

Do YOU have any stories or art work you would like to share in the newsletter? We would love to hear from you.

Vita Members Times

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TTC and YRT Helpful Tips

Here are some **tips** we came up with if **you want to** or do take the buses, street cars, subways, Wheel-Tans or Mobility Plus.

1. You can buy a **monthly pass**
2. If you do not have a pass you can buy small tokens, tickets or pay with money
3. If you need **help** you can **talk** to the TTC/YRT **driver**
4. Pay **attention** to where you are going because you may miss your stop and get lost!
5. Do **not fall asleep** because you might miss your stop and get very lost!
6. If it is icy or slippery **walk slowly** so you do not fall.
7. Someone can go with you and train you so **you can learn** to take the TTC/YRT by yourself.
8. People who use wheelchairs or canes might need some help and can use **Wheel-Trans /Mobility Plus** which can pick people up right at home. You could also use the ramp on the bus. The buses have ramps that can also be used to help people get on the bus.

With these tips **you can be more independent.**

You can get **out of the house** more.

You can **be less bored!**

The Vita Member Times Newsletter Committee.

Adam's Update



Vita has a new **Strategic Plan**. Other words for Strategic are important, key, critical.

You may wonder **what is a strategic plan**, what is it for?

The **strategic** plan is kind of like a **PSP** for Vita. It's a plan that **sets out goals** for Vita to reach over the next 3 years.

What makes **THIS strategic** plan different than **ANY ONE** we have done in the history of Vita? **YOU!**

This is the **VERY FIRST** strategic plan where we worked closely with **YOU**, members of Vita.

YOU helped us by telling us what you think, by answering questions, talking to us one to one and in big groups.

As your Executive Director, I'm excited that I can tell people that our plan and our vision, was developed together with Members of Vita. This is a **BIG** change.

It shows how we are better when we **TALK** and we **LISTEN** and we **WORK TOGETHER**.

Thanks to all who helped to make this change happen

Adam Smith

MAKE
IT
HAPPEN

TOGETHER



Voice

Choice

Ability

Power

Right's Group Update



- The Rights Group raised \$200 at the Christmas Raffle and also gave a speech.
- VITA's Executive Director, Adam, visited the group with updates.
- Carol Gismondi presented the Bill of Rights to new VITA staff.
- Andrew Lewis, Devin Eby and Chris Samarco attended the Commence 2015 Conference.

Advocates Against Abuse

AAA will be playing a very special role in Vita very soon!

We have been working very hard to become trainers so that we can teach all the members about abuse prevention.

We have been practicing and are almost ready to start. When we have more information we will let you know!

We are so happy to start teaching this because we have been working so hard.

Chaid McFarlin, Brandon Myrie, Andrew Kestenbaum and Christopher Ercolino.



Black History Month



Pride

Respect

Equality

Kindness

Black history month was in **February** and is in **February** every year.

We wanted to help people **understand** what black history month is.

We have **all cultures** here in Canada and we have **all skin colours**.

People should all be **treated nicely** and in the **same way** as everybody else.

Andrew Lewis did a piece of **artwork** to show the **talented** and **successful** people in black history. It is on the next page.

It is important to **talk** about **black history** because all members should know about it.

We want everyone to **feel proud** of **who they are** and who their **family** and **friends** and **community** are.

Vita Member Times Newsletter Committee

BLACK HISTORY MONTH



Jackie Robinson the first African American baseball player to play in the major leagues

Dr. Mae Jemison was the first African American woman in space

Lewis Howard Latimer who made the first drawing of the telephone

Rosa Parks is known as the Mother of the Civil Rights Movement

Dr. Daniel Hale Williams the first person to perform open heart surgery

Dr. Martin Luther King a minister, civil rights leader and winner of the Nobel Peace Prize

Wonderful Spring

W X C Q V G Q N D X N W H T B
 L A M Z K E Z S S U P O H F U
 E X E R C I S E S K O G F A R
 Q F G H E D F V H M I O D Z A
 Q B H T M G O A E L S G H Z K
 U X B M Z U P B N G V W Z I L
 G U R O W P O U I U G R S M L
 W N D R Y C S W S L L I E D A
 P C I A K L L I Q O E G E V B
 M G R N H J W D F T A R C S E
 M O M J E T X J E K S H N D S
 K R M Y Z D D R T U T P A A A
 E S X Z W I R J S O E Y R W B
 H I U Q P U Q A V C R E Z I J
 Q D T I U R F N G Z F M O W X

BASEBALL

BBQ

EASTER

EXERCISE

FRUIT

GARDENING

HAPPY

SUNLIGHT

VEGGIES