



THE ABLE NETWORK
...promising futures

ABLE NETWORK NEWS

May 2015 | Volume 3, Issue 5

TRYING TO PLANT A COMMUNITY GARDEN AT ABLE NETWORK BY DEVIN TURNER

During literacy, we decided that it would be fun and a good idea to plant a vegetable garden. The first thing we did was pick up garbage around the property and then we decided where we were going to dig our garden. Since it's still cold outside we decided to plant the seeds in small pots to get them started and we will transplant them in the garden when the weather gets a little warmer. For our vegetable garden, we planted beans, tomatoes, cucumbers, and zucchini. We are starting them all from seed. It takes about two weeks for the seeds to grow into seedlings. To take care of the plants we need to water them every day. When they are ready we are going to plant them in the new garden. Plants need water, good soil, and the sun to grow. We are hoping to use the vegetables for our Friday lunches when we make soups and salads. If we have any extra vegetables we would like to donate them to the Welcome Table.



Devin taking care of the seedlings.

WORKING AT APPLE SUITES BY DOUG SOOLEY



Doug at Apple Suites.

I started working at Apple Suites in Aurora in 2011. When I first started working there I only worked on Thursday mornings. At the beginning, I would work on preparing the mail to be sent out. Later on, they gave me more tasks so I started working another half day every second week. I sit at the front reception desk. When people come in, I greet them, ask them who they are and who they are there to see. I also sign for packages and deliveries, I open the mail, prepare cheques for mailing, empty the dishwasher and I used to water the plants. I really like working at Apple Suites because everyone is so friendly and it's a sociable business. I had a lot of fun at the evening Christmas party at a restaurant. They also included me in the tree trimming party even

though it was not a regular work day for me. Everyone who works at Apple Suites has their own business cards that look like trading cards. I was really excited to get my own business cards with my picture on them. I have given my card to my co-workers, my family and friends. Working at Apple Suites has been good for me. It's close by and I can walk there. I really like getting a paycheque. I was able to save my money and I bought a fifty inch TV for my man cave!

REPRESENTING THE ABLE NETWORK AT THE AURORA HOME SHOW BY RYAN M

The Aurora Home Show was held on the weekend of April 11th & 12th at the Stronach Aurora Recreation Centre. My mom works for Summers & Smith Heating and Cooling and they had a booth at the show. At their booth, they had information about their company and what they do but they also wanted to let people know about the ABLE Network. We had a big information board and pamphlets to give out if people wanted to learn more about ABLE. I wore my ABLE t-shirt and I stood by the board. Summers & Smith had an antique truck and they had a pet rabbit in a cage on the back of the truck. Some people wanted to donate money to ABLE. We collected almost \$50.00 in a jar! It was fun working with my mom.



Ryan M at the Aurora Home Show.

ENJOYING THE GYM CLASSES AT THE NEW AFLC BY ANDREW HUGHES



On Friday mornings I go to the yoga class at the gym from 9:30AM to 10:30AM with Brent, Devin, Mina, Ryan M and our volunteer Imaan. The teacher is Adele. I do many different poses at yoga. My favourite poses are the warrior pose, downward dog, and hanging upside-down. I really like yoga because it's so relaxing and it's a change from my usual workout.

MY NEW TASK AT MORNEAU SHEPELL BY BRENT HOEY

I have a new task at my job at Morneau Shepell. It is my responsibility to clean and sanitize all of the toys each week. I put all of the plastic, metal and wooden toys in the dishwasher. When they come out of the dishwasher, I let them air dry and then I spray them with Benefect. Once they are completely dry, I put them back in the basket and put the basket back on the shelf. Cleaning the toys is a big job because there are so many baskets

of toys. It is really important to keep the toys clean because lots of kids play with them and put them in their mouths. I like my new task because it keeps me very busy.



Brent sanitizing the toys.

CONGRATULATIONS TO ELAINE HURST

Congratulations to Elaine for winning the character trait award of the month for **Empathy**. Elaine showed a real understanding of what it means to be empathetic and was able to demonstrate this characteristic towards her peers.



Elaine with her award.

ON THE CALENDAR THIS MONTH

Celebrating a birthday this month: Adam, Christopher, AJ, Ryan & Devin

May 18: Victoria Day

Character Trait of the month: Integrity

