

A Day in the Life of Theresa



Theresa was sound asleep, nice and comfy under her blankets when her alarm clock jarred her from her dreams. It was 6:00 a.m. Monday morning and it was time to start her week again. As soon as her feet hit the floor she felt a chill. She looked angrily at her thermostat and said “don’t you know it’s cold in here?”.

She forgot that she had installed one of those ‘smart’ thermostats last year after getting the most outrageous heating bill in mail. She had opened the envelope and nearly passed out when she saw the bill!

As she got out of bed and turned on the light she remembered that she had done lots of things to be “energy smart”. She changed all the lightbulbs in the house to LED ones and made sure that she recycled the old bulbs responsibly. She got some new drapes that kept the heat either in or out depending on the season. “Who thought of that?” she wondered.

Then she thought about all the other really useful things she learned from that yearly calendar that the municipality produces. It has different things that everyone can do each month to participate in Green Community Living and she found it very helpful.

As she made her way to put the coffee on, she added some fruits and vegetables to her lunch bag that she would take to work later on. Mangoes were on sale this week which was strange since they were not in season and had to come from Mexico. Nevertheless, they looked healthy and delicious and she couldn’t wait for lunchtime.

Heading to the bathroom she began to brush her teeth, singing the Alphabet Song in her head while doing so. Her six-year-old nephew Jared had told her that in school, in his “Good Hygiene” class they taught him that you have to sing the ABC’s at least twice while brushing your teeth. She tried it. Not bad.

Theresa didn’t want to get in the shower. Getting in the shower meant it was Monday and that after a lovely weekend, work was inevitable. She got in anyway. A nice hot shower woke Theresa up and made it a little easier to get her day started.

After making her lunch for the day she packed up her stuff and made her way to catch the bus for work. It was so much easier now to take the bus to work now that she used the Bus-App. It’s the new app that tells you exactly when the next bus or train is coming to your stop. No more waiting in the pouring rain for the next bus. It actually made taking the bus much more pleasant.

When she got off the bus at her work stop she stopped at Mr. Fry's Fruit Place. Her favourite place to get fresh fruit for a mid-day snack. Mr. Fry always has the best fruit. Even when her favourites are not in season locally, he always seems to have something she will enjoy. He also has the best sandwiches on the freshest bread that he also makes himself.

Stepping in to her workplace, Theresa remembers the first time she stepped foot inside. She was so nervous about starting a new job but before she started she knew that the work was unionized and that she would have *some* protection in case anything happened while she was on probation.

On her first day of work she met with the shop steward who immediately put her mind at ease, gave her the collective agreement. Her steward assured her that the union would always be there to help. She looked back on those days and remembered how nervous she was.

As lunch time came around Theresa was able to get a little respite from her job, sitting with her co-workers in the hospital cafeteria. She was grateful for the time she gets to spend just chatting and sometimes just listening.

The rest of the day went by without incident and when it was time to go home Theresa bundled up again for the return trip home. On her way home she would go to pick up her nephew from his afterschool program "The Kids' Den".

Tuesday was his favourite day at The Den because he and his best friend Kai could do things together. Kai uses a wheelchair and The Den is a fully accessible centre. Kai and Jared play wheelchair lacrosse every Tuesday after school. The kids are inseparable and their parents have to plan very carefully the activities they can do together to ensure that there are no physical barriers for Kai.

Theresa also loves Tuesdays because when she picks up the boys she can see the world from the perspective of two six-year olds who live very different lives but are the best of friends. And why shouldn't they be?

There is no reason in the world that they shouldn't be friends, she thinks to herself. The only thing they **don't** have in common is that one uses a wheelchair to get around and the other one doesn't.

She continues thinking "if only adults who work together could see themselves that way" and remembered the training that she did at work that briefly touched on that issue. "We'll get there" she whispered to herself and went to pick up the future leaders of the world Kai and Jared.