



Esprit Newsletter

Fall / Winter Edition 2012

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

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

Dateline Claire

For the past 2 years, Claire Cloutier has been travelling from her home at Crosswinds to her job at the Loeb Centre. Claire works on mailing contracts and sorting paper, a job she enjoys and which she performs with attention to detail and good humour. She has always inspired her coworkers with her hard work and dedication, and recently she had the opportunity to showcase another one of her qualities: honesty.



Every day, The Loeb Centre welcomes paper recycling customers who bring us their personal and business documents to be sorted, shredded and bailed. Loeb Centre Recycle clients range from large

engineering firms to home businesses and individuals. Our "walk ins" bring us boxes and bags of paper and our team of sorters, like Claire, sift through the piles to extract the "white gold", clean, uninked paper that can be shredded and bagged and sold to a pet store for bedding. Lesser-grade paper is shredded and bailed and shipped off to be recycled into other paper products.

One Monday in late August, the Loeb office received a call from a distressed customer telling us that his mother, who was cleaning out her apartment in anticipation of a move, had accidentally dropped off some "important documents" the week before, and wanted us to keep an eye out. Finding vaguely identified documents in our vast collection is a "needle in the haystack" project, at best. We held out little hope that we would find anything. We had under-estimated the "Claire Factor".

Late on Thursday afternoon, Claire brought staff an envelope. Inside was stuffed some cash...and not petty cash...\$20's and \$50's were counted out and totaled over \$800. The name on the outside of the envelope matched the name of our panicked customer. After a phone call, the gentleman said that, yes indeed, it was an envelope of cash that his mother had withdrawn and accidentally placed in her recycle pile.

It was his mother's lucky day. For Claire, it was another day of hard work, honesty and integrity at the Loeb Center.

By John Embree

Homeshare's Harvest Dinner Celebration

The Homeshare Program celebrated its 5th Annual Harvest Dinner on September 27, 2012, at the Loeb Centre, to honour our dedicated Homeshare Providers. In the opinion of all who attended, the evening was a great success, with a guest list of 44 people including our Directors of Supports and Services, Richard Le Blanc (left) and Louis Renaud (right). These two talented Directors also provided



the entertainment for the evening! Their musical talents and vocals were thoroughly enjoyed by all. As for the individuals sitting with their providers, many were seen holding a pretend microphone to their mouths... possibly next year, their voices can be heard as well!

A special thank you to Chef Carmen

Mariani and his wife, who prepared and served a delicious meal for everyone. Next year, his secret recipes will hopefully be shared.

Our providers expressed their gratitude for a warm and welcoming evening of speeches, fine dining and superb entertainment.



Maureen Visscher
Homeshare Program

HO! HO! HO!



It's that time of the year!

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.

The kick-off of our 2012 gift wrap campaign is starting on Saturday, December 1st at Carlingwood Mall and on Monday, December 3rd at St-Laurent Shopping Centre and will be going until 5pm on Christmas Eve.

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

Success for Robert



I met Robert Concordia in May 2012. He told me he wanted to read better than the rudimentary level. So we began. A retired high school teacher with an intense interest in language, I looked forward to the task. We met once a week at head office and continue to do so.

Our first challenge was to learn the meaning of punctuation - how to 'read' it. One cannot read without this knowledge. This took time and patience on Robert's part but he got it. Our second challenge was working around Robert's dyslexia. Our third was getting Robert to believe in himself.

He continued to doggedly learn the various hurdles of our language - same sound, different spelling, different meaning; same spelling, different sound different meaning; contractions, possessives etc. In other words, all those things that took us years to learn, Robert was thrown into it in less than a half year.

On November 3rd 2012, I had Robert's worker come to one of our sessions to hear him read! Robert could now read real sentences which made much more sense now that he had many new words and the punctuation!

p.s. Robert told me he could not tell the time two weeks ago. So I showed him how with both the analog and the digital clock. Last week he demonstrated that, indeed, he could tell the time.

Catherine Van Loon
Volunteer

HOCKEY LOCKOUT?

Not for us!

OCAPDD has been 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 individuals were among those lucky fans thanks to GRADE A Techs who donated season tickets.

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!



Do you think **EVERYONE** can dance?

By Pegi Crawford-Newlands

I grew up being told everyone can sing. “There is a song in *everyone’s* heart,” an older relative would tell me and then say, “Sing, sing and sing!” There are health benefits to gain from singing and being sung to. Many of us have dreamt big dreams about futures of singing for a living. All the arts provide numerous health benefits to young and old, rich and poor and those with and without disabilities.

What about dancing? Do you think everyone can dance? Is there a dance in everyone’s heart?

My adult daughter and I attended a dance event entitled “Attitude” at the Centrepointe Theatre this past June. As the audience filled the seats, it was clear there was excitement among the ticket holders. There were bouquets of flowers tucked under chairs. People read programs with enthusiasm and explanations were offered from other attendees to anyone requesting information. A reminder of the silent auction taking place downstairs during the break was announced. Then the lights flashed and we were asked to take our seats.

We were attending as a result of a conversation that I had had with a co-worker while eating lunch in our cafeteria. David, a case manager of Alex and Denis, mentioned that these two gentlemen belong to the **Propeller Dance Troupe**. I was very curious to check it out. David gave me some background on the co-artistic/executive directors and their undertaking of the dance troupe. After visiting the Propeller Dance website when at home that evening, I wanted to see the upcoming performance.

The troupe’s mission statement reads:

“To establish and operate an organization to provide inclusive, integrated and accessible dance training, education and public performance opportunities to people with and without disabilities and to carry out complementary activities consistent with this object.”

The Ottawa-based Propeller Dance Troupe can see a dance in *everyone’s* heart. There is a committed staff (and board) with the mandate to provide integrated, accessible and inclusive dance programming for people with and without disabilities. As the only integrated dance company in Canada, they are quickly becoming leaders.

Members of Propeller dance troupe, Denis, Alex and Terry are individuals supported in a variety of programs offered through OCAPDD. A ‘Best Buddies’* volunteer (a program at Ottawa University), Fiona, enthusiastically volunteers her time to support these individuals when attending Propeller Dance.

I had the opportunity to ask Denis what he likes best about belonging to Propeller Dance. He attends Arc Industries, a Day Program, at the same site that I hold an administration position at OCAPDD’s Head Office.

Recently I joined Denis in the sunny kitchen of OCAPDD’s head office to listen to what he wanted to tell me about belonging to Propeller Dance. These are the highlights and comments:

- Case manager, David, alerted him to the program and classes. Denis says he would like to give David a ‘Thank you’ for telling him about Propeller Dance.
- Denis and his friend Alex have enrolled for their second year.
- He is looking forward to learning more moves and meeting additional friends every Wednesday.
- Being nervous was mentioned yet paired with excitement.

- He loved being in the ‘Crab Dance’ (right), head to head with Alex on the dollies (below left), waving to the girls, and doing his Karate moves in the ‘Fight scene’ (below middle).



Photo credit: Keane Shore

- He says “I am a star”.



Photo credit: Erika Ferrarin



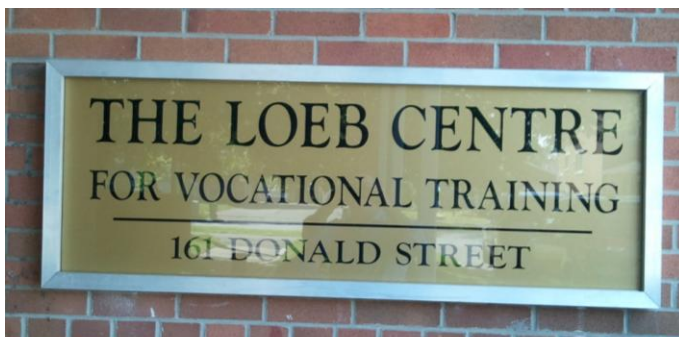
Photo credit: Erika Ferrarin

Propeller Dance has given life to big dreams about futures filled with dancing for a living and for leisure.

Countless recitals and events have been a part of my experience parenting my three now-grown children. I had numerous moving emotional moments watching my children performing and exploring their talents. I thought it was because they were my children that I had this experience. Watching the Propeller Dance Troupe perform, I encountered the familiar sensation again. The richness of creativity, innovative movement, group spirit and talent was identifiable in every movement of each performer. My pride for all the participants and their accomplishments held through the entire show. Words like extraordinary creativity, courage, stepping out, taking a risk, acceptance, and thank you, danced in my head as I looked on with absolute gratitude in my core.

My answer to the question ‘Can Everyone Dance’? It is yes. Dance, dance and dance some more!

* Best Buddies is a national charitable organization that helps provide meaningful friendships for people with intellectual disabilities. Through Best Buddies, students and people with intellectual disabilities are matched in one-to-one friendships and spend time enjoying the same experiences most people take for granted: going for coffee, watching a movie or simply enjoying the company of a friend.



On August 9th of this year we arrived at work to discover that our brass sign, which had been donated by Bertram Loeb in 1983, had been stolen. The Sun newspaper featured the story on their front page letting people know what had happened. It didn't take long and by August 22nd a new sign mysteriously appeared. A local company, Paper Sign Man, had donated it and installed the plaque themselves.

Loeb Centre decided to make a large card, have everyone sign it and take it to the owner, Mark Emery in person. We want to thank Mark and everyone at Paper Sign Man for their generosity. Thanks from all of us here at our Centre.

Tanya Leclair

OCAPDD'S 12th ANNUAL CHARITY GOLF TOURNAMENT

OCAPDD's 12th Annual Charity Golf Tournament was again a huge success thanks to all of our sponsors and participants. We raised over \$15,500 for the individuals of OCAPDD.



Please join me in thanking all of our sponsors:

Platinum Sponsors



Gold Sponsors



ENTRO BUILDING SYS. INC.



Hole-in-one Sponsor

Surgenor National Leasing

Silver Sponsors

The Co-operators
Solar Logix Ottawa

Bronze Sponsors

The AIM Group
HMS Tropical Plants Inc.
Emond Harnden
Prestige Furniture
KPMG

Thanks again for your support

*We hope to see you next year at our
13th Annual Charity Golf Tournament
Monday, June 17, 2013
at Hautes Plaines Golf Course*

2012 GARLIC PROJECT

By Mel Jones

Many of our volunteers and customers were afraid the drought conditions we experienced this summer would have a detrimental effect on our garlic crop. Actually the weather in June and July was perfect for high quality garlic. Garlic likes dry hot weather for the last 3 weeks of the growing season. We certainly had this. Our soaker hose watering system gave the garlic the necessary moisture early in the season.

Some may ask why garlic needs this dry hot weather at the end of the season. These conditions allow the bulb wrappers (skins) to dry out and for the bulb/cloves to cure. The result is strong high quality garlic that will store much longer. The cleaning and sorting also showed we had on many larger bulbs which resulted in excellent sales for the year.

Our very experienced group working on the cleaning, sorting and selling kept commenting that they thought this year's crop was the best yet. They were probably right. Many of our customers have commented on how wonderful and strong the garlic is this year and we raised over \$21,500 in garlic sales. The bulbs are also storing well and should last into the new year.

Next year's crop is in the ground planted in near perfect soil conditions and beautiful weather in mid-October. Late in November a blanket of straw was put on the garlic to protect it for the winter. Again we had perfect weather for the process.

This project is successful only due to numerous volunteers and donors who give of their time and funds. We had a number of new groups and individuals who have come aboard this year and we greatly appreciate the new hands. This project is now in its 17th year and I expect it is unique in Canada. Maybe one year we will be on the CBC News "Only in Canada" news clip.

Thank you so much for all your dedication and help with this important project. None of this would happen without all you.

A new raffle was created for the Silver Spring Farm Garlic Project. A dedicated team of volunteers made a giant braid to raffle out this year. We raised \$1,093 with the raffle alone.



These lovely ladies, Deirdre, Tracy, Bunny and Lois, made the beautiful braid



The winning ticket was pulled by Robert Webb and our big winner is Esther Stumpf.

OCAPDD Services

Ottawa is certainly known for being a city with lots of acronyms. At OCAPDD, we are no different. We have our acronyms and our terminology, and we use it freely. After completing both the Family Survey and the Survey for Individuals Supported, it became clear that not everyone understood some of the terms we use. So, on that note, I would like to explain those that have been questioned the most.

Homeshare - This is a service provided by our agency. It is when individuals we support reside with a family or person. There are presently over 30 individuals living in a homeshare. These homes are supported by a team of OCAPDD staff members who work with both the individuals and the family to ensure things run smoothly.

CSS - Community Support Services – Other agencies sometimes call this SIL or “supported independent living”. There are over 100 individuals who are living independently in their own apartments, boarding homes, retirement homes or long term care homes. These individuals are supported by a team of staff who visit people and support them to maintain their independence. These visits can be anywhere from daily to monthly and adjust to the needs of each person.

CTC – Centre de Transition Communautaire – this is the francophone day program that supports over 30 individuals in a variety of day time activities.

Crosswinds and Conservatory – These are two large apartment complexes, Crosswinds is in the east end of the city, and Conservatory is in the west end of the city. At Crosswinds, there are 8 apartments within the complex, with 2 people residing in each apartment. At Conservatory, there are 6 apartments within that complex supporting 12 individuals. What distinguishes these homes from CSS, is that each complex is staffed with group home type staffing. There are night staff that do the rounds of all apartments, staff that works during the day and 2-3 staff members working evenings and weekends.

Judy Bernstein, Director of Supports and Services

Speech made at OCAPDD’s Employee Recognition Evening, May 17, 2012

On behalf of OCAPDD’s Board of Directors, it is wonderful to be here with you this evening. The main reason I’m here is simple: I just want to say thank you. Thank you to each and every one of you for ensuring that OCAPDD clients have a quality to their lives each and every day. I know what you do is not easy.

First off - Times are tough... the provincial government has failed to live up to funding promises and currently does not have the financial capacity to meet the needs of this sector. This has limited your ability to provide the care you know would benefit your clients - but somehow you make what needs to happen – happen.

Secondly – you have a tough audience – there are families who expect what isn’t possible and clients who can’t or may never say thank you. And yet you make it happen. I know – you have worked with my son for many years and you have always remained positive and supportive to him and our family. I don’t know how you do it because there have been times when I would have liked to drop him off on a street corner somewhere.

You may have gotten to recognize me over the past few years because of my role on your Board. However, a few years ago, I was just another face at one of those fantastic Christmas parties you hold every year. While having dinner with our son, I was able to observe some of you assisting a group of clients who obviously had difficulty feeding themselves. The way you assisted them, obviously cared about them, and helped them to enjoy the party - really was a tender moment for me – and reassurance that my own son was being well looked after.

Enjoy your evening – it’s well deserved.

L. Bonnie Dinning, President

The Lunchbox

Open Hands is excited to celebrate its success of The Lunchbox diner as a true social enterprise which as of November 2012, is now being run by Matt (right) and Dan (left).

The Lunchbox is located at 812 Pitt Street, as part of a complex of 16 other businesses in downtown Cornwall. It began operating in 2008 in response to a need for individuals being supported by Open Hands to gain meaningful work opportunities and experience. The primary objective has always been to eventually have these individuals operate the diner without the assistance of a job coach, which we can now happily say has come to fruition!

Matt works weekdays from 8:30 a.m. to 2:30 p.m. He opens and closes the diner and does all the food prep work and cooking. He also looks after the budgeting, manages all the grocery receipts and operates the cash register. Dan, who is supported through the SIL program, works alongside Matt from 9:00 a.m. to 1:00 p.m. and provides support by grocery shopping, clearing tables, doing dishes and cleaning the diner. Jeff, Lesley and Peter who are also

supported through the SIL program offer part time support by taking out the garbage/recycling, folding napkins, doing dishes, refilling salt and pepper shakers and occasionally wiping tables during busy lunch hours.

The breakfast and lunch menu is designed with winter and summer in mind with homemade soups available in the winter and barbequing on the little patio area in the summer. There is an all-day breakfast special each day, regular menu items, as well as Matt's favorites; peanut butter cookies and brownies. Matt also creates a "Lunch Special" every Friday with the big sellers being his tacos, lasagna and shepherd's pie.

To accommodate the local businesses, Matt and Dan also offer delivery service within the complex and occasionally do some catering for parties and meetings at the Open Hands office.

As an agency we couldn't be prouder of the accomplishments that Matt, Dan, Leslie, Jeff and Peter have achieved but this does not compare to the pride that they themselves have in their work. Congratulations to everyone who has contributed to this success.

And if you're hungry and in the area, and in need of a hearty meal with a relaxed, quaint atmosphere, Matt and Dan would love to see you!

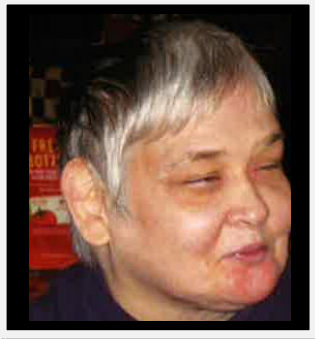


Lunchbox Diner
812 Pitt St. Unit 41
Cornwall, Ont.
613-933-1469

Bob Graham and Cheryl Lapointe

∞ In Memoriam ∞

Geralyn McDonald (April 19, 1956 – July 23, 2012)



It is with great sadness that Charette House announces the passing of GERALYN McDonald. GERALYN moved into Charette in February 2008 and immediately made a positive impression on those with whom she shared her home and those of us that had the privilege of supporting her. GERALYN was a very specific lady whether it be her choice of nail polish, yellow bedding or where things should be placed in the home. She loved a good spa day, visits with her father and enjoyed attending the OCAPDD Christmas Party each year with her family. GERALYN had the most wonderful giggle, often sitting back watching the goings on in the house and giggling at what struck her to be funny and she would become red in the face, tears streaming down her cheeks and breaking out into a full belly laugh. GERALYN's giggle had a wonderful effect on all of us, something we all miss a great deal. Everyone from Charette House miss her dearly.

Doris Laporte & Nancy Hall

Bill Duff (May 31, 1951 – September 17, 2012)

Bill started attending Arc Industries in December of 1971. He worked with the maintenance group for many years. Cleaning and snow removal were his favourite activities. He was very interested in motorcycles, fast cars and heavy equipment vehicles. He enjoyed action movies and television shows. Never to be forgotten by all his friends at Arc, we will sorely miss Bill's wonderful smile and his helpful nature. A 40 year participant, Bill passed away peacefully in hospital on September 17th.



Darren Renaud (February 16, 1967 – September 11, 2012)

We are saddened with the passing of Darren Renaud. He is greatly missed. Darren started at Rosenthal in 1995. He enjoyed working on contracts. He loved music and dancing. He always had nice words to say about his mother. Darren was a huge fan of the Ottawa Senators. Darren is sadly missed by his many friends at Rosenthal, especially Roberto.

President & Executive Director's Report

ONTARIO

As you are all aware, Dalton McGuinty announced his resignation and prorogued the Government on October 15th. While this has had many ramifications, one of the most relevant to the DS sector is that the private member's Bill tabled by Christine Elliott, and passed with the support of all 3 parties, to create a Select Committee on Developmental Services is now dead. There is hope that this will be tabled again when the Government resumes, however given the likelihood of a spring election in Ontario, it may be awhile before this item comes forward again.

There were 108 recommendations made for the reform of Social Assistance in Ontario made by Commissioners the Hon. Frances Lankin and Dr. Munir Sheikh released in October. The full report can be found at: <http://www.socialassistancereview.ca/final-report>.

OCAPDD MEMBER SURVEY

We were very pleased with the participation rate and the responses received from the survey conducted with the people we support across the organization. A summary is included in this Esprit, and a full presentation was made to the members at the AGM. We would like to thank Judy Bernstein for her leadership and efforts with this project, and look forward to the implementation of many of the suggestions we received.

OCAPDD BOARD

At the AGM held in September, Alison Middlebro, Robert Mitchell and Robert Labelle were elected onto the Board of Directors. Andi Marcus, James Smith, Pam Parent and Denise Dupuy were also re-elected for another two-year term. We would like to thank Bonnie Dinning for her efforts as President over the past two years, as she stepped down from that position this year. Bill Cowie was elected President at the October meeting.

GARLIC, GOLF AND GIFTS

As you know, this past summer was hot! Records were set for temperatures and lack of rain. Well, records were also set for garlic sales, and funds raised at both the OCAPDD and Open Hands golf tournaments. We would like to thank all of our supporters, and encourage you to continue to support us with our upcoming Gift Wrap during December at both the Carlingwood and St-Laurent Shopping Centres.

Finally, we are looking forward to the 6th round of The Silver Spring Farm Scholarship Award being announced in January. We anticipate the next 2 Award recipients to be announced by March.

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!

Bill Cowie, President

David A. Ferguson, Executive Director



OCAPDD's Mission Statement

The Board has re-affirmed OCAPDD's Mission Statement:

The Ottawa-Carleton Association for Persons with Developmental Disabilities (OCAPDD) supports people with developmental disabilities through a holistic approach including:

- Individualized service planning;
- Providing a continuum of innovative community participation and residential options;
- Recruiting and developing an educated and experienced workforce;
- Advocacy for individuals with developmental disabilities, their families and support networks;
- Linking with the community, developmental and funding sectors.

OCAPDD's Core Values and Vision Statement are also available on the OCAPDD Website under "About OCAPDD" https://www.ocapdd.on.ca/English/About_OCAPDD/

Satisfaction Survey for Individuals Supported

Early in the year a group of individuals receiving service from OCAPDD assisted in the creation of a satisfaction survey. Last spring this survey was distributed and completed by 327 individuals. That's a 44% return!

The survey asked people to read a number of statements and determine whether they agreed, didn't agree or sometimes agreed with the statement. The statements related to: my home, my day, people who support me, my community involvement, ways in which I am respected by others, my safety, my rights, my health and my personal life.

Overall Results

Areas to Celebrate – Satisfaction related to "my safety" scored the highest with 92% of responses being positive. There were 5 statements that each scored over 90% or higher in each of the groupings (people living in a group home, living in their own apartment, living with family, etc.). These were: I feel safe in my home; I feel safe at work; I feel safe with the people who support me; People who support me help me understand my rights; People who support me take care of me quickly when I am sick or hurt.

Areas to Work On - Only 66% of people answered that they feel happy most of the time. The lowest scored section was Satisfaction related to the community. The statement "I am getting to know people in my neighbourhood and community" scored between 11-35% negative in all groupings.

Next Steps

The detailed results of the survey have been shared with all Supervisors. Each group received specific information related to their service. For example, the Supervisors of group homes all received the detailed scores from individuals who stated they lived in a group home. This included any comments made at the end of the survey. The Supervisors will be reviewing the results and deciding on a plan of action to respond to this valuable feedback.

There were two focus groups held after the survey to get feedback. One group included a group of individuals who took the survey while the other group was staff members who supported someone to complete the survey. Both groups gave excellent suggestions on how to improve the survey. Those suggestions will be incorporated into a new modified version. This survey will be done again in 2-3 years.

Judy Bernstein, Director of Supports and Services