



Esprit Newsletter

Spring / Summer Edition 2014

Ottawa-Carleton Association for Persons with Developmental Disabilities (OCAPDD) – Open Hands

Association d'Ottawa-Carleton pour personnes ayant une déficience intellectuelle (AOCPI) – Mains Ouvertes

REMEMBRANCE DAY POPPIES



Claire, Kelli and Joumana.

Thanks to Trico Evolution, most of our day programs will be assembling poppies for Remembrance Day. They have secured a contract for the Ottawa and Gatineau region to make 15-20 million poppies every year for 5 years plus 200,000 wreaths annually. It's their intention to provide most of the work to people with developmental disabilities.

I want to thank them for connecting us to this exciting project.

By Joe Silverman
Supervisor, Loeb Centre



Kelli and Rick.



Join us on the Links

The sun is shining and the warm weather is now upon us! Come join us for our **14th Annual Golf Tournament** on Monday, June 16th at the Hautes Plaines Golf Club.

Once again this year there will be a silent and live auction, as well as other prizes.

This is a great day to spend time with a few friends, cousins, Mom, Dad or even your boss! Registration in the tournament has become a well received Father's Day gift.

Remember, a bad day on a sunny golf course is better than a good day in the office (please see insert or visit our website at www.ocapdd.on.ca for more details and registration).

President & Executive Director's Report

ONTARIO

Since our last Esprit in the fall, the Ontario Liberals have announced a potential significant infusion of funding for the DS Sector. \$810 Million was announced by Minister McMeekin on April 11th to be included in the Budget that was tabled on May 1st. Five priority areas have been identified for the funds: 1 – eliminating waitlists for direct funding programs; 2 – supporting important life transitions; 3 – better residential supports; 4 – promoting innovation and community partnerships; and, 5 – supporting front-line workers providing community services. However, as you are no doubt aware, an election was called and is scheduled for June 12th. We encourage you to contact all candidates in your riding, and seek commitments from them to support this investment once the election results are known. Information and tools to use are available at: <http://oasisonline.ca/top-stories/oasis-one-voice-kit/>.

As previously reported, the Select Committee on Developmental Services conducted extensive community consultations over the late fall and early winter. The Interim Report was published in March, and is quite comprehensive. We encourage everyone to read the Report. It can be accessed at: http://www.ontla.on.ca/committee-proceedings/committee-reports/files_html/INTERIMREPORTENG-Final.htm.

The final Report from the Committee, which will include recommendations, was scheduled to be released on June 5th, the last day of the Legislature. However, again as a result of the election being called, this Committee has now been dissolved. There is some speculation that because it had 3-party support initially, it may be reconstituted after the election results are known.

OMBUDSMAN

Unfortunately the Ombudsman's report has not been released yet. We will continue to monitor for this, and will share it with you when able.

NATIONAL COALITION

The Board of Director's committee has continued to work on this project throughout the past year. Presentations were made to the Board of OASIS, along with submitting a successful proposal to them for fiscal support to continue the work. A presentation / discussion was held with Ministry representatives and 15 other community based organizations in March. A website will be launched at: www.everycanadiancounts.com where more current updates along with research material will be posted.

SILVER SPRING FARM SCHOLARSHIP AWARDS

We would like to congratulate Myriam Gagnon and Lindsay Nix, this year's recipients of The Silver Spring Farm Scholarship Awards. The Awards were presented at the April Board meeting.



David Ferguson, Myriam Gagnon and William Cowie.

President & Executive Director's Report (continued)

CODA

We were pleased to be selected by Crime Prevention Ottawa to receive a fiscal grant to work on a project to develop training materials and programs to address the issue of home take-overs. We would like to thank Judy Bernstein for her work on this proposal and we look forward to this project being implemented with the Police Department and other community service providers.

STUDENT PROJECTS

OCAPDD was selected by a consulting project team from the University of Ottawa's Telfer School of Management. The project, anticipated to be conducted between May to August, will focus on providing OCAPDD management with a framework of key performance indicators (KPI) for 2 of its programs, such that the organization can assess the efficacy of its programs.

'THE HISTORY OF OCAPDD' PROJECT

I would like to take this opportunity to inform you that OCAPDD was successful in obtaining a Federal Grant for a Summer Student position. The identified project for this position is to research and begin writing 'the history of OCAPDD' which will become a component of our revamped website.

As you are aware, OCAPDD has a long and interesting history, both in Ottawa and within the Developmental Service sector in Ontario. The intent of the project is to begin to compile that history before the details are lost. While Management will identify a number of individuals to interview, we would like to encourage you to consider and suggest people, programs and projects from OCAPDD that could become part of the story, and to forward those ideas to Adella.

Adella Khan, who has accepted the position, is a Carleton University School of Journalism student. She can be contacted at: adellaisme@gmail.com. The project will begin in June and last 9 weeks.

MINISTRY SUPPORT

We would like to acknowledge, and thank the Ministry of Community & Social Services for their ability to provide financial support during the last fiscal year, to complete some significant building renovations and upgrades. These included: replacement of the Loeb Program roof; the construction of a small addition of an exercise room to allow space to build a completely accessible, unisex washroom for the individuals we serve at the Loeb Center; new entrance doors and parking lot/walkway paving at the Rosenthal Program; replacement of the heating system at the Settler's Ridge Program; upgrading of the water system for the fire sprinklers at the Gage Street Program; and, a complete renovation of the Sydney Street Program.



GOLF

As always at this time of year, we would like to encourage you to join us at this year's golf tournament on June 16th. This year will be our 14th tournament and we look forward to selling out!

Have a safe and enjoyable summer!

Bill Cowie
President

David A. Ferguson
Executive Director

Our Sincere Thanks

The Ottawa Police Services donated 10 special Christmas baskets to OCAPDD with everything from soap and socks to gift cards to movies and Tim Horton's.

These are some of our individuals that received the gift baskets.



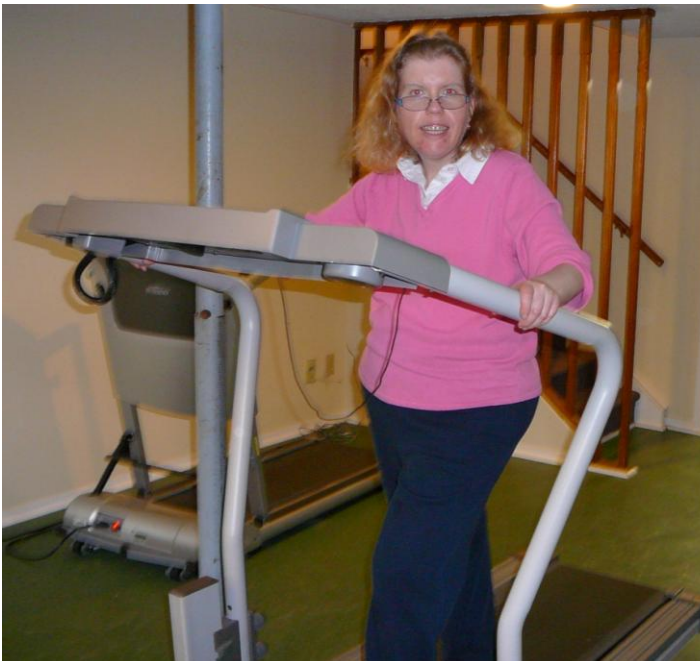
Irene



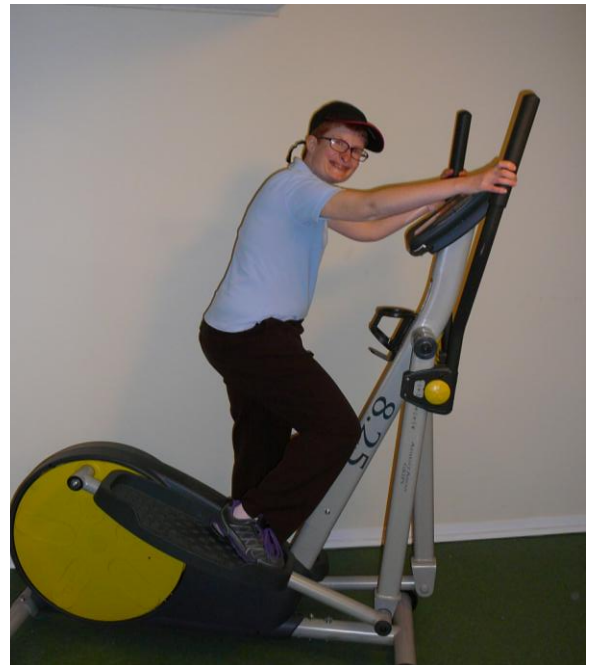
Kim and her cat Alexandria.

Mrs. Marcia Buchanan member of the IODE Walter Baker Chapter donated a treadmill and elliptical machine to the Maryland residence.

The individuals at Maryland are very appreciative of the equipment and are getting fit every day.



Katie



Patricia

We caught YOU being excellent!

During my first week with the agency, I attended a funeral and learned that the Director of the program attends the service. Since joining the agency, I have been to several services and celebrations of life, each time I attend I am touched by the dedication of OCAPDD staff.

Sometimes there are themes: staff wear the deceased's favourite colour, their team sweater, once the women even came wearing ball gowns as a tribute to the elegant demeanour of the man and his preference for fine dressing. Staff share stories, laughter, tears and support each other in facing death, some with reference points from their own life, some experiencing death for the first time. It is moving to share in the eulogies carefully prepared by family and by staff.

People do not get into this field to get rich. Many have siblings, children or extended family members who have a disability. We have low turnover and staff remain with the agency for their entire career even though they may change position.

What strikes me is the connectedness of staff to the individuals they support. They attend the funerals with individuals we support while on duty and moreover they attend on their days off, sometimes coming as far as an hour's drive; on their vacation or during self-funded leave, even years after they have moved to work with another program.

I share this with others when I attend events and I want to take this opportunity to tell all of OCAPDD's employees that this is evidence of your excellence.

By Louis Renaud, Director of Supports and Services

Celebration of People

The 13th Annual Celebration of People Awards Dinner honours the accomplishments of people with disabilities in the community and the individuals or organizations who help promote their inclusion. We have nominated employers in the past as well as individuals we support have been nominated by their employers. This year we nominated Dovercourt Recreation Center, John Rapp (ED) and Doug Wanke (Maintenance) who has employed 16 individuals from Supported Work for the past 20 years. They have been amazing supporters of our program and our individuals.

Also, an individual we support, Elaine York was nominated by her employer, Canada Border Services Agency. She has worked for CBSA since January 2006. She does shredding, mail runs, and photocopying. Both Elaine and Dovercourt were selected as finalists in this process. An inspiring evening was enjoyed by all on December 3, 2013. This year Dovercourt won the Employer Award and it is well deserved. Elaine unfortunately didn't win the Employee Award but she did receive a certificate and had a good time with family, friends and co-workers. Elaine received 30 emails in support of her nomination which was amazing in itself.

The award dinner is a true way to honour people with disabilities in our community. To see more please go to this link: <http://celebrationofpeople.com/2013-finalists/>.

By Cathy Holmes, Supported Work



Therapy Dogs



Marylou and Clarence.

Loeb Centre

I would like to inform everyone how excited we are to have our therapy dog Clarence here at the Loeb Center. Clarence seems to send a calmness over the entire Center. We have some guys here who will hold his leash and walk him around the Center. Marylou, Clarence's mom has taught him tricks which he always does for our guys. Clarence is a very patient dog as there are times when he has many people coming up to him at once. Clarence visits every room to say hello to everyone and will always have a few followers behind him. We know he is loved by everyone here by the smiles on their faces and the twinkle in their eyes. A dog brings so much joy to people in general. A lot of our guys grew up with dogs and by bringing therapy dogs into the programs I think it reminds them of old times and living at home.

by Linda Ralph

Byron Residence

Kim Martson and her adorable dog Joey have been visiting Byron residence every Monday night. The residents look forward to their visits. Joey is a lovely mannered dog who seems to thoroughly enjoy the attention he receives from the individuals we serve. Joey is an obvious form of entertainment for them as they seem to really get a lot out of watching and touching the dog. Kim is a very pleasant woman who is at ease with the residents. They also enjoy talking to her about her dog and telling her about their day. Ottawa Therapy Dogs is a wonderful program that benefits everyone in the home.

By Michelle Holmes



Marcel Parent, Kim Martson with Joey and Spencer McCarthy.

Rosenthal

We have the privilege of having Joan and Cobber coming to Rosenthal on Wednesdays for Pet Therapy. They have now been with us for three years.

Since they have been coming, we have seen some of our individuals who have been afraid of dogs, now walking and petting Cobber.

Our folks look forward to Wednesday visits, the walks, playing with Cobber and giving him treats.

Joan and Cobber bring a lot of joy to Rosenthal. We love the visits.

By Sheila Dagenais



Joan and Cobber.

Anti Bullying Talk

On April 9th Officer Amanda Larche and Officer Darren Joseph, who are educational resource officers, came into Loeb Centre and gave a talk on bullying and hitting. After the talk there was a question and answer period with a lot of great conversation.



Glenn Leger, Officer Joseph, Officer Larche and Randy Elmose.



Officer Joseph, Marianne Regan and Officer Larche.

Excitement erupted when people found out that Officer Joseph is a former Ottawa Rough Rider Football Player. He must have thought he was back in his hay day as people started asking for his autograph and wanted their picture taken with him.

Everyone at Loeb would like to thank the Officers for all the support they give us.

By Ann Marie Bloom

OCAPDD/AKTION CLUB PICNIC & BBQ

Come join us on Sunday, June 15 from 11:30 a.m. to 3:00 p.m. at Vincent Massey Park, Sections M, N, O and P for our annual picnic & bbq. All staff, clients and families are welcome.

For more information please contact Debbie Blasutti, Coordinator of Volunteers, at 613-569-8993 extension 243 or by email at dblasutti@ocapdd.on.ca.



∞ In Memoriam ∞

Bruce Young (April 7, 1954 - January 1, 2014)

Community Support Services (CSS) lost a longtime, dedicated employee after a brief illness. Bruce began his career with OCAPDD in 1981 and worked at several programs over the years.

The people Bruce served along with their families and his co-workers knew him as a compassionate, kind man and all felt honored to have known him. He had a relaxed manner and added heart to the CSS team. He always liked to share jokes or funny stories.

Bruce could be described as quiet, cool, respectful and sincere. He was always willing to help out. CSS will miss seeing him in his Blackhawks shirt and hearing his infamous voice messages.



Peter Kosh (June 27, 1964 - March 1, 2014)



Peter was a friendly young man who always seemed to enjoy his visits at Lavonne.

He started attending Lavonne in 2011 and got along well with other individuals and staff.

He resided in an OCL Family Home for many years.

Peter will be greatly missed.

Lise Gagné (March 26, 1970 – March 18, 2014)

Through the children's program all the way through to living at Ratan residence, Lise was always a bright shining personality. Her determination and strength were always admired. But it was her warm heart and her wonderful laugh that had everyone drawn to her. Over the many years, Lise has touched so many lives from housemates, fellow program individuals, staff, families and friends. She was, and will always be a bright shining star. And for those that knew Lise, I think you will agree that no one will ever be quite like Lady Lise.



In Memoriam

(continued)

Carol Ann Blenkarn (June 27, 1951 – March 31, 2014)



It is with a heavy heart that we wish to inform you of the passing of Carol Ann Blenkarn, at age 62. Carol Ann was one of the original people to walk through the doors of Quinlan in 1983. She loved to walk, play in water, listen to music and spend time with her family and friends.

Carol Ann was a loving, gentle soul who was quick to hold your hand or give you a hug. Carol Ann held the title of “Queen of Quinlan.” We discovered that she was also the queen with her family and at Christian Horizons group home. She may be gone, but her spirit will live in our hearts and thoughts.

Yolande Tong (January 29, 1938 – April 3, 2014)

Yolande was deeply proud of two things, her Chinese identity and the fact that she was a mother. When meeting new people she often told them immediately, "I have two children, one son and one daughter."

Yolande loved Christmas and her birthday, small children and barbecued duck, Elvis Presley and Lucille Ball. She had a great sense of humour, an infectious laugh and if she pinched your nose it was a huge, though painful, compliment.

Yolande was a very large presence in a small package, making her sudden absence all the more difficult to grasp. She will be missed by many.



Doug Fahey (October 19, 1966 – April 17, 2014)



Doug will be remembered for his big beautiful blue eyes and his sense of humour. He was always ready for a hug or tried to make you laugh with a good tickle. Doug loved to celebrate the holidays and would greet you with the sign for a bunny rabbit or a Christmas tree.

On good days he worked really hard at writing, puzzles, fitness, and helping out in the kitchen. Other days the man knew how to kick back in a recliner and read a newspaper. Any given day Doug loved to be at work and made sure there was “work tomorrow”. He was also concerned about his peers that were absent or sick. Just before he left us, he had an amazing day. He participated in our annual Easter egg hunt and had packed some chocolate eggs to take home.

On Wednesday April the 23rd, everyone at Rosenthal will be wearing sunglasses in Doug’s memory as they were one of his favourite things.

2013 CHRISTMAS GIFT WRAP PROJECT

Once again, this past Christmas Gift Wrap Project was a huge success. Thanks to all those who volunteered their time and helped profile OCAPDD. We generated over \$17,000 between St-Laurent Shopping Centre and Carlingwood Mall. We could not have done this without the help of 400+ volunteers from the Church of Jesus Christ of Latter Day Saints, OCAPDD and the community volunteers.

Special thanks also go to our loyal customers who come back every year to get their gifts wrapped and support OCAPDD.

All of your continuous time and efforts contributed greatly toward the success of this special event.

We would not be able to do this without special caring people.



OCAPDD'S Garlic Scapes

Silver Spring Farm (1703 Robertson Road)

Garlic scapes, the flower stalk of the garlic, will be available mid-June. With mild garlic flavor and aroma, they are wonderful additions to stew, roasts, marinade, salads, sandwiches, sauces, pasta, stir-fry, pesto, roasted or even steamed. The possibilities are endless!

Garlic will be available in August.

Call our Hotline for more info at: 613-569-8993 extension 409.

Volunteers are needed for cleaning and sorting the garlic the two last weeks of July. If you are able to help please contact Debbie at 613-569-8993 extension 243 or by email at dblasutti@ocapdd.on.ca.

How to Store Garlic

Stored properly, fresh garlic will last for months. Bundle garlic in bundles of 8 to 12 bulbs by tying the stalks and hanging it, bulb down. Store garlic in a cool, dry place, with plenty of circulation, away from sunlight. You can also purchase a 'garlic keeper' or simply store it in a wire basket under a flower pot.

Garlic in Wine or Vinegar

- Peeled garlic cloves can be stored in wine or vinegar and refrigerated.
- Garlic can be stored in this manner for about 4 months.

Refrigeration

- While it can be done, refrigeration is not the best way to store your garlic because it changes its texture, flavor, and speeds germination.

Enjoy!



Maggie

A thank you...

We wish to send out a big thank you to Beaudry staff team member Janet Beath. For those of you who don't know Janet is an Artist. The individuals at Beaudry reap the benefits of Janet's talents with every season or special event for the month that is coming up. This year we have had the opportunity to create art with Janet at Christmas, Valentines and Easter.

We look forward to see what she creates each and every time and we thank her very much for sharing it with us.

By the Beaudry Bunch

Kudos

Henschel Business Services is striving to make a difference in Ottawa and they certainly have for OCAPDD individuals. In addition to completing over 70 Income Tax Returns for OCAPDD individuals, the volunteers at Henschel Business Services participated in the Gift Wrap Project at St. Laurent Shopping Centre in December and this summer they will be help us clean and sort garlic at the Silver Spring Farm.

By Debbie Blasutti
Coordinator of Volunteers



Athena Ellenor, Marilyn Henschel, Danielle Tobin and Brenda Tobin.

Family Members Invited

Last year OCAPDD conducted a Family Satisfaction Survey. After analyzing the results, the Management Team thought it would be beneficial to hold a family meeting in both Ottawa and Cornwall where we could bring people up to date on some of the new and exciting changes we have been implementing. It will also give family members the opportunity to meet with members of the Management Team. Invitations will be sent out in the Fall. If you have any items you would like to add to the agenda, please email ocapdd@ocapdd.on.ca.

On behalf of the Management Team, we want to wish everyone a good summer. We look forward to seeing you soon.

Judy Bernstein, Director of Supports and Services
613 569-8993 extension 222

Volunteer Recognition Evening

On Thursday, April 24th, 75 volunteers enjoyed a barbeque dinner prepared and served by volunteers Ann Marie Bloom, Diane Belair and Vikki Burrill.

A huge thank you to The Loeb Centre staff for all their help in making this evening happen.

The following volunteers received recognition for their years of service: Robert Blasutti, 15 years; John Boucher, Andrea Tye-Campbell and Dan Moore, 10 years; Ray Clairmont and Jess McCuaig, 5 years.



Bernie & Dee Dee Murphy, Lois Tippins and Harold Black.

By Debbie Blasutti, Coordinator of Volunteers

Art Expressions Workshop

Imagine walking into an art studio, sitting down at a table laden with paint brushes, coloured paints and your very own canvas; you pick up the paint brush, dip it in water, your favourite colour, paint beautiful tulips across the white canvas, and then sign your name in the corner. You have just created your own masterpiece!

Kim Deschamps had the pleasure of spending time at The Monart Art School, located at 2445 St Laurent Blvd, Suite B2445, over the course of four, one hour, weekly sessions at a total cost of forty dollars. She was gently guided by Steffi Acevedo, who is working towards her Masters of Art Therapy, and gives children and adults the opportunity to tap into their own creative ability, instead of focusing on disability.



Kim Deschamps and Steffi Acevedo.

Kim used brushes with acrylic and water colour paint, got oily pastels on her fingers when drawing a bird's nest, and used yellow, green and brown markers to create pears which looked delicious enough to eat!

The Spring Schedule for Art Expressions is as follows:

Tuesday: 11:00 – 12:00 (kids); 1:00 – 2:00 (adults)

Thursday: 10:00 – 11:00 (kids); 11:30 – 12:30 (mommy and me); 2:00 – 3:00 (adults)

To register or ask any further questions, please contact Steffi at steffiace@gmail.com.

By Leanne McCallum

Best Buddies 2013 -2014

What a year we have had together! From seeing everyone all dressed up at the Barnyard Halloween event, to listening to the throat-singers from the Nunavut Sivuniksavut & Minwaashen Lodge Artists, to dancing up a storm at the year-end event...we sure did have an exciting year! Seeing our members' levels of enthusiasm at all of the events has truly been inspiring. Once again this year we had over 70 matches with an average attendance of 85-100 participants attending most events.

Some of the Chapter Events 2014

Throat Singers & Inuit Students

Best Buddies had the pleasure of hosting students from the Nunavut Sivuniksavut artists & throat singers. They brought along clothing, drums, face and body paint, and were more than happy to paint buddy's faces. They performed traditional songs and dances as well. The second group, the Minwaashen Lodge drummers, was a group of women who sang traditional songs and performed a healing craft at the end.

Nunavut Sivuniksavut is a unique eight-month college program based in Ottawa. Founded in 1985, it is for Inuit youth from Nunavut who want to get ready for the educational, training, and career opportunities that are being created by the Nunavut Land Claims Agreement (NLCA) and the new Government of Nunavut. All of its courses are accredited by Algonquin College in Ottawa. For more information: <http://www.nstraining.ca>.

The Minwaashin Lodge is a centre for Indigenous Women located in Ottawa. Minwaashin Lodge provides a range of programs and services to First Nations, Inuit and Métis women and children (regardless of status) who are survivors of domestic and other forms of violence, and who may also be suffering the effects of the residential school system. For more information: <http://www.minlodge.com>.

Thanks to Jo-Anne Harvey for arranging this event.

Barrhaven Fiddleheads

Buddies and Volunteers got together at the Ottawa Legion on Kent Street on February 9th to hang-out, listen to some great songs and most importantly dance! The Fiddleheads are a group of master fiddlers who play music that has its origins in the Ottawa Valley. It was a unique and fun experience to have so many old and new songs performed by a live band and even had a professional tap dancer show us how to burn up the floor.

Read All About It!

The Chapters-Indigo on Rideau Street opened its doors on March 1st and donated gift cards to Best Buddies! "Thanks to everyone who came out to our Chapters-Indigo Read All About it event," says Chapter Co-Chair Katie Day. Many of our Buddy pairs were able to receive a shared gift card to spend at the event. We had a great turn out and a lot of fun! Mayor Jim Watson opened the day and we had about 40 people turn out in the cold to read with their buddies!

Thank you to Melissa Stillwell for reading a lovely poem and to Roy Saavareda and Mike Carroll who welcomed everyone to the event. With our Buddies, we are grateful to Chapters-Indigo for their wonderful welcome and their kind donation of gift cards.

By Debbie Blasutti
Coordinator of Volunteers

ROCKIN' THE BOWL!

On March 9th, the Homeshare program hosted a bowling outing at Walkley Bowling Lanes. Luckily, many good bowlers were on hand to take part and challenge each other. For other less experienced bowlers who cringed when presented with the reality of no bumper pads, the task was more daunting!

Brent was cool as a cucumber with every shot with his trusted side kick



Alex. Barb was a seasoned veteran of the lanes! Mike, 'the Hammer', surprised all with his bowling prowess. Kelly and Ryan managed a great score. Marianne supported Jennifer in achieving the lowest score. Tom 'Twinkle Toes' managed many strikes a la Fred Flintstone, but in the end, suffered a crushing defeat by Lesley, the Champ, in the last game. April, the Rookie, managed her first strike ever, and a second one. Louis, the Rocket, dazzled all with his bowling 'savoir flair'. Chris J and his Crew rocked their lane. Melinda and Aubrey, the Dynamic Duo, rediscovered an enjoyment for the sport.

In all, 24 participants enjoyed a great afternoon of friendly competition and many laughs. Hopefully, this will be the first of many Annual Homeshare Bowling events!

By April Dodge and Lesley Ahee

Settler's Ridge Neighbourhood Hero

Our very own Diana Thompson was working in the office when she heard an alarm. She realized that it was coming from the house next door. She went to check it out but no one was home. The strange thing was that our next door Rottweiler wasn't barking when she approached the house (he always barks) and she could smell smoke. Diana went and called on another neighbour to assist her. At the urging of Diana the neighbour called the fire department who then arrived at the same time as the owner. The owner had left something on the stove and there was a lot of smoke. When the dog came out he was shaking. This could have turned out a lot worse had Diana not cared enough to check out this situation.

Way to go Diana!

By Tanya Leclair
Supervisor, Settler's Ridge

Spirit Week 2014



This has been a long, cold winter. To get us through the dull days, Quinlan planned a few activities to spice things up. First, we had the people from Flashpoint Photography in for a fun filled afternoon of Kooky pictures with hats and props. Everyone had a blast - staff included. All the guys took their individual pictures home.

Then, around the time of the Paralympics we had a spirit week. Each day we had a different theme. Monday was St-Patrick's, so everyone wore green. Tuesday

everyone supported their favorite team and wore jerseys or the team's colors. Wednesday the hair styles were pretty far out for our crazy hair or hat day. We all wished we wore our "onesies" on Thursday for pajama day since the furnace wasn't working that morning. Thursday was also our international lunch. Each group had picked a country and prepared a dish. A treat for the taste buds was had by all. We finished off our week with our own version of the Olympic Games. Everyone joined in relay races and we had a beautiful cake made depicting the Paralympics.

By Amanda Potter