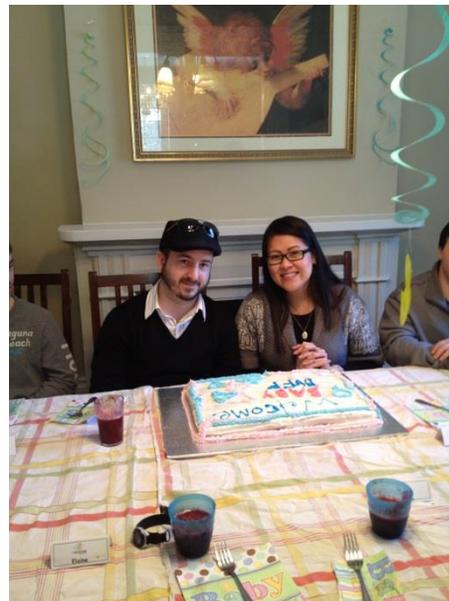


A BABY SHOWER FOR KIRSTENE

BY MEREDITH ALLAN

On Friday, March 07th we had a surprise baby shower for Kirstene and her fiancé, Derek Duff. Kirstene didn't know we were planning a shower for her. She was surprised that Derek came. We decorated the dining room and made a big meal. We made garlic bread and a smoothie, Barb made a lasagne and Caesar salad and Céline made a cake which the grocery shoppers decorated.

After lunch we gave Kirstene and Derek some gifts. We got them a bedding set, bumper pads and a matching lamp. I hope the baby likes them! Then we played three games. For the first game we blindfolded Derek and Kirstene and gave them each a doll and a diaper. They had to race to see who could put the diaper on first. Kirstene won! For the second game we played "guess how big Kirstene's belly is". We each had to cut the length of ribbon that we thought would fit around her belly. Devin and Barb tied. They both chose the right length of ribbon but Barb thinks the baby is a girl and Devin thinks it's a boy. The last game we played was baby shower bingo. Brent, Elaine and Gemma all won a round of bingo. I think we all had a great time at the shower.



Derek & Kirstene at the baby shower.

MY FIRST MONTH AT ABLE NETWORK BY SAMANTHA COULTER

My name is Samantha Coulter and I have recently started working as a Program Facilitator here at ABLE. I graduated from the University of Waterloo with an Honours BA in Social Development Studies in June 2013. I have worked for a few organizations supporting individuals with an ID and I am very grateful for the opportunity to be part of the team here at ABLE. I have really enjoyed getting to know all the participants and getting involved in the various programming. I love the variety of activities that ABLE offers and the energetic atmosphere. Thank you to everyone who has made my first month here so special!

IT'S A GIRL!

BY DEVIN TURNER

Kirstene and Derek had a baby girl on Friday, March 28th. Raven Alexis Duff was born at 1:35pm at North York General Hospital. She weighed 6lbs 6 oz. Mom and baby are both doing well. I hope Kirstene will bring Raven to ALBE Network to visit. We all want to meet her.



Raven Alexis Duff

CONGRATULATIONS TO MEREDITH ALLAN

Meredith Allan was recognized for practicing our character trait of the month, courage. Meredith has shown courage several times over the last few months.



Meredith with her award.

MY NEW JOB AT STAPLES BY MICHAEL BOLTON

I work at Staples. I started working there at the beginning of February. I work there every Wednesday afternoon. I walk to and from Staples on my own. Staples is close to my house and to the ABLE Network. I wear a uniform when I go to work. I wear a red Staples shirt and black pants. My boss' name is Paul. He is a nice guy and he shows me what to do. I have to face and re-stock products so the aisles look neat. I also have to go up on the ladder to tidy the mid-stock section. Before I could use the ladder, I had to do some ladder safety training. Once I showed Paul that I could use it safely and properly, I was allowed to start using it on my own. Sometimes customers ask me for help. If I'm not sure how to help them I can get someone to help. I like working at Staples because I like learning new things and it's good for me. I hope that I can work there more often in the future.



Michael re-stocking the shelves at Staples.

HIGHLAND GM DRIVES FOR A CAUSE IN FEBRUARY BY CELINE TREMBLAY



ABLE staff, participants and the staff of Highland GM at the cheque presentation.

Ryan's dad, Greg Grant, works for Highland GM. As a local business, Highland GM likes to give back to the community whenever possible. Greg suggested that they donate the proceeds of their "Drive for a Cause" program for the month of February to the ABLE Network. The Drive for a Cause program supports local charities. Each time a customer test drove a car throughout the month Highland GM donated \$25.00 to the ABLE Network with GM matching that donation up to \$1500.00. At the end of the month, ABLE Network staff and participants were presented with a cheque for \$3100.00. Thank you Highland GM for your generous support!

ON THE CALENDAR THIS MONTH

Character Trait of the month: **Optimism**

April 09 - Kirstene's birthday

April 18 - Good Friday

April 20 - Easter Sunday



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We're on the Web!
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