



THE ABLE NETWORK
...promising futures

ABLE NETWORK NEWS

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NEW BALANCE GIVES BACK PROGRAM WITH ERIC GILLIS BY ELAINE HURST

My friends and I here at the ABLE Network in Aurora all have cool new running shoes. My brother in law, Eric Gillis, a Canadian Olympic marathon runner and his sponsor New Balance Canada donated these shoes to us through their “NB Gives Back” program. Eric was able to pick a charity of his choice to donate the shoes to and he chose ABLE Network Aurora! We let him know what size we needed and he surprised us all with a new pair of shoes. Mine are pink. Some people got black, white, gray or light blue. We were all very excited the day Eric delivered our shoes to us. We all wear our shoes when we go to the gym to work out. We love our new shoes. A big thank you goes out to Eric and New Balance Canada. You rock!



Eric Gillis (in red) surrounded by many of the ABLE participants with their new shoes!

ABLE RICHMOND HILL WELCOMES A NEW STAFF MEMBER BY MEGHAN REYNOLDS

My name is Meghan Reynolds. I have recently joined The ABLE Network staff, as a program facilitator. I am very excited to be working with The ABLE Network and have loved everything that I have experienced so far. My educational background is a Bachelor of Arts in Sociology with a minor in Psychology, and I recently just completed my Master of Arts in Counselling, with a community mental health focus. In my free time I love to coach and play soccer. I am currently coaching with the Markham Soccer Club, where I am an academy coach. I am very excited that I have been given the opportunity to work with The ABLE Network and look forward to learning more about the program.



Yasmin, Megan, Debbie, Meghan, Jenna & Theresa.

FUNDRAISING FOR ABLE NETWORK'S STOUFFVILLE LOCATION

We would like to send out a big thank you to all of the members of the “Stouffville’s Home for Christmas House Tour” committee. For the third year in a row, ABLE Network has been fortunate to be one of the beneficiaries of this fundraising initiative. This year \$40 000.00 was raised. The ABLE Network and Jennifer Ashleigh Children’s Charity received \$20 000.00 each! The ABLE Network has earmarked this money for our new Stouffville location which we hope to open in 2018. Thank you for all of your hard work!



The cheque presentation.

HELPING OUT AT MARTHA'S TABLE BY MICHAEL BOLTON



Michael preparing the cutlery.

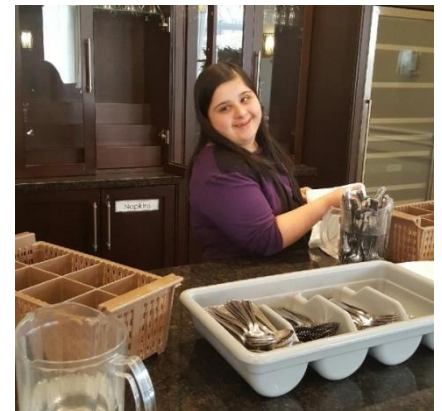
Martha's Table is a community lunch that provides soups, sandwiches, and companionship every Thursday. We go to Martha's Table every Thursday morning at St. Andrew's Presbyterian Church. Our two main jobs are to set up the dining room and make a soup for the luncheon. When we get to the church, we set up the chairs, we put table cloths on the tables, put out the salt and pepper, put communication cards on the table and then we roll the cutlery in the napkins. Sometimes when they are short staffed in the kitchen, I also help to butter the bread for the sandwiches. Once the dining room is all set up we head back to ABLE to make our soup. We are responsible to make the tomato soup each week. My friend Ryan M and I make the soup with the help of a leader. When the soup is ready, we take it over to St. Andrew's. We enjoy helping out at Martha's Table. I'm hoping to stay for lunch one day soon.



Michael preparing the soup.

MY JOB AT OAK RIDGES RETIREMENT RESIDENCE BY JENNA CAPPUCCITTI

I work at Oak Ridges Retirement Residence. My boss' is named Besa, she helps me by showing me what I need to do. I work on Mondays and Wednesdays in the afternoon. I take the bus to work and back to ABLE when I am finished. At Oak Ridges, I polish the cutlery in the dining room and then I roll the cutlery in napkins. This helps my coworkers set the tables in the dining room faster. We are a great team! The staff at Oak Ridges all greet me when I come in. It makes me feel happy. I love it at Oak Ridges Retirement Residence!



Jenna polishing the cutlery.

MANY CHANGES AT THE ABLE NETWORK BY ANDREW HUGHES

There are many changes happening at both locations of the ABLE Network. On January 7th, Kirstene had a healthy baby boy named Declan and she is now on maternity leave. Amanda will be leaving for her maternity leave at the end of February. Two new staff members have recently been hired to cover these leaves. Richmond Hill ABLE Network recently welcomed their eighth participant!

ON THE CALENDAR THIS MONTH

February 14th: Valentine's Day
February 20th: Family Day - ABLE closed
Celebrating a birthday in Jan & Feb: Brent, Loren, Meaghan, Nick, Amanda & Jolen



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 See us at: www.theablenetwork.ca