program focuses on exploring our community, including recreational and leisure centres and future volunteer and employment options. Participants gain confidence by using the Grand River Transit to access Kitchener-Waterloo. In the past **Y.E.P.** participants have enjoyed activities such as:

- Cooking and baking
- Arts & crafts and music such as drumming
- Rock climbing, karate and Zumba
- Learning about community safety from local police and fire departments
- Volunteering at local non-profit organizations



Participants have to be between the ages of 16-21 to join.  
The cost is \$120 per 5-day week and \$97 per 4-day week.

Register by emailing [legup@kwhab.ca](mailto:legup@kwhab.ca) or [www.mycommunityhub.ca](http://www.mycommunityhub.ca)

Register today and don't miss this exciting summer program!



KW Habilitation and Best Buddies Canada, University of Waterloo Chapters have been fostering natural friendships since 2003. Over the years the Chapter has had the opportunity to connect with many awesome Students and Buddies alike!

Best Buddies is an organization that pairs a person with an intellectual/developmental disability with a university student in hopes of developing a friendship based on their similar interests. Student Buddies and Peer Buddies agree to connect via telephone and plan biweekly get-togethers. In addition, our Chapter offers at one or two organized Group Events per month throughout the school year. Favourites include a Halloween themed Meet & Greet where students are introduced to their "Peer Buddy". Other events have included bowling, movie night, mini golf, Wonders of Winter at Waterloo Park, Night at the Museum and Games on Tap.

The popularity and success of the Chapter is indicated by the number of interested students. With many more students applying than Peer Buddies, the Chapter offers associate Buddy positions. This year we have 10 Buddy matches with several students acting as associate Buddies.

If you know someone who may be interested in Best Buddies, is independent in the community and is receiving support from KW Habilitation, contact Brant Newbigging at 519-744-6307 ext. 1253 or at [bnewbigging@kwhab.ca](mailto:bnewbigging@kwhab.ca) for more information.



## A Voice for Change



This winter, our very own David Lalonde of OutSpoken was asked his thoughts on our Region's worst roads. As part of the CAA Worst Roads Campaign, community members across the province were given the opportunity to speak about the challenges they face with poor road conditions. Check out the full story at <https://www.caasco.com/Advocacy/Worst-Roads/15-years-worst-roads.aspx> and support the campaign at #ONWorstRoads.



On February 15, 2018, Conestoga College hosted its 37<sup>th</sup> Annual Polar Plunge event with proceeds this year going to KW Habilitation. Our very own Brent Atkinson along with over 20 students took the plunge in front of a large supportive audience. Students jumped or cannon-balled into the ice cold water with the hopes of winning Best Costume or Best Jump. Ann Bilodeau, KW Habilitation's Executive Director, was one of the guest judges.



We would like to thank Conestoga Students Inc. for hosting a fun event for a good cause. This year's plunge raised **\$1705.45**.

For additional information, go to <http://spokeonline.com/2018/02/students-make-a-splash-at-2018-polar-plunge/>



## LEG Up! - Learning Experience Goals

**DID YOU KNOW** that LEG Up! Instructors teach 18 different classes? Spring, Fall and Winter sessions run for 10 weeks, offering up to 12 different choices during each. Shorter sessions run during the summer months and one day workshops run during Christmas time. Courses currently offered are:

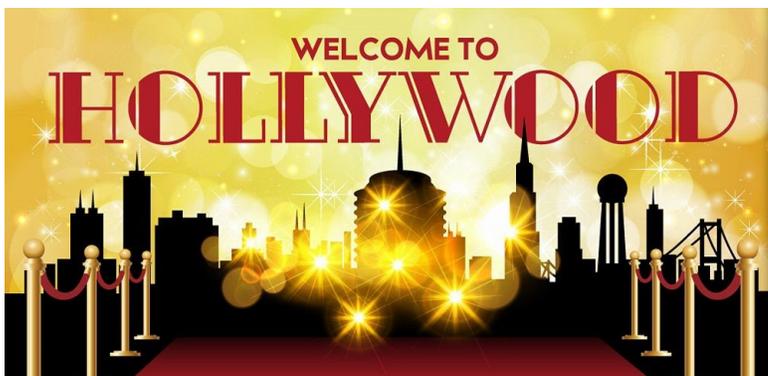
Reviewing your literacy skills  
Preparing for Academic Independence  
Kitchen Smarts  
MoneySense  
It's Your Future! Let's Plan it!  
It's about time . . . and time management  
Get Crackin' in the kitchen  
Shake and Bake

Check it out!  
Linked and synced  
How may I help you?  
Music and Rhythm  
Relationships 101  
Health and Wellness  
Healthy Sexuality  
Creative Crafting  
Healthy You!  
On my own!



For more information on how to register for these classes or more about Leg Up! please call 519-208-2225 or email [legup@kwhab.ca](mailto:legup@kwhab.ca)

## UPCOMING



SATURDAY, MAY 5, 2018

[www.tasteoftheregion.net](http://www.tasteoftheregion.net)  
[info@tasteoftheregion.net](mailto:info@tasteoftheregion.net)  
226-929-2318



**WHEN:** Wednesday May 23<sup>rd</sup> (rain date: Wednesday May 30<sup>th</sup>)

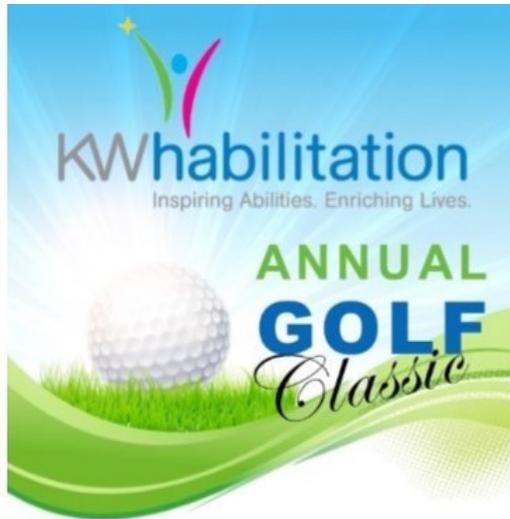
**WHERE:** 99 Ottawa Street South, Kitchener, ON N2G 3S8

**TIME:** 6:00 p.m. to 8:00 p.m.

This year, KW Habilitation will be hosting our 10th Annual Health and Wellness Fair at 99 Ottawa Street South in Kitchener. Events will feature community information booths, demonstrations, face painting, games and a BBQ.



**We invite you to come out and enjoy the evening with our neighbours and friends while learning about health, wellness and how to get engaged with a variety of activities.**



**Friday, June 1, 2018**

**Ariss Valley Golf & Country Club**

\$150 per golfer includes 18 holes of golf with cart, lunch, dinner, prizes and a silent auction.

Call us today to register, sponsor or for more information.

website: [www.kwhab.ca/golf](http://www.kwhab.ca/golf)

email: [golf@kwhab.ca](mailto:golf@kwhab.ca)

phone: 519-744-6307, ext: 1352



STAY CONNECTED



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