



**Volume 1, Issue 1  
January 2009**

# ABILITY NEWS

***PEI Council of People with Disabilities  
.....the voice of Islanders with disabilities***

## ***Message from the Executive Director***

It is the beginning of a new year, which brings a chance to renew commitments and set new goals, and that is what we are doing here at the Council. The Board, membership and staff, have completed the information gathering portion of our Strategic Planning process. It was wrapped up during our Conference by engaging those in attendance in identifying what our priorities should be. There was common themes that arose such as: self-employment supports & transition planning, affordable & accessible housing, public transit accessibility and poverty reduction strategies - just to name a few. We received excellent feedback from the members in attendance and we thank each of you for giving up your Saturday to help us with this important piece of work.

This time of year continues to be very busy as we are in Parking Permit Renewal time. Those of you who have not renewed yet please be aware that we are asking you to provide us with your birth month as we may be changing over to a birth month renewal system. If you have any questions or concerns in regards to this issue please give us a call.

Also, just a reminder that the *Ability News* will now be published quarterly. We want to focus on the successes of Islanders with disabilities so if you know of someone who has overcome the barrier persons with disabilities face, or a program or service that is assisting persons with disabilities please contact us and we will do a story highlighting them or the service.

We trust that each of you are working on New Year resolutions and we wish you each success.  
Marcia Carroll

### PUBLIC SERVICE ANNOUNCEMENT



#### **'Getting a Grip on Arthritis Resource Kit'**

**Are you living with arthritis? Everyone who calls the Arthritis Society can receive a free 'Getting a Grip on Arthritis Resource Kit', with information on arthritis signs and symptoms, tips for managing pain, avoiding injuries, solving everyday problems, exercise, healthy eating, medications and more. Call us at 1-800-321-1433 to receive your free copy.**

**The Mission Statement of the PEI Council of People with Disabilities is "to promote the full participation and inclusion of people with disabilities in Island Society"**



## ***Caring is the Main Ingredient in "Cookie's" Kitchen***

Marlene MacLean, "Cookie", as she often gets called, is the Cook/Supervisor at Perrin's Marina Villa, a beautiful Community Care Facility for seniors in Montague, PEI. She may be small and a bit cranky (*like all good chefs*) but she can handle the heat.

Marlene started work as a labourer in the farming and fishing industries at the age of fourteen. The physical stress of performing repetitive tasks damaged and permanently affected her fine motor skills and caused her other physical complications. Unable to continue working as a labourer, Marlene returned to school, received her Grade Twelve and pursued training.

She contacted the Council and with assistance and encouragement from Wendy Guindon, the past Kings County Employment Specialist, Marlene was able to employ her passion and talent for cooking as a career. She successfully completed the Line Cook training at the Holland College Culinary Institute through TIA-PEI. Marlene remained as a full-time Prep Cook at the Club 19 Restaurant at Rodds Brudenell River Resort after completing the workplace component of the course. This was a seasonal position and Marlene wanted to work year round. After finishing the season, she returned to Wendy who then assisted her in applying for the 2<sup>nd</sup> Cook position at the Villa. She was hired in April 2008 and soon became the Cook/Supervisor.

Marlene is thankful that Wendy was able to keep her motivated and not overwhelmed by the steps necessary in career change and job search.

Marlene proved to be a dedicated cook concerned with both the taste and presentation of her food. It was no easy journey for her but Marlene feels she is where she belongs.

*"She's cares about the residents and wants to have good meals for them. She's good to get along with and really takes pride in her work. Marlene has done good in the short time she has been here but she just keeps getting better. I thought her disability was her height."* Jason Perrin, owner/operator laughs about the teasing Marlene gets about being under 4'11".

The residents are thankful to be on the receiving end of Marlene's cooking skills.

*"I couldn't want any better! We just love her!"* Betty Anstie, one of the residents commented when asked about Marlene. *"You just mention anything to her and she does it. We wanted molasses and beans and we got it, biscuits too!"*

*"She's a lovely beautiful cook! I've no complaints."* Dorothy Mason, another resident smiles in agreement to her roommate Betty.

Hector Matheson, another resident who loves to tease Marlene enjoys the good meals. *"I haven't had a bad meal from her yet, but I like to pick at her sometimes. I told her today she put salt in the muffins instead of sugar. She just laughed at me."*

Marlene enjoys what she does even though it's hard work with a lot of responsibility. Not only does she cook and plate the meals, she plans menus, maintains the kitchen inventory, completes and places the large orders and does whatever else is needed.

*"I love my job here."* Marlene says. *"Somedays are tough but when someone stops at the kitchen door and lets me know they enjoyed the meal, it gives me a boost. They are the reason I put my heart into what I do. It's for them. They deserve it. It's more than just cooking it is about caring."*

She not only dishes out food to the residents but smiles and hugs as well.

### CANADA WORLD YOUTH VOLUNTEERS 'LEND A HAND'



PEI Council of People with Disabilities was fortunate to have two CWY Volunteers work with us for 3 months this fall. They provided support preparing for our busy Parking Permit Renewal season. They also sent 10 more CWY to us for a day to label and stuff our 5,300 renewal notices. Thanks everyone!



*Canada World Youth Mission Statement is "to increase the ability of people and especially young people, to participate actively in the development of just, harmonious and sustainable societies"*

**Malcolm Bird** is a Halifax native who graduated from Highschool in June of 2008. He joined CWY looking for hands on experience and adventure. He chose to volunteer with PEI C of D and found everyone friendly and helpful. Malcolm is looking forward to his 3 months in Ghana, Africa. He is especially looking forward to the new foods, markets and of course the warm climate. When asked what he liked best about PEI he said the friendly people and their easy going manner. Malcolm plans on attending University in the future. Good Luck Malcolm.

**Lovia Janice Owusu** is from the Republic of Ghana, West Africa. A recent high-school graduate, Lovia joined CWY hoping to meet new people and learn about the similarities in our cultures. She chose to volunteer with PEI C of D to assist people with disabilities and to gain office experience. Lovia loved going to the local movie theatres and the Rockets hockey games here in Charlottetown. Her favorites aspects of PEI is the friendly people and our peaceful way of life. Lovia plans to continue her education in either newscasting or fashion design. Best wishes Lovia and we hope you will return to Canada in the future.



### **MAKING ART ACCESSIBLE TO ALL CHILDREN**

The idea that art is for everyone is at the heart of a new class for children in the Young@Arts program at the Confederation Centre of the Arts. **The Confederation Centre Art Gallery is offering Arts Access classes for young people with special needs ages 6 to 12 and their caregivers.** The program will run similar to other visual arts classes in the Schurman Family Studio, however, caregivers will accompany the child to the class and participate in the program as well. Brothers and sisters of participating youth are welcome to take part in the program at no extra cost. These emerging artists will explore new materials, drawing, painting and sculpture through engaging hands-on workshops. **Classes will take place Saturdays 10:00-11:30 a.m., January 3, 10, 17, 24 and 31 in Memorial Hall,** a location easily accessible within the Confederation Centre of the Arts. The cost for the program is \$80. For more information or to register please contact Siobhan Wiggins at: (902) 628-6112 or e-mail [swiggins@confederationcentre.com](mailto:swiggins@confederationcentre.com).

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**PRINCE COUNTY OFFICE IN SUMMERSIDE:**

<b>Nancymarie Arsenault</b>	Employment Specialist	888-8035	employprince@peicod.pe.ca
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**KINGS COUNTY OFFICE IN MONTAGUE:**

<b>Judy MacLeod</b>	Employment Specialist	838-5878	employkings@peicod.pe.ca
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**PEI Chronic Pain Support Group**

*Meetings will be held Tuesday evenings from 7:00 pm to 9:00 pm at the Friendly Pharmacy*

*Dates: Jan 6th, & 20th, Feb 3rd, & 17th, Mar 3rd, 17th & 31st, April 14th, & 28th May 12th & 26th, June 9th & 23rd*

*Contact; Louise Smith 675-2660  
OR David Panton 569-2372*

**Brain Injury Coalition of PEI**

*BICPEI will meet at the West Royalty Community Center, 7 pm –9 pm 1 Kirkdale Road in Charlottetown on Jan. 14, Feb. 11, Mar. 11, Apr. 15, May 13, Contact Kenneth Murnaghan at: 892-0367 or e-mail to bicpei@gmail.com*

**Disability Advisory Committees Meetings****EASTERN KINGS**

Wednesday, Jan. 21st, 1:30PM  
Souris Hospital

**SOUTHERN KINGS**

Tuesday, Jan. 28, 12:00PM  
PEICOD Boardroom, Montague

**QUEENS**

Wednesday, Jan. 14, 2009  
1:00PM – 3:00pm  
PEICOD Boardroom, Charlottetown

**EAST PRINCE**

Tue. Jan.20, 1:00 pm  
Lions Seniors Complex,  
Brophy St., Summerside

**WEST PRINCE**

Tue. Jan. 27, 12:30 pm  
Maplewood Manor,  
Alberton