

Inclusion

The longing for belonging lives within each one of us.

Make A Difference

enVision Foundation's Spring Event celebrates our community.

What is in Your Boxes?

How will you increase equality, inclusion and value of all people?
It all starts with changes in your boxes.

Community Connection



enVision Community Living exists to inspire equality, inclusion and the value of all people.

In each newsletter, we will supply a tip on how you can help us grow our social media family. Our suggestion for this publication is to simply SHARE our posts. When you share a post from our Facebook page, you immediately increase the size of the audience we are able to reach. Re-sharing exposes your friend base to our events and news. It is a simple and effective way to build our family.



People We Serve

Introducing **Bonnie Reimer** - Celebrating Her Success!

It was only a few short weeks ago that I was visiting enVision's Kindale Industries to assist with the shooting of our new promotional video, and I had the good fortune to meet Bonnie. I was struck by Bonnie's warm welcome of me, her genuine interest in who I was and how she easily engaged me in conversation, like we were old friends. So I was thrilled when she agreed to participate in our "People We Serve" profile for this newsletter.

Bonnie is celebrating 37 years of working at Kindale. She is an accomplished seamstress, skills she learned as a young woman. She spent her earlier years in the sewing department at Kindale and is now semi-retired working only part-time at pegging screws. Bonnie has always enjoyed being busy and is now attending enVision's Retirement program part-time where she is making new friends and really enjoying the planned activities.

Bonnie's home is shared with Alice, Mark and their kids, and when I chatted

with Alice she was quick to expand on all the benefits of having Bonnie close at hand. Her kids love Bonnie and rightly so, she has a resume filled with quality child care experience. She currently works at the Family Resource Centre every other week, caring for children.

Like many of us, she too has a weakness for sweets and she loves it when Alice and she can steal away for some one-on-one time at Tim Hortons, to share a Boston Creme doughnut; her absolute favorite!

Bonnie has excelled as an athlete and through Special Olympics has achieved medal status in both the category of bowling and track and field. She was also a long-standing employee with McDonalds for more than eleven years.

She feels blessed to have family near and far that she is connected to. She's an independent traveler to places like Edmonton and Saskatoon, and thoroughly enjoys the opportunity to share memorable time with her nieces and nephews.

She enjoys being active, taking long walks when the snow and ice are not a factor. But horseback riding is her new ambition after visiting Cloud 9 Ranch.



She hopes to pursue this activity with greater frequency.

I am so impressed with just how diverse Bonnie's interests are and her love for connecting with people. My hope is that you experience the same good fortune as I, and are afforded the chance to befriend this wonderful woman.



Marilee Arthur



What Is In Your Boxes?

How will you spread love and respect to all members of our community?
It all starts with the changes inside your boxes.

Early in our lives, we start taking in data based on the influence of our parents, extended family and friends, and we begin the process of storing this second-hand information. In many instances, this knowledge proves to be useful and helps us get a solid start in life. But storing only adopted material, versus the creation of some self-produced data, can become problematic.

Imagine for a moment that every belief you have is stored in one of several boxes, and each box represents an important part of your life. You would likely have boxes for parents, family, church, marriage, health, race, career and dozens of others. Our boxes serve us as a place of resource where we have stored our ideas, opinions, and memories. But these same boxes can

also become a barrier between what we know and what we could know. What happens when you encounter someone or a life situation and you don't have a box to put that information into?

Pam Grout, the author of *E Squared*, explains that this stored information gives us the ability to make split-second decisions and most of this is managed in our subconscious mind. The brain has over 100 billion nerve cells with innumerable extensions. Using these cells and extensions we create neuro-highways. Think of these neuro-highways as super-highways; the kinds we build around large cities. We construct these transportation routes to devise the shortest and most efficient way to get from one place to another. Our

Let's start the conversation today...

brains do the same thing. Our cerebral expressways are set up early in our life, and most of this information is based on the repetition of what we hear and experience. Once these arteries are established, we pretty much stop traveling elsewhere, because these routes are based on what is most familiar and least complicated to us. This speed and efficiency works wonderfully where matters of driving a car, riding a bike, or brushing our teeth are concerned. But how well do your boxes serve your life when you encounter circumstances where you have no stored information for that experience? Do you have an "I don't know" box or a box labeled "I'll give this further consideration?" What about a "new experiences" box? Do you have one of those?

What science proves is that the miracle of our mind offers great competence. But life is not a series of calculated, black and white experiences. Our ability to mute some of this automation and choose to be more present and adaptable will bring our boxes to life. Our boxes should have more than one deposit, as we grow and experience life.

Change does not come easily for any of us and deciding to do a little box housekeeping may prove to be a little uncomfortable. Pam Grout also offers that the single, greatest tragedy is our tendency to just look the other way or dismiss the relevance of certain situations because we have no box for it.

Our world is overwhelmed with labels, categories, and differences. Little by little these stereotypes are creating division and eating away at the beauty of our communities. Human beings were engineered for togetherness without conditions and unless we start filling our boxes with new ideas and definitions, we will surely compromise the promise of what we were all created to fulfill.

Jean Vanier once said, "every single human being wants to be looked at with love and respect." Steinbach being the diverse community that it is has people from varying walks of life, much like the folks we serve at enVision Community Living. Our vision statement,

"to inspire equality, inclusion, and the value of all people" is more than just language or an uplifting catchphrase. This is an expression we are committed to bringing to life in 2019.

Take the box test by asking yourself the following questions. How are you managing the moments in your life where people with different abilities, expressions and appearances cross your path? Does your box only make room for certain individuals with whom you feel

comfortable? How does your belief support the incorporation of everyone regardless of race, disability, religion, and economics? When I say, "inclusion," who do you see yourself sitting with at social functions, out for coffee, or other special events? If we are not thoughtful about the information stored in our boxes we can become stuck or comfortable in a pattern that hinders connection and relationship.

Our 2019 boxes will have to do some stretching if we are

going to seek out and value all people. Those same boxes will have to be spacious enough to accommodate the needs of everyone. The ideas that fill our boxes will have to be generous enough for everyone to feel welcome and wanted. If we only use one or two lenses to view people and circumstances with, our world becomes small and we limit those with whom we build relationships.

Make this a personal challenge to look inward and review the contents of these all-important boxes. Determine that you will not only rework your own boxes but encourage someone else to do likewise. How will you spread love and respect to all members of our community? It all starts with the changes inside your boxes.



Marilee Arthur

Events

What's Happened... What's Happening



Steinbach MCC Donates to enVision! December 14, 2018

Steinbach MCC donated \$50,000 to fifteen charities on Friday morning, December 14, 2018. Steinbach MCC recognizes the value of our community and wants to give back. Monies are donated based on a criteria submitted by application, and the enVision Foundation is delighted to be one of the year's recipients. This contribution was added to our Fall Campaign fund, to assist with the purchase of two vehicles needed to meet transportation needs at Eastman Employment Services and Kindale Industries. We are both thankful and happy to report that we have achieved our fundraising goal for the vehicles. We also extend our heartfelt gratitude to Steinbach MCC for their most generous donation.



Giving Tuesday with Pizza Hotline! December 18, 2018

December 18, 2018 was the official day of giving for Pizza Hotline. They distributed 700 Pizzas to 30 charities as an expression of gratitude.

The province of Manitoba is the home for twenty-four Pizza Hotline locations, and enVision Community Living was one of the fortunate few to make their list this year. Youth organizations, senior centres, hospitals, and other worthy charities were treated to pizza for lunch and shortly before noon, twenty complimentary pizzas arrived at Kindale Industries. Food and fun was had by all! enVision Community Living thanks Joy Neufeld from "Soup's On" for her recommendation to Pizza Hotline.



Women's Self Defense January 14, 2018

Women with a disability are four times more likely to be sexually assaulted than women who do not have a disability. A sobering statistic and one that enVision Community Living takes to heart as we launch our first Women's Self-Defense program at Revelation Martial Arts this winter.

Grant funds provided by Community Living Manitoba have made the program possible. Class sizes are intentionally small to ensure that greater attention can be given to each participant, and it is enVision's hope to make this a sustainable program.

Plans are underway to further support this initiative with a workshop designed to educate women on how to set personal boundaries, know their rights and report violence when it occurs.



Edith's Place Christmas Craft Sale December 1, 2018

For more than ten years, Edith's Place has hosted one of the community's highly anticipated events that ushers in the season of giving. This year's gathering generated more than one thousand dollars in revenue, and showcased many local vendors. Family, friends and interested community members enjoyed chili and other treats during their visit and were fortunate enough to hear the sounds of Christmas as Caleb Sawatzky provided instrumental music on the piano.

Edith's Place provides various craft items that can be purchased throughout the year. Supporting this local handiwork is a great way to check gifts off your list.



EES-The Stride Project January 28, 2019

Eastman Employment Services has had a vision to create a service that would enable high school students with disabilities, to participate in immersive training as they transition into the workforce.

Last summer, enVision was pleased to receive grant funds from Manitoba Liquor and Lotteries Employee Charity of Choice. As a result of their generosity, a pilot program named "The Stride Project" is in full swing! After completing several weeks of class time, these four interns were placed at businesses in the Steinbach community. Each placement has generated positive experiences and an increase in professional development. After a brief hiatus over the holidays, the students have now begun their second round of internships, at a different location. We applaud their motivation and look forward to updating you on their continued progress!

Check Out Our New Website

Donate Online!

Subscribe to our newsletter. Check out the Career page for new job listings. Stay up to date with events we are planning. We have a fresh new look so check us out at

envsioncl.com





Make a *Difference* Celebration

The enVision Foundation is happy to announce that April 12, 2019 is the date for our spring fundraising event. We welcome you to set the date now, for what is sure to be an evening you won't soon forget. We will be honouring several members in our community for Making a Difference in their determination to increase equality, inclusion and the value of all people.

Come and experience their journey as we bring their stories to life through video on the big screen. The excitement will begin at 7 pm followed by dessert. Tickets will be available for purchase starting March 1, 2019 at \$25/person. Online tickets will be available at www.envisioncl.com. Watch for additional event information soon to be distributed online and by mail.

Embracing our differences because everyone belongs.

The purpose of enVision is rooted in relationship and belonging:

- Living, working, learning and celebrating in a community of belonging.
- Mutual care, respect, and consideration between all people.
- Welcoming the transformation as we embrace the diversity of gifts and contributions from each community member.
- Recognizing that we need each other and are better together.



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If you would like to receive your copy of enVision's Community Connection newsletter by email, please notify our Fundraising Coordinator at marilee@envisioncl.com

For all information on all registered charities in Canada under the Income Tax Act please contact the Canada Revenue Agency at www.cra-arc.gc.ca/charities