

ADULT AUTISM ISSUES IN WATERLOO-WELLINGTON

Joint newsletter of Guelph Services for the Autistic and Waterloo Wellington Autism Services

AAIWW Newsletter No. 23, February 2004

"Hearing the Words At Last"

by Dr Jeanette Holden. Reprinted with permission from the ASD-CARC Newsletter (Volume 3, issue 1, 2004). See the ASD-Canadian-American Research Consortium website at <http://www.autismresearch.ca>

It's January 1 - and a time to reflect on what has happened during the last year. For this Newsletter, I thought I would tell you about a very special person - Jim. Jim turned 51 on November 30. When he was born, the doctors told his parents to put him in an institution - this was not uncommon 50 years ago. They said he would never be able to do things for himself, would never learn any skills, and would never learn to speak. Fortunately, Jim's parents decided not to listen to the doctors, brought him home where he grew up along side his protective parents, brother and sister, who constantly had to defend his behaviour.

Well, Jim went to a special school, where he took it upon himself to look after those in wheelchairs and with walkers. Whenever there was a fire-drill, Jim was the one to take care of those who could not come out of the school on their own. He amazed everyone with his compassion and desire to help others.

Jim is now looking after his elderly mother and loves to do the vacuuming and even started washing windows! Jim was officially diagnosed with autism when he was 35, although his sister "diagnosed" him in 1973 after reading some books by parents: "The Siege" and "Dibs, In Search of Self". Jim was diagnosed with moderate hearing loss in 2000 - finally providing an explanation for his difficulty pronouncing many words. Jim has been using an Easy Listener FM system - a microphone and amplifier - since March 2003. After about a month, he began *telling* his mother and sister about stories on TV, and about things he wanted to do or was thinking about. He had never *told* other people any of his thoughts before. He would answer questions, and give one-word clues, but now he was using short sentences. It was as if he suddenly realized what talking was about - communicating ideas, thoughts, interests and needs.

By now, you might have guessed - Jim is my youngest brother and, for us, 2003 was a miracle year. Our mother, almost 82, never imagined she'd hear him express his interests. We don't know whether an augmentative hearing device will help others, but we feel it is worth a try. Jim was non-verbal as a child, and who knows where he might be now if only someone had realized he had a hearing problem when he heard airplanes and lawnmowers and buses before anyone else did. I still marvel at his persistence and interest in learning - despite our failure to recognize his hearing problem. He never gave up on us, and perhaps that is his greatest message to us all: Never give up on anyone - the ability to communicate is critical to all of us. We must strive to give all children and adults the means to communicate their needs and their hopes - whether that be by voice, pictures or movements.

Focus on Adults

Autism is now much more in the news than even four years ago when we launched the OAARSN website. Almost all attention is focused on childhood issues—in Ontario, efforts to get public funds for early intensive behavioural intervention for all young children, with no cutoff at age 6.

We know that early intervention is vital. But we also feel impelled to speak for persons with autism over the age of 16 or so, who have very individual needs and abilities, and for whom autism-specific resources and supports are scarce. They can continue to learn and grow. We present some stories of progress and promise among men in their 30s and 50s. We hope they will spark good ideas for and with other adults with autism. We welcome more stories, ideas and discussion.

For more frequent bulletins of news, announcements, issues and stories from the front lines, visit the OAARSN site at <http://www.ont-autism.uoguelph.ca/newpage4.shtml>

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Lessons Learned from Andrew's Life with Autism

Andrew is nearly 36. He was diagnosed with moderately severe autism just after he turned 4. Because he seldom speaks, his handicaps may be thought even more severe than they really are. He has had some very hard experiences in his life. Some resulted from the lack of appropriate supports in his home community, so that for a total of 15 years he had to shuttle over quite long distances between home and services in other places.

Now--through much thought, careful planning and hard work by everyone--Andrew has a good life with qualities not dreamed of when he became an adult.

- He lives in his own home that was financed by his parents and is now owned and managed by a non-profit housing trust. There are legal agreements with Andrew to protect his rights to live there (or to move away) and to choose the people who may share his home and provide him with support. His home has been adapted to promote and encourage his independence and initiative, and to provide comfortable living spaces for companions and homesharers.
- Andrew and several friends and family members have formed an incorporated entity of personal empowerment and support that has the power to receive and manage resources and funds to help him cope with his disabilities in the most effective ways. His incorporated aroha entity receives individualized funding dollars from a transfer payment agency, with the flexibility to use these on whatever helps him best to cope with his disabilities.
- Andrew's complex needs are met in various ways. A special diet, strategies for him to cope with hypersensitivities to just about everything, and a balanced structure of activities for body, mind and spirit are all vital. He continues to read and learn and loves music. His trained companion dog helps him be more independent and to make friends. He contributes to his community through various forms of work and volunteering.
- Andrew has friends who support his good life, as informal volunteers or as paid tutors and coaches. Perhaps most important, he has reliable ways of expressing his thoughts, ideas and priorities, and friends who "listen" to him.

What Andrew says about his good life:

People should know what a wonderful home I have and the things I do every day. I have my own home and it revolves around me. I know everyone who comes here is friendly to me. I'm sorry more people can't have this. I think I am comfortable and safe here. My garden is heaven on earth. It is a friendly neighbourhood. I'm lucky to have nice neighbours. I have gotten out a lot and they see me. For exactly a year I delivered The Tribune to my neighbours. I like to be productive. I like to greet people when they greet me. I try to smile. Amy is my friendmaker. I love to walk with her. Friends are my life support. In my home, I have space for different things, room to do things like art and the computer, and my room is private. There is an apartment in the basement and a room or two upstairs and many bathrooms. I like my bathroom sensor and my alert on the bedroom door if I need to get help. Yes I use the key and I am proud to be able to get into my own house. I feel it is our first big step to independence and a real adult accomplishment. I'm happy with our progress. Well planned and not stressful. I grow into each step.

- All the supports and strategies are co-ordinated smoothly.

Andrew's present good life was shaped in 1996-7, when he was 28 years old. Through a process of planning with him, we learned that his priorities are: "a home of my own with space and quiet," "regular structure with real work, learning and exercise," "friends who understand and believe in me," and "help with communication so people know I am smart." My goal in life is to "try best to be a good man." Once we really "listen" to him, he continues to amaze us with his wisdom and commonsense about what matters most in his good life.

Each person with autism is different. Nobody else will need exactly the same supports as Andrew. But Andrew's experience may offer insights, ideas and strategies that can help other persons, with their families and friends, to create lives that are good, fulfilling and sustainable.

What we've learned--above all:

- ✓ We learn best from **Andrew himself** about what it's like to be him and what matters most in his life.
- ✓ We as his **family are Andrew's best supporters**: we listen to him, know him best, love and care about him; plans in which we are involved match abilities and needs; and when other arrangements break down we pick up the pieces.
- ✓ We cannot rely on Government programs or traditional agencies to ensure that Andrew's life is the best, most fulfilling and safe that it can be—now and into the longterm future. So we have to come up with some **creative ways of supporting Andrew**--that are not quick, easy or cheap, but are much better and lasting.
- ✓ We cannot do this alone—**we need friends and allies** who care about Andrew and our family and are willing to work with us to strengthen and extend our efforts now and can succeed us when we die or become too old or ill to continue.
- ✓ We must **share our thoughts and experience with groups of families and friends** who love and are concerned for their persons with special needs.

Preparing for a Good Life as an Adult

1. "Listening": encourage self-expression

- Support your son/daughter to communicate in whatever way, and listen.
- Help her/him to understand options and use abilities.
- "Listen" to understand her/his point of view and priorities.
- Show that you respect her/him and take her/him seriously.

2. Friends: Find and keep friends

- Know that you can't do it alone and forever.
- Recruit and cherish friends of various personalities, age-groups and abilities, and who can support and continue your roles.
- Form a circle or cluster or personal support network of committed family members and friends.

Key members of group keep all in touch; friends meet to share interests and celebrate good lives

Start young with these interrelated strategies:

1. "Listen" – encourage self-expression and choices by whatever works
2. Recruit a circle/cluster/network of friends
3. Plan *with* the person: "nothing about me without me"
4. Be creative and flexible in setting up key parts of the person-centred plan:
 - a circle of friends or personal support network that may be incorporated as an aroha (aka microboard).
 - a home of one's own
 - ways to co-ordinate and hold everything together

Friends also share time individually with the focus person. Friends understand the focus person's need for a lifetime support network, especially when facilitated by Planned Lifetime Advocacy Networks or an affiliate organization.

3. Planning with the Person

- Plan with the person: keep "listening", use social stories to explain opportunities and options
- Plan with friends of various ages
- Start planning early, but be flexible to adapt to unforeseen changes and take advantage of opportunities
- Parents should look forward wisely and not withdraw prematurely from son/daughter's life
- Go for a plan that is comprehensive, coherent, and consistent, rather than a patchwork of bits and pieces
- Go with the strengths: keep your eyes on the North Star not in the Slough of Despond
- Plan for your person's unique needs and abilities: don't be limited by available service options
- Use strategic planning tools such as MAPs (Making Action Plans), PATH (Planning Alternative Tomorrows with Hope) and CIRCLES (for creating circles or networks of friends). Trained facilitators may help, such as those trained by Inclusion in Toronto or PLAN or its affiliates.

Ways of Realizing Plans for a Good Life

1. A Home of One's Own

For most persons with autism, having one's own home may form the best foundation and environment for a good life. Andrew's home suits him because of his mix of sensitivities, disabilities and differences. His home is also a symbol of personhood and the basis of a life that has as much dignity and independence as possible. His parents paid for the property and its improvements and are personally supporting him through the transition. Secure tenure also means that it is worthwhile to adapt the property for his special needs (e.g., installing private bathroom and independence technology features).

Having your own home does not mean that you have to live alone or that you cannot share your home with another person who has a disability. It does mean that you choose the kind of home and the persons with whom you share your home and your life. You are the focus person: your needs and priorities come first. Your options are not limited by an agency's other priorities.

Andrew's home is owned and maintained by a charitable, incorporated housing trust, Guelph Services for the Autistic, which has legal agreements:

- (a) With Andrew, granting him rights to live there as long as he likes, as sole tenant, with the people he chooses as supporter-companions (homesharers).
- (b) With his parents, who hold a special private mortgage to protect Andrew's rights—in case GSA was unable to continue for any reason or if Andrew wanted out, a defined share of the property value would be available to him for other housing. Otherwise, the mortgage value forms part of parents' estate, for disposition under their wills after the property is no longer needed as Andrew's home.
- (c) With homesharers, chosen by Andrew and vetted by his support group, who trade free or low rent for support and companionship (Andrew's plan has several homesharers, one being an "anchor").

Other families could do something like this. Variants, that could be supported by GSA, include:

-Purchase of condo apartment or townhouse (using RHOSP and RRSP funds)

-Older parents might leave the family home for their son or daughter to occupy after they die or move to longterm care (possibly using reverse mortgages)

-GSA could support persons in rental housing, in relation to their homesharing companions and other support arrangements

-GSA might, when social housing funds become available again, undertake a project to buy or build a block of several units, adults renting their own apartments/townhouses and one unit occupied by a support person.

2. Aroha: Incorporated Entities of Personal Empowerment and Support

For many families, it's hard enough to ask people to be friends of our person with a disability like autism. We don't want to impose on others; we can't imagine how they could care; we fear their refusal or pity. But people do respond, often encouraged by being part of a circle or network of friends. They often say that the experience enriches their lives.

But we fear the future, after we are gone or become too ill to support our vulnerable adult. We feel it is too much of a burden to lay upon friends, to be a trustee and attend to everyday support and business side. But we need friends who know the person, not just a lawyer and trust company official.

We had to respond when Andrew's increased confidence with self-expression and his experience of the first three years in his home led him, to tell us eloquently about his anxieties about the future. .. *"I am terrified of seeing the day my parents die, fearing that I will be left alone with strangers. I need to know how I can depend on others. I need to know my means of support. I need to know that there is a safety. We need strategies to plan for my relying on who makes sure every day is secure."*

Except for his parents, Andrew has no other family members in North America and few in the world. His appeal led us to study various options. We liked the concept of a "self-directed support corporation" and incorporated such an entity with Andrew and core members of his support circle early in 2002. It has the happy acronym FAB: Friends of Andrew Bloomfield. Andrew himself, his parents and three friends (of younger than his parents and one of them younger than Andrew) are the directors.

There are good models for such an entity in the “microboard” invented by David and Faye Wetherow in the mid-1980s and now quite well established in British Columbia. As we were not allowed to use that word, we searched for a unique word that had the right meanings and chose “aroha”--a New Zealand Maori word that means love, caring, friendship, commitment and community--all in active rather than just abstract ways.

Key features of an aroha

Legally incorporated entity of personal empowerment and support, with focus person, family members and friends as directors.

All the powers and responsibilities of a not-for-profit corporation (but not a charity for tax-creditable purposes, as it is for benefit of only one person)

Useful mechanism to keep a good life going beyond the parents by giving committed friends sufficient legal powers to act with and for focus person

Can own a home, receive and manage support funds, hire and employ support workers

Can advise on best use of trust funds set up by family

3. Co-ordination and Wholeness: Holding it all together

Andrew’s good whole life has been launched without official encouragement. He has some funding but less than might be considered necessary for someone with his severe challenges. All expert consultation has to be paid for, usually from professionals at a distance. Co-ordination and implementation at all levels depend on his parents, especially his mother. All the effort is validated by Andrew’s progress and satisfaction with his quality of life. Our experience also helps us to figure what other supports are needed so his good life could keep going without us, and to be able to advise other families who want to follow Andrew’s example.

Possible co-ordination supports might be provided by “brokers” or facilitators, who are accountable to the focus person for everything and not to service agencies. This might be a free service or for fees paid for out of the person’s individualized funds. As pioneered by the Windsor-Essex Brokerage for Personal Supports, facilitators who are distinct from and independent of any local service agencies or businesses may:

- Support, lead or facilitate CIRCLE-building, PATH events and other planning and accountability exercises;

Parents agonize over what will become of their vulnerable children after they die. It’s wise to make wills and invest trust funds for the longterm future. But, above all, the best strategy is to create a good life now. Your son/daughter begins the transition to more independence. You are still around to fine-tune the relationships and mechanisms and enjoy the progress. A good life now is the best foundation for the future.

- Negotiate specific services and supports for the person from community resources
- Find specialized expertise and resources outside the local area, if necessary
- Advocate for appropriate funds from Governments
- Recruit, hire and manage paid support workers, on behalf of the focus person.

Foundations of a Good Life—for everyone

We recommend the wonderful book by Al Etmanski, published by PLAN: ***A Good Life: For you and your relative with a disability*** (2000). Its chapters are the steps parents and friends can take:

- Sharing your vision
- Building relationships
- Creating a home
- Making a contribution
- Ensuring choices
- Developing your will and estate plan
- Securing your plan

Fifteen worksheets are interspersed through the book, to help with practical planning.

Andrew gladly permits his name and story to be shared, to encourage others. We honour all Andrew’s friends for their faith and commitment to him. This feature is dedicated to the memory of two important people who helped Andrew on his way and died in 2003. The Rev. Lucie Milne wrote a book about Andrew’s first 30 years. Malcolm Jeffreys, CEO of Windsor Community Living, powerfully encouraged Andrew and his support group at the critical time and made possible the realization of his plan.

ASPIRE UPDATE

The Autism Support Project: Information, Resources, Empowerment, was launched by GSA in August 2002, with funding help from WWAS. In its first phase, ASPIRE related in some way to about 50 adults and/or their families in Waterloo Region and Wellington and Dufferin counties. ASPIRE Advocate Jan Cooper met with about 15 families for in-depth interviews. GSA sent Jan for intensive training in the facilitation of CIRCLES and PATH (Planning Alternative Tomorrows with Hope) and in September sponsored a workshop to explain these planning tools to adults and their families. GSA also asked Marlene Klimkosz to attend and report on ASPIRE at a workshop in London about Autism in Adults. Her report is printed in AAIWW 22. Andrew Foster, vice-president of GSA, is taking part in the Individualized Funding Workfest in Toronto this month.

Almost all families who talked to ASPIRE have experienced a dearth of services and supports for adults. Some prefer that their needs be met by traditional agencies but feel frustrated by long waitlists. Others realize that they will have to be more creative in finding or developing alternative kinds of supports.

GSA has pledged to pay for facilitating a CIRCLE (personal support network) or a PATH (person-centred planning) process for any family/adult in the ASPIRE group.

Families also ask for:

- opportunities to relate to other families who have adults with ASD
- connections with volunteer friends and host families
- information about housing options, how to recruit friends and maintain personal support networks, individualized funding, person-centred planning, and longterm safeguards..

Most local adults want more social interaction with their age peers—some with others on the autism spectrum, some with non-autistics. We note that significant numbers of adults do not wish to be identified as having autism.

GSA Profile: Guelph Services for the Autistic

Incorporated as a charitable, not-for-profit corporation in 1980, and reorganized in 1997 as a housing trust for adults with Autism Spectrum Disorders. It is not an agency, has no paid staff, and depends on efforts of volunteer members. Support mechanisms being pioneered by GSA are attracting interest and being followed as models.

Important elements of GSA's approach:

1. Focus on the individual person:
 - friends and family "listening" to the person
 - person-centred planning and individualized funding
 - self-directed plans for good lives in home communities
 - choices of how and with whom to live
 - encouragement of self-expression by whatever communication modes work most reliably
 - adults with whom GSA has housing agreements are the corporation's only "active members" (others are associate members)
2. Emphasis on natural social relationships with and supports from among family, friends, neighbours, community. GSA recognizes and works with:
 - circles of support/personal support networks
 - aroha or incorporated entities of personal empowerment and support (like microboards)
 - strategies for community inclusion

Current GSA roles and efforts:

- a) Trusteeship role in owning and maintaining home for each adult, with various legal agreements to protect the person (so far funds are contributed by families, but other options are possible)
- b) Developing more living supports, such as "anchor" and companion homesharers
- c) Recruiting volunteer friends and host families for adults with autism and their families
- d) Outreach through ASPIRE project, to encourage and empower other families in Waterloo-Wellington-Dufferin region to learn from experience of pioneers
- e) Information through OAARSN (Ontario Adult Autism Research & Support Network) and AAIWW newsletter (*Adult Autism Issues in Waterloo-Wellington*)
- f) Sending representatives to workshops and conferences on relevant planning issues
- g) Organizing workshops and conferences in this region
- h) Family-to-family counseling and support

Through the Prism of Autistic Experience

The Leaves:

for those who feel left out

For the fallen few

Forget the flight

That brought them to the ground;

They feel no breeze,

Except the drift

That moves them all around.

They've done their task

With sun and air,

And as the air cools down,

They're laid to rest

On the forest floor,

Like a golden carpet gown.

But the wind's still there,

And whips them up

Far 'way from where they fell;

They've got a tale

Of movin' about--

A legend ripe to tell.

But they are raked

And packed in bags

By many folks who see

These leaves as blights

Against their sights

Beneath the barren tree.

Some just manage

To hide near fence

Or bush or other cove,

Alone to bear

The winter out,

Against the forest grove.

And when the spring

Returns with growth,

These tiny leaves do serve

As nutrients

For all nearby;

A blessing--to preserve!

--Brian Henson, ©2004

Difficulties with social communication are a key symptom of autism spectrum disorders. But some people with autism, even those who do not speak, have things to say and distinctive ways of expressing themselves. We hope to feature Communication in a forthcoming issue of AAIWW.

We are privileged to publish two poems by Brian Henson of Brantford who was diagnosed with autism in middle age. He is also a talented photographer and dreams of producing a book of poetry matched with photographs.

NEW AUTISM COLLECTION AT KITCHENER PUBLIC LIBRARY

Many books and videos, illustrating the varieties of autistic experience and including works by persons on the autism spectrum, may be found in the unique collection that has been endowed by Waterloo-Wellington Autism Services. Find the collection beside the HealthLink area of the Research Services Department upstairs at the Main Library. All formats are at this one location. Clients who wish to check out materials from this collection will require a KPL Borrower's Card (if a Kitchener resident) or a KPL Special Borrower's Card that can be issued at the Borrower's Services Desk to any person from the regions of Waterloo, Wellington, and Dufferin, who presents correct identification and a proof of address. Items in the Autism Collection are marked M-Aut and have a special spine label icon and book donation label. Customers may request items through Inter-Library Loan as well, as per normal procedures.

Autism Collection, HealthLink Services

Kitchener Public Library

85 Queen St. N., Kitchener ON N2H 2H1

InfoLink: (519) 743-7502 Fax: (519) 570-1360

Email: askus@kpl.org Website: www.kpl.org

AUTISM RECORDS ACCEPTED BY WELLINGTON COUNTY MUSEUM & ARCHIVES

Autism is a very present reality for people who live with it. But it is also becoming part of recorded history. Thirty years after autism support groups were first formed in the Waterloo-Wellington Region, we have had their records placed in a public repository. Materials deposited include the official records of Waterloo-Wellington Autism Services, 1990-1996 and the Bloomfield Collection of autism records and papers, 1973-1997.

After The Meltdown

The beatings grew, in weight and form,

Akin to that ferocious storm,

But no defence in sight, at all,

Before the brutal, fateful fall.

The absolutes--they must prevail;

One makes attempt--to no avail,

As fearsome winds cut off all hope

And one cannot yet try to cope.

The fall has come, and nought can do

To resurrect the fallen few,

They lay in anguish, as one tries

To pray for life beyond the skies....

--Brian Henson ©2004

AAIWW BULLETIN BOARD

WATERLOO WELLINGTON AUTISM SERVICES,

incorporated in 1991, is dedicated to supporting adults with autism to have good lives in their communities. WWAS administers the Victoria Bloomfield bursary program begun in 1996 (see <http://www.ont-autism.uoguelph.ca/wwasbursary.shtml>). It also funds GSA's ASPIRE project and the new Autism Collection at the Kitchener Public Library. Please support these worthwhile projects. Cheques of \$25 or more qualify for tax-creditable receipts. Please make cheques payable to WWAS and send with your name, full address and phone number, to William Barnes, 26 Yellow Birch Drive, Kitchener, N2N 2M2.

GUELPH SERVICES FOR THE AUTISTIC,

incorporated in 1980, is run by volunteers, and dedicated to adults with autism and their families. What does GSA do?

- Acts as a housing trust to enable adults to live with dignity in their own homes with companions they choose
- Supports person-centred planning, self-determination and individualized funding
- Offers ASPIRE and adult needs surveys
- Recruits volunteers as friends for adults with autism
- Provides advice and support to families and friends

http://www.ont-autism.uoguelph.ca/gsainfo_new.shtml
http://www.ont-autism.uoguelph.ca/gsaFAQ_new.shtml

Contact GSA about any of the following, to donate to our ASPIRE efforts, or to send news and queries to AAIWW: Mail: 16 Caribou Crescent, GUELPH, Ontario, N1E 1C9. Phone (519) 823-9232. E-mail gbloomfi@uoguelph.ca

ASPIRE: AUTISM SUPPORT PROJECT: INFORMATION, RESOURCES, EMPOWERMENT

An initiative to help persons and families and persons plan for and realize good lives and secure futures. Organized by GSA; supported by funds from WWAS.

ADULT AUTISM NEEDS SURVEY is associated with ASPIRE, but also offered more generally to help adults and families measure quality of life. GSA and OAARSN treat data confidentially to generalize current situations and needs of adults with ASD. Long-form and short-form surveys may be completed on paper or online.

ONTARIO ADULT AUTISM RESEARCH AND SUPPORT NETWORK (OAARSN) offers a collection of up-to-date information and communication tools, with opportunities for mutual support, encouragement and information sharing. Click on <http://www.ont-autism.uoguelph.ca> to reach OAARSN's main page, then use the buttons to reach the site's features. You may ask to be on the OAARSN List to receive weekly bulletins of autism news and announcements of events.

URGENT APPEAL FOR YOUNG CHILDREN WITH AUTISM TO JOIN DR JOAN JORY'S NUTRITION RESEARCH STUDY

Currently, a research study examining differences in nutritional status among young children with autism (2-5) years is underway in Guelph, Ontario. Additional participants are URGENTLY needed. This research will help identify/address the question of whether children with autism have unique nutritional needs. All interested parents of children with autism between the ages of 2-5 years are urged to contact the principal researcher for more information.

Joan Jory, MSc, PhD, RD, can be reached directly at 519-829-5514, or by email at jj_guelph@hotmail.com Please help to move the science forward!

NEW BUYING CLUB FOR NATURAL & ORGANIC FOODS IN GUELPH

Andrew Bloomfield and friends have started a co-op buying club called WAVERLY FOODWAYS, with a focus on natural and organic foods. Members can order items from Ontario Natural Food Coop catalogs (annual subscription cost \$8.05). Now we place an order every 6-8 weeks, but there could be more frequent orders as the club grows. The shipment is delivered to the club headquarters in Guelph, where they are sorted into individual orders. Members are alerted and arrange to pick up and pay for their food packages.

ONFC stocks dry ingredients (such as nuts, legumes, grains, flours), many cooler and freezer items (such as dairy & alternatives), many organic prepared foods, and "green" cleaning materials

Waverly Foodways may be reached at phone 823-9232, email ebloomfi@uoguelph.ca

Look up the Ontario Natural Food Coop at <http://www.onfc.ca/>