



Esprit Newsletter

Fall / Winter Edition 2010

*Ottawa-Carleton Association for Persons
with Developmental Disabilities (OCAPDD)*

*Association d'Ottawa-Carleton pour personnes
ayant une déficience intellectuelle (AOCPI)*

36 Years of Dedication!

Roger Poirier has been working for the Food and Beverage Service at Algonquin College since November 16, 1974. Algonquin College gave Roger the opportunity 36 years ago to work as part of their team. Algonquin College would like to thank Roger for his hard work and dedication to the Food and Beverage Operations. Some fond memories for Roger's co-workers are the times that they have helped him move and the many conversations over his beloved Montreal Canadians.

Congratulations Roger from the Supported Work Team in achieving this accomplishment.



Roger Poirier

BUY A PIECE OF CANADIAN HISTORY

Visit our Website at www.ocapdd.on.ca and view our unique Under One Roof heritage souvenirs.



Don't know what to buy "that hard to get for person" for Christmas? Why not a beautiful bird house made by OCAPDD. The best part is they're on sale.



OCAPDD Christmas ornaments & Birdhouses have been crafted in part from the original copper which covered the roofs of Canada's Parliament Buildings from 1918 to 1996. This memento of Canada's proud heritage was made with the participation of people with developmental disabilities.



Proceeds from the sale of these special products directly benefit the developmentally disabled.

There are 2 ornaments at \$15 each and 3 birdhouses to choose from, ranging from \$17.50 to \$22.50 (regularly \$27.50 to \$32.50).

WE CAUGHT YOU BEING EXCELLENT!

By the Client Services Director Team

We are pleased to report that the first Relationship and Sexuality Education course for adults served by OCAPDD was offered from July 27 to October 26, 2010. Using the YAI Relationships and Sexuality and the LifeFacts curriculums, eight individuals met twice a week with two instructors to explore a wide range of topics. The course is taught in three parts beginning with the difference between strangers, acquaintances and friends. Participants explore skills necessary to having and being a friend, followed by a section regarding forming and maintaining healthy couple relationships. In this section individuals learn skills related to issues such as compromise and conflict resolution as well as how to negotiate the nature of the relationship and ways of saying "No". The third part of the course explores issues related to sexuality and safe, healthy, legal forms of sexual expression. The concepts of privacy and consent are stressed, as are prevention of sexually transmitted infections and unwanted pregnancy.

We look forward to offering this course again in the New Year. If you would like more information or would like to register yourself or someone else for this course, please contact Wendy Skinner at 613-569-8993 extension 277 or by email at wskinner@ocapdd.on.ca

The Rosenthal Report

By Lesley Goudge

Rosenthal has been a hub of activity over the past few months. We held our first annual Walk-a-thon on September 22nd and it was a great success! We raised \$145 towards a big screen TV for our fitness program. Stay tuned for our upcoming fitness fundraisers in 2011.

Rosenthal would like to thank the wonderful volunteers from General Dynamics Canada who painted Room 5/6 on the Community Action Days. The fitness room looks great!

Special thanks to Joan and Cobber for their ongoing weekly pet therapy visits. Thank you to Josh for all his help with our Friday swim program. The staff and clients appreciate all the hard and dedicated work of our volunteers.

On November 4th, we were privileged to have 25 grade 9 students from St. Joseph's School in Barrhaven visit Rosenthal. After presentations from the staff on how they got started in the social services field, the students spent time with each group and engaged in activities. For many of the students, this was their first exposure to individuals with a developmental disability. Some of the positive comments from the students included "I used to be afraid, but I'm not anymore", and "They are people, just like you and I." It was a great experience for staff, clients and students alike.

For over 21 years, Jennifer Rodgers has been a fixture at Rosenthal. She came to Rosenthal on a field placement from Algonquin College and liked it so much, she never left....until now. Jennifer has accepted the Supervisor position at Moffatt residence. We will miss her easygoing nature and dedication to the clients and the program.

All the best Jennifer!!!

ARC INDUSTRIES



Call us for all your labour intensive tasks!

We offer:

Assembly: Poster tubes, kit folders, stapling, re-boxing, stamping.

Mailings: Invoices, newsletters, letters, sealing, metering, labelling, sorting, nesting.

Packaging: Counting, folding, heat sealing, inserting, parceling, banding, collating.

Woodworking as well as Recycling.

NO HST ON ALL LABOUR!



Arc Industries is a non-profit business where people with developmental disabilities work as productive members of the Ottawa area community.

New Location

229 Colonnade Road South, Ottawa, Ontario, K2E 7K3

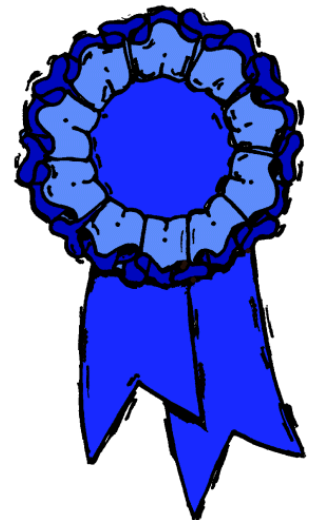
613-569-8993 extension 527

Volunteer Opportunities Award

I am happy to announce that CHEO's Volunteer Resources and Jill McKnight, Loeb job coach for the "Dr's of Shredding" are finalists for Citizen Advocacy's Volunteer Opportunities Award. The award recognizes an organization that has shown leadership in creating opportunities for people with disabilities to engage in meaningful volunteer opportunities.

Thirteen awards highlighting a diversity of achievements will be presented at the Celebration of People Awards Dinner on Thursday, December 2, 2010.

These awards recognize the achievements of individuals, community groups, and businesses large and small that have truly had a positive and lasting impact on people with disabilities.



Extreme Garden Makeover

By Bernard Gaudet

The clients and staff of Byron Residence would like to thank Jennifer Mix and all the members of the Community Planning Committee of the Ottawa Horticultural Society who volunteered their time and resources to help us regenerate our backyard into a usable space. They literally made something from nothing!!

Anyone who knows what condition the backyard at Byron was in for the last several years would not recognize it now. The OHS donated several new plants, fixed up the garden beds and seeded new lawn. The transformation was incredible as can be seen in the before and after pictures below. You can also visit <http://www.ottawahort.org/2010byron.htm> for more pictures and information.



Before



After

The Ottawa Horticultural Society is also actively seeking new members and projects. So if your residence or day program could use some TLC give them a call and see what they can come up with. They have an interesting informative website for anyone interested in gardening in the Ottawa area, and you can contact the Community Planning Committee through their website at <http://www.ottawahort.org/>

So how about it wanna' be gardeners? Get in touch with the Ottawa Horticultural Society and exercise that green thumb of yours!

Scoring Big Smiles!



The Ottawa 67's were excited to welcome their fans back for yet another season full of promise and entertaining hockey! OCAPDD clients were among those lucky fans thanks to GRADE A Techs.

For a third year in a row, GRADE A Techs purchased 10 season tickets and donated them all to clients of OCAPDD.

Our hockey fans have been enjoying the games since the end of September and will be going until the end of March.

Thank you GRADE A Techs!!!

Your Help is Needed!

The OCAPDD Board is initiating an advocacy campaign to raise awareness about developmental disabilities - and your help is needed!

Elected officials at all levels of government need to hear more about what role they can play in improving the lives of their most vulnerable citizens.

OCAPDD Board Directors are working on key messages to deliver to politicians, and candidates, in upcoming elections. These messages will be delivered by a delegation of citizens living in their riding or ward. Please help by putting your name forward to be a member of the delegation for your area. You can do so by contacting Natalie Deschamps, OCAPDD Office Manager, at 613-569-8993 extension 225 / ndeschamps@ocapdd.on.ca by the end of this year.

Christmas is coming

Need some help with wrapping those special gifts? We have 2 locations to serve you!

As in previous years, OCAPDD is wrapping gifts at the community booth at the Carlingwood Mall and St-Laurent Shopping Center. More than 300 volunteers are helping to wrap gifts to raise funds for the Association.

We still need a few volunteers at St-Laurent Shopping Centre as follows:

Friday, December 3rd from 5:30-8pm (2 people)

Sunday, December 12th from 2-6pm (4 people)

Saturday December 18th from 10am to 2 pm (6 people), 2-6 pm (3 people) and 6-11 pm (2 people)

Sunday, December 19th from 10am to 2pm (2 people) and 2-6 pm (5 people)

Tuesday, December 21st from 6-11 pm (3 people)

Wednesday, December 22nd from 6-11 pm (3 people)

Thursday, December 23rd from 10am to 2pm (2 people) and 2-6 pm (6 people)

Friday, December 24th from 9am to 1pm (7 people) and 1-5pm (2 people)

If you would like to help, please contact Debbie Blasutti at dblasutti@ocapdd.on.ca or call 613-569-8993 extension 243.

The kick-off of our 2010 gift wrap campaign is starting on Wednesday, December 1st at Carlingwood Mall and on Friday, December 3rd at St-Laurent shopping centre and will be going until 5pm Christmas Eve.

Come out and let us give you a hand with your Christmas gifts!



2010 – A Challenging Year for Garlic

Conditions for the 2009/10 growing season resulted in a much smaller crop after a record crop the previous year. No one, even the experts, seem to know why but production was down for most growers in Eastern Ontario. Many theories and ideas have been put forward including the very late Fall followed by a very early Spring could have had an effect. The early Spring was followed by a long cold and wet period that may have set the plants back. In addition, soil conditions at planting last fall were far from ideal which could have been another contributing factor. In spite of the



smaller crop and bulb size it was a good quality crop and our field was not affected by disease and leak moth, which affected most other growers. Unfortunately this is the nature of farming with good years and bad years.

On a much more positive note, everything is in place for a record crop next year. Soil samples were taken and showed ‘nutrient wise’ that the field is in good shape. The soil conditions at the time of planting this fall were the “best ever” to quote the Jack Fraser, Lionel Burns and other experienced volunteers. The field was cultivated repeatedly this year to beat back the weeds and to give the garlic the upper hand. A full 23 rows were planted which is one more than last year.

Again our success was due to the many volunteers who put in countless hours throughout the year at every stage. The harvest was completed in record time as was planting. The crop was sold in just 2 ½



days. The help of all volunteers and benefactors is greatly appreciated and critical to the continued success of this project. To those that would like to assist please call us at 613-569-8993 extension 245 or 409. Project Manager Mel Jones and the team look forward to working with everyone again next year. For those of our volunteer team experiencing some health challenges our thoughts and prayers are with you.



Danse de Noël

le vendredi le 10 décembre de 18h30 à 21h30

Centre de transition communautaire

740 Industriel unité 1

(Coin d'Industriel et Russell)

Autobus 86 ou 125

613-247-2147

Membres du Mouvement: 3\$ par personne

Non-membres et invités: 4\$ par personne

Cantine sur place

Organisé par

Le Mouvement des personnes d'abord d'Ottawa

Supporté par l'Association pour l'intégration sociale d'Ottawa

En partenariat avec le Centre de transition communautaire

Musique par DJ FRED



Christmas Dance

Friday, December 10th from 6:30 to 9:30 pm

Centre de transition communautaire

740 Industrial Ave., Unit 1

(Corner of Industrial and Russell)

Bus # 86 or 125

613-247-2147

People First members: 3\$

Non-members: 4\$

Refreshments available for sale

Organized by

The People First Movement of Ottawa

Supported by the Association pour l'intégration sociale d'Ottawa

In partnership with Le Centre de transition communautaire

Music by DJ FRED

News from the Annex

The Annex is an offshoot from ARC Industries. To date there are 2 employees supporting 22 persons at this location. The Program's focus is recreation and leisure for older participants... semi retirement, for those no longer wishing to "work" but who still enjoy the social and leisure of a day activity Program. Each day starts with our "Café" (members only). We review the paper and discuss current & upcoming events and our horoscope. Lunch is homey as lunches are served on china. Crafts include knitting, rug hooking and beading. Games, puzzles, bingo, air hockey, horse shoes, Wii bowling, basketball and the use of the Snoezelen room are big favourites. Other favourites are music and movies - our favourite radio station is 98.5 The Jewel. We have regular cooking days and have created some wonderful meals like our mega pizzas and we thank the Algonquin student volunteers for their contribution. We have had some outings thanks to some inter program cooperation. We would like to thank Chris and Peter Brown for our beautiful kitchen island.

Birthdays are celebrated monthly with card making, baking, decorating and savouring baked goods of course! We have had many visits from family and friends. We thank those individuals who have donated craft supplies, cards, wool, needles and small gifts for bingo and hope others will feel free to forward donations. They will be put to good use. We are interested in having a volunteer for hair care, makeup and manicures. Anyone!? We are also hoping to do some landscaping including raised beds of flowers and vegetables as they are more accessible for our aging clients... Any leads for donations in this area would be most welcome.

We have been busy! We had a visit to fire house #43 and had a great time. Other activities include going to Wheelers sugar bush (a total of 24 people and 4 vans) we had a terrific time, YUM!! Attending a play courtesy of TAMIR at Centrepointhe theatre. Thanks to the unseasonably warm weather this summer, participants enjoyed the great outdoors and our patio furniture. The location allows us to watch many animals including squirrels and groundhogs, with some wild turkey sightings as well! We have also started dog therapy sessions...they are a major HIT!

We had the Amabile choir of 15 in to entertain us and really enjoyed it. We look forward to many more musical interludes. Any volunteers!? We are hoping to acquire a keyboard to have on hand for our entertainers. We have a harp and a glockenspiel courtesy of Linda, penny whistle, bongos and maracas courtesy of Jo-Anne. As well as drums, tambourines and shakers...you should hear the cheerful noise of Zee Band!!

from the Gang at the ANNEX!



Got Talent?

Got a hidden talent you would like to share with the Aktion Club? Looking for a place to try out a new routine? **SINGING, DANCING, DRAMA !** Then we have a date and time for you!

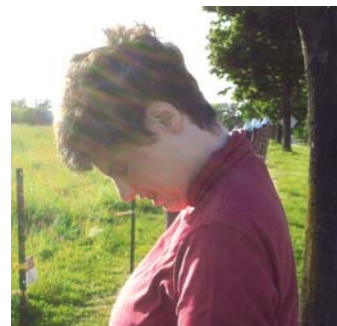
If you would like to help, please contact Debbie Blasutti at dblasutti@ocapdd.on.ca or at 613-569-8993 extension 243.



∞ In Memoriam ∞

Melissa Aass (November 21, 1968 – June 14, 2010)

Melissa lived her life with dignity and independence. In fact, Melissa fought her entire life to maintain control of her independence. Although Melissa was legally blind, she kicked at the darkness until it shone daylight. She refused to allow her disability be the defining factor in her life. She pushed past these obstacles to hold on to the things she valued most: family, friends and being part of the community. Through the darkness and into the light. Forever shine brightly Melissa.



Joseph (Joey) Teevens (March 18, 1952 – July 3, 2010)



Joey moved into Charette in January 2008. He was in our lives for such a short period of time but touched all that knew him.

His gentle soul, piercing blue eyes and welcoming smile melted our hearts. Joey was willing and wanting to participate in just about anything. He would go along with all the activities that were planned, that is to say at least try them. On the rare occasion when he did not want to participate, he would subtly let us know.

Joey was the “go to guy” for outings. He was the first one to stand up no matter who you were asking to go out. He heard us very well and certainly let you know he wanted to go too. Joey loved going in the van as this was when he made “googly” eyes at the staff driving. His head tilted to the right, hand up, sweet smile and content expression made it hard for anyone to resist taking him anywhere. He especially liked it when we had students so he could turn on the charm, winking and clicking!

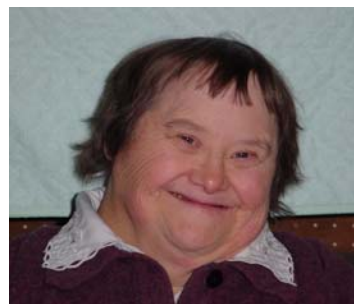
Joey loved horseback riding and loved it when his “friend” from next door joined us. When she was along, Joey reserved his eyes for her and staff was second choice.

We miss you Joey. You will always have a special part of our heart to all that knew you!

Claire Lavoie (August 31, 1950 - July 22, 2010)

Claire lived at L’Arche and attended the Loeb Centre. She started in 1973 at the Adult Training Centre, moving to Arc Industries for 20 years and then back to the Adult Training Centre now known as the Loeb Centre for the past 12 years.

Claire was full of joy and spread this joy to those who surrounded her on a daily basis. Always chatty, always busy, always taking on a task with a twinkle in her eye and a grin on her face. A true Princess, glamorously decorated with beads, rings and hats, equally gorgeous in a crown of dandelions.



She was our sunshine, radiant to the end.

President / Executive Director's Report

As we have noted in previous editions of Esprit, *The Services and Supports to Promote the Social Inclusion of Persons with Developmental Disabilities Act* had been passed by the Government last year. The Act was proclaimed in July however this proclamation is being phased in over a period of a year, with full proclamation scheduled for July 2011. The affiliated sets of Regulations have also been developed and, like the Act, are coming into effect over the same one year period. We encourage you to review the Regulations, as they will have a long-lasting impact on the Developmental Services Sector. The 'Quality Assurance Measures' Regulation can be found at: http://www.e-laws.gov.on.ca/html/regs/english/elaws_regs_100299_e.htm; and the 'General' Regulation can be found at:

http://www.e-laws.gov.on.ca/html/regs/english/elaws_regs_100276_e.htm

One change to the Sector arising from the new legislation, and previously reported on in Esprit, is the creation of one Application Entity per region of the province (9 MCSS regions). Between June 8 and August 13, the Ministry had invited 'Expressions of Interest' across the province, from corporations that were interested in establishing and operating an Application Entity for developmental services. On October 8th, the Eastern Regional Director of MCSS released a memo informing the sector that "*Upon completion of the Level 1 review of applications that were submitted in the Eastern Region, no applications met or exceeded the minimum acceptable score. As a result, a decision has been made to terminate the Expression of Interest process in the Eastern Region. The Ministry will now proceed to directly identify a corporation with the demonstrated capacity to deliver the provincially required functions of the application entity in the Eastern Region, for consideration to receive designation by the Minister.*" On November 26th, MCSS did announce the 8 organizations selected to become the new Application Entity across the Province. These can be seen at:

<http://www.news.ontario.ca/mcss/en/2010/11/ontarios-new-regional-contact-points-for-developmental-services.html>

It was also noted in the announcement that "*the initial competitive process in the Eastern region did not yield a clear outcome. A second competitive process will be launched shortly.*" We will keep you informed of future announcements through Esprit.

We were very pleased with the results from the initial Satisfaction Survey completed earlier this year. The results were presented to the membership at the AGM, and a report on the results is also included in this Esprit. Thank you to Judy Bernstein for all of her efforts in conducting this project.

Also at the AGM, we bid fond farewell to Michael Elliott as he had reached his maximum term on the Board (8 years). As indicated then, we would like to thank him for all of his efforts over the years, and will miss his comments and contributions during Board meetings. Stephen Arbuckle is also to be thanked for providing leadership to the Board for the past 2 years. He will continue as our Past President and Chair of the Nominations Committee.

At our Board meeting in October, Bonnie Dinning was elected President, and Bill Cowie was elected as Vice-President. Peter van der Jagt was also appointed to the Board at that time.

We would like to thank all of you who attended our Open House and formal 'opening' of our new building on October 7th. We appreciate the feedback, and again would like to thank everyone involved in the design and renovation process.

Finally, we are looking forward to the 4th round of The Silver Spring Farm Scholarship Award being announced in January. We anticipate the next 2 Award recipients to be announced by March 2011.

On a lighter note, we would like to wish you and your loved ones a safe and joyous holiday season, and look forward to further communication with you in the New Year.

Happy Holidays! Joyeuses Fêtes!

L. Bonnie Dinning
President



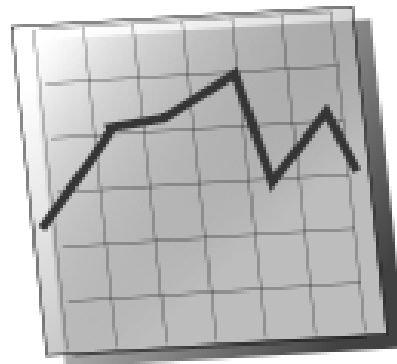
David A. Ferguson
Executive Director

OCAPDD / Open Hands (OH) Satisfaction Survey

In the spring of 2010, a satisfaction survey was sent to family members of the people we support. Below is a brief summary of the results.

General Statistics Related to the Survey to Families

| | |
|---|-----|
| Total Mailed out to Families | 587 |
| Total Completed | 194 |
| Percentage Returned | 33% |
| Surveys with Comments | 95 |
| 86% want future surveys by mail (not on-line) | |



Areas to Celebrate

6 questions had over a 90% positive response

- OCAPDD/OH provides quality services and supports
- You would recommend OCAPDD/OH to other families
- You are satisfied with the compassion and respect being provided
- You are comfortable in communicating with the people that support the person you care about
- You are satisfied with the cleanliness of the physical environment
- You are satisfied that the person you care about is in a safe and secure environment

Areas to Work on

5 questions had over 5% negative response

- 13% - Are not well informed of services
- 11% - Do not receive information in a timely fashion
- 7% - Do not think the person they care about is satisfied with services
- 6% - Are not satisfied with the level of community involvement
- 6% - Do not have input into choice of goals

Next Steps

1. Communicate results of survey back to families using Esprit
2. Communicate to all families the types of supports and services that are offered at OCAPDD/OH – for example different types of services can be highlighted in each Esprit
3. Provide family members with an avenue for follow-up
4. Provide guidelines to employees in regards to communicating and engaging families while respecting their relationship with the person they support
5. Communicate results to Supervisors and their teams (including comments)
6. A new ISSP (Individual Support and Service Plan) has begun as of April 2010. Evaluate the effect this will have on families input into choice of goals and understanding about the supports being provided
7. Provide people with more options and choices
8. Survey to family should be sent every 2 years

For more information, please contact Judy Bernstein, Director of Quality Enhancement at 613-569-8993 extension 222 or by email at jbernstein@ocapdd.on.ca.

Weddings



Gloria White and
Richard Sewell
married by the
Rev. Dr. Anthony Bailey
at Parkdale United
Church on
October 14, 2010.

Rob and Andrea Renaud
married on June 26, 2010
in Ashton, Ontario.



