



OCAPDD / AOCPTDI
Open Hands

Esprit Newsletter

Fall / Winter Edition 2016

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

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

OCAPDD's 60th Anniversary Gala Evening of Excellence

We were delighted to have over 350 people join us for our 60th Anniversary Gala.

OCAPDD was pleased to recognize the following:

- ❖ Carlingwood Shopping Centre
- ❖ Ottawa Kiwanis Club
- ❖ The Church of Jesus Christ of Latter-Day Saints
- ❖ Ann Smith

Thank You to our Corporate Tables:

- ❖ Corporate Renaissance Group
- ❖ Coughlin & Associates Ltd.
 - ❖ Hicks Morley
 - ❖ Ace of Blades Inc.
- ❖ Surgenor National Leasing
 - ❖ Gowling
 - ❖ Emond Harnden
- ❖ Ottawa Police Service



Dr. William Cowie, Ann Smith and Richard Smith (not related).



OCAPOD's 60th Anniversary Gala



President & Executive Director's Report

ONTARIO

In August, the long awaited report from the Ontario Ombudsman's Office was finally released. The report received a lot of media attention upon its release, and has been generally well received. In excess of 180 pages, the report profiles examples of several families and individuals in various states of crisis. Unfortunately, these stories are all too familiar for many of us in the DS sector. They also only focused on extreme situations, where solutions were found 'only after their Office intervened'. However the solutions all involved MCSS bringing funds to the situation. While it is positive that the situations reported on did improve, it has not brought solutions or funding for the many thousands still on waitlists, who can only read the report & envision their own circumstances unfolding in a manner only too similar to those reported on. Minister Jaczek has publicly committed to implementing all 60 recommendations from the report, including providing updates on their progress to the Ombudsman's Office every 6 months. (We did find it ironic that the report was released soon after we stated in our May Esprit that we were going to stop commenting on its delay after years of stating 'not out yet'... Perhaps that's what triggered the release? LOL)

BASIC INCOME

In November the Ontario Government announced the start of a consultation process on how best to design a Basic Income Pilot. The Minister of Community and Social Services, Dr. Helena Jaczek, and the Minister Responsible for the Poverty Reduction Strategy, the Honourable Chris Ballard, have called for written submissions along with in-person presentations at sessions across the province. The consultations will end on January 31, 2017. For more information, including how to register for sessions, please visit: <https://www.ontario.ca/page/basic-income-pilot-consultation#section-3>

OCAPDD BOARD

At this year's AGM the Board expressed its appreciation to Jim Smith as he resigned from the Board of Directors after reaching his maximum term of 8 years. The membership re-elected David Adams, Robert Labelle, Alison Middlebro, Robert Mitchell, Vivien Runnels, Majid Turmusani & Joyce Van Dieen to another 2-year term. At the first meeting of the new Board on November 8th, Terry Mooney was elected President and Alison Middlebro was elected Vice-President. The Board also thanked Bill Cowie for his many efforts while President over the past 3 years.

60th ANNIVERSARY GALA CELEBRATION

We would like to thank the more than 300 of you who joined us at the Ottawa Conference Centre on November 1st to help us celebrate OCAPDD's 60th Anniversary! We were especially proud of being able to recognize Ann Smith, The Church of Jesus Christ of Latter-Day Saints, the Ottawa Kiwanis Club and Carlingwood Mall for their respective long-term supportive relationships with us.

ST. STEPHEN'S

As we reported in the spring Esprit, work was well underway on plans to merge St. Stephen's into OCAPDD. Each organization held a Special General Meeting in August, where the membership of each agency unanimously voted to approve the amalgamation. Thank you to all who came out to a meeting in the middle of summer, to provide your support and endorsement of the plan. We are awaiting for the final 'legal documents' to officially conclude the process.

CHRISTMAS GIFT WRAP

As always at this time of year, we would like to encourage you to join us by either volunteering at one of our Gift Wrap booths, or coming by to have your presents wrapped by us. As we have for several years, there will be a booth at both the Carlingwood and St. Laurent Shopping Centres.

Happy Holidays! Joyeuses Fêtes!

Terry Mooney
President

David A. Ferguson
Executive Director

SILVER SPRING FARM GARLIC PROJECT UPDATE

This year the garlic project celebrated 20 years of success, having raised over \$350,000 during this period. Year 20 was another successful year for the project in spite of less than ideal weather conditions. The spring was late and included one warm day followed by below normal temperatures for several days. This situation continued for several weeks. These less than ideal conditions for garlic were followed by extensive drought conditions. A successful crop still resulted with over \$22,000 being raised. Not a record crop but a respectable result considering the weather.



Deirdre Murphy and Barbara Charron.



A volunteer group from Algonquin College.

Of course our many volunteers made this possible. Although we are always looking for more volunteers we had a number of new individuals, groups and companies join this wonderful project which has helped spread the workload. This great project is very much community based.

This year, in addition to our traditional Music garlic, we added Bogatyr and Marino varieties as our customers were looking for more choice. Bogatyr garlic is very hot and spicy and did very well in spite of the adverse weather conditions. Many of our customers tried it for the first time, loved it and returned to buy more. The Marino garlic suffered the most with the adverse weather and will not be part of our 2016-2017 crop. Red Russian garlic has been added to complement our Music and Bogatyr varieties next year.



The crop for next year was planted over three days with various groups involved under ideal weather conditions. The straw was recently spread to protect it for the winter and provide a good mulch cover for the summer.

We are looking forward to another good crop next year and to another 20 years for this great project.

Mel Jones, Project Chair
Silver Spring Farm Garlic Project

Once Again Home Depot Came to our Rescue....



Nora, Susane, Anita and Julie

We received a donation from the OCAPDD payroll deduction program to build some raised beds for our "Heritage Tomato Project" in partnership with the knowledgeable Plant Maintenance Program who provided us with their expertise. But then we needed soil... so we contacted our friends at The Home Depot who generously provided us with more than enough soil and some manpower or "person power".

Once again we are very thankful for their help and generosity.

The Rosenthal Team

OCAPDD Gleeks, Shining Stars

The OCAPDD Gleeks have been hard at work practicing for multiple appearances. November was a big month for the Gleeks. They performed at the OCAPDD 60th Anniversary Gala and at the OCAPDD Christmas Party in front of 450 people!

A week before the Gleeks performed at the Christmas Party they received great news! Awesome Foundation chapters distribute \$1,000 awards every month to projects and their creators, with the money pooled from the pockets of individual "trustees." Awards are provided with no strings attached, and the Awesome Foundation claims no ownership over the projects it supports. While the application was made well over a year ago, we just learned that the OCAPDD Gleeks are the November recipients of the Awesome Ottawa award of \$1,000. Awesome Ottawa is the Ottawa chapter of the Awesome Foundation, an ever-growing worldwide network of people devoted to forwarding the interest of awesome in the universe.

The Gleeks could not be more excited about receiving this award, but that was not it for our Gleeks.

CTV news came and surprised our glee club with a TV news story during our performance on November 25th, 2016 at the OCAPDD Christmas Party. That was the night where dreams came true, our Gleeks were shining stars that night and had tears of joy and smiles all around. Their dedication and hard work shined as they spread Christmas cheer to all that night.

A big thank you to all our wonderful supporters. Looking forward to another successful year!

Hope Lalonde and Lesley Ahee



OCAPDD Gleeks.

CELEBRATION OF PEOPLE AWARDS

The 16th Annual Celebration of People Awards dinner took place on December 1, 2016. This celebration coincides each year with the International Day of Persons with Disabilities. The Celebration of People recognizes this occasion by honouring community leaders who champion a more accepting society.

This year OCAPDD is pleased to recognize 2 individuals, Steven Muir and Barb McAdam, who were finalists for awards.

Steven was a finalist for the Advocacy Award and Barb was a finalist for the Employee Award. In May 2015 Steven set up the Self Advocacy Group through Ottawa-Carleton Association for Persons with Developmental Disabilities. Steven was instrumental in educating individuals on important subjects such as Rights and Responsibilities, home takeovers, fraud, and bullying. He also led the way in developing the Self Advocates group's mission statement, so look for this soon. He is also looking forward to bringing new topics to educate his peers to be healthy, safe and strong people in their community.

Barb was nominated by her employer, Dovercourt Community Centre. Barb has been a maintenance worker at Dovercourt for nearly 20 years. She takes pride in keeping the centre clean both inside and out. She is well loved by both staff and customers. Barb is also the first person to volunteer to help out at community events at the centre.

Congratulations to both of this year's finalists. Your contributions are an important part of your community. Well done!

An honourable mention goes to Manon Tessier of CRA. Manon was nominated for an Employer Award but was not selected as a finalist. However, I'm sure the 2 individuals who work at CRA will join me in acknowledging Manon's commitment to her employees. Manon secured the 2 individuals employment this year for at least 6 more years. Last year, we didn't know if they were going to continue to be employed at CRA, a contract that we have had for 23 years. Thank you Manon!

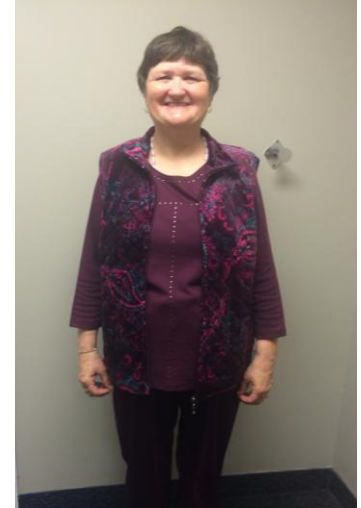
Vikki Burrill (CSS) and Donna Porter (Supported Work)

A Special Dedication

A special dedication was held last September at Rosenthal at the request of Beth's sister Margaret Oldfield. She had this bench built by Rosenthal and added a plaque which reads:

*"For Beth Oldfield
my witty affectionate sister,
who loved so many of us.
Your soulmate Margaret".*

We all miss you Beth.
Julie Leonard, Supervisor of Rosenthal



Barbara McAdam.





Hearty Tails

The Rosenthal Program has been working on a social enterprise for the past year. **Hearty Tails** is an equitable employment initiative. This project will be producing GOURMET PET TREATS, more specifically dehydrated raw meats for pets made with natural human grade ingredients, no food colour, gluten free, no chemical preservatives, no antibiotics and no fillers.

The objective of the business is to manufacture high quality, all natural pet treats using locally sourced ingredients whenever possible, and to do so in a socially and environmentally responsible manner. Hearty Tails is now in business and will begin to take orders starting in January 2017. Please visit our website at: www.heartytails.ca.

Hearty Tails would like to thank the following for their support, encouragement and advice over the past year:

- ✓ Susan Bunn, Pet Treat Bakery British Columbia
- ✓ Test Kitchen, Test dogs and their human friends
- ✓ Dr. Lorie Forester, Veterinarian
- ✓ Doug Pawson, CISED
- ✓ The team at Banfield
- ✓ Ottawa Therapy Dogs
- ✓ As well as many others

Hearty Tails also supports Ottawa Therapy Dogs (www.ottawatherapydogs.ca).

Julie Leonard, Supervisor Rosenthal



Chitra Kanhere, Judy Bernstein, Sheila Dagenais, Ottawa Therapy Dogs Mascot, Rhea Jemmott, Julie Leonard and Gloria Bergsma.

Changes to Para Transpo

There will be major changes to Para Transpo beginning January 1, 2017. For anyone already using Para Transpo, the monthly fee will be the same as a community pass. That means that people using Para Transpo in the past just purchased a regular bus pass. Now they will have to bring their ODSP slip and sign up for the community pass. The cost is approximately \$42/month. As the Para Transpo vehicles do not have presto machines, people will need to show proof that they have a January 2017 paid community pass. This could be a paper community pass, a presto card with a receipt showing it was topped up, etc.

For people who were not on Para Transpo, but could manage it – no extreme behaviours that could put people's safety at risk, no behaviours that could put the person at risk, or no high medical issues where an attendant is required, then they could apply for Para Transpo without an attendant.

Para Transpo has also opened up the conditional part of their services. So, people who normally use the regular conventional transportation system could use Para Transpo for many reasons, such as: new routes until they are learned, occasional routes such as doctor appointments, multiple transfers for particular routes, construction causing detours to normally travelled routes, etc.

I would suggest that people who do not have access to Para Transpo, but could benefit from it, start the process of applying now – you don't have to wait for January. You can go on their website to download the application form: http://www.octranspo.com/accessibility/para_transpo

Judy Bernstein, Director of Supports and Services

The Trip of a Lifetime!

Greg Sheahan approached staff last winter with a picture of our Canadian Rocky Mountains. He asked if I would take him on a trip to see them. Greg had also spoken about wanting to take trips by train when going on vacations.

The goal was on! Let's do a train trip through the Rockies! I planned the trip with Jessica, a volunteer who joined us.

The trip began to come together. Barbara McAdam also joined us on this amazing adventure. We would start by flying to Edmonton for a couple of days to sightsee. Then all aboard The Canadian, VIA Rail's flagship train heading west through the Rockies! 16 hours later we arrived in Kamloops, B.C. to spend the night.



Barbara and Greg.

The next day we rented a van and drove onwards to Vancouver to spend a couple of perfect days doing fun-filled activities.

Major highlights were the high-level streetcar in Edmonton, a wonderful one hour stop in Jasper, Alberta, and a glorious three days in and around the Vancouver area.

Greg and Barbara in particular loved both the Vancouver water taxis (Aquabuses) and the fully electric public bus system, complete with overhead wires that fascinated both Greg and Barb each time they saw them.

Truly a trip of a lifetime filled with special memories for all involved.

Colin Morozuk, DSC Aide Conservatory
Jessica Liptak, Volunteer



Greg and Barbara.

∞ In Memoriam ∞

JOSEPH “JOHNNY” JEAN VALMONT BEAULIEU (July 4, 1964 – September 17, 2016)



Braeside Residence is deeply saddened at the loss of their friend Johnny on September 17, 2016 at the young age of 52. Johnny moved to Braeside from Rideau Regional in 2009 and was much loved by his housemates and staff.

Johnny had a gentle soul and loving spirit. He is greatly missed. We have learned many life lessons from Johnny. His love of music taught us all to slow down and take time to listen. We have learned that a “gummy grin” can make a bad day better. The question “what are you doing?” teaches us to think about what exactly it is we are doing and perhaps even why. We thank Johnny for being such a wonderful teacher and being a part of our lives.

ANNA GORDON (July 21, 1945 – October 5, 2016)

Anna passed away on October 5th at 71 years of age. Anna was supported by OCAPDDs’ Community Support Services since the mid 1980’s and worked in several day programs including Horticultural and Supported Work.

Anna was fiercely independent and a very social person. It was hard to go anywhere without having to stop and talk to someone who recognized her from her life in Ottawa or back home in Quyon. It was probably because Anna was a very caring person and liked to help those around her. Anna will be remembered for her beautiful smile and feisty determination to live life on her own terms. She is greatly missed by all of us who knew her.



HÉLÈNE LEBLANC (Novembre 29, 1960 – Octobre 30, 2016)

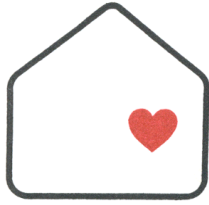
Hélène est décédée de complication liée à la maladie d’Alzheimer.



Elle avait commencé à l’Atelier Arc (maintenant le Centre de transition communautaire) en octobre 1982. Elle a aussi passé beaucoup de bons séjours à la résidence de répit.

Elle aimait la musique. Son chanteur préféré était Rock Voisine. Elle aimait l’art dramatique et la danse. Elle aimait faire la fête avec ses amis. Elle était affectueuse et souriante. Elle pouvait se fâcher vite mais revenait vite à sa bonne humeur. Elle avait un sourire contagieux.

Hélène, tu as touché spécialement au cœur de plusieurs personnes. Tu nous manqueras beaucoup mais nous aurons toujours de beaux souvenirs dans notre cœur.



THE HOMESHARE PROGRAM IS RECRUITING PEOPLE JUST LIKE YOU!

The Homeshare Program connects individuals with a developmental disability to families and or a person in their home and community.

The Homeshare program's philosophy is that each Homesharer will have the opportunity to partake as fully as possible in the responsibilities and in the pleasures of family life through the actions and support of the Homeshare Provider.

OCAPDD's Homeshare Program currently partners with 20 Homeshare Providers who offer support for 30 persons (Homesharers) supported by our agency. The relationship the Homeshare Provider and Homesharer develop is invaluable as they begin to share their life together. The outcome is an enriched experience that encourages growth in a personalized environment. We are supporting matches between Providers and Homesharers that are anywhere from a few months old to some which are more than 25 years!

We are looking to recruit more Homeshare Providers for expansion and for respite purposes. For those who wish to become a Homeshare Provider, this is a great opportunity to offer your knowledge and life experiences while making a positive impact on someone else's life.

Is this an opportunity for you or for someone you know?

We encourage anyone looking for more information to contact us:

- You can call us at 613-569-8993 extension 235 or extension 401 and we will gladly spend time talking to you about our program and how you can make a difference.

OR

- You may also complete our on-line enquiry form at homeshare@ocapdd.on.ca.

It may just be a life changing experience for you!

Tom Gillespie
Supervisor, Homeshare Program

HEADLINER AWARD



Joe Donegan of Supported Work has been volunteering at the City of Ottawa Museums and Heritage.

Joe has done many things over the last 3 years. His duties involve scanning, photocopying, cleaning of displays for the many collections and mail outs. He is now completing a database of information from the old Clarion (Nepean's newspaper dating back from the 1950's to the 1980's).

On Wednesday, November 9, 2016 Joe attended the Volunteer Appreciation night. Joe was pleasantly surprised to be awarded the 'Headliner' award for all of his hard work.

Cathy Holmes
Supported Work

Supported Work Annual BBQ



On September 16, 2016, the Supported Work Program hosted their annual BBQ.

Everyone enjoyed their hamburgers, hot dogs, the famous caesar salad (that is always an enormous hit) and cake.

During the BBQ we gave out 11 award certificates to the individuals who have worked in their jobs from 5 to 20 years. The awards celebration is recognition that the people we support really look forward to!

Special thank you to 'Chef Wayne' for his BBQ skills.

Cathy Holmes, Supported Work

New Annex Salon / Craft Room

Thanks to a generous donation from Cathy Van Loon, the Annex was able to repurpose a little used room into a brand new craft room/salon. The individuals helped to splatter paint the walls creating a bright, colourful space.

The salon is very popular. We have a variety of massagers and a footbath that helps to soothe a stressful day. We do manicures and hairstyling regularly and even get asked to colour someone's hair now and then.



Helen Leafloor.



Tom Fitzpatrick.

The crafts area is the perfect place to get messy while creating works of art. Many hours were spent there as individuals painted little flower pots for OCAPDD's 60th Anniversary Gala.

Thank you again, Cathy for helping us create a new favourite room at the Annex.

Wendy Skinner

RESIDENTIAL HALLOWEEN COMPETITION A SUCCESS!



Charette

Mother Nature threw a wrench in some of the plans with a blanket of snow, but the judges trudged through on October 28th.

Congratulations to Moffatt and Charette, who shared the top prize of a pizza party! Beaudry and Braeside were the runners up and both enjoyed a delicious cake delivered by Judy Bernstein. Oakdean and Nestow were both commended for their fantastic displays. All displays captured Halloween at its finest and kudos to the programs for their camaraderie and good natured competitive spirit!



Moffatt

Many thanks to the Management team for supporting the launch of this annual event.

Lesley Ahee

BEST BUDDIES



Yuk's Yuk's Comedy Night

Thursday, January 26th, 2017 | 8:30 pm | Yuk Yuk's (292 Elgin Street)

Tickets: \$15

To purchase tickets or for additional information please contact Debbie Blasutti by email at dblasutti@ocapdd.on.ca or by phone at 613-569-8993 extension 243.

Proceeds go to Best Buddies uOttawa!