



**OCAPDD / AOCPDI
Open Hands**

Esprit Newsletter

Fall / Winter Edition 2015

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

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

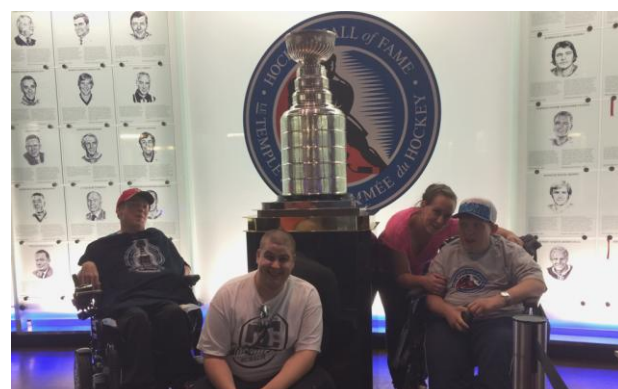


Robbie Robertson and Mark Pantelimon. Mark said: "I am closer to the cup than the lonely Leafs will ever be!"

A Trip to the Big City!

Mark Pantelimon and Allan Brennan took staff Alicia Ladouceur and Robbie Robertson to Toronto for an overnight trip. All were treated like royalty on the train, enjoyed the Hockey Hall of Fame, sat behind the TSN desk, ate at Wayne Gretzky's restaurant and drank beer.

A great time was had by all.
Mark Pantelimon



Happy 65th Birthday Donald!



Donald's Homeshare Providers asked him how he wanted to celebrate his 65th birthday. He said he wanted a BBQ at his place of work.

Donald resides in a Homeshare and has lived with Nelia and Garner for 20 years. Nelia and Garner organized the day at his workplace, provided all of the food, drinks and cake...all the fixings for his special Birthday Celebration.

On September 10, 2015 Arc Industries hosted a "surprise" birthday party for Donald. All of his co-workers were very careful to keep this as a surprise.

We would like to thank all of the participants in making this birthday definitely one to remember.

Tom Gillespie
Supervisor Homeshare

TRICK OR TREAT QUINLAN STYLE



As autumn was approaching and leaves were changing, the ever elusive, ever talented Quinlan artists, were busy working on "It's the Great Pumpkin, Charlie Brown".

With Linus, Sally, Charlie and of course Snoopy, the peanuts gang adorned our hallway for the month of October.

Hope you were able to come grab a glimpse.

Happy Halloween!!

The Quinlan Staff



President & Executive Director's Report

ONTARIO

Since our last edition of Esprit in the spring, Premier Wynne's government passed the Ontario Budget in June. Unfortunately there were no additional resources for the Developmental Services sector. This now becomes the 6th year of frozen levels of funding for operating agencies, placing even greater pressure on organizations to balance their budgets.

CANADA

As you are certainly aware, a new federal Government was elected on Oct 19th. However what you may not be aware of is that on Nov 4th when the Cabinet was announced, a new Ministry of Sport and Persons with Disabilities was created. The Honourable Carla Qualtrough was appointed as the Minister. Minister Qualtrough has been visually impaired since birth. She competed in swimming at both the 1988 & 1992 Paralympic Games, after which she studied political science at the University of Ottawa. In the Mandate Letter to the Minister, Prime Minister Trudeau identifies an overarching goal for her will be "...to ensure greater accessibility and opportunities for Canadians with disabilities." We are pleased with this development, and are making efforts to meet with the new Minister.

OMBUDSMAN

Unfortunately in what has definitely become a repeat message from us, the Ontario Ombudsman's report into the DS sector has not been released yet. It is unclear as to what impact, if any, the change in the Ombudsman that occurred during the summer months will have on this report. The Acting Ombudsman is Barbara Finlay.

OCAPDD BOARD

At this year's AGM the Board expressed its appreciation to Mike Appleton as he resigned from the Board of Directors after 4 years. The membership elected Wendy Wharton to the Board, along with re-electing Norma Lamont, Terry Mooney, Bill Cowie & David Keay to another 2-year term. Those present at the AGM were also provided with a report from Richard Smith on the start-up activities of the Self Advocates group, including their fundraising efforts. Since that report, Management has informed the group that OCAPDD will match dollar for dollar, any funds they raise.

EVERY CANADIAN COUNTS

The Every Canadian Counts Coalition continues to grow and promote a new approach to supports for persons with disabilities as inspired by the successful roll out of the Australian National Disability Insurance Scheme, the NDIS. This Scheme provides essential supports for persons with chronic disabilities throughout their lifetime and has transformed the disability services sector and improved the lives of persons with disabilities immeasurably. For more information go to www.everycanadiancounts.com.

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!

Bill Cowie
President



David A. Ferguson
Executive Director

SILVER SPRING FARM GARLIC PROJECT UPDATE

It was another great year for the project with over \$32,000 raised. To meet the requests of many of our customers it was decided to add a new variety to our traditional Musac garlic. Three hills or 12 rows of Bogatyr garlic were planted. Bogatyr is hotter but the bulbs are smaller than the Musac. We were concerned customers would not buy it due to the smaller size but to our surprise the customers bought it up quickly when they heard it was a stronger and spicier garlic. Many came back for more once they had tried it.

Due to the success of the new variety it was decided to add yet another variety for the coming year. Marino garlic has been added to our Musac and Bogatyr varieties. Marino is a strong garlic similar in size to Musac. It seems our customers like variety and strong garlic so we are making efforts to meet their needs.

The garlic was planted on the Thanksgiving weekend under almost ideal conditions. The weather was great and the hills were in near perfect shape.

Everything is in place for another great year next year.

Thanks again to all the volunteers for their dedication and work which makes this project possible. Thanks also to all who have donated funds to cover most of our costs and all the media groups who have, year after year, freely supported the project.



Heather Green and Anne Cole. Making a Difference!

Special thanks to Johnston Control for their donation. As well as Mr. Fred Pelley for his donation and all of his work getting us up and ready for opening day.

Mel Jones
Project Manager



A group from the Embassy of the Phillipines helping to harvest the garlic.



This year Silver Spring Farm tried a new satellite location at the Loeb Centre. What a success it was. Staff and individuals rallied together and in short order put a team together and sold just over \$800. Great teamwork!



Individuals from Plant Maintenance joined the garlic team to help out with the cleaning, sorting and splitting of the garlic.



Johnson Controls weeding the garlic.

∞ In Memoriam ∞



NANCY HALL (March 8, 1963 – July 8, 2015)

Nancy Hall passed away unexpectedly after a courageous battle with cancer. She spent all her working years with OCAPDD at Charette.

Nancy's infectious laugh, off the wall jokes and smiles always helped to lighten up the day! She will be greatly missed by all those who had the pleasure of working and/or knowing her. I am sure she is keeping "Princess" in line!

Rest in peace dear friend; you will be greatly missed by all who knew you.

SHEA LAUGHLIN (May 5, 1991 - August 13, 2015)

During the carefree days of summer ~ camping and cottaging, swimming, picnics, baseball and soccer, Maryland was shocked and stricken to hear of the death of Shea Laughlin. Shea was riding her motorcycle with her best friend and love, Marc Sabourin, when a car in the opposing lane of traffic crossed into their lane and collided with them. Shea and Marc were pronounced dead at the scene.

To learn of the death of two such young people due to no fault of their own caused great sorrow and sadness for Maryland Residence. Life was truly beginning for both of them and Shea was actively seeking her qualification as a registered massage therapist. She spoke longingly of her wish to work with children and was heading in this direction. When Shea spoke of her dreams and wishes, we were all touched by her earnestness and positivity.

We were pleased to learn, after Shea's death, that her beloved dog, Roscoe, was living happily on a farm with some of Shea's friends.

When asked what I should write about Shea, Scott Nickerson emphatically directed me, "that she was a kind, caring and generous person."

Rest in peace, Shea, you will never be forgotten by Maryland.



MELANIE FEAGAN (March 2, 1945 - August 15, 2015)

Melanie passed away in her sleep at the Civic Hospital, at the young age of 65, after battling ongoing health issues.

Melanie had been with the OCAPDD for over thirty years. She lived at Ahearn Residence for the last thirty plus years and had been a long time attendant of Rosenthal Day Program.

Melanie will always be remembered for her sparkling, twinkling blue eyes, her mischievous smile and her witty personality. Melanie loved chocolate, coffee and her friends and family.

Her passing has left an empty space for all that knew her.

MARY BUNBURY (October 26, 1957 – August 29, 2015)

Mary Bunbury died early Saturday morning August 29, 2015 in hospital. Mary battled several serious health issues bravely. She remained positive and eager to regain her health; however, her illness was greater than the fight left in her.

Mary first received support from OCAPDD in June of 1987 at Richmond Road residences. She moved from the group home to a Homeshare in 1993 and was part of this program until her passing. Mary was an active participant with the Rosenthal and Loeb centres.

Mary had a quiet dignity about her. She had a great memory of those close to her and appreciated a good joke and gentle banter. She loved work and did so diligently. She was a person who displayed a gentle spirit.

Tom Gillespie, Supervisor Homeshare

**YVON RENEE JOSEPH RICHARD (September 1, 1945 - August 31, 2015)**

Yvon passed away on August 31, 2015, one day shy of his 70th birthday due to complications from diabetes.

Yvon had been supported by OCAPDD since the mid 1980s. He resided at Richmond Road residences (Moffatt House) and then he became part of Community Support Services in the 1990s. He was supported by CSS until his passing. He was an active participant with Arc Industries until his retirement in 2010.

Yvon was a very unique individual. He was fiercely independent. He loved life and he lived life to the fullest. He also had a great smile, a great memory and he could be very witty with his questions. Yvon was a quiet person and mostly kept to himself.

Yvon will be missed by everyone who was fortunate to be part of his life.

Debbie Klesh, Community Support Services

CAROLINE VANAS (July 6, 1952 – October 27, 2015)

Caroline, known to most as Carol, was a very warm, polite and inclusive person; a memorable and loving soul. Erin from Quinlan wrote of Carol "her smile could light up a room and her laugh was contagious. She did not say much but she always made her needs known. She gave the best hugs and she gave them often. She loved to sing and dance and did not need music to bust a move. She kept me on my toes, she made me smile every single day." It is uncanny how staff who engaged with Carol, sometimes from the get go, would play music, sing and dance. Instinctively, the song "Sweet Caroline" was chosen.

There was something special, a warmth, enthusiasm, joy, a love for others and of life in whatever she did. It was in the smile, the song, the look, the dance, the conversation, the goodnight.

Carol was sensitive and caring. I found her to be very polite, a great ambassador for this practice. She taught us I am sure a number of times the meaning of "you attract more bees with honey than with vinegar". Her loving, sweet caring side in no way meant that she could be walked over. Carol knew how to say no, take a stand and hold her ground if she was so inclined. There was a confidence and strength in every fibre of her being.

Carol enriched our lives, and I believe we are better people for having known her. We echo Erin and many others when we say that things are not the same without her and that she is dearly missed.

PAINT WITH JANET

Rosenthal held two fundraisers this fall PAINT WITH JANET, which proved to be very popular. Funds raised will be used to purchase a stand for our leaf chair in the Snoezelen room.



2015 CHRISTMAS GIFT WRAP PROJECT

It's that time of the year. Need some help wrapping those special gifts? We have two locations to serve you! As in previous years, OCAPDD is wrapping gifts at the community booth at Carlingwood Mall and St. Laurent Shopping Centre. More than 300 volunteers are helping to wrap gifts to raise funds for the Association.

The kick-off to our 2015 Gift Wrap campaign started on Friday, November 27th for both Carlingwood Mall and St. Laurent Shopping Centre and will be going until 5 p.m. Christmas Eve.

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



Chris Martin and his crew from Alterna Savings and Credit Union Ltd.

Celebration of People Awards



Tom Seamont

Tom Seamont has been a part of our Supported Work Program for many years and he has had many different jobs. We were all so pleased this year when Dovercourt contacted us to say they wanted to nominate Tom for the Employee Award. Next thing we knew Tom was a finalist and he was invited to the evening of celebration on Thursday December 3rd.

The following is an excerpt of his nomination for the award by Dovercourt Recreation Centre: *"Tom Seamont works in facility management at Dovercourt Recreation Centre. He started as a supported worker from the Ottawa-Carleton Association for Persons with Developmental Disabilities (OCAPDD) more than 15 years ago. Tom tackles every task, no matter how small or large, without hesitation or complaint and methodically completes the job in a timely manner. Tom's main priority for the last four years has been to look after the Ottawa Neighbourhood Services (ONS) donation drop-box area – one of the busiest and most productive in the city. His work to keep this area organized was recognized by the ONS drivers when he received a personal letter of commendation from ONS staff thanking him for all he does to make their pick-ups easy and efficient. He does this in addition to his other facility maintenance duties"*.

Tom was the recipient of the Employee Award and has made all of us very proud of his accomplishments.

There was a table of people from OCAPDD there cheering Tom on, as well as his boss from Dovercourt Recreation Centre, his Citizen Advocacy volunteer and his former boss from National Research Council.

It was a great evening enjoyed by all.

Congratulations Tom for a well deserved award!

Cathy Holmes, Supported Work



Donna Lee, Richard and Sarah Smith.

The H-CARDD

In this newsletter, we wanted to share some information about an Ontario based program we have become aware of called H-CARDD (Health Care Access Research and Developmental Disabilities). It is so important for us all to be thinking about health.

The H-CARDD team has been studying health care and developmental disabilities since 2010. They have learned that adults with developmental disabilities experience more health problems, and have more health care use than other adults. Their health is not what it could be. Since 2013, H-CARDD has been "digging deeper" to understand more about certain groups of individuals with developmental disabilities (women, aging adults, young adults, and adults with mental health or addiction issues). They are also testing out some solutions, and learning about what works and what doesn't with a focus on primary care / family doctors and emergency care. Information on all of these projects can be found on their website at www.hcardd.ca.

Centre de transition communautaire (C.T.C.)

Les personnes au C.T.C. ont passé l'été 2015 à faire plusieurs activités amusantes.

Que ce soit des Olympiques Phoebeus à l'école Samuel Genest, aux clubs de marche, des sorties à travers la ville, au bar-b-q de familles et à l'épluchette de blé d'inde, nous sommes tous d'accord que aller à la foire de La Capital a été une grande réussite.

Les tours de manèges, la peinture, nourrir les animaux, le karaoké et les traites alimentaire furent bien plaisantes.

Nous avons même rencontré le maire d'Ottawa Jim Watson. Il a accepté de prendre une photo avec nous.

Les personnes et le personnel seront encore de la fête en 2016.



OCAPDD's GOLF TOURNAMENT



OCAPDD's 15th Annual Charity Golf Tournament was again a huge success thanks to all of our sponsors and participants.

Over \$13,000 was raised in support of the individuals of OCAPDD.

Save the date and join us for our 16th Annual Charity Golf Tournament on June 20, 2016.



Goodbye Ann-Marie...

After 37 years of dedicated work with the agency, Quinlan's fearless reigning leader decided it was time to hand in her keys and wrench and pass along the torch.

But she wasn't able to leave us without a few proper goodbyes. Family, friends and co-workers past and present all gathered here at Quinlan for a heartfelt send off in August. On her last day, her co-workers and the individuals she cared for, for so long, bid her an emotional goodbye with mementos for her to leave with and cherish. And

because we just couldn't leave it at that, Quinlan organized a smaller intimate gathering at the Mill St. Brewery, just to let her know how much she will be missed.

We wish her nothing but the best for her "golden" years – filled with love, laughter and of course adventures!!!!

The Quinlan staff



Ann-Marie and Jason Shields.

RETIREMENT OF HOMESHARE PROVIDERS

The Homeshare Program would like to congratulate the following two Homeshare Provider families for their many years of service to individuals in their home.

Joyce Steele and her husband Peter started as Homeshare Providers with OCAPDD in October 1991. They were CAS foster parents for many years prior to beginning their time with us. Joyce has recently retired as a Homeshare Provider in September 2015. While she was with OCAPDD she cared for four individuals for many years. Her care and support throughout the years has enabled each person to be able to move to the next phase of their lives.

Frances Bloom and her husband Louis Bertrand provided care and support to one individual in their care for 20 years. They began their support in December of 1995. The person in their care participated as a family member as well as in all of the different stages of growing children in a very active family.

To that we add a simple Thank You. It seems hardly enough to recognize 24, and 20 years of making a difference in the lives of others, making a difference in our community. In their view the role of a Homeshare Provider is something one does to help others.

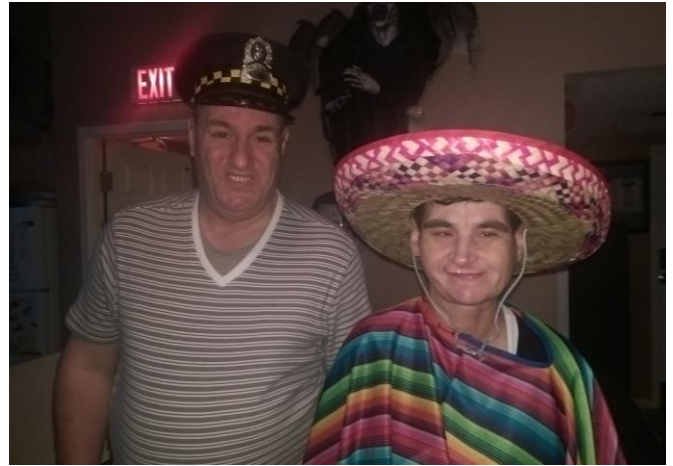
So thank you Joyce, Peter, Frances and Louis. Thank you for the years of support to all. Thank you for being part of the Homeshare program. Thank you for being the caring and the compassionate people that you are.

Tom Gillespie
Supervisor Homeshare

Settler's Halloween Party



Phillip Moloughney as Dracula and his brother Danny Moloughney.



Glen Leger as a security officer and Tracey Donovan as a Mexican.

