



# SANDRA LONGO

## FOUNDER

Navy Street Charity

*“Kindness is always beautiful and the act is its own reward.”*

www.navystreet.org

Do you ever have moments of doubting yourself? What do you do to combat that?

I remember the stages of my life, where I almost didn't have enough confidence to try for something that I wanted. I almost didn't have the guts to follow something that I was excited about doing because I didn't know anyone else who'd done it, or other people made me question it. Through these stages it was important to me to remain carefully myself. The many charms of my life did not arrive without some background work and my instinct for discovery, and the better was to respond by knowing how things stand.

What did you want to be as a child?

Questions of destiny and wish had trailed throughout my life. My father was severely injured by a car accident when I was an infant and my mother became a paraplegic when I was a small child. These accidents left my family in reaction mode and left me curious about what I wanted to do in my life and what I can do. I wanted to do well academically, but it was equally important to do things that helped my family. “I cared more about the outcome of their emotions as a result of the debilities that lingered, and that made me think, Well, why I am not doing more of that kind of work?”

How is what you are doing making the world a better place?

There is a bond that we all share. It is not a bond of geography, or culture. It is a bond of shared experience – experiences that we all endure, and that is events that challenge well being. Today this brings me to Navy Street



Charity For Persons With Disabilities. I think of the brave individuals that live with disabilities that share their stories of how we can create better environments that take account of individuals that live with disabilities and create environments that support inclusion. The future will be better but there is still a lot of work to be done.

The biggest piece of business advice?

I've had the biggest privilege of helping a number of individuals that live with disabilities gain accessibility. That's how I met Olivia Massis and her family. When I met her, I remember being so struck by her and her amazing spirit, even though she could not walk or talk. And when I met her mother, and she spoke about her desire for fairness and an inclusive world for her daughter. In that moment, I realized that I love what I do. The best piece of advice I have to offer is to “love what you do”. It is the passion that you have for your own work that will propel achievement, not the doing of the work itself.