

Dear Wendy-Sue,

I am writing this letter of support in recognition of the wonderful programming my daughter, Zola Auld attends at Lifetime Networks Victoria. For a few years now, Zola has been supported through a number of services and programs at LNV. These include music/art/social groups, where she has met and maintained a number of new connections and friendships. Zola attends three days a week, in "Being a Citizen", where the focus shifts from Health and Wellness, to Theatre, and to Social cooking. Recently, after several years of going to numerous cooking groups, Zola informed me that she made the "tacos all by myself", meaning that she grated the cheese, washed the lettuce, stirred the ground beef and spice mixture, before assembling the tacos for her fellow participants. This moment of interdependence is a huge moment for me as I see the potential for further interdependent actions. As a solo mama, this is lovely as it demonstrates growing confidence and ability.

As well, Zola attends many of the social gatherings LNV offers throughout the year, including the annual camping trip, the family picnic, karaoke, Ice cream socials, and the annual Holiday breakfast. All of these, whether I am present or not, offer further connection and good fun and laughter; all opportunities to continue meaningful social engagements.

For my part, the continued development and unfolding of Zola's Personal Network, has ensured that we both are meeting wonderful volunteers who become potential life-long friends. We have done so many fun things together that would not have happened without the Network. As well, the opportunity for me to connect with other family members in an informal "Table Talk" manner, offers stress relief and often helpful information relevant to our lives.

Thank you for this chance to highlight all that happens for Zola at LNV. We look forward to more years of great service and supports.

- Ann and Zola Auld