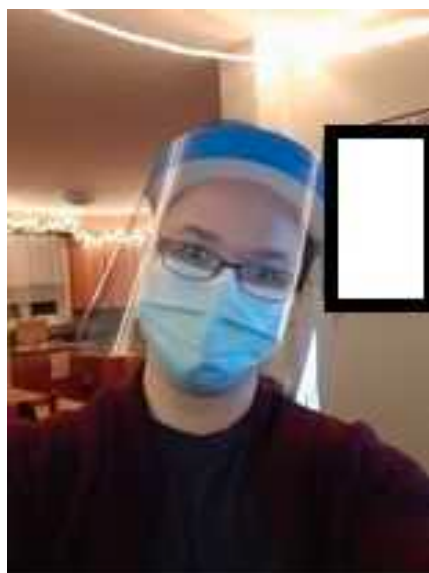


Pandemic View from a Support Worker



I started writing and got input from other support workers. One friend (who wishes to remain anonymous) specifically had such a way of saying it that resonated with me so here is 'Pandemic Views From a Support Worker' The picture is me ready for another day (had to white out some personal pics in the background.)

-Sarah King

“Working as a support worker during the pandemic has been a lesson in compassion – self compassion, compassion for clients, compassion for strangers, compassion for co-workers just as burnt out as you, compassion for people who challenge the virus, compassion for governments. It has also been a time of deep personal reflection and learning more about how we respond in various situations. Why am I feeling so anxious, or getting so short with people, or watching too much TV, or wanting a night alone even though I never go out anymore? It has also been a time of growing friendships and seeing that the ones who showed up before continue to show up. Of feeling supported when the stress of everything else prevented the ability to do tasks that seem basic.

Working in supportive housing means that we are some of the ones not staying home. When others' workplace policies keep staff at home to support by phone calls and video chats, we are still finding ways to safely be the on-site support. We learned to wear masks all day, learned what it's like to work alone more so that we didn't risk mass infection should an outbreak happen. And then learned how to trust that our protective measures make it safe for more of us to be at work together again. I grieved over the losses that my clients experienced, loss of activities to do, loss of ability to connect with their other supports. I also celebrated with clients when they were able to find other ways to connect, and when they were able to receive the vaccine.

During this past year and a half I have learned about the power of vulnerability, community, and support, both for myself and for clients, in ways I didn't know were missing."

Covid Safe Online Auction

All the planning ensured that the auction went smoothly with no serious glitches. The fact that we had over 400 items is a tribute to the hard work of the committee members and the generosity and support of the L'Arche community and the wider community. There was quite a bit of momentum from last year's auction. We raised **\$10, 576.87!!!**



The Auction Starts!



Models!





One of three pieces by Maureen and Rhonda!



Browsing items!



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Find us on twitter. Use **#larcheavalon** to mention us in your tweets. Invite you friends and family to follow us!

Like our Facebook page and invite your friends and family to find us. You can see our page without having a profile of your own. Stay connected with us. Let us know what you are doing by sending us a picture with a brief caption. Wednesday is **Waving Wednesday** so send us a picture of yourself to say hello.



A Message from our New Board Chair

As I assume the role as Chair of your Board of Directors following the June AGM, I wish to sincerely thank those who have come before me, especially our out-going Chair, Lewis Andrews. He has been involved from the beginning and continues to work tirelessly as we move forward with our exciting project – the building of two L'Arche Avalon Homes.

I would like to share with you a paragraph from the Newsletter of August 2014 under the banner of Cornerstone Housing Society – building on the L'Arche model in Newfoundland and Labrador.



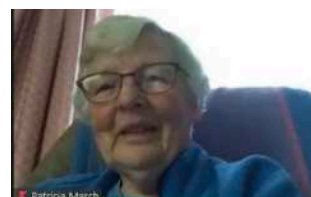
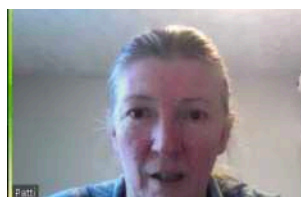
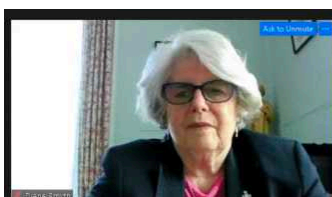
Our founding Board of Directors was elected at the first AGM held April 5, 2014. Board Members include Brian Dawe, David Buckley, Don Rowe, Evelyn Friesen, Jane Pippy, Lewis Andrews, Marilyn Bruce, Mel Friesen and Peter Barnes. At the inaugural meeting of the Board, the executive of the Board was formed with Evelyn Friesen, Chair; Lewis Andrews, Vice Chair; Don Rowe, Secretary; Mel Friesen, Treasurer. Additionally, Paul McCarthy has joined us in a consultative role as Accountant.

Many of these founding members, as well as others who were not elected to the Board, are still very active in our community. Others have joined through the years – I being one of the latecomers!

As we move forward, I look to them and to all of you for your input and involvement in community development and ask for your support as we move forward at this very important time in our history.

Come to activities, bring your ideas. I want to hear from everyone so that our L'Arche Avalon Community continues to be inclusive, open to new ideas, and welcoming of everyone.

Sincere best wishes for a happy, healthy summer,



~Sheilah

Joining via Zoom

Student Work

I'm Mary-Anne and for the next couple of months, I am the Spiritual Expressions Program Coordinator at L'Arche Avalon.

I have Bachelors' degrees in English (University of Guelph) and Education (University of New Brunswick) although for many years I was the primary caregiver of 3 children, Laura, Zachary, and Gillian. After so many thousand volunteer hours logged in school libraries, chaperoning field trips, and coordinating various ministry programs I returned to school as a graduate student at Queen's College Faculty of Theology.



In my spare time, I love to read, play the piano, travel, and try new things. With no specific plans for future work or ministry, I am totally enjoying each day as a step on the journey of discovery to where God is leading me next. I am quite excited to work with L'Arche Avalon in this time of change and formation.

~Mary-Anne

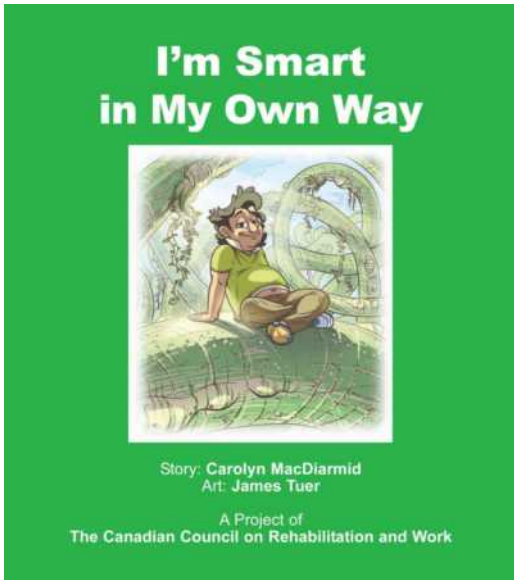
Spiritual Expressions

Our numbers were few in May, but the welcome was warm. We were joined online by Peter Barnes and Sister Mabel. And Mary-Anne, our new summer student was there for her first L'Arche community event.

Lewis and Marilyn Andrews introduced the theme of Hospitality and spoke about the importance of being welcoming as a community. Everyone was given a chance to share their thoughts regarding hospitality and what it might mean to each of us. Maureen shared how she practices hospitality by making tea and cookies for visitors.

We finished with a prayer.





Bartley is a young boy who doesn't do well in school. He has talents that are beyond the classroom, but many of them are not appreciated or understood by others. He goes to his mother who tells him 'My dear, you're smarter than they know.' That night he saves the town from a giant vine and in the end his ideas bring tourists to the town.

For information on accessing this or other books in our library, please contact Sarah King

sarah.king@larcheavalon.ca

A Bittersweet Graduation



What a sad change in our lives. Anton, who is usually the happy-go-lucky living-in-the-moment fellow, doesn't realize yet what he has lost. But I do! Anton will no longer be able to enjoy lunches with his classroom community, nor group activities including games in the gym and painting bird houses (he loves to watch others do it for him). He will no longer be on the bus with others twice a day, no longer be greeted with enthusiasm

and jokes by the student assistant Anita, and no longer enjoy relationships with caring Student Assistants as well



as with lovely teachers - finished. Anton is 21 years old, and that factor alone ends school for him on June 24th.

There is nothing available for him to attend day programs and enjoy social connections. This moment in Anton's life was one of the reasons why over 10 years ago I pushed for



information about L'Arche, a model I had never heard of until then (and boy have I learned a lot since then!) Evelyn and I subsequently planted the seeds for L'Arche Avalon.

Now Anton - and all of us - have the L'Arche Avalon community and its weekend social events to look forward to.

Anton's last week in school was sweetened with a wonderful gesture by one of his Best Buddies (fantastic program at the school!) who volunteered to ask him to accompany her to graduation. Thank you so much, Amelia – it means a lot to Anton and his family!

~Petra

Accessibility with ramp or lift

Many people find themselves with severely limited mobility, up to and including living in a wheelchair, and most houses are not constructed to accommodate life in a wheelchair, starting with access to the house itself.

We may immediately think of building a ramp to the main door, but a wheelchair lift may prove to be a more functional and economic choice than a ramp.

Some people may be able to operate the wheelchair themselves while others are dependent on someone else to push them. Either way, when a ramp is too steep it is extremely hard to navigate. This factor might render it unusable.



There are accepted standards for the maximum slope of a ramp. As a rule of thumb, every 1' of height requires 20' of ramp. For your own purposes, think that every step that you need to climb to get into your house - including the step through the front door - requires 14' of ramp. Even if your front door is only 3' above grade, you will need 60' of ramp. This represents substantial construction cost, as well as a significant amount of maintenance. Think about what's involved in shovelling snow off a 60' long by 4' wide



ramp – even if your yard is able to accommodate such length or maze-like structure. A lift would, of course, have to be kept free of snow, but it is designed to operate outdoors in all weather conditions.

What are the advantages of a lift? These days, given the increased price of lumber, a wheelchair lift may well prove to be a more economic choice. Lifts generally don't require any large-scale electrical upgrade and are very compact, as can be seen in the photos. Lifts are operable by the person in the wheelchair alone, which ramps may not be. A 60' long incline is a strenuous push for a person whose physical capabilities may be compromised.



GREEN DEPOT ACCOUNT NUMBER 3680624.



Don't forget! You can always help by returning your recycling and using our account number! (3680624)

GREEN DEPOT ACCOUNT NUMBER 3680624.





Lunchtime at Quidi Vidi

Thursdays in July and August

Meet in the parking lot and picnic area behind the boat house at 11am for a walk, Picnic lunch at 12 noon

