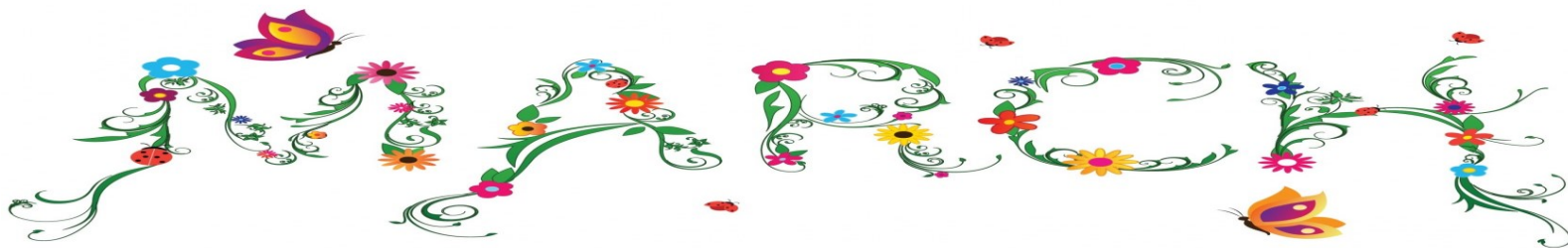


The

INCLUSION NEWS



Covid 19

With the recent outbreak of Covid 19 also known as Corona Virus, I feel that as an Advocate, I'd be falling in my responsibilities if I didn't express the ways to remain safe and healthy. The importance of cleanliness is vital. Ways to stay healthy include: washing of hands, eating healthy balanced foods, getting rest, staying hydrated along with precautions such as coughing or sneezing into the crease of your elbow, staying home from work or school if you're unwell and to keep your doctor aware of any onset of symptoms if they arrive so they can properly address your individual case. There's much to remember but it's important to stay calm, stay healthy and care for one another. We all matter and I want that to be the key to wellness. For more information a good source is:

www.bccdc.ca

Knowing Ones Rights

Recently, I departed from a Roadside cleaning position. One that I take great pride and care for. Along with my co-workers and our community it is a job that I would wish others to take up. Nothing is better than a well looking community and exercise and planet health. That being said, I feel that it's important to give a reminder to others that we remember our Rights of the workplace. When concerns are raised, when wrongs need to be righted and when a team isn't being heard, knowing that standing up for one another is an option, we can be the change we want to see. I feel that there will be times in our professional lives where there may be situations where we feel stuck or not know where to turn, but that speaking up and addressing things head on is the way that things can turn around. If anyone ever feels lost, speaking to those we trust can be most supportive and affective and I want you to know that your Rights and feelings and thoughts are valid.

Shift The Focus

Lately, I have noticed that there is a shift of focus throughout the workforce. One thing I can commend is the ability for our young folks to adapt learn and grow and prove that the future is bright. Many times there is this misconception that getting into the general workforce is to find our 1 strongest strength and stick to that. However as someone who has had the pleasure of different types of jobs ranging from Coffee delivery to public speaking to road side and bank cleanup I can say that those with Diverseabilities can achieve to the highest level possible and exceed expectations we put on ourselves or from those around us. I encourage folks to explore beyond the base skills and find your talents and strive for what you want most. The best things in life take time and are gradual in the build to the top but I know that its possible and I look forward to many more of you fine folks taking the reigns of all that life can offer and that 2020 will be one of the best years for all of you.



This news letter was created by Public Speaker and Self-Advocate Sherwin Strong. If you would like any more information regarding these articles or would like to know more about inclusion within your community, please contact Sherwin at thesherwizzle2013@gmail.com



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