



Esprit Newsletter

Fall / Winter Edition 2019

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

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

We Caught You Being Excellent



Lavonne Respite Care held its annual Program Closure in September. During these days, the team engaged in their annual medication training, strategic planning and culminated in a rousing afternoon team building activity.

Little did the team know that Katherine Dines and Fabrizo from Majic 100

would be stopping by! They presented the team with a Snack Sack chuck full of goodies, and learned a bit more about what the Respite Care Program is all about. Supervisor Lesley Ahee wanted to thank the team for all their dedication to the individuals and their families, as well as the warm welcome she received upon becoming their Supervisor last July.

Many thanks to Majic 100 for this wonderful surprise!!!

Submitted by Lesley Ahee

CHEO Shredding

The Dr's of Shred would like to welcome Christina Corsi to the team. Christina started as a volunteer in February 2019 with a group from Arc and Loeb. Every Tuesday they would help put together tax receipts in the CHEO Foundation's office. She is very proud of her work and always does it with a big smile.

At the beginning of October we were able to offer Christina a minimum wage job one day a week. She has proven to be a great asset and everyone here at CHEO is happy to have her on the team.

Submitted by Ann Marie Bloom



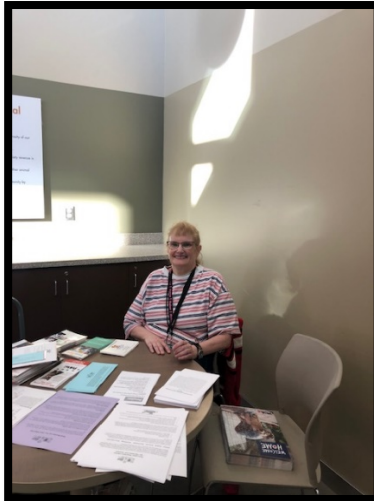
Christina with her new work badge. As she says "I am now official"!

Volunteering at ARC

ARC Industries began their volunteering program and are off to a great start! With the help of Tracey Purvis and Kari Thomas, opportunities have been set up at 613 Lift Gym for Corey Thibault. The owner Nicholas Di Nardo was more than happy to welcome Corey at the gym; he was offered the opportunity to shadow him around the gym, learning training first hand. Nancy Waterman helps in the office program at the Ottawa Humane Society; putting adoption kits together and collars for the adoptive cats/kittens. Graham Radmore and Will Laurenceson help out at the Ottawa Mission Thrift store; they help keep the racks free from empty hangers and tidy the aisles, they sort clothing and hang them up to be priced. Roberto Disipio has been working in the Carleton University equipment room, Roberto helps out with team laundry; hanging jerseys/uniforms, folding towels and organizing team clothing. Christina Corsi and Sherry Welshman have joined Carlington Community Health Centre children's play group. The ladies play with the children, help setup snack time and clean.

The volunteering has given the individuals the opportunity to develop new skills, opportunities to meet new and diverse people, ways to become a part of the larger community and given a new sense of purpose.

Submitted by Kari Thomas



Top row: Corey Thibault and Nicholas Di Nardo; Nancy Waterman; Graham Radmore and Will Laurenceson;
Bottom row: Roberto Disipio; Christina Corsi and Sherry Welshman.

Annual Harvest Dinner

On Saturday October 19th, Braeside, Dunbar and St. Stephen's Residences had their annual Harvest Dinner to raise money for the individuals who live at those residences. Everyone who attended was treated to a delicious turkey dinner and lovely homemade pie for dessert (a choice of pumpkin, cherry or apple). The live band "Fitzroy" and the raffles were enjoyed by all. Over \$1,900 was raised for the three Residences. Collette, Carole and myself would like to thank Teresa, Bernie and Carolyn for organizing the event and all the volunteers who helped out. Management was well represented by Lisa and Louis who also helped out by volunteering. Everyone had a great time and are looking forward to the Pasta Dinner which will be held in the spring time of 2020.

Submitted by Kevin Lamont



Denise Gaudet, Colette Newell and Rosie Gaudet.

Meet the Candidates



Elected Member of Parliament for Stormont Dundas South Glengarry, Eric Duncan.



Heather Megill from the Liberal Party.

Open Hands hosted a Federal Candidates Meet and Greet on October 16th. Co-hosts Reina McDowell and Lynn Labelle welcomed everyone to the event and set the scene for a very informative session on disability issues. Each candidate had up to 10 minutes for introductions and to deliver their platform on the National Disability Action Plan. Afterwards during refreshments and light snacks, people spent one-on-one time with the candidates for personal interactions. There were a few first time voters and several seasoned voters in the crowd that appreciated the opportunity to meet with the candidates on a personal level. Most noted that it was helpful in making their decision.

Submitted by Reina McDowell

PRESIDENT & EXECUTIVE DIRECTOR'S REPORT

ONTARIO

As reported in the media in early November, the Ontario Government has retained an external consulting firm to conduct a review of the DS sector in Ontario.

"A contract looking for bidders – issued in August and obtained by the The Canadian Press – seeks a management consultant to find ways to 'streamline' the delivery of services to 40,000 adults living with developmental disabilities, with an eye to the 'savings targets' in the spring budget. The Government has identified the need for system changes to improve outcomes and financial sustainability in the developmental services sector, the project tender says. The successful bidder will 'identify and describe effective or best practices in other jurisdictions where developmental services or social service program expenditure or growth has been reduced/contained. The terms of the contract sought make it clear that the successful bidder will only consult with people within the ministry, and 'draw on prior input received from individuals, families and stakeholders'. The government's budget showed a \$1-billion cut in the children and social Services sector over three years, and set a target of a \$510 million annual cut in 2021-22 from 'operational efficiencies and cost savings'.

(<https://nationalpost.com/news/ontario-seeks-contractor-to-help-find-ways-to-cut-developmental-services-costs>)

It is understood that KPMG was the firm selected, and that their report is due before the end of March, prior to the next Ontario Budget being tabled. In a recent meeting with the Minister, representatives of the sector stressed the importance of input and consultation with sector stakeholders, however it is not clear if this advice will be accepted.

OCAPDD BOARD

At this year's AGM the Board of Directors expressed its appreciation to David Adams who had resigned from the Board. The membership elected Majid Turmusani back to the Board. David Newman, John Lupton, Peter Homulos, Norma Lamont and Wendy Wharton were all re-elected to another 2-year term. At the first meeting of the new Board on October 8th, Norma Lamont was elected President and Kathleen Stokely 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.

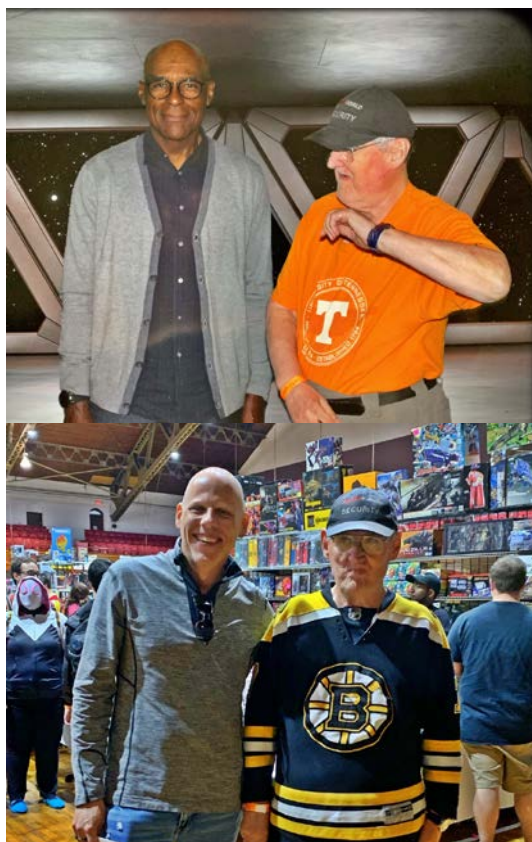


Norma Lamont
President



David A. Ferguson
Executive Director

Star Trek Fan



Tom has been a die hard fan of Star Trek for many years. I've known Tom for close to 20 years and I've talked Star Trek for all these years with him. This past September, he had the opportunity to meet Mr. Worf/Michael Dorn who played Worf on Star Trek - Next Generation in Rochester, NY at RocCon a comic and pop culture convention.

We went for 2 nights, travelling down for the 3.5 hour road trip. He was very excited to meet him and to have his picture taken with him. He was giddy the whole drive down. As we walked into RocCon, he was quickly scanning the event to look for his hero. As we got close to 'Worf's' area, Tom was extremely excited, but a little shy to go up to him. We paid for his pictures and had to return a couple hours later for the photographer to arrive. It was time to meet Worf. Tom went up to him, quietly, but proudly shook his hand and said - 'nice to meet you Mr. Worf'. It was amazing to see him reach his long time goal and to get a picture with his hero. I've never seen Tom take such good care of anything as much as he did with the picture he got with Worf; he carefully put it in his suitcase as soon as we returned to the hotel.

Submitted by Scott I Baker

A Trip to Remember

I was recently asked to go with David and Gitta to Florida, along with Janet Salinas from the Conservatory. David's goal was to go to NASA and Gitta wanted to go and see the dolphins in their natural habitat. We arrived in Florida late, as our flight was delayed due to various reasons. Both David and Gitta were extremely patient travelling and were very excited for the trip. It was sunny for the 4 days we were there with an average high of 29 degrees.

The first thing we did was to schedule a pontoon boat to take us all out to the hot spots for the dolphins, with the Kennedy Space Center in the background. We spent 2 hours on the water watching the dolphins swimming and jumping out of the water. Gitta was thrilled to see this and really appreciated being in the moment. The captain of our pontoon, also showed us some wildlife on the shores such as alligators and manatees.

The next day, we went to NASA - Kennedy Space Center. We spent about 3.5 hours looking at the exhibits, history and experiencing an immersive IMAX movie about the history of the Kennedy Space Center with a wrap-around movie screen along with virtual wind. A very unique experience for sure.

Submitted by Scott I Baker



Homeshare's 12th Annual Harvest Dinner



The Homeshare Team: Roxanne, Stephanie, Karen and Michael.

On October 7th the Homeshare Team hosted their 12th annual Harvest Dinner for the Homeshare Providers. This event is held to show our appreciation and say thank you to the families who share their everyday life with individuals from our agency. It is our way of recognizing the care, the commitment and the love they give.

We have families who are just joining the agency and some who have been with us for over 29 years.

It was a magical evening full of surprises, good food and great entertainment. Kathleen Stokely, Vice-President of the Board, David Ferguson and Louis Renaud joined the Homeshare team to celebrate and show our appreciation to the Providers.

Submitted by Roxanne Gilbert

Project Ryan

Open Hands would like to send out a heartfelt thank you to Mike Crowder.

Open Hands provides supports to people with developmental disabilities. We have seven homes in the Cornwall community. Ryan Crowder, who was part of our Open Hands family for many years sadly passed away in November 2016. Mike Crowder, Ryan's father, wanted a way to show his gratitude for the care we provided for his son so he formed a committee which included his wife Brenda Crowder and Rick Emond to kick off Project Ryan. Project Ryan started with selling handcrafted wooden ornaments, which grew into Mike holding fundraising BBQs all summer long.



Mike and Brenda Crowder with Rick Emond.

Open Hands would like to sincerely thank all who graciously donated time to hold these BBQs. Their hard work and dedication certainly paid off as they raised just over \$7,000 and donated every penny back to our agency. The money donated goes into a fund to help Open Hands individuals be active in the community as well as helping them to achieve their goals and dreams.

Submitted by Christine Ouderkirk

It's that time of 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 and St. Laurent Shopping Centres. More than 300 volunteers are helping to wrap gifts to raise funds for the Association. All those elves will be wrapping until 5pm at both locations on Christmas Eve.

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



∞ In Memoriam ∞

Jean-Pierre Lalande (21 décembre, 1942 au 11 juillet, 2019)

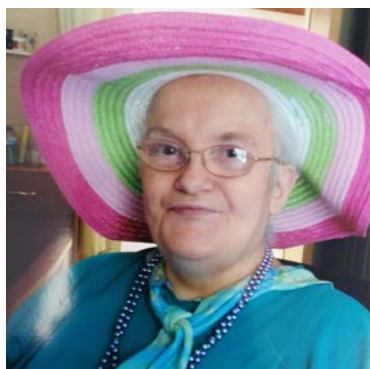
Jean-Pierre est décédé après plusieurs mois de maladie. Il fréquentait le Centre de transition communautaire depuis février 2003. Il avait la paralysie cérébrale. Il utilisait une marchette. Il avait des difficultés de vision, d'ouïs et utilisait un livre de communication, mais rien n'arrêtait Jean-Pierre dans ses activités de tous les jours. Il était une personne très sociale. Il aimait faire partie des activités avec beaucoup de vie comme la cuisine. Il aimait aussi bien manger. Essayer pas de lui donner autre chose qu'un vrai coke à la pause. Il savait se faire comprendre. Ses vacances favorites furent ceux prissent dans le sud près de la mer. En février 2019, il s'est retiré pour cause de maladie.



Quand tu arrivais tu levais la main haute pour saluer les gens avec ton beau sourire. Jean-Pierre ce fut un privilège de t'avoir dans nos vies.

Roxanne Gilbert

Irene Pare-Burton (December 22, 1950 – July 24, 2019)



Irene was supported by CSS and lived at the Starwood Residence. She enjoyed her visits from staff and always remembered our names. Irene enjoyed music and watching others play cards at the residence. She shared a room with another individual who misses her very much.

Irene's favourite time of year was Christmas. She loved when the staff would decorate her room. She also enjoyed when Santa visited her and gave her gifts.

Irene is very missed by all who knew her. Rest in Peace.

Jocelyn Fortin

Susan (Sue) Potvin (June 26, 1960 - July 29, 2019)

Sue was a valued and hard-working employee for over 30 years at the Plant Maintenance Program. Her enthusiasm and determination pushed her to always do her best. Many will miss her radiating strength and willingness to do well. Sue's biggest talent was networking! She knew everyone at Tunney's and made sure they knew her. She was very thoughtful, extremely helpful and very tuned in to what needed to be done next.....not afraid to tell staff when they were forgetting something. Many at Tunney's Pasture will remember her fondly for her smile and positive outlook on life. Sue will be missed by her siblings and remembered fondly by her many nieces and nephews.

Sue will be greatly missed but will be forever in our thoughts and fond memories.

April Dodge and Barrie Clifford



∞ In Memoriam ∞

Eleanor Murphy (July 7, 1948 - August 16, 2019)

Eleanor was an adventurous, gentle loving person with a wicked sense of humour; bringing sunshine to all the people she met. Eleanor attended and graduated continuing education in the adult special education program. Eleanor worked at Arc Industries for many years where she took pride in doing her job. She was a very hard worker and made sure her job was done meticulously. Eleanor loved to socialize with her friends and exuded a positive happy nature. In July 2018, Eleanor moved to the Quinlan Centre obtaining the love of all with her charm and delightful presence.



Eleanor took each day in her stride in an uncomplaining way, rewarding us with a knowing look and a little smile. We will miss Eleanor's infectious smile as it warmed our hearts and it was her way of letting us know how much she loved and appreciated us.

ARC Staff

Patrick Gadbois (September 1, 1965 - September 23, 2019)



It's been two months since you've left us. We all miss your kind gentle soul. Thank you for teaching us so many things over the years; your ongoing strength to overcome so many obstacles and you persevered right until the end. Things will never be the same without you, we will miss your energy and strong will and let's not forget our dance parties. Your absence will be missed by the community, the gang at the gymnastic club, the Kutting Room ladies, and staff at Menchies just to name a few.

Rest in peace our friend. We hope that the sun is always shining in heaven and you get to watch all the hockey you want.

You will be sadly missed by Open Hands, especially our entire Lynn Street family.

Christine Ouderkirk



∞ In Memoriam ∞

George Forest (July 2, 1938 – September 28, 2019)



George passed away very peacefully, surrounded by loved ones on September 28th at the age of 81. He was an animated and unforgettable part of CSS and Supported Work for 25 years and there was never a dull moment. George loved to dress up in vibrant clothes, crazy hats and unique shades, he would then say he is trying to keep a low profile. You may have seen George at our annual OCAPDD Christmas parties, wearing empty butter cups and perhaps a can on his face, what a character.

All George ever wanted to do was spread joy and cheer. He gave back to the community in various ways, volunteered at all annual holiday Alcatons,

played Santa at his Anglican Church as well as the Cateria, and helped with the Ottawa Food Bank.



George was a part of a dart league for many years. His great love was drumming and dancing with the indigenous community, his true tribe. In the indigenous community George was attracted to the Eagle Spirit and his favourite chant was the Morning Song.

Rest In Peace George and soar with the Eagle!

Shelagh Ahearn-Ifedebe

Victoria Burrill (April 15, 1961 - October 25, 2019)

Our dearest friend Vikki Burrill passed away October 25th. Vikki worked over the last 25 years with OCAPDD and was our special gem.

Vikki was a gift & blessing to us and we were very fortunate to have had her in our lives. She would captivate you with her beautiful smile, contagious laugh and her joyous songs. Vikki was larger than life, she was the thread that kept everyone and everything together. She always believed in the human spirit and that we all have light, it just needed to be ignited. Vikki was a kind and compassionate soul who helped people ignite their light.

If you were blessed to have crossed paths with Vikki, you definitely have a funny story, an exotic recipe, a life lesson, a hair or beauty tip. Vikki would want you to find comfort in those memories and also pass them on.

Rest In Peace Victoria, You are light XO

Love, Shelagh Ahearn- Ifedebe





1414 Rosenthal Avenue, Ottawa, Ontario

After months of planning we are proud to introduce the new **EmployAbility** Program that includes the Supported Employment Program, the social enterprise Hearty Tails, the woodworking shop, Roads to Employment Program and Under One Roof. The Management Team would like to acknowledge the huge contribution made by Julie Leonard, Supervisor, and her team: Tracey Brown, John Lonergan, Donna Porter, Cathy Holmes, Lynda Estigene, David Cross and David Knox. Without their vision, creativity and hard work, the outcome would not be the same. Thank you all.

Our Roads to Employment Program is a 6 week discovery program.

What Roads to Employment can prepare you for?

- To do job search
- To practice skills required for employment
- To be financially independent
- To practice skills required for interviews
- To identify your interest
- To set goals for yourself
- To market yourself
- To learn new skills
- To create a new social network
- To have an opportunity for continuous learning
- To learn how to self-advocate
- To meet people with similar goals

Upon completion of Roads to Employment, using a person centred planning approach, you will be provided with:

- A resume
- A profile
- A certificate
- A job task analysis with employment networking recommendations
- Assigned to an Employment Specialist
- You will also be invited to a variety of workshops

Our Job Specialists provide assistance with job search, coaching, support and follow up to over 70 individuals.



Kelly and Rebecca.





Our latest social enterprise is growing. We are in several stores and are working on contracts for some new stores. Check out


our website at www.heartytails.ca or call us at 613.690.5155. You are also welcome to visit our new production site at 1414 Rosenthal Avenue, please call to schedule your tour.



Mathew, Saman, Daniel and John.

The **woodworking shop** handles thousands of dollars in contracts every year, we build cabinets, one of a kind custom anything. We also specialize in custom padding for individuals who require a safe environment. Call us for a quote today at 613.569.8893 extension 651.

Under One Roof produces and sells beautifully crafted mementos from the original copper which covered the roofs of Canada's Parliament Buildings from 1918 to 1996. Under One Roof is pleased to offer customized lapel pins in a variety of distinctive styles. These pins can incorporate your logo or event. The perfect gift or fundraiser for your organization. Please call 613-569-8993 extension 651 for more information.

The **EmployAbility program** is also a local coordinator for the  MentorAbility

MentorAbility is a mentoring experience in which job seekers with disabilities are matched with individual mentors (employers or business leaders) to explore career opportunities and what they need to get ahead in their desired field of interest.

On November 29th we held an open door event that drew over 80 people. A description of the programs were provided along with a tour of the premises. Our new name and logo were unveiled.

To name a few, our guests came from: Dovercourt Recreation, RCMP Veterans' Association, OCL, Ottawa Police Service, Causeway, Service Coordination Support, Algonquin College, Conseil des écoles publiques de l'Est de l'Ontario, Loblaws, Pinecrest-Queensway Employment Services, Groupe Convex, ODSP, Public Works, National Defence, Storefront School, several families, many OCAPDD staff and individuals we support.



Louis, Julie, Darlene and Kim.

I would like to say thank you to the great team of the EmployAbility program for their on-going dedication, support and professionalism.

The winner of our door prize (a lovely mug with copper maple leaf, Under One Roof pins and an OCAPDD note book) was Lloyd Eyamie.

We would like to acknowledge donations from Loblaws and Farm Boy for the crudités, cheese platters and gift card. A special thank you to Gary Leonard for the EmployAbility and Hearty Tails carpets.

If you missed it please contact us and we will be happy to provide you with a tour.

Submitted by Julie Leonard, Supervisor

EmployAbility Pizza Party

Everyone was excited to have the pizza party at our new location.

Judy Bernstein presented certificates to our Roads to Employment group, who came early and helped us with the set up along with the help of our Algonquin student, Ashik. Thanks guys!!

Julie Leonard and David Ferguson presented certificates of achievement to individuals who have been in their jobs for a number of years or who have retired.

Roads to Employment Group

Rebekah Cheetham
Travis Palmer
John O'Neill
Raymond Villeneuve
Daniel Anderson

5 years

Kim Deschamps

10 years

Peter Hamilton

15 years

Rebekah Cheetham

30 years

Theo Ktenas

Retired

Marcel LaCroix
Richard Ralph
Brian Smith

There were many requests for our annual BBQ, with a bit of a twist to our usual (we still had our caesar salad). We were able to pull it off and everyone enjoyed themselves. Thank you to Kelly the store manager at Loblaws Gloucester for the donation of pop and dessert. As well, as a thank you to Robbie the store manager of Milano's for the delicious pizza.



Annual CTC Fundraiser – December 19th Draw



The Francophone day program Centre de transition communautaire (CTC) are having their annual fundraiser. They have 4 baskets that will be drawn on December 19th which are full of goodies from beauty products, entertainment and wine.

The proceeds will be spent on items for the individuals of the program that are not included in the budget, like iPads, TVs, computers and much more.

Tickets are \$1 each or 6 for \$5 and are available at CTC located at 865 Shefford Road or by calling 613.569.8993 extension 560. Best of luck!