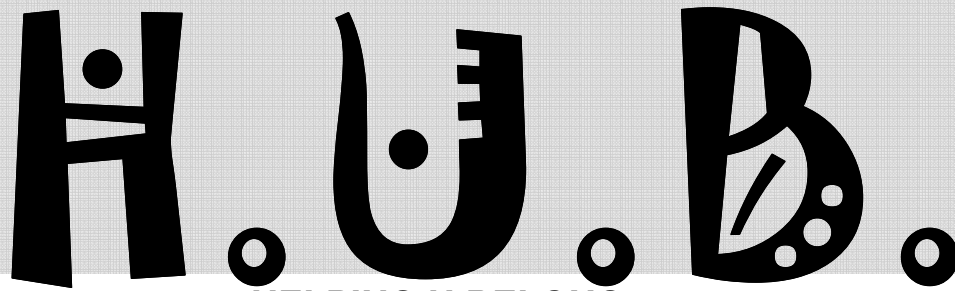




Halifax  
Association for  
Community  
Living



HELPING U BELONG



Winter 2010

Vol. 8 Issue 4

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### Helping U Belong

We welcome your contributions to our newsletter.

Please submit your ideas, articles or resources to us at:

jchacl@eastlink.ca phone: 463-4752, fax: 463-5007 or mail:

2557 Maynard St.,  
Halifax, NS,  
B3K 3V6.

### Families as Agents of Change

Leadership is defined not by the position we hold but rather by the action we take. The Community Living movement is in large measure a result of families taking action, individually and collectively. Families who refused to accept the status quo and the segregation and devaluing of their sons and daughters. Families stepping forward to provide leadership as and where needed. Leadership motivated and sustained by the presence of a family member with an intellectual disability.

Despite the leadership that families provide every day across this country, most families don't identify themselves as leaders. They see nothing "unique" in what they are doing.

They are attempting to create the best life possible for those they love just as every other family does. 'What' they have to do, and sometimes endure, in order to do this though, can look a little different than for other families.

It can also be quite challenging for many families to create that life when so many are without the supports they need just to get through the day. Too many families still live in poverty. Too many parents are unable to hold a job due to care-giving responsibilities and the demands of inflexible systems. The very people who need change the most are often the least able to create it. And yet – they try!!

*Continued on page 3...Families*

### SCRI Society

**The SCRI Society is pleased to announce the DROP IN CLUB is now open.**

The Drop In Club is an all-inclusive social, cultural and learning environment for persons with disabilities and learning difficulties of all ages. The Club offers a wide range of social, cultural and recreational activities and programming to promote both a healthy mental and physical lifestyle. It also facilitates community programming partnerships as well as providing one-off workshops and general social opportunities.

**Music, movies, games, arts and crafts, theatre arts, yoga, and much more! Come along and bring your friends!**

**Run by and for people who have disabilities or difficulties with communication and learning. Everyone is welcome!**

The Drop In Club is open Monday, Wednesday, Thursday afternoons from 3pm to 6pm, Tuesday and Friday evenings from 7pm to 9pm and Sunday afternoons, 2pm to 5pm. Membership is \$50 per month for unlimited usage. If you would like to discuss the fee structure please call us, or drop-in, we have ways to make it work for everyone!

And if you would to become a Session Leader or Volunteer, please let us know.

SCRI Society: Social Cultural Recreational Inclusion for all

*Continued on page 2...SCRI*

## What Heaven Looks Like

John is the first born of our triplet sons. He is a handsome, charming 19 year old with an intellectual disability. His two brothers are his pals and his supporters, but do not have his disability.

Being John's father has changed my perception of what really matters in life. The months during his second year of life when John was grievously ill and near death in the hospital were the most desperate times, but a time that I always recall when faced with some crisis or another—all comparisons fail when compared to the desperation of that time. John gave us context about what really matters.

Our family of my wife, Christine, and Galen and Quinn; all know that John almost didn't survive and that life in our family without John would be unimaginable and joyless. John shows us daily the simplicity and clarity of what matters in life: love, family, helping others, trying hard and having fun. John loves sports—both playing and watching. He tries to get me to go to games and tells family members that he “can get inside my head” to convince me to go with his persuasive words. He usually succeeds, but even when he doesn't, John doesn't complain or sulk but moves on with a plan for the next opportunity. His happy disposition teaches us to be happy too because of what really matters.

John looks on the bright side of life. When his brothers went off to university as he continued on at our local high school, he celebrated the fact that he would now control the TV remote. He sees clearly what we often miss in the cacophony of our lives. A few years ago, we were underwater in a submersible at the Great barrier Reef in Queensland looking out the window at the sun's rays shimmering through the turquoise water on the colourful fish and plants, when John said simply and eloquently, “That's what heaven looks like”. So now I know.

John has given us not only joy in life but also a strengthened desire to help others, especially persons with disabilities. His brothers volunteer coaching Special Olympics teams and community groups as

well as, for example taking vacation time to work with children with disabilities in Jamaica. Christine helped lead the creation of our local group homes for persons with disabilities. Today, as an Ontario Member of the Provincial Parliament, she leads the Ontario committee studying mental health issues and providing useful recommendations.

In my public life, John's disability has made me ever mindful of the needs of persons with disabilities and the need for actions, not just words. Our government created the Registered Disability savings Plan to help families support their children with disabilities in the future. We have made major access progress through federal funding. Canada was also one of the first countries to sign the United Nations Convention on the Rights of Persons with Disabilities in 2007, which we then ratified on March 11, 2010. And there is more.

John enriches our lives and those of others—and heaven looks pretty good too!

*The Honourable Jim Flaherty is a dad.*

*He is also Canada's current Minister of Finance. Throughout his career, Minister Flaherty has demonstrated a long standing commitment to advancing disability issues. Minister Flaherty championed the development and implementation of the Registered Disability Savings Plan.*

*Reprinted from Coming together...to create change Canadian Association for Community Living [www.cacl.ca](http://www.cacl.ca)*



***“Kindness is more than deeds. It is an attitude, an expression, a look, a touch. It is anything that lifts another person”***

***C Neil Strait***

## Best Buddies



As part of the ongoing efforts to create inclusion, Halifax Association for Community Living has paired with the nationally successful Best Buddies Canada program.

“Inclusion is such an important ideal for everyone to strive toward,” said Steven Pinnock, Executive Director. “The Best Buddies program is reflective of that, and we're honored to be able to help spread inclusion in Halifax.”

Best Buddies has been partnered with Halifax Association for Community Living for one year. Staff from Best Buddies and Halifax Association for Community Living works with volunteers from Saint Mary's University and University of Kings College students to help run the program. In recent months, the Best Buddies chapters at these schools have had bowling parties and participated in joint events with other surrounding schools.

“There are some outstanding examples of volunteers from Halifax who have really adopted the Best Buddies mission. We have some really amazing pairs,” said Nicole MacDonald, Best Buddies Program Coordinator. “Thanks to the help of Halifax Association for Community Living, these chapters show that inclusion can take a lot of different forms, and making a difference can be a fun and rewarding experience.”

Best Buddies Canada ([www.bestbuddies.ca](http://www.bestbuddies.ca)) helps to provide meaningful friendships for people with intellectual disabilities. Students and people with intellectual disabilities are matched in one-to-one friendships and spend time going for coffee, watching a movie or simply enjoying the company of a friend. Today, there are more than 200 chapters in high schools, universities, and colleges across the country.

*Nicole MacDonald*  
*[nicole@bestbuddies.ca](mailto:nicole@bestbuddies.ca)*

## RDSP



### *Best Buddies*

*Kings College Meet and Greet*

*Bowling at Halifax Shopping Center*

## Registered Disability Savings Plan

Free Telephone Seminars

With the announcement of the [Registered Disability Savings Plan](#) (RDSP), the lives of Canadians with disabilities are changing for the better. The Government of Canada matches money saved in an RDSP with grants and provides a bond up to \$1000 for people living on a low income- no contribution necessary! To learn more about the [RDSP](#) and how you can start one for you or your relative, community partners, supported by the Government of Canada, have come together to offer information sessions and one to one support.

- Enroll in a 1.5 hour telephone seminar
- Learn about the RDSP from your own phone
- Register now before you miss the deadline

**Register free at [www.forthefuture.ca](http://www.forthefuture.ca)**

- Receive up to \$90,000 in Federal contributions
- May receive \$1000 per year just by opening an account
- Your contribution of \$1500 matched by as much as \$3500

## IDSN

### **Intellectual Disabilities Services Needs Research Alliance**

We would really like to hear from you!

Researchers from Mount Saint Vincent University and Dalhousie University are working as a team with persons from different services and groups in the community to find out more about Nova Scotians with intellectual disabilities.

We are interested in persons who have challenges in more than one of the following areas:

- communication,
- getting along with others,
- looking after themselves on a daily basis,
- using services in the community,
- getting around in the community, basic school-type skills.

Specifically, the survey aims to capture the current and future health and social service needs, as well as their satisfaction with current services. We continue in our efforts to reach all individuals who are currently receiving services, as well as those who are on waiting lists, and those who are not accessing services at all.

We want to get your view of:

- your health
- what services and supports you use and are available to you
- how satisfied you are with these services
- what other services you need

If you are 19 years of age or older, and you would like to find out more about this project or would like to participate, please call or email the research project coordinator (Danielle Poulos) at 457-6218 or [danielle.poulos@msvu.ca](mailto:danielle.poulos@msvu.ca).

### *Circles continued from page 7...*

each other. Students will learn “relationship boundaries” and relationship specific behaviors, i.e., it’s okay to hug your mother and other people in the blue circle, but it’s not okay however, to wave to people in the orange circle

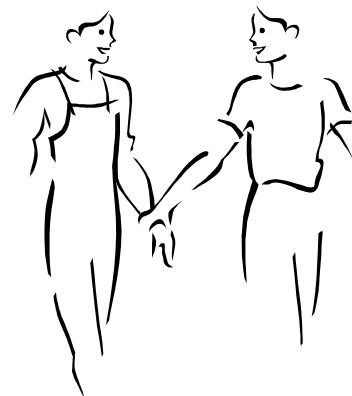
This program discusses relationship transitions, and how relationships can and do change over time.

This program also teaches students how to form and maintain relationships.

The real strength of the CIRCLE program is that it presents some extremely abstract concepts in a very simple and concrete manner.

The visual circles as well as the activities provided in the handbook are easy to incorporate into a social skills curriculum or even to teach at home.

Halifax Association for Community Living has this resource available to borrow from our library. Come by the office or call Jean at 463-4752.



## The People Who 'ARE' the 'R' Word

It's in the press again. I search to find out the context of the word. I see debates all over the web, people bemoaning the 'politically correct' and the 'word police' and making ridiculous claims about having to ban the concept of a 'fire retardant'. Last I looked there's never been a protest about products that protect from fire. Last I looked there's only ever been protests about the use of a word that demeans a group of people.

No matter what the fearless defenders of freedom of speech say, there is a huge difference between a word to describe something that slows fire and someone who learns differently. There's a huge difference between a thing and a person - but, no, maybe not. After reading their diatribes regarding their freedom to spit out hurtful words, they may, really, not see people with disabilities as fully human with a human heart capable of human hurt.

People mock the concept of respectful language regarding disability. People make odd arguments about the latest gaffe by ... no, I won't say her name here. They say she was saying that of herself not anyone else. So?

The word she used was one referring, not to a commercial product, but to an oppressed minority. Yet the debate rages on and the fierceness of attacks by those who are proponents of the use of hate language are both hysterical and often purposely miss the point. One wonders what's at stake—their personal liberty to hurt others?

It's time to recognize that the 'R' word is an attack against who people with intellectual disabilities 'are'. It's an attack against the group that they belong to. It's like other words that exist to slur an entire people—unacceptable.

That people don't see the seriousness of the word and the attack it represents, is simply a result of the fact that they do not take the 'people' who wear that label seriously. The concerns of those with intellectual disabilities have always been diminished and trivialized. There is a sneaking suspicion that they 'don't understand, poor dears', that they 'miss the point, little lambs', so therefore their anger need not be feared as justified.

The people who 'ARE' what the 'R' word

refers to have a long history.

They have been torn from families and cast into institutions.

They have been beaten, hosed down, over medicated, under nourished, sterilized, brutalized, victimized.

They have been held captive, have been enslaved, have had their being given over to the state.

They are the group in society most likely to be physically, sexually and financially abused.

They are the group least likely to see justice, experience fair play, receive accommodation or support within the justice system.

They are the group most likely to be bullied, most likely to be tyrannized, most likely to be the target of taunts.

They are the least likely to have their hurt taken seriously, physical hurt, emotional hurt, spiritual hurt.

They are most likely to be ignored when they speak of pain, have their words diminished by an assumption of diminished capacity.

They are the least likely to ever be seen as equal, as equivalent and entire whole.

They are the victim of some of the most widespread and pervasive prejudices imaginable.

They are those whom the Nazis thought unworthy of life. They are those targeted by geneticists for non-existence. They need fear those who wear black hats and those who wear white coats.

They are educated only under protest. They are included as a concession rather than a right. They are neighbours only because petitions failed to keep them out.

They are kept from the leadership of their own movement. They are ignored by the media. Their stories are told to glorify gods that they do not worship.

That they are a 'people' is questioned even though they have a unique history, a unique voice, a unique perception of the world.

That they are a 'community' is questioned even though they have commonality, they have mutual goals, they have a collective vision of the future.

That they have a legitimate right to a place at the table is questioned simply because no one's ever offered a seat.

They are a people.

They ask for respect and receive pity.

They ask for fair play and are offered charity.

They ask for justice and wipe spittle off their face..

They ask to silence words that brutalize them and their concerns are trivialized.

They ask to walk safely through their communities and yet bullies go unpunished.

They ask to participate fully and they are denied access and accommodation and acceptance.

And this is NOW.

This is the people who have walked the land of the long corridor, who have waited at the frontier of our bias to finally be here, now.

They have survived. They have come home. They have continued, silently and without fanfare, to take hold of freedom and live with dignity. They have given everything they have for what others take for granted. Their civil liberties are perceived as 'gifts' as 'tokens' and as 'charity'. Their rights are seen as privileges.

Their movement is, as of yet, unacknowledged. They are a people recently emancipated, new citizens, who are tentatively discovering their voice.

It is a voice not yet heard.

It is a voice not yet respected.

It is a voice not yet understood.

But it is speaking.

And when it is finally heard. The world will change.

The 'R' word is an attack on a people who know discrimination. Tremble when you say it. Because those who should know better will be held accountable by those who know best.

*Reprinted with permission by Dave Hingsburger*  
[www.davehingsburger.blogspot.com](http://www.davehingsburger.blogspot.com)

## What is Guardianship?

In law, "guardian" is a word used to describe a person who has the care or custody of another individual and who has a legal duty to provide for that individual. Just as we tend to think of parent-child relationships when we think of guardianship, so too most of the laws around guardianship deal with that relationship.

So why would you, as a parent or other family member, even consider obtaining guardianship of your young adult child or family member with a disability? Because guardianship is also available for adults who need another person to legally make decisions on their behalf.

Obviously not every individual with a mental or physical disability or mental illness will require a guardian. However, your young adult family member might need a guardian for very specific areas of decision-making or for most or all aspects of daily living. The needs of adults who require a guardian are as varied as are their abilities to make their own decisions.

But when it comes to your family member with a disability, you may want to consider this. If you're the parent of a child with a significant disability, you have played a direct and vital role in their lives for all of their life. But that can easily change, in the blink of an eye even, once they reach the legal age of majority. In Nova Scotia, that magic age is 19.

At 19 years of age, your child, disabled or not, is legally considered to be an adult and, from the point of view of the law, you will have no more right to make binding decisions for that individual than you would for any other adult in the Province. Nor will you legally have the right to access information, including medical information, about your young adult child without that child's consent.

And as just one thing to consider, what happens if your adult child is considered mentally incapable of giving such consent?

***For more information about Guardianship an information session will be presented by Michelle Morgan-Coole on January 29th.***

***See Mark Your Calendar for details***

***Reprinted with permission***

***Michelle Morgan – Coole***

***A Primer on Special Needs and the Law***  
<http://www.specialneeds-ns.blogspot.com>

## Planning for the Future

People with disabilities are living longer lives today than at any other time in history. It has been noted that for the first time in history, people with disabilities are generally expected to outlive their parents. In the next decade, close to 6 million families in North America will be caring for and supporting their aging relatives with a disability.

These trends indicate that people with disabilities tend to live with their families well into adulthood and even into their fifties. Many families are now asking:

“How can I continue to support my son or daughter as I get older?” and “What will happen with my family member with a disability when I die or can no longer support them?” As these families grow older they realize that there is an urgent need to take action to ensure that their adult children have positive and secure futures.

At the HACL office we have a guide that addresses the need for information and guidance required by senior parents who are supporting an adult son or daughter with a disability at home. It is divided into six main parts”

- Getting the help you need while your son or daughter is still at home
- Planning for emergencies
- Planning for the future: financial and estate planning
- Planning for a future home and support for your son or daughter
- Involving your community
- Dealing with life transitions

These issues have been identified by senior parents in our sister province of New Brunswick. They would like all senior parents to find the help and guidance they need to ensure that they and their adult children can live happy and productive lives in this time of change and transition.

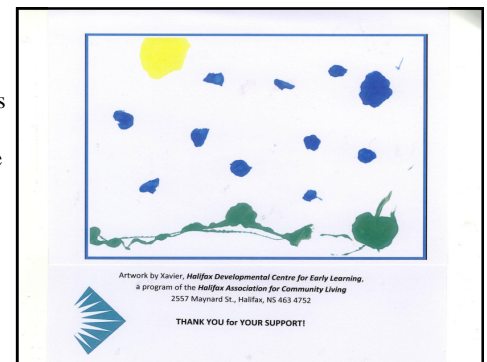
For more information contact Jean Coleman at 463-4752

***Reprinted with permission from NBACL***

## Young Artists Showcase

### **Halifax Association for Community Living has note cards for sale! Five note cards for \$10.00.**

The five different artworks in each package have been created by the children in our program at the Halifax Developmental Centre for Early Learning.



## Canadian Association For Community Living

On November 2, 2010, at End exclusion, CACL launched the inaugural edition of its newest newsletter—Poverty Watch.

Poverty Watch is a quarterly newsletter developed by CACL's National Action Committee on Disability Supports, Income and Employment.

Poverty Watch will monitor Canada's progress toward the eradication of poverty for persons with intellectual disabilities and their families.

The first edition can be found at [www.cacl.ca](http://www.cacl.ca)

## A Life Changing Gift

*Continued from page one...Families as Agents...*

Too often the contributions that are made by families go unacknowledged. Their stories are not told. New families are often unaware of the history and advances that have been driven by other families like themselves. It is important that we share the stories of family leaders to both inform and inspire.

In this edition of H.U.B. you will read the stories of two such family leaders who on behalf of their family members or on behalf of persons with intellectual disabilities (and often times both) have through their actions and efforts created real and positive change in this country.

They come from all walks of life and from a variety of professions and occupations. What brings them together – and what holds them together – is that they are family.

These two stories are powerful not because they are unique, but rather because they are so commonly shared. They reflect the experiences of thousands of families in similar positions all across Canada. These families provide the needed leadership to this movement every day. It is through their leadership that we will continue to see progress towards full inclusion for our sons and daughters, our brothers and sisters, our grandchildren.

### A Life Changing Gift

John Pike was a gentleman, a friend to many, and a wonderful older brother. Two years ago, I lost my brother John when he passed away at the age of 60. John had Down syndrome and knew that he was somewhat different from most people.

Growing up, I too was aware of my brother's differences but these were largely overshadowed by the person he was and by the circumstances of our family life.

John and I were two of seven children, the rest were girls. That meant that John and

I had many opportunities to be together—having to share a bedroom for many years will do that! Our parents ensured that John was just another member of the family—he did all of the family things the rest of us did. While he was included in many activities outside of the family such as church, his life was significantly different from mine. John did not attend a regular school and he spent many years as an adult attending a sheltered workshop.

Growing up with a brother with an intellectual disability provided me with everyday experiences that quite unconsciously shaped my perspectives about people with disabilities and life in general. I learned to appreciate that having a label such as Down syndrome was only one aspect of my brother's life. John was a very social guy and his relationships with others within and outside the home were very important to him.

Having John in my life also taught me that people have many things to offer their families and communities. John's great gifts were love and laughter. He cared deeply for his family and friends and had the uncanny ability to remind us not to take anything too seriously. I also witnessed society's prejudices when John was teased, stared at and only provided opportunities that were designed for people "just like him". As a teenager and young adult I often wondered what John's potential could have been if he had been given better opportunities to read, learn and work. I learned that life for John and others who have a disability was not quite fair.

While I have been a formal advocate for people with an intellectual disability for more than 20 years, I did not set out to make this my life's work. During my early days in law practice I was asked to handle a file from the local ACL that was supporting a group of families to challenge the education law that kept their children out of regular classrooms. These families shared a passion about the rights of their children to be fully included in school. Instinctively, I knew that their cause was right and just. Knowing that John had been denied the opportunity to learn in a regular environment, it was easy for me to understand why these families

wanted something very different for their children.

It did not take long for me to become hooked into the ACL movement. After two or three years in law practice I understood what role I wanted and needed to play.

The values and perspectives I have gained in having John for my brother have been my personal guideposts in my work and life for many years. For John, life was about belonging and being able to make a contribution to the people and world around you.

Following his death in 2008, I received a letter from a woman whom I had never met but who knew John from the church he attended. She along with many other people attended his funeral service. This woman had recently become a grandmother to a boy with Down syndrome.

In her letter she wrote: "Being there and sharing in that celebration of John's life brought me so much peace and hope. I was shown the truth. John had a happy and productive life just as my grandson can. He showed me that I don't need to worry. My grandson's life, like John's, does not need to be defined by Down syndrome and he too can find his way surrounded by love, friendship and support. One day when the Lord calls me home I will hug John Pike and thank him for his life-changing gift to me."

And so will I.

***Ken Pike is a brother.***

*He is also Director of Social Policy with the New Brunswick Association for Community Living. Mr. Pike has worked with the organization regionally and provincially for more than 15 years. In 2008, Ken was presented with the prestigious Human Rights Award by the New Brunswick Human Rights Commission*

*Reprinted with permission from Coming Together To Create Change*

## SCRI Society

*Continued from page 1*

Email [theclubmembers@gmail.com](mailto:theclubmembers@gmail.com) to book a free trial session or if you have questions, comments or suggestions. Or contact Renee Pye 463 5234 or Alice Evans 405 2053

Generously supported by the Province of Nova Scotia Department of Health Promotion and Protection, St James Anglican Church, Province of Nova Scotia Department of Tourism, Culture and Heritage, Active Halifax, and Halifax Community Health Board. Thank you for your support.

## Friends are Important

John Lord and Peggy Hutchinson always knew what they wanted for their daughter. They wanted her to have everything other people take for granted—friends, work, hobbies.

Just because Karen Lord has Down syndrome, she shouldn't miss out on a full life in the community. "We started assuming inclusion for her," said her mother Peggy Hutchison. "That's always our first choice."

Building relationships, Peggy and her husband John Lord discovered, was the key to ensuring Karen became part of the community and not relegated to the fringes. That view often collides with conventional ideas about what people with disabilities need.

"We've assumed they're happier or best off segregated," said Peggy, a professor emerita from Brock University who researched the idea of inclusion. Many people with disabilities are kept out of regular schools and work environments, she said, and Karen's parents had to work with organizations to figure out how to involve her.

"You always run upon barriers," Peggy said. "It's not in the past. We've got these attitudes. Friendships, unfortunately, are often overlooked for people with disabilities. They don't realize that they have a right and a need to have friendships," Peggy said.

## Friends are Important

Karen and her parents wrote *Friends and Inclusion: Five Approaches to Building Relationships*, about their experiences in creating a good life for Karen. Peggy and Karen, who's 31, were travelling around doing talks on how to nurture inclusion, and people encouraged them to write a book about how they applied those approaches in Karen's life.

"It's slow, but it's a process," said John, who is a co-founder of the Centre for Community Based Research in Kitchener. Helping Karen make lasting, close friendships took careful effort from her parents, who adopted Karen when she was four. "It had to be more intentional. It meant really trying to notice and nurture friendships," John said. "Now Karen is very good at initiating on her own."

They found it was best to explore several ways to make friends, including social networks like camp and church, leisure activities where Karen could meet people with similar interests and a support circle of friends and family they gathered to serve as guides in Karen's life.

"Surround people with relationships and then you won't need to surround people with services," John said.

They'd watch Karen and see who would show an interest, then work to develop those friendships and give Karen the skills she needs to make sure they lasted. And their diligence has built a happy, independent life for Karen.

Karen lives on her own in an apartment. She's a certified yoga teacher and has a couple part-time jobs, including working a few days a week at the Queen Street Commons Café in the Working Centre. She sings in her church choir, drums and is part of a community band.

And she has lots of friends. Friends who share interests, friends from camp, friends who live nearby and friends far away she travels to visit.

The message Karen wants people to get from the book is simple and essential: "Friends are important."

**JOHANNA WEIDNER**

## CIRCLES Program

I would like to take this time to thank HACL for your assistance, especially your help with the "Circles Program". On two occasions, I have borrowed the materials to assist my son, Brandon, with issues at school. He has autism and we were faced with serious behavioural difficulties as he was finishing his year last spring.

The first time I presented the information from the program, I don't think he was in the right frame of mind to absorb the concept. The second time, however, he took to the program and is using it in his daily routines. I quizzed him on it often to make sure "he gets it". There are times when I don't say anything about it and he will ask where a certain person would fit into his circle. He is more social now and I think this program helped him to achieve that.

The "Circles Program" deals with relationships and where people fit into a person's life. In Brandon's case, he needed help in establishing "personal space" and the program concept seems to help him understand this. Thank you again and I would recommend parents giving this a try!

**Nancy A. Grant, Parent**

## More about the CIRCLES Program

The program is based on a diagram of six color-coded concentric circles. Each circle represents a level of intimacy. Starting from the center circle, which represents the person who is learning the levels, each new colored circle represents behaviors, feelings and actions appropriate to the distance from the center, or self. For example, a person may hug and kiss members of the family (people in the next circle) but only wave to the mailman, who is in the distant orange circle.

The CIRCLES Program assists students to discriminate different degrees of intimacy and to adapt their behaviors accordingly. It explores the level of intimacy between people in the way that they touch, talk to and trust

*Continued on page 3...Circles*

## Halifax Association for Community Living

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Jean Coleman

### Statement of Disclaimer:

The HACL feels morally obligated to share any information brought to our attention that may benefit, or be of interest to our readers. However, the HACL does not necessarily endorse all the articles presented.

## Mark Your Calendars

**Wednesday, January 5, 2011** The Learning Kitchen Program is held at the Nova Scotia Hospital Site in Dartmouth. A fantastic training experience! Students in the **FEED NOVA SCOTIA Learning Kitchen** work in a commercial kitchen and develop culinary and life skills to be successful in the food service industry or to pursue additional post-secondary training. Under the supervision of a Red Seal Chef students also give back to the community as they prepare nutritious meals for community meal programs. For more information, please call: Betty McNeish, Project Manager Ph: 902-464-3031 or Fax: 902-464-3024 E-mail: [learningkitchen@feednovascotia.ca](mailto:learningkitchen@feednovascotia.ca)

**Saturday, January 29th, 2011, 1:00p.m. - 4:00p.m., An INFORMATION SESSION**, is being hosted by Halifax Association For Community Living at the Keshen Goodman Library, 330 Lacewood Drive, Halifax. Michelle Morgan Coole will provide a family information session on the issues of guardianship and the Henson Trust. She plans to provide an overview of both topics and the contact information for those in Nova Scotia who are most knowledgeable on each issue. Of course, there will also be a time for questions and answers on the above topics.

**June 7-9, 2011 Westin Nova Scotian Hotel, Halifax, NS** Across Canada, people with disabilities experience high rates of unemployment and poverty. Join us in exploring our collective power to Shift the Balance and ensure an equitable system of supports for all. The conference will bring together service providers, advocates and educators to share tools, resources and innovative practices in supported employment. A full program and schedule is available. Please stay tuned. For information go to: [www.supportedemployment.ca](http://www.supportedemployment.ca)

**October 21-23, 2011, Halifax, NS** Canadian Association for Community Living **LIVING IN COMMUNITY- THE MANY FACES OF INCLUSION CONFERENCE 2011** will be co-hosted with Nova Scotia Association for Community Living and held at Atlantica Hotel Halifax, Halifax, Nova Scotia. This conference will focus sessions and discussions on the many ways in which persons with intellectual disabilities can assume their rightful place in community, and the role that we, as family, friends, advocates, can play in helping make that happen. For more information, visit [www.nsacl.ca](http://www.nsacl.ca)

## NEWS FLASH

HALIFAX, NS.

On December 5th, after 8 years, our Executive Director, Peggy Weaver, will be leaving us. The Board and staff will miss her dearly and we sincerely wish her the best of luck in her life after HACL.

Peggy has worked tirelessly both as a Family Support Worker and Executive Director. Her smiling face and friendly demeanour will be missed.



### HACL Board of Directors 2010

Front (left to right) Yvette Cherry, Peggy Weaver, Sandra Larsen, Kevin MacDonald, Nancy Walker, Angela Lamey, Mariette McDonald

Back (left to right) Alice Henriksen, Kristina Dobson, David Barrett

Missing from photo: Lena Thompson, Brenda Pottie, Van Donaldson-Tache