

# VITA

## Members Times

Volume 2 Issue 2

June 2015

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

Contact us at:  
membersnews-  
letter@vitacls.org



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### Thinking Healthy

We wanted to keep people's minds going about healthy living.

To help give people energy, think well, be confident, and to stay healthy and have a long life.

We thought it would be a good idea to ask Marilena Candito about healthy eating. She helps lots of people at Vita with this.

With her help and what we think, we came up with some ideas about living healthy. We hope you like it.

|   |   |   |
|---|---|---|
| <b>Eat salad every day it help your digestive system</b>          | <b>Exercise every day it is great for your body to stay fit</b> | <b>Have homemade meals when you can</b>               |
| <b>Drink lots of water instead of pop</b>                         | <b>Get fresh air it feels great to be outside in nature</b>     | <b>Try to eat less chips, cake, chocolates.</b>       |
| <b>At the movies have popcorn without butter instead</b>          | <b>Eat breakfast it is a good way to start your day!</b>        | <b>Get a good nights sleep</b>                        |
| <b>Choose healthier restaurants like Subway, Freshi and Sushi</b> | <b>Play music and dance!</b>                                    | <b>Try not to eat close to the time you go to bed</b> |

We all like to have treats sometimes and relax sometimes and that is ok! We wish you a happy and healthy summer Vita!

Vita Members Times Committee

## Learning YOU



We found out about **Learning You** when staff showed us the schedule and told us what each **class** was about.

The classes that were on the schedule were: **Boundaries; Relationship Education;**



**Drama Group; Painting; Keeping Your Cool; Scrapbooking; Self Esteem; Dance; Cupcake making; Food Health and Nutrition; Internet Safety; Bullying Prevention; Friendship Group.**

Each course has a start and end date. The class is on the same day and time every week. The courses are 1 week to 10 weeks. It depends how much you need to learn.



Most Learning You classes are at **Casa Abruzzo Day Program** unless a special group is needed.

At our first class there were a lot of Casa Day Program members. We were surprised to see **people from the community** we didn't know. They told us they found out about Learning You from their staff or their families.



Learning You is, classes to **learn new skills**; a place to **meet new people** and a place to **talk about what we want! New classes will start in September.**

Contributors from Casa DP: Danielle Lunsy, Sylvia Burrows, Kaitlin Whiteley, Linda Calabrese, Nicholas Yates, Andrew Lewis, Michael Goldberg, Carol Gismondi and Nicole Hamilton with a special thanks to Carol Landaverde for helping.

To get more information call Carol Landaverde at 416 645-0344

## Right's Group Update



We visited CAMH to talk about our experiences of visits to doctor. We gave ideas about how to make it better.

Two rights group members set up an information booth at the DSTO fair.

We are reaching out to other groups to create a network and to get guest speakers.

We had our annual planning day.

## Adams Update



Vita's Board of Directors will meet for a yearly meeting in June.

At this meeting we take the time to think about and celebrate Vita's hard work over last year. We are extremely proud of all that we have done and are excited about what lies ahead! Our plan for the future is bold and creative!

We want to hear more and more from YOU the members of Vita.

Adam Smith

# Way to go Sonia!

## Gladiators the Best Hockey Team!

I am a hockey player on the Gladiators team. I've been on the team since 1996.

I was the only girl on the team for 12 years.

My Dad comes to watch my games, and Mom comes on the bus or plane when we go away.

We play other teams and go to tournaments in different countries. I've played in Ottawa, Boston, Virginia, Washington, Michigan and England.

The team has visited the White House, the Parliament buildings, and Buckingham Palace!

Every year in April I go to a banquet and get an award. I have a lot of medals and trophies.

I like playing hockey because it keeps me healthy.

I like seeing my friends every week.

Sonia Petrocco – Vaughan North Day Program

## Something New



Hello Vita Members,

My name is Ann and I am a Therapist in Supervision. If you are having a hard time and you would like someone to talk to about your worries, you and I may be able to work together at talk therapy.

For more information you can call me at 416 749-6234 ext. 216.



# Cool Happenings

## As the Season's Change



By Angie Pan

### Vita Mens Sana

### Art Project !

Starting this June all programs will be invited to take part in an evening of art, friends and fun!

One staff from each home will be the lead to make sure everyone comes.

This large Art Project will be displayed at an important event next year. We hope to see you there !



On April 22, 2015 I cooked spaghetti made spaghetti, garlic bread and salad. I did a great job!

I found the recipe online and made a list for shopping. I went to get the groceries and cooked at the Community Junction.

They filmed me like a cooking show. I ate the meal with people who came and watched and supported me.

Kevin John Head

## Summer Fun

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

**CHEERING**

**OLYMPICS**

**PICNIC**

**RUNNING**

**SOCCER**

**SPORTS**

**SWIMMING**

**TROPHY**