

# Vita Members Times

Volume 1 Issue 2

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Do YOU have any stories or art work you would like to share in the newsletter? We would love to hear from you.

Contact us at: [member-newsletter@vitacls.org](mailto:member-newsletter@vitacls.org) or 416 749-6234 ext 216



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We thought it was important to talk about Bullying. Bullying is making fun of people, hurting people, with words, making people stressed out, making people feel scared, angry and sad.

The supervisors and staff are here to talk about problems if members want to talk about dealing with bullying.

Members get into fights about bullying because people were shouting or swearing at people with special needs.

When I am bullied I feel scared and stressed out a lot. I talked to my Mom and she told me I have to ignore the bullying. She hugged me. I was crying so much. They keep bothering me and I want it to stop. I am standing up for myself and writing this article. I want this to change.

Bunmi says if this happened to me "I would tell that person to stop and don't want anyone to bother me!"

Vita has classes to deal with bullying and working on Stress. The first class will start in June. If you want to take this course you can talk to Raquel Watson or Desmond Baily 416 749-6234.

All the members need to speak out against bullying!

Written By: Sayyeda Jaffer



## Message from Kim

I am so thankful for the Vita Members Times. It gives me the opportunity to catch up with Vita members on a regular basis. I have just come back from Edmonton where I presented at a conference. I want you to know that whenever I present I make sure to talk about the work of the Right's Group and the activities of all our members. It's important for people to know about the partnership we have with all of you in creating a wonderful place for people to be.

I heard about several exciting events over the last few weeks. Clearly Vita members are Valentine minded. Several of you took advantage of Learning You's opportunity to have a luxury limo evening out. Two big limos took couples and singles out for dinner. I've heard from everyone, members and staff, that this was a wonderful evening out and that many of you are asking us to plan more events like this one. I think it's terrific that you are telling us what you want, this is exactly what self advocacy is all about.

We are looking at making our website more user friendly by increasing the number of accessibility features on it. I think that you all will be pleased with the changes that we are making. I want to say, however, that I love the short videos of Vita members on the site now and I think that your presence on our web pages makes all the difference in the world.



## Right's Group Update: Spring 2013

Our Annual Planning Day is coming up to decide what we work on this year  
We plan to do fundraising-car washes  
and the holiday party raffle  
We have elections every two years  
We participate in conferences  
We have visits from the Vita Board three  
times a year  
We are looking for two new helpers and  
we help with the interviews and hiring  
We have the Bill of Rights  
We did a Gossip Policy on how to stop it  
We attended Information Fairs  
We helped update VITA's website  
We signed an ODSP Petition  
We voted on a new treasurer  
We did Raffle at the holiday party to raise money  
We check and respond to emails  
We got a phone and check messages  
We voted to get business cards  
We present the Bill of Rights to new employees



Artwork By: James Fransky

# Asaolu Oluwabunmi

I came to Tycos. I don't remember the time. I met Shanta. She helped me. I was shy I don't want to talk to strangers.

I went to work in the kitchen because I know how to cook and I wanted to learn more. I learned how to bake a cake, cookies and muffins. Shanta showed me how to bake.

I came from Nigeria. Before I came to Canada I did not know anybody here. In my Daddy's house I was sad. I did not want to talk. I learned how to speak more English. I wanted something different to do for work.

When I heard about Vita Employment Training I feel my life is back again! I have friends there. Erica and Mischa help me to do things. It took 2 days for me to learn the way to the Employment Training Program on the TTC.

Back home I did not talk to people. Now I don't stop talking!

Shamsa said you can do your best.

My step Mom taught me a lot. When I was not happy at home I decided to move to Vita for a little while. I learned how to stand up for myself.

Vita helped me go to Wenderly to stay there for a while. I liked everybody at Wenderly. The members of the home were great for me. I liked them. 2 members there I love them so much. I helped the members. I remember John and Johnathon.

I called every day when I first went to stay at Lynnford. When I first come to Lynnford I was nervous what does this place means???

Now I am happy. I miss my family and will be living with my family.

I appreciate what Vita has done for me.

Written By: Bunmi Asaolu



# Pop-Tab Collection Project

Do you like pop? Do you drink pop from a can? Well if you do, then I need your help.



My name is **Maria** and I am starting a pop-tab collection project. I will be setting up pop-tab collection locations at:

**Head Office**, **Casa Day program** and **Tycos Day Program**.

I will come and collect the tabs once a month and then when I get a good amount I will be donating them to Sick Kids Hospital downtown, so that they can make wheelchairs.

The collection will start March 18, 2013!

## Christmas Crafts at Casa

My name is Maria and I want to tell everyone about the Christmas crafts I did at Casa Abruzzo. My staff told me about it from an email and I did it on Thursday nights after the Rights Group. I went to the Rights Group first and then crafted after.

The first thing I did was painting pine cones and decorate them, that was good.

The second time we did the Christmas tree and a whole bunch of different ornaments. I liked it a lot! I made an angel and a bell.

The third session we made Christmas cards, I liked it too. Really, really good! Super-duper excellent good! I liked it! I want to do it again! I would tell lots of people to come, everyone should try the next one. Its good crafts and I am very good at it because I am a crafty person.



Written By: Maria Katsiampas

# STAND UP SPEAK OUT!

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

**Action**

**Calm**

**Courage**

**Family**

**Friends**

**Help**

**Respect**

**Safe**

**Stop**

**Talk**

**Tell**

**Trust**

**Listen**