

CORE COMPETENCY NEWSLETTER

April 2014

ADVOCATING FOR OTHERS



Advocating for others is about **Giving Voice to Others**. Whether that be the individuals we support who cannot speak for themselves, the agency we work for, or the sector itself. It is about speaking or writing in support of another person or cause.

John Wooden once said, "Don't let what you cannot do interfere with what you can do".

By speaking up and bringing attention to others, we can work towards a solution.

"Individually we are great, but together we are Amazing!!!"

THE HAMSTER WHEEL

After a winter that seemingly went on forever, spring has finally sprung! Whether it is the melting away of the massive snow banks in front of your home, the blooming of new flowers, or all those ambitious runners and wannabe runners taking their first runs outside, the winter thaw always brings about a sense of renewal and the promise of new and better things to come.

With spring, the task of spring cleaning always accompanies. While it is important to clean away the buildup in our homes from a long winter, spring time also brings about the perfect opportunity for us to take stock of ourselves personally, and do away with the dust bunnies of life.

In our line of work, it is easy to lose focus of what our primary purpose is. We become task oriented with the daily stresses of attending doctor's appointments, grocery shopping, helping with baths, making dinners, or cleaning. We sometimes forget that at the heart of our profession, we are here to offer care to individuals and advocate for those who, otherwise cannot for themselves.

Spring is in the air, so let us take a moment to step back from what we are doing, calm our thoughts, sit down with the people we support and have a conversation with them. Ask what fun activities they might like to do this summer and help make it happen, because really, our purpose is to be here for them.

~Jonah.

News Letter Activity

These statements came from the "Advocating for Others" page in the Core Competency dictionary.

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|--|---|---|
| 1. Anticipates and prepares for others reaction? | T | F |
| 2. Uses direct persuasion in a discussion or presentation? | T | F |
| 3. Genuinely values others input and expertise? | T | F |
| 4. Is open minded when presented with a new perspective? | T | F |
| 5. May appeal to reason, data and others self-interest? | T | F |
| 6. Gives specific constructive feedback for development purposes? | T | F |
| 7. Shows respect for others capabilities | T | F |
| 8. Makes 2 or more different arguments or points in a discussion or presentation | T | F |
| 9. May use concrete examples, visual aids, demonstrations etc. | T | F |
| 10. Takes action to overcome immediate obstacles/barriers to success | T | F |

Please circle..... **T** for True and **F** for False

*Please submit your completed activity to Debb Young at Admin, by April 22nd, 2014. All correct activities will be entered into a draw for a mind blowing, absolutely amazing prize.

YOUR MARCH ACTIVITY WINNERS



Double high fives to Shauna Allen and Sandra Livingstone for successfully completing last month's newsletter activity. Shauna, who said enough with winter, took matters into her own hands and jet setted off to beautiful sunny Spain for two weeks. Fortunately though, Sandra was kind of enough to do Shauna a solid and pick up her prize.

If you would like to experience the same level of excitement these lovely ladies did last month, then I strongly encourage you all to complete this month's activity. Not only will you receive a super cool prize for a successfully completed activity, you may also learn something new that you can apply to your own growth and development.



As mentioned, Shauna is currently in sunny Spain making us all jealous of her. She enjoys traveling, which is no surprise, spending time with her family and friends, and delicious pot lucks.

The residents of Lambert are very fortunate to have Sandra there. She was kind enough to accept both prizes while her colleague is away. In her free time, she loves to travel, can rough it while camping, and if need be, can provide meals by catching her own fish.



YOUR CORE COMPETENCY TEAM

Brenda bRandell@clgw.ca

Debb dYoung@clgw.ca

Jennifer jMcglen@clgw.ca

Joanne jSmithers@clgw.ca

Laura lHanley@clgw.ca

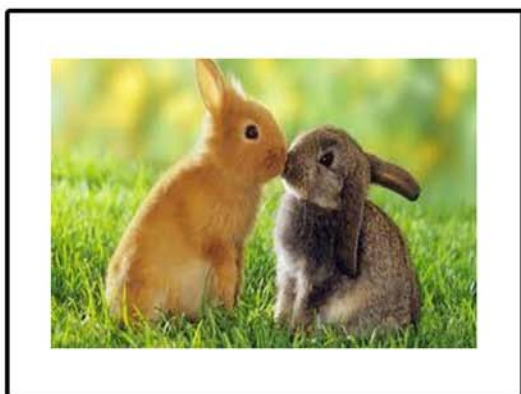
Linda lClyssy@clgw.ca

Lori lMorrison@clgw.ca

Lori lZiegler@clgw.ca

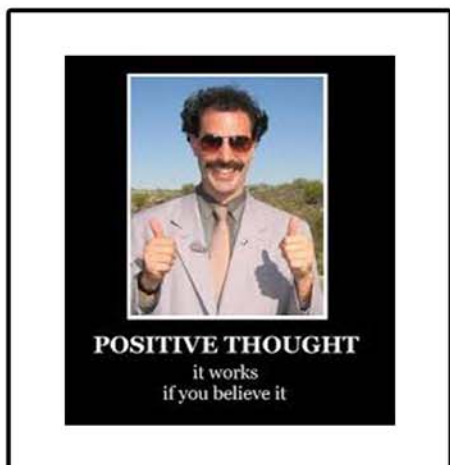
Melanie mDarke@clgw.ca

Jonah jLunod@clgw.ca



Jennifer McGlen

Special thank you to Jennifer for contributing to this month's newsletter.



Jonah Lunod

Super pumped that Easter is fast approaching. It means he can stop eating salads for lunch and dinner, and finally have a burger, or pork chops, or fried chicken, or maybe all of the above, and chase it all down with a bag of chips and some delicious Bulk Barn candy for dessert.

Happy Easter Everyone!!!