



Esprit Newsletter

Fall / Winter Edition 2017

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

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

Christmas Party

Once again our Annual Christmas Party, for the people we serve, was a great success. The event recently took place on Friday, November 24th. Sure there were minor hiccups here and there, but all in all, everyone had a good time. The dance floor was full, right from the first song. The Glee Club started the evening with some Christmas tunes and Santa Claus brought his wife along with him this year!



Christine with Mr. & Mrs. Claus

From its humble beginnings back as far as 1975 with 5 group homes as a Residential Christmas Party, the staff took on the task. Staff canvassed local businesses for donations and gifts. They rented and decorated the hall, cooked and served the food and even did the dishes. The annual event continued, with growing numbers and at various venues, throughout the 80's and 90's.

Eventually it wasn't just a residential party but grew to include all the programs within OCAPDD. In the early 2000s the numbers continued to grow, as other organizations in the area as well as guests and family members attended.



The Glee Club

Presently the event is attended by over 500 people. Persons served by OCAPDD pay a nominal fee and also receive a gift. Prizes are drawn throughout the evening: thanks to the kind donations received from private individuals and from the Silver Spring Farm garlic sales.

Thank you to all of the staff who volunteer their time to help make this event possible.

PRESIDENT & EXECUTIVE DIRECTOR'S REPORT

ONTARIO

As most of you will be aware, the next Provincial Election is scheduled for June 7, 2018. OCAPDD is awaiting material from OASIS, labelled GOLocal, which will be utilized for pre-election activity (see next page). We hope to meet with several local candidates to discuss the issues and challenges facing the DS sector in Ontario, including 9 years of frozen operating budgets. We would encourage all members to consider doing the same, and will provide you with material and information to assist you. Please contact Dave Ferguson directly for assistance.

The Minister of Labour tabled Bill 148 this past spring. Entitled 'Fair Workplaces, Better Jobs Act', the Bill proposes a series of far reaching changes to Ontario's workplace laws. While support in principle for the Bill is widespread, if passed into law, the Act will trigger significant additional unfunded expenses for organizations in the DS sector across Ontario. OASIS has conservatively estimated that the Act will impose an additional \$56 million in costs, which MCSS have repeatedly indicated they do not have funding for. The complete OASIS submission on this Bill can be viewed at: <https://www.ocapdd.on.ca/Content/OASIS%20Bill%20148%20Submissions.pdf>

One other component of the Bill, is that it clearly identifies that 'Sheltered Workshops' will no longer be permitted, as of January 1, 2019.

Finally, concerns and legal opinions have been expressed to the Government, that this Bill may have a negative effect on families who receive individualized funding such as Passport. These concerns include: a new prohibition on mischaracterizing workers as independent contractors when they are actually employees; burdensome scheduling restrictions that come with new costs related to shift cancellations and on-call pay; increased public holiday pay and vacation pay, which will directly reduce the number of support hours a family can afford; and, the increase to minimum wage that could result in a 25% reduction in the number of hours of support families will be able to afford. See the complete opinion at: <http://www.pooranlaw.com/bill-148-implications-for-people-with-developmental-disabilities-and-their-families/>

This Bill received 2nd Reading in October, and was proclaimed into law November 22, 2017. We encourage you to become familiar with this Bill. It can be viewed at: <https://www.ocapdd.on.ca/Content/OASIS%20Bill%20148%20Submissions.pdf>

BASIC INCOME

As noted a year ago, the Ontario Government had launched a consultation on a Basic Income Pilot. A Pilot has in fact now been launched in Hamilton, Brantford, Brant County, Thunder Bay & Lindsay. In the Pilot, participants will receive: up to \$16,989 per year for a single person, less 50% of any earned income; or, \$24,027 per year for a couple, less 50% of any earned income. People with a disability will also receive up to \$500 per month on top of these amounts. While it is early in the Pilot, we encourage you to be aware of it & monitor the progress of the Pilot. More information can be found at: <https://www.ontario.ca/page/ontario-basic-income-pilot>

OCAPDD BOARD

At this year's AGM the Board expressed its appreciation to David Keay as he resigned from the Board of Directors after reaching his maximum term of 8 years, and to Robert Mitchell who resigned after 5 years on the Board. The Board had requested that Bill Cowie extend his time with the Board for one additional year. The membership elected Peter Homulos, David Newman and John Lupton to the Board.

PRESIDENT & EXECUTIVE DIRECTOR'S REPORT

(continued)

OCAPDD BOARD

Kathleen Stokely and Leanne Pelley, who had been appointed by the Board in the spring, were confirmed in their positions. The membership also re-elected Terry Mooney, Norma Lamont and Wendy Wharton to another 2-year term. At the first meeting of the new Board on October 10th, Bill Cowie was elected President after Terry Mooney's resignation from the Board, and Alison Middlebro was elected Vice-President.

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!

William Cowie
President

David A. Ferguson
Executive Director



OASIS PRE-ELECTION ACTIVITY - GOLocal

Thank you to all that have helped strengthen our UNIFIED voice. The social media campaign calls all to action to SHARE #developmentalservicesmatter. In our first phase we have been able to broaden the reach and provide families, employees and people with developmental disabilities the opportunity to SHARE in this awareness campaign we have created social media posts on the OASIS Facebook page and OASIS Twitter account.

On Twitter we had over 4200 impressions and 350 total engagements
On Facebook we reached over 34,000 people with 590 shares

Let's continue to strengthen our UNIFIED voice. Please go to these pages (see links below) NOW and like and RETWEET and SHARE the posts then SHARE your story. Your story will strengthen the message by providing a face to the need and help create a ground swell of necessity for a response from Government that is appropriate and that meets our needs. If you have videos and testimonials that highlight why developmental services matter or statistics that highlight how multiple years of underfunding have effected your agency this is where you SHARE them.

Link to Twitter post: <https://twitter.com/oasisontario/status/933401222488449024>

Link to Facebook post: <https://www.facebook.com/oasis.ontario/posts/956787101127300>

Remember... TOGETHER we are stronger...the voices of a few have been ineffective...we need Government to understand our numbers are big and our efforts and voices UNIFIED... we cannot achieve this without YOUR help.

The CPI Meritorious Award

Congratulations to Michael Ladouceur on achieving the Meritorious Instructor status. He is one of only 307 Nonviolent Crisis Intervention® Certified Instructors in the world to earn this distinction and reach the CPI Hall of Merit since it was established in 2011.

Michael earned this honour because of his extraordinary commitment to advancing Care, Welfare, Safety, and Security as demonstrated through his engagement in an ongoing training process. The Meritorious Instructor criteria was reviewed in June 2017. Michael's achievements included:

- Cumulative hours of training facilitated: 1279 hours
- Cumulative number of training classes taught: 163 classes
- Attendance at CPI Instructor training courses for continuous improvement: 3 advanced courses
- Years as an active Certified Instructor: 15 years

Again, on behalf of OCAPDD we would like to congratulate Michael on this achievement!

Harvest Supper and Auction

On a warm October 21st evening, St. Stephen's, Dunbar and Braeside hosted their Harvest Supper and Auction at the Ottawa Masonic Centre. Dedicated volunteers and family members prepared a delicious turkey dinner with all the fixings, while Fitzroy entertained an enthusiastic crowd. Many attendees went away happy with their raffle winnings. Some of the prizes included an Acti fryer, a massage and many themed gift baskets.

A huge shout out goes to Teresa Chafe, and Bernie & Carolyn Robinson who orchestrated this wonderful event. Teresa was chef and baker extraordinaire, having baked well over 20 delicious pies. In total, over \$1,300 was raised to be shared between the three programs. A good time was had by all!

By Lesley Ahee

What's In Bloom!

The "What's In Bloom Contest" required each program at Open Hands to have the best curb appeal with minimum funds and every program exceeded expectations!

The team work, creativity and meticulous attention to detail was impressive! Part of building a community is enabling people to have homes that fit in their neighborhood.

This contest proves that we understand this concept and take pride in having a yard and curb appeal that is inviting and beautiful for people to enjoy! I am confident that people will stop to admire your work and start a conversation. Starting a conversation is the first step to developing relationships.

By Reina McDowell



The Sydney Program was the overall winner!

Music Therapy at Braeside

Braeside Residence has the pleasure of having the very talented Music Therapist Becky Kurtz coming weekly for sessions. Becky has made an incredible impact in a very short span of time with the individuals, and Friday has fast become a favourite day.

Becky has brought out so many hidden talents of those we support at Braeside, which is Person Centred Planning at its best. Individuals who enjoy listening to music now have the opportunity to experience playing different instruments and singing along with Becky. She customizes her session according to each person's likes, vocalizations, and abilities. For those who cannot vocalize choices, Becky sings and plays along with their movements, or even their breathing.



Tony with Becky

After a particularly successful morning at Braeside, Becky has said “ I love being a music therapist and the people I work with. How awesome is it that I get to play music all day and improvise with people musically!?” The folks at Braeside agree 100 percent with you Becky and are thrilled to continue their musical journey with you.

By Lesley Ahee

The “Big” 5 – 0



Born October 10, 1967, Robert turned 50 years old this year. October is a big month for Robert, as he also celebrated his 3rd anniversary of moving into his “forever” home at Fairlawn. Robert has been a hard worker at Loeb Centre for many years, assisting with the shredding program. Robert takes great pride in this and enjoys the assistance of the support team at the Loeb Centre.

Robert is very active in the community, going to concerts, bowling, Cirque Du Soleil, monster trucks, Broadway shows or just a simple day at the cottage. Robert always enjoys a friendly smile with many hellos and wondering how others are doing. Colleen, Allison, Ricole, Sandra, Nathan, Chantal, Jovithe, all Fairlawn Relief staff as well as housemate Jenn wish you the best in the years to come.

Happy Birthday Robert!

*Happy
Birthday*



The Advocates

The purpose of the group is to have an agency committee working together to give a voice to the individuals OCAPDD works with.

This group would like everyone to feel like they have a say, a place where they belong and a place where they can participate fully.

People can bring their issues for discussion to the group meeting where they are talked about and hopefully solutions can be found. It is also a place of learning.

The Advocates have worked hard over the last year developing the group's Mission Statement:

*We The Advocates are committed
to moving forward the rights of all individuals
through increased awareness and education of all.*

We believe everyone has rights and if we give people a way to voice their opinions, needs and concerns, then perhaps a root will grow and they can reach their full potential.

The Advocates also have a new logo which alongside its Mission statement is proudly displayed in the front foyer by reception. This logo was created by Cecilia Zanello, a student from Algonquin College.

Elections were held in August which resulted in the following:

President: Richard Smith
Vice-President: Steven Muir
Fundraising: Nancy Waterman.

At this time, education is still the key element for the group. In the spring The Advocates held a workshop on first aid at head office and on November 9, the same workshop was held at the Loeb Centre. Special thanks to Spencer Sarault for providing instructors and materials for the workshops. Spencer is the owner and manager of Pulse First Aid which is an Ottawa based company that specializes in first aid and health and safety.



Laura and Paul

The following (on the next page) is printed with permission from The Riot which is a publication of the Human Services Research Institute. This document has been discussed at length at The Advocates meetings and we feel it is important that you are aware of the issues this document presents. Please read and have your own discussions centred around these issues.

By Richard Smith



A Message from People with Disabilities

People with disabilities are speaking up for equal rights and access to all aspects of community life. Some need support, and those supports may come from family, friends, communities, and public services.

If you are a policymaker or community member and want to ensure people with disabilities have the support and freedom to live the lives they want, here's what YOU can do.

Include People with Disabilities in Decisions

- ✓ Make sure that we have the chance to give advice about the policies that affect us.
- ✓ Make sure that we have equal opportunities to serve on decision-making committees.

Include People with Disabilities in the Community

- ✓ Make sure to keep the services we need to live in the community.
- ✓ Help us serve our communities and be seen as vital members of society.
- ✓ Make communities accessible to ALL members, including those with disabilities.

Make Sure People with Disabilities Have Access to Good Jobs

- ✓ Create more chances for us to get jobs.
- ✓ Make sure that service staff help us think outside the box, including self-employment.
- ✓ Make sure we have opportunities for job growth and promotions.

Protect the Rights of People with Disabilities to Have Loving Relationships

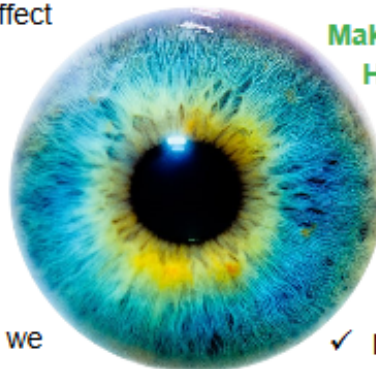
- ✓ Make sure we have the right to get married.
- ✓ Make sure we can get advice about relationships that is more than just being healthy and safe.
- ✓ Make sure we get the support we need to make our own decisions. We have the right and protection to become legal guardians of our own children or adoptive or foster children.

Make Sure People with Disabilities Have Access to Good Quality Health Care

- ✓ Make sure we have access to health care. This means physical access, as well as respectful treatment.
- ✓ Make sure we have access to preventative care, such as mammograms and prostate screening.
- ✓ Help to make sure medical offices are accessible for us, including exam tables and other equipment.

Support Good Wages for Workers

- ✓ Make sure we can find and keep reliable, quality support workers.
- ✓ Support workers must be able to have a career and earn a livable wage.



The People

Silver Spring Farm Garlic Project

Our last season ended as a banner year with a record crop raising over \$38,000. This might surprise many considering the record rains and lack of heat. There were many news reports of farmers losing their crops due to too much rain. At the Carp Garlic Festival many of the garlic growers mentioned their crop was poor including smaller bulbs.

Our crop was great in spite of the weather for a couple of reasons. As we have done for a number of years, we plant our garlic on hills protecting it from excessive rain. Another key factor this year was, we purchased half of our seed garlic from a certified seed grower. We did this because we were concerned our own seed was becoming weaker and tired.

The results in the field were amazing to say the least. The garlic plants from the new seed were visibly taller and more robust than the plants from our own seed. The results at harvest were equally amazing with many volunteers noting the bulbs were bigger than they had ever seen and were convinced it was a record crop. They were right.



The decision was made to plant all new seed this last fall expecting a bigger and better crop in the coming year.

Again thanks to the many volunteers. Each year we get more individual and group volunteers to help to spread the work load. Although the volunteers from the Church of Jesus Christ of Latter-Day Saints are, as always, key to success of the project, other groups have made it possible to lessen the load on the church group. We have a number of companies, government departments, and schools contributing many hours to the project.

Finally, special thanks to all of the media support we received to kick off our sales in early August. A special thanks needs to go out to Leanne Cusack and CJOH who did a major feature on the project. This had a real impact on our sales and gave significant exposure to this great project and cause.

Thanks again to all the volunteers and looking forward to another record crop in 2018.

By Mel Jones

∞ In Memoriam ∞

JOAN WHYTE December 13, 1955 - June 16, 2017

Joan was supported by Community Support Services (CSS) for almost 20 years. Joan was very likeable and always smiling. She was always looking around the corner for the next adventure and she loved life.

Joan was very appreciative of all the CSS support that she received through the years. Life was GOOD. She had met the love of her life, Francesco Umanitario, an Italian gentleman, who doted on her and she, on him. Joan touched the lives of everyone she knew. Joan will be greatly missed.

By Debbie Klesh



ANNE MARIE COSTELLO May 20, 1954 - August 7, 2017



Annie passed away peacefully at Ratan Residence in the arms of one her beloved counsellors. Annie has been part of the Ratan family for 10 years. Annie previously resided at the Rideau Regional Centre in Smiths Falls.

Annie has a special place in the hearts of everyone who had the pleasure of knowing her. She was a quiet sweet woman who would melt your heart with those big brown eyes. Annie has given us many memories to cherish and taught us many lessons about trust and compassion that we all feel privileged to have received.

She will be greatly missed ... Forever in our hearts ... Rest well sweet angel
xo

The staff of Ratan Residence

JOSEPH BRUYERE October 31, 1952 - September 25, 2017

We are saddened to share that Joe (Joseph) Bruyere passed away on September 25, 2017, he was 64 years old. Although he was not able to verbalize, he touched so many people through his eyes and smile. He showed a love for life and appreciation for every day.

He will be missed by everyone he touched.



RUTH BLOIS August 18, 1956 - November 20, 2017



Ruth joined the Quinlan gang in February of 2004. Ruth was quick to let us know her most cherished pieces of clothing were her beautiful dresses her Mom had made for her. Ruth loved all types of music and had a particular fondness for Stompin' Tom Connors. TCE made it possible for her to attend a live Stompin' Tom Connors concert which was a highlight for her. Ruth's other loves were tea, cheesies, peanut butter cups, pop and Red Lobster.

The Quinlan folks will truly miss her though we have lots of photos and home videos of her so her memory will always be with us. Most of all we will always remember her trademark "skedaddle".

By Holly Mitchell and the Quinlan Folks

The 2017 McCool Sportsmanship Award



Kelly Wilson was recently awarded the 2017 McCool Sportsmanship Award. The Special Olympics' award was presented to her because of her strong attitude towards teamwork. She was as well recognized for the ongoing positive influence and encouragement of her peers.

Congratulations Kelly!

Supported Work Annual BBQ



Richard, Michael and John

Luc Bedard celebrated 25 years at Fisheries and Oceans along with Mike Carroll at University of Ottawa.

The individuals were very excited to receive Certificates of Achievement.

TRIVIA NIGHT

On October 16th, Rosenthal held a trivia night
“Put on your thinking Cap for OCAPDD and challenge yourself”.

IT WAS A SUCCESS!!!!

The winning team was the Monagham family.

Stay tuned for next year's challenge!



The Monagham Family

Happy Haunting across Ottawa with OCAPDD



Ahearn

Friday October 27, was the day of reckoning or should I say haunting in OCAPDD's Annual Halloween Decorating contest. What an impressive show of spirits it was, across all 7 of the OCAPDD programs who participated. Folks at each of these sites went all out to create a spooky and scary welcome, or warning, to all who dared approach or enter. In this year's Halloween decorating competition, contestants entered from across a mix of day programs, group homes, and even an apartment. The tooth-shaking and bone-chilling tour spanned from CTC on the Eastern side of Ottawa to Settlers in Ottawa South, and winding up in the West end at Silver Spring Farm.

Tremendous effort and creativity was evident down to every last monster, ghost, cobweb, skeleton, spider bat and gravestone. They were truly special works of art. Everyone was so eager to greet Lisa and I, proudly showing off what they had done to decorate all around and watching with glee to see how much they could make us jump. We didn't disappoint them!

It was indeed a very, very tough choice to make to single out particular "winners" of this year's event, as all were strong contenders. As someone new to the OCAPDD Board of Directors, I can only say it was lots of fun and quite an honour to have had this opportunity to be frightened over and over again as we crossed the city. Congratulations to Ahearn and Quinlan winners of the Pizza party prize for your spooky displays. From the life-size animated doorway Dracula at Quinlan, to the ghosts and hands creeping about even from the 2nd floor windows at Ahearn, it was a howling good time. A big shout out to CTC and Conservatory – they will be stiff competition next year. I want to say a particular thank you to the event organizer Lisa Somers, and to Dave Ferguson for enabling a Board member to participate.

"Ghostwritten" by Kathleen Stokely



Conservatory



Quinlan



Settler's Ridge



Roy decorating at Ahearn.



CTC



THIS IS TROPHY



Donna Lee



Mike and Jo-Anne

On June 17, 2017 the Byward Market became a magical pop-up tent city of stories of transformation. Audience members moved through 150 architectural tents. Inside these tents were people telling true stories of turning points in their lives. OCAPDD filled 5 of these tents with the inspirational stories of 7 amazing people who shared details about significant moments from their lives and asked listeners – how have you changed? A big thank you and congratulations to Robert Concordia, Donna Lee,

Richard Smith, Maggie and Steven Muir, and Marianne Regan and Donald Poirier, for giving of themselves and taking a personal risk that all agreed was well worth the anticipation.

This is what a few of the participants had to say:

It felt really good to hear people say that my story inspired them. RS
I enjoyed myself as we were left to do our thing without interference! RC
It was an opportunity to tell stories and be part of the larger community.

People were understanding. RS

Just to be there that day – wow – it was magical! DL

I wish a few more people could have experienced this. SM

Well, a few more people did get to listen and we expanded to 8 story tellers with the addition of Mike Campbell via video for OCAPDD's AGM on September 20, 2017. The participants transformed our board rooms into havens of inspiration and hope.



Robert



Donald and Marianne



Richard

Richard's accounting of how he and his sister, Joanne met for the first time as adults, their shared accomplishments as paired figure skaters, and her passing while they were in process of preparing for the Trophy Talks brought his enraptured listeners to tears.

Last night's AGM drew the largest crowd it has seen in some time, and these accomplished story tellers certainly gave everyone a better understanding of how we are connected and alike.

On behalf of the participants, a sincere thank you to Karen; one of the art directors with Trophy for her natural talents and 6 weeks of support as our story telling coach. As well as the volunteers who supported, encouraged and organized we are grateful.

By Leanne McCallum, Lisa Somers and the Trophy Team

At first people felt a little nervous, but as Robert later said, "I felt more confident tonight; I told myself that I've done this before so I can do this". His story of wanting to learn how to better read and write inspired his listeners to share what they've had to learn to move forward in life.

Donna elevated people's moods with her exuberant tale of moving from darkness to light and love, and to then tell her about how they have persevered from a place of struggle to success.

Mike's video of how he has overcome great obstacles living with Tourette's Syndrome and then asking people if his video gave them a better understanding of it inspired questions and conversations about this syndrome. It was a great success Mike!

After listening to Steven and Maggie sharing their experience of how they met, their wedding day and how they live as a married couple kept people's interest piqued for much longer than the suggested five minutes. One woman stated that their wedding was way more interesting and fun than her wedding had been!

Donald, and his partner in crime Marianne, shared their victories of transforming from being victims of bullying to empowered adults. Donald is now assisting Marianne with writing a book about her experiences; they've already created a comic with her being the heroine.

Richard's accounting of how he and his sister, Joanne met for the first time as adults, their shared accomplishments as paired figure skaters, and her passing while they were in process of preparing for the Trophy Talks brought his enraptured listeners to tears.



Steven and Maggie

HO! HO! HO!

It's that time of the year!!!

Need help 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 Centre. More than 300 volunteers are helping to wrap gifts to raise funds for the Association.

All those elves will be wrapping until 5pm on Christmas Eve at both locations.

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



Monday, June 18, 2018! It's OCAPDD's 18th Annual Charity Golf Tournament

CALIFORNIA DREAMIN'

Rick has a DREAM!
Through art Rick has built his self esteem,
problem solving and freedom of expression.
Not only does therapeutic art enhance mood,
help communication, reduce anxiety & pain -
It is a tool for moving forward.

In moving forward, Rick has gone into business
for himself to help save for his dream.

Therapeutic Art differs from Art Therapy in that it is
more about transformation rather than having old
problems resurface in conjunction with "talk therapy".

SILK SCARVES & TIES BY RICK

8x54in Scarf - \$20

15x72 Scarf - \$40

Silk Ties (In Style Now!) - \$40

Custom Colours Available! Order Yours Today!



Ricki Prophet: 613-421-1750
Sheri-Lynne Styles: 613-808-5774