

## Commence 2017 Conference

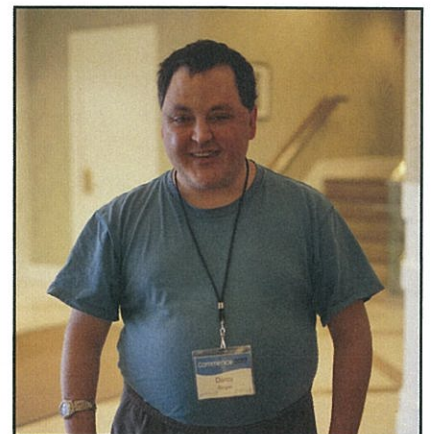
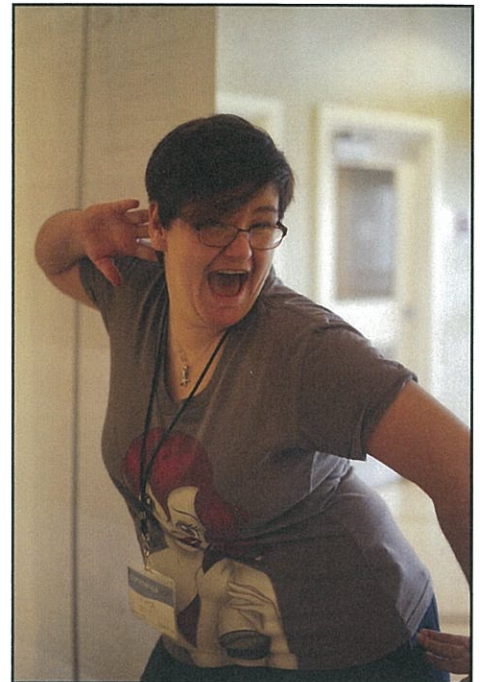
In February I had the pleasure of attending the Commence 2017 Conference with Maria Dyck and D'Arcy Regan of The Advisors. The topic of the conference was "Living the Good Life". Maria, D'Arcy and I had the pleasure of talking to key speakers, Michael Kendrick and Bruce Anderson about what life ought to be and could be as well as how to discover and share our gifts.

One of the highlights on the first day of the conference was hearing Sam Forbes, the Dancing Barista from Toronto who appeared on The Ellen Show, speak about grabbing opportunities and making new connections even though you are scared. Maria, D'Arcy and I spoke to Sam during lunch about his appearance on Ellen, his trip to Japan and his advocacy and public speaking. He was kind enough to take a photo with us as well.

On the second day, we explored how to discover our gifts and Community Living Ontario interviewed the three of us about those gifts, how they can get us in trouble and why they are important to share. Then we had the opportunity to have our portraits taken by Omar Shahadah, photographer and participant in the Student Links program.

We shared some adventures, some good food, learned about ourselves and how we are important to others!

*Lisa Cameron*  
Manager - Operations



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## Tennis at Inch Park!

In the fall of 2016, while brain-storming exciting new activities, we found a hidden resource right under our noses--two, barely used tennis courts at Inch Park! Individuals in the Inch Park day program were asked if they would like to play tennis and responses were enthusiastic. We arranged weekly tennis lessons and to our delight, we observed that everyone's a winner! Individuals found varying ways to participate. Some took turns serving tennis balls to staff and retrieving out-of-play balls while others joyfully cheered on their teammates.

The hour-long recreational activity included many health and wellness benefits. Tennis improves muscle tone, strength and flexibility. Blood pressure and resting heart rates are lowered and metabolic functions are strengthened. Moreover, for some it was their first time on a tennis court. These were occasions to laugh together and engage with others in the community.

Dropping temperatures don't mean we can't still have fun. Indoor tennis courts are comfortable for everyone, any day of the year!

*Gloria Petitti*  
*Manager – Client Services*

