

The

# INCLUSION NEWS



## A Breath of Fresh Air

Within the last little while we have had some space to experience some normalcy. I am thankful. It is no secret that this pandemic has been trying in more areas than one. Personally speaking, thank you. Going into spring time I am looking forward to more time outdoors and enjoying the world. I wish that for us all. With activities such as walking, running, yoga, meditation, music, dancing, connection in general.....Let's do it! For any ideas, check your community websites, ask an advocate, family & friends..

## Supporting Each other is the key

With hindsight, I have noticed the immense growth we've faced. Has it been a cake walk, naw..but necessary. It makes me feel inclined to remind that we can support each other. Doesn't matter a background, life style or belief, support is where it starts. I remember feeling self centered and it wasn't easy to admit. So many events in the world have made me feel it a need to just be mindful in writing this. Awareness, acknowledgement and ability to compromise leads to possible.

## Spring time Ideas:

- Plant a spring garden (or even just a plant or two)
- See the cherry blossoms.
- Have a picnic at the park.
- Seek out the first crocuses, snowdrops, and other spring flowers.
- Go for a run.
- Take a hike.
- Play softball.
- Ride a bike.



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](mailto:thesherwizzle2013@gmail.com)