

RoxAnne's Passion

VOLUME 1, ISSUE 1

NEWSLETTER DATE

ROXANNE'S PASSION
FIRST ISSUE

I Know I Can, I Know I Will

Dear Readers:

I hope that my Newsletter inspires you to achieve success in your adult life. Remember, everyone can achieve success regardless of their disability.

We as disabled people are **ABLE** to do anything and everything that we set our minds to. We are **PROUD**, of ourselves and our disability.

—RoxAnne Cote

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There are many things I can do well such as communicating in both languages, French and English. I am also a **CREATIVE WRITER** and I write just about anything that comes to mind.

HELPING PEOPLE is something that I enjoy along with providing constructive criticism when people are open to receiving it.

I do many things at home. The things I can do **BEST** at home are the laundry and picking up after myself. When my Mom needs a hand, I do whatever needs to be done in order to get the job done.

I do **ALL AND EVERYTHING** that is asked of me at school. I do



My orientation at Northern College in 2006

this so I can achieve better marks in my school work. Everything asked of me by my teachers gets

ACCOMPLISHED.

The things I do best for myself are that I make sure that I am healthy in and out

so I can **LIVE a BETTER** and healthier life.

Things I do to **HELP OTHERS** are to show them where to go if they are lost and open the door for them. Offering positive feedback about something. Something as simple as saying "hello, how are you?" is a way to help someone feel good about themselves.

I do many things in my community. I have **VOLUNTEERED** for places like the Canadian Hearing Society, Rotary Club, Lions Club, United Way and the Legion as well.

PEOPLE IN MY LIFE

MY FAMILY

I have two wonderful parents and a younger sister and brother which means that I am the oldest sibling at home.

I am proud to be an older sibling because it gives me the opportunity to look after my young sister and brother and be a good example. I also have a dog named Max and a very large extended family.

AT COLLEGE

When I first started at Northern College in 2005, I was greeted with a big hello from the workers at the Special Needs Centre. They gave me the opportunity to show them what I can do. I greatly appreciate what they have done for me. There are two very special people that work at the Special Needs Centre at Northern College that supported me through me education. They are Jim Chalmers and Monique Fortin.

I thank them from the bottom of my heart.

FOUNDATIONS PROJECT

I was first introduced to the Foundations Project in my last year of High School. After my graduation, I was introduced to Amanda Wessman, the new Coordinator of this transition program.

This project helped me transition from high school to more opportunities. Later on into the program I transitioned into college and things were really looking up.

Towards my last semester in my second year I transitioned out of the Foundations Project to give other special needs students the opportunity to transition into their life after high school.

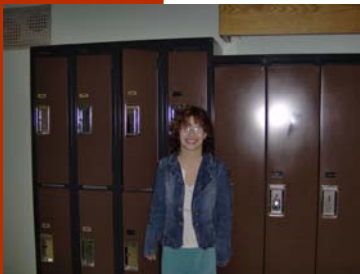
I am now a volunteer for the program. If I could suggest anything to other special needs students I would say that the **Foundations Project will help you. Not only transition into college from high school but into your own life.**



At Camp Munro with the Foundations Project
Summer 2007

“They gave me the opportunity to show them what I CAN DO “

Me, at Northern College
First Semester 2006



Second Chance At LIFE



My Name is RoxAnne Angèle Côté. I was born on February 12th, 1985, a healthy baby at 5 pounds and 8 ounces. However, I ended up very ill. I had difficulty breathing and the doctor found a tiny hole in my heart. At just four months, I had heart surgery to correct the hole. For that, I am thankful that I am here today.

After my life changing experience , I live everyday of my life like it were my last so I can enjoy every minute of every day.

When I was little, I went to Lionel Gauthier Public. I was held back but then I went straight through grade seven and eight where I attended at Pavillon Renaissance public school. During grades seven and eight before I was headed to high school, a teacher made a comment to my mother that I was never going to graduate from High School. When my mom told me this I thought to myself, **I CAN DO IT!**

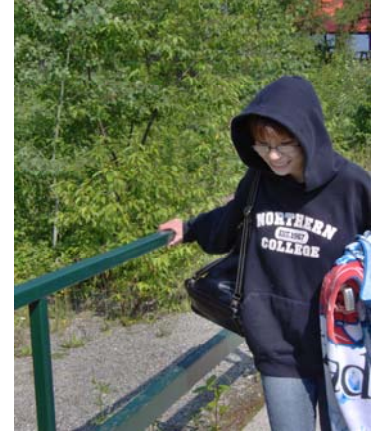
I started High School and during grade ten I received an award for “Best Improved in English”. In grade eleven, I received the “Perfect Attendance Award” and during my last year of school I received two bursaries during our graduation ceremony and my Ontario Secondary School **DIPOLMA**.

While I was in High School, I was introduced to the Transition Program know as the “Foundations Project”. I was the first to be enrolled in the program. This program helped me go to college. I am now enrolled in the “Educational Assistant” program and on my way to do my placement at a local elementary school.

During May of 2007 I received a phone call. I was asked to attend the award ceremony because I was offered a bursary. I went to the ceremony and I received the “Tutored Bursary” because my grades have improved while working with a tutor.

In the end, I proved everybody wrong. I did everything everyone said I couldn't do. For those that did not believe in me, I showed them that ...

ANYTHING IS POSSIBLE.



“I'm on my way!”

Some Help I Received



Amanda and I doing my transition plan at Casey's

Everyone needs help or advice at some point in their life.

The people who helped me tremendously are:

- My **Parents** for supporting me and standing by my side.
- The **Special Needs Services** at **Northern College** for accommodating my learning disability to suit my needs.
- The **Foundations Project** for helping me overcome many obstacles and break out of my shell.

Some Help I Need

There are things that I need help with. Some of these are:

- Improve my social skills
- Moving and living on my own
- Employment after I complete my placement
- More volunteering opportunities
- Meeting new people
- Starting a new business
- Becoming a "Mentor" for others who are entering into their adult life

My Special Days

I love all holidays because it gives me an opportunity to spend time with my family.

My family is very big on having lots of food during the holidays, this is a tradition that has been around for years.

There are other days that are special to me. I celebrate the day that I had surgery because this day is a day to celebrate life! I reflect back and share important moments and memories with my family.

This reminds me....never take life for granted!

Me, after silly hair day at Camp Munro
2007



Thoughts About Me



Sometimes I think about things I wish I could do. I wish I could provide students with tutoring and counseling. This way I'm

Enjoying friends and an evening camp fire. helping students succeed just as others have helped me throughout the years.

I would also like to write a book. I would write about different ways people can live the college life. I would also like to write a book on inspiration to teach people

how they can cope with those people who always tell them they can't instead of you can. I want to show others that no matter what people think or say, your disability isn't what defines you as a person that you really are.

Everyone is unique and that is who you really are.

"I would like to write a book on inspiration to teach people how to cope"

My Kind of Fun

When I want to have a great time, I spend time with those whom I care about. If I had to choose where I would have fun, it's at home. I like to just relax and watch movies. If I am alone, I enjoy listening to music, writing, singing and dancing.

When I want to go out for something good to eat, I like to eat at a quiet restaurant. My favorite place to eat would be Casey's because of their nice, clean atmosphere. Tim Horton's is also a place I enjoy to socialize with friends.

There are places I wish I could go. I would love to go to Paris,

France. I would visit and enjoy their surroundings.

Someday I would like to have the opportunity to go camping at a nice campground and enjoy the outdoors.

I would also like to visit a place in my country that I haven't yet seen so I can experience it and

My Dreams



I dream about starting my own tutoring business and helping others. I hope to be married, have children and a nice home. I would like to be living in Montreal, Quebec because I grew up French.

I also dream of writing or publishing one of my books.

I would love to start a music studio for families, children and adults to showcase their talent.



Caption describing picture or graphic.



RoxAnne's Passion

Roxanne's Passion
First issue

More Info Available by
Contacting:

RoxAnne Côté
Email:
roxybaby858@hotmail.com

This is the first in a series of
"RoxAnne's Passion"
Newsletters authored
by RoxAnne Côté.

Coming soon....

"Life as a Fighter"

"Proud of my Disability"

"Developmentally Abled"

April, 2008

EVERYONE CAN!



"Take chances! Try something
you have never done or you'll miss
out on great opportunities"

"When we fall we pick ourselves
up and dust ourselves off"

"Changes are good...they are tell-
ing you, your growing up"

