

ESPRIT



Ottawa-Carleton Association for Persons with Developmental Disabilities/L'Association d'Ottawa-Carleton pour personnes ayant une déficience intellectuelle

Spring/Summer 2002

President's Message

Having only five months on the job as president of OCAPDD, I am impressed with the management, staff and facilities that we have available to us at OCAPDD. We must consider ourselves most fortunate and collectively work towards not only maintaining the level of service we provide to our clients but strive to provide assistance to those less fortunate who desperately require the aid of organizations like OCAPDD.

Unfortunately, we are entering trying times when all levels of government are about to shift from surplus to deficit funding with a direct impact on health care. This can be seen already with the recently announced cuts to Board of Education budgets that will have an impact on special education. We in OCAPDD must do all we can to minimize the effects of budget reductions as we enter this new year 2002.

On a brighter note, I hope your winter was short and the spring brings you nothing but brightness.

Bob Mitchell



Step Dance & Fiddle Co

This year's annual Step Dance & Fiddle contest was again a great success. The Knights of Columbus Luke Hart Council raised more than \$3,000.00 in February. The contributions made to OCAPDD from the Council over the last two decades have been well over \$75,000.00.

GREEN FEES are here!



Now that the snow is all gone and the sunshine is here, OCAPDD is hosting their 2nd Annual Golf Tournament on Thursday, June 6, 2002 at the Champlain Golf Course in Aylmer.

Come join us for the full event or just for dinner. Our MC "Stuntman Stu" from "The BEAR" is sure to make you smile. Our dinner and Silent Auction will be held at the Aylmer Marina.

Again this year, bring a friend, cousin, mom, dad or even a boss to play.

Our goal is to have 120 players (30 foursomes). Remember, a bad day on a sunny golf course is better than a good day in the office.

Please see the insert for more details and on how to register.

SEE YOU THERE!!!!



Donation \$

On Monday January 7th, 2002 Tom Gillespie, Gilles Fontaine and David Nowlan received a donation for the FamilyHome Program from Senior Pastor Don Miller of the Arlington Woods Free Methodist Church. Traditionally, the collections from the two Christmas Eve services are donated to two different local charities. Linda Sinclair, a FamilyHome Provider for this Agency, suggested the FamilyHome Program this year. The other local charity chosen this year was the Capital City Mission.

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Christmas Gift Wrap

This past Christmas Gift Wrap project was a huge success. It generated more than \$13,554.00. This was the most money ever raised during this event. Members from The Church of Jesus Christ of Latter Day Saints and many other volunteers assisted us in exceeding our goal of \$11,000.00.

Special thanks to Pepe Moreno-Arzac and Natalia de Savigny for the continuous time and effort they have provided to OCAPDD.

HOPE Volleyball

This year OCAPDD has been chosen as one of the charities to benefit from the HOPE Volleyball Tournament on July 13, 2002. The proceeds from the tournament will be used for our Snoezelen Room at Quinlan Centre.

Get a team together and join the fun for a great day.

What is a Snoezelen Room?

Snoezelen, originally developed in the Netherlands in 1984, has gained widespread use in Britain and Europe. There are increasing numbers of centers being established in North and South America. Snoezelen is 2 Dutch words meaning Sniffing and Dozing. It was developed to help kids with developmental problems to relax.

The Snoezelen concept comes from the recognition that stimulation, relaxation and enjoyment are basic needs of all individuals. Everyone thrives in the world around them through their senses: the motion of a rocking chair, the sight of the flickering flames and the warmth of the hearth, the sounds of music or a waterfall, the smells of baking or a pine forest. Snoezelen brings these experiences together in a therapeutic room. It brings the activity to the individuals in ways that enable them to interact with the equipment that responds and changes to their touch. To have an effect on what is happening in the room and the ability to choose the activity, gives a sense of accomplishment and pleasure to the individual. It allows the individual to enjoy the

room at their own pace and make their own choices about what they want to do. There are no expectations of them while they are in a caring, trusting and sharing environment, because the caregiver shares the experience with the client. The room typically has subdued lighting and is furnished with specially designed interactive equipment that creates lights, sounds, and smells.

In England, Snoezelen Rooms are mandatory in group homes. They are also found in hospices, palliative care facilities, day care centers, prisons and hospitals (for birthing moms and fathers-to-be).

Advantages of the Snoezelen Room:

- Floods the senses with pleasant information
- Staff or client do not require specific training to go in
- Do not need to be physically active
- Provides stimulation or relaxation
- Increases alternatives available to the client
- Can teach relationship between cause and effect through switches
- No norms of behavior
- Suitable for all levels of disability and age groups
- Does not require intellectual response or communication skills
- Gives individual attention to the client because a staff/caregiver is always present.

Summer Picnic

OCAPDD & Aktion Club Picnic & BBQ

When: Sunday, June 23, 2002

Time: From 11:30 a.m. until 3:00 p.m.

Who: All staff, clients & families

Where: Vincent Massey Park
Sections L & K

Cost: Hamburgers & Hot Dogs \$1.00 each
Pop \$0.50 each
Parking \$4.00

Rain Date: None

Quinlan Centre

Who is on the Team?

The Quinlan Centre has a dynamic staff team made up solely of women. This is a rare phenomenon in the history of the Centre. You will no doubt be familiar with the names of Christine Sullivan, Kim Hinds, Cathy Lonergan, Leanne McCallum, Lorraine Vezeau, Holly Mitchell, Frances Bloom, Ann-Marie Bloom, Jennifer Pavone, Gisèle Thibodeau and Ann-Marie Engelberts-Cousineau.

The Building is always well maintained by Raymond Rockburn. Grace Theriault and Mac Brewster are familiar faces often called upon to fill in at Quinlan.



Koffee Klatch

Klatch: (Webster's Dictionary) – a gathering characterized by informal conversation and gossip. Every Thursday morning a group from the Loeb Centre meets with a small group from Quinlan. Over coffee and juice, they talk ('yak` as we refer to it) about recent happenings, sing songs, perhaps play a game and most importantly, have a few laughs.

Massage Therapy

Students from the International Academy of Massage have chosen the Quinlan Centre as a venue for work experience and practice. The students spend either one morning or one afternoon per week at the Center. They perform massage therapy to clients and staff, with the therapy activity being restricted to hands, feet, arms, shoulders and upper back. The therapy is only performed on those individuals who have demonstrated a desire and a tolerance to the close, hands-on treatment that comes with a massage. We have developed a very positive relationship with the Academy and hope to continue in the future.



Music Therapy

Several individuals at the Quinlan Centre continue to receive music therapy services from Sylvia Moscovitz. Sylvia comes in on Monday, Wednesday and Friday mornings. Each person has a fifteen minute, individual session with Sylvia, once per week for as many as four times per month. We are proud to have Sylvia working at Quinlan, as she shares her musical talents with everyone. Most important is her special individualized approach with each client as they strive towards goals and desires through music.



Algonquin Students

The Quinlan Centre has been fortunate to have both first and second year Developmental Services Worker (DSW) students working on field placement during the school year 2001-2002. Mitz (first year) and Alicia (second year) are gaining enriched experience working hands-on with the staff, taking on all of the challenges presented to them. Best wishes to them both as they continue their studies.



Leave a Legacy of Pride and Dignity

You can help, in partnership with OCAPDD, to safeguard the future of our most vulnerable citizens.

OCAPDD is the largest and longest serving agency of its kind in Ottawa.

Originated by a small group of parents determined to see that their children had access to education, today OCAPDD provides support to over 800 individuals living with a disability, in every aspect of life.

For more information, please contact:

Jocelyne Parent Lewis
Director of Community Resources
(613) 569-8993 at extension 245

Home Satellite TV System

OCAPDD has recently concluded an arrangement with **Starbridge Satellite** which sells home satellite TV systems. They offer you these high quality systems at a special price not generally available at any other retail store.

Satellite TV offers a number of advantages:

- Digital video and audio providing unparalleled picture and sound quality.
- Up to 300 channels available depending on the programming package you select.
- Substantially lower cost per channel than competing cable company offers.
- Unlimited Warranty on the dish antenna and 1 full year warranty on the receiver. (3-year warranty available on the receiver costs only \$19.95).

This is an outstanding offer from a Star Choice dealer who takes their responsibility to the community seriously. Towards that end, for every system sold to the OCAPDD community including friends and relatives, Starbridge Satellite will donate 10% of the sales to OCAPDD.

This is an excellent opportunity to raise funds that will allow us to continue to expand the services offered to our clients. So if you have been considering switching away from cable to Satellite TV, please take advantage of this excellent offer to buy the best satellite system in the market and at the same time you will be supporting OCAPDD.

Please remember to mention that you received this information from OCAPDD.

For more information, please refer to the attached pamphlet.



Executive Director's Report

2002 has continued to be an active year for OCAPDD and the Developmental Services sector in both Ottawa and Ontario. Obviously with the recent Conservative Cabinet shuffle under Premier Eves, our sector has lost a strong advocate for our sector – Minister Baird. OCAPDD, along with OASIS, will certainly be working to develop a similarly strong working relationship with the new Minister – Brenda Elliott in an effort to ensure that previously announced budget funds will be maintained. With the announced renaming of the Ministry to Community, Family and Children's Services, speculation has arisen regarding a possible shift in direction for the Government. However, at this point in time, there have been no announced changes in policy or philosophy.

OCAPDD's involvement in OASIS has continued to be strong and active, allowing for many of our issues of concern to be raised at a provincial level. One example has been the recent public consultations by WSIB (Workers Safety & Insurance Board). These consultations arose from a Discussion Paper prepared for WSIB, and included the possibility of requiring WSIB coverage for all volunteers in organizations such as OCAPDD. Obviously, if this were to become a requirement under law, agencies would most likely have to eliminate all volunteers in their organizations due to the financial repercussions. Reportedly, OASIS was one of only two social service organizations that responded to this public consultation (the full submission can be accessed through the OASIS website at: www.oasionline.ca). No final decisions have been taken yet, however it remains an area of concern for reasons that become obvious upon reading the report on volunteer activity in both this newsletter and the Annual Report. George Braithwaite has recently been elected onto the OASIS Board of Directors, replacing Mary Frances Taylor.

As you can also see by reading this newsletter, OCAPDD has been involved in a number of community initiatives and fundraising activities. The development of the Snoezelen Room has been funded completely through revenues raised from the community – there has been no Ministry funding.

Executive Director's Report *(continued from page 4)*

It is our plan to make this resource available back to the community in the future. I also would encourage you to respond to the invitation and challenge of attending the upcoming Golf Tournament or convincing friends to attend.

OCAPDD has also been involved in several other program initiatives and I encourage you to review the Annual Report and/or attend the Annual General Meeting on June 19th. I look forward to seeing you there.

Have a safe and enjoyable summer!

David A. Ferguson

Car Wash

Bring your car to raise funds!

Teams of support staff, senior management, directors and supervisors from Human Resources Development Corporation (HRDC), will be on hand to wash your cars.

All proceeds will go directly to OCAPDD.

Members of the Association and clients will also be there to lend a hand.

When: June 13th

Time: From 11 a.m. until 3:00 p.m.

Where: Shell gas station located at the corner of Montreal Road and River Road.

Cost: Minimum \$3.00

Rain Date: June 14th

A Day at the Park...

Coughlin & Associates Ltd, in association with the Ottawa Lynx club, is pleased to provide tickets for a baseball game.

COUGHLIN'S TOONIE TUESDAY lets all the members of our organization take their families to an exciting evening of sports action for just a *toonie* each.

COST: \$2.00

Place: Jet Form Park

Date: Tuesday, June 18, 2002

Time: 19:05

Who: First place *Ottawa Lynx* take on second place *Scranton Wilkes-Barre Red Barons*

You can purchase as many tickets as you like for clients, staff, family, friends and colleagues.

In addition, each Coughlin *Toonie Tuesday* ticket holder will have his or her ticket number entered into a draw to watch a Lynx home game from a Lynx luxury suite. These climate-controlled luxury lairs can accommodate up to *18 people* and come with two VIP parking passes and a host/hostess to serve your guests with a mouth-watering selection of tasty treats. (Food and beverages are extra) Lynx luxury lairs are a great way to mark birthdays, entertain relatives and friends or celebrate the victories of colleagues or team members.

All proceeds from ticket sales will go to support the following community organizations: The Boys and Girls Club of Ottawa-Carleton; The Ottawa-Carleton Children's Aid Society; The Youth Services Bureau of Ottawa-Carleton; and the **Ottawa-Carleton Association for Persons with Developmental Disabilities**. We thank Coughlin & Associates for this ongoing support of community organizations.

To reserve your tickets please contact Claudette Clost at OCAPDD by phone at (613) 569-8993, extension 236, by fax at (613) 569-9865 or by e-mail at cclost@ocapdd.on.ca by Friday, June 7, 2002.

KUDO'S To ...

- Sun Microsystems who once again rolled up their sleeves and provided us with sixteen volunteers during Sun Worldwide Volunteer week. These volunteers cleaned and did just about every job possible for Moffatt, Campbell, Forest Gate and Beaudry Houses.
- Sun Microsystems provided the staff and clients of Ahearn with a pleasurable evening out at the Corel Centre, which included box seats and food for everyone.
- The Knights of Pythias for providing everyone at Richmond Road residences with great summer line dancing and a magical evening of Christmas dinner and cheer.



Going to the gym,



the movies

or taking a walk?



Be a one to one volunteer or a Community friend. This may include going to a movie, sporting event, walks, or quiet time together. The possibilities are endless and so are the rewards. We currently have a waiting list of over forty individuals waiting to go to the gym or simply go out for a cup of coffee.

If you would like to find out further information on how to enjoy an exciting new relationship please call Debbie Blasutti at 569-8993 extension 243.



Global Youth Day

Global Youth Service Day is an annual event celebrated during National Volunteer Week. It is a day for organizations to recognize the contributions of our youth and recruit a new generation of volunteers. It is a time to promote youth as valuable members of our society and as a key resource in the community.

Youth volunteer for many reasons; to gain work experience, to connect with the community and to feel like they are making a difference.

Twenty-nine percent of all volunteers are between the ages of fifteen and twenty-four and they contribute about one hundred and thirty hours per year. It is time to get creative, applaud and encourage the efforts of young people. If we catch them now, we will have them later.

This year OCAPDD was the recipient of ten volunteers from the Gloucester Hornets Soccer Club U15 Boys team, who helped set up, serve and clean up for our volunteer dinner on April 23, 2002. These boys will also be helping with our Hope Volleyball Tournament.

On April 27, 2002 we hosted twenty-five students from the following High Schools: Hillcrest, Bell, Earl of March, Brookfield and Collège Catholique franco-ouest. These students raked, cleaned out kitchen cupboards, washed windows and walls at six of our group homes.

Overall the day was a resounding success with squeaky-clean group homes and eleven of the students wishing to return to perform other work.

Talent Anyone?

Do you have any hidden talents that could help us out? Several times each year we are in need of individuals to provide music, perform magical acts or provide some form of entertainment for our clients. Currently we are looking for someone to perform at our Annual Picnic on June 23rd. We would however like to start a file and would only call on you perhaps once a year. If you or anyone you know would like to help out we would love to see your talent. Please contact Debbie Blasutti at 569-8993 extension 243.



Mark your Calendar for...

♥ OCAPDD's 2nd Annual Golf Tournament on Thursday, June 6th.

♥ OCAPDD's 46th Annual General Meeting on Wednesday, June 19th. The AGM is being held at the R.A. Centre and begins at 19:00. Please RSVP with Natalie Ethier at (613) 569-8993, extension 225 by Tuesday, June 11, 2002.



♥ OCAPDD & Aktion Club's Annual Picnic / BBQ on Sunday, June 23rd.

♥ HOPE Volleyball Tournament on Saturday, July 13th.

♥ Twin Strings Concert is back for another year. The concert will be held on Saturday, September 21st. Details to follow.



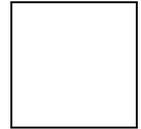
♥ OCAPDD's Walk-A-Thon on Wednesday, June 12th.

♥ OCAPDD's Fundraiser Car Wash on Thursday, June 13th.



Walk-A-Thon

Enjoy the sun while raising funds for OCAPDD



Go for a walk at lunch, get some exercise, fresh air and help raise funds for OCAPDD.

When: June 12th

Time: From 11:30 a.m. until 1 p.m.

Where: Place Vanier - from Riverain Park to Hurdman Station and back

OR

Place Bell - from Place Bell to Pretoria Bridge and back.

Rain date: June 13th



Additional pledge forms are available by contacting Jocelyne Parent Lewis at 569-8993, extension 245.

All Pledge forms must be submitted by Monday, June 3rd

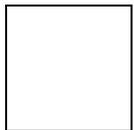
Place Vanier is located at the corner of McArthur Avenue and River Road.

Place Bell is located at the corner of Elgin & Gloucester Streets.

OCAPEDD's 2002 Charity Golf Tournament

Thursday, June 6th

The Ottawa-Carleton Association for Persons with Developmental Disabilities will be holding their Second Annual Golf Tournament at The Champlain Golf Course in Aylmer.



Arrival & Registration will begin at 11:30 a.m. and tee-off time is at 12:30 p.m. – shotgun start. The Dinner and Silent Auction will be held at the Aylmer Marina at 6:30 p.m.



The cost is \$95.00 per person and includes a green fee, power cart, lots of prizes and dinner (fabulous BBQ'd Steaks) followed by a silent auction. For those of you who wish to attend **only** the dinner the cost is \$30.00 per person.

To register please complete the enclosed registration form and send it with your method of payment to:

OCAPEDD Golf Tournament
Attention: Jocelyne Parent Lewis
880 Wellington Street, Suite 200
Ottawa, Ontario
K1R 6K7

or by fax at (613) 569-9865

or by email at jplewis@ocapdd.on.ca

If you would like to be a sponsor, donate prizes or would like to simply obtain more information, please contact Jocelyne Parent Lewis at (613) 569-8993, extension 245.

Dust off your golf clubs and do it Fore OCAPEDD.

All the proceeds will go towards the benefit of the Association.

REGISTRATION FORM

OCAPDD'S 2002 CHARITY GOLF TOURNAMENT

Golfer's Names, phone numbers and/or e-mail addresses:

- 1) _____
- 2) _____
- 3) _____
- 4) _____

Team Name: _____ (if applicable)

Amount:	Golf & Dinner	\$95	X	_____	=	_____
	Golf Day only	\$65	X	_____	=	_____
	Dinner only	\$30	X	_____	=	_____

Payments must be received by June 3, 2002

Credit Card: Visa ____ MC ____ Cheque ____

Name on Credit Card: _____

Credit Card # : _____

Expiry Date: _____

Please make cheques payable to:

OCAPDD Golf Tournament

Attention: Jocelyne Parent Lewis
Director of Community Resources
880 Wellington Street, Suite 200
Ottawa, Ontario
K1R 6K7

If you need further information you may contact Jocelyne by:

Fax: (613) 569-9865,

Tel: (613) 569-8993 at extension 245 or

Email at jplewis@ocapdd.on.ca