



Esprit Newsletter

Spring / Summer Edition 2016

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

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



John Rapp and Marcel Lacroix.

Supported Work Program

Congratulations to Marcel Lacroix who celebrated 20 years at Dovercourt Recreation Centre in September 2015. Marcel works in the maintenance department and does a great job.

Marcel is one of the longest serving employees at Dovercourt.

There are 3 others, including John Rapp (Executive Director seen in the picture with Marcel), who have been employed there as long as Marcel. Marcel took the time to shake hands, with all his colleagues, on his way up to accept his award on December 11, 2015.

Good Job Marcel!

By Donna Porter

HAPPY 81st BIRTHDAY JOHNNY! Here's to many more...

On January 16th, Charette house residents and staff celebrated a very special birthday.

John Hinton, Johnny to those who know him, celebrated his 81st birthday! Johnny is currently the oldest individual served by OCAPDD.

He is still very active, enjoying hydrotherapy twice a week, listening to music (loving Adele), and going to musical events like Sound of Music and Shania Twain. John also enjoys OCAPDD's annual events such as the BBQ at Vincent Massey Park and the OCAPDD Christmas party. Most days he can be found sitting in "his chair" with his minion on his lap watching the day's activities and ensuring that everything is where it should be with a grin on his face.

By Joanne Bennett and Erin Filion.



John Hinton

Thank You Home Depot Baseline!

The Rosenthal Program would like to thank the crew from the Home Depot Baseline, Scott Boston and Todd Blackburn who built a new “sick/rest/quiet room”. Not only did they donate their time, material and crafting, they were sociable, friendly and took time to explain to the individuals we support what they were doing. The room has been used frequently and is a favourite to some.

Also, thank you to Kim Nadeau for volunteering her time to paint with supplies donated by Home Depot.

By Rosenthal Staff



Employees from Home Depot Baseline.

20th Anniversary of Silver Spring Farm Garlic Project



The Silver Spring Farm Garlic Project began in 1996 as a fundraiser for the Ottawa-Carleton Association for Persons with Developmental Disabilities.

It was started by Jack Fraser and Ed Haines. The Garlic Project is run entirely by volunteers and has raised over \$25,000 annually over the past few years. Each fall, volunteers plant between 35,000-40,000 garlic bulbs. They are then covered for the winter. Come April, the hay is removed to allow growth. Between the months of April and

July, volunteers are needed to weed the rows of garlic weekly so that the garlic plant does not choke and can grow to its full potential. However, before the garlic is ready, scapes need to be removed in June. The scapes are the flower stalk of the garlic. They have a delicate garlic flavour and are popular in many dishes. The possibilities are endless!

At the end of July, the garlic is ready to be harvested and again many volunteers are required to clean, sort, braid and get things ready for sales the first week in August.

This is an ideal volunteer opportunity for individuals or groups. It can be a wonderful teambuilding activity for groups and organizations such as Guides, Scouts, Church groups, schools, even groups of friends wishing to do something for the community.

Please pass this on to any group or individual you think might be able to help us. If you wish to volunteer, please contact Debbie at dblasutti@ocapdd.on.ca or 613-569-8993 extension 243.

For more information and/or to find out the opening date, call our Hotline at 613-569-8993 extension 409.

WE ARE LOOKING FOR GREAT GARLIC AND SCAPE RECIPES

In honour of Silver Spring Farm's 20th Anniversary, we will produce a new cookbook and are looking for some of your favourite recipes with garlic and scapes. If you would like to share some, please send them to Jocelyne Parent Lewis at jplewis@ocapdd.on.ca or 613-569-8993 extension 245.



Crosswinds / Best Buddies

This was another fun year for Crosswinds and Best Buddies. Aside from the regular program, individuals baked cookies and brownies, played cards and watched TV. The Best Buddies volunteers took them to different events in the community.

One of our individuals spent several months in hospital this year and sometimes when I visited her, I would find her best buddy and several of her friends, sitting on the hospital bed playing cards. These girls travelled all over the city by bus, picking up their best buddies, taking them places and bringing them back.

Best of all was the laughter. They were always laughing and giggling. They enjoyed each other's company. They had fun sharing adventures and everyone seemed to be having a wonderful time. They would recount their adventures to us. Their energy, enthusiasm and sense of fun made this a super program.

By Merwyn McCullough



Michel Ménard, Claire Clouthier and Janelle Aikins.

JULIE WISTAFF

You could never be sure what type of animal, furred or feathered, might greet you as you drove up the lane to Julie's house for a visit. Parrot, donkey, dog, goose, fish, horse, peacocks, ducks... an endless menagerie. You could however, always be sure to be greeted with a warm and welcoming hello and "take us as you found us" from Julie, Justin and Alex.

Justin came to live with Julie when he was 10 years old. Julie and Bob provided exceptional care for Justin on a daily basis for many years as a child and then later as an adult. After Bob passed, Julie continued to keep a small farm running and care for the family.

Julie made a remarkable effort to make Justin a member of the Smiths Falls community. Justin attended Lanark County Life Skills day program daily. The trio were regular fixtures at the Walmart and Tim Hortons, and managed to keep the local ice cream shop in business!

Julie, never one to sugar coat, made visits to her home effortless. While we shouted over the squawks of the parrot, often with a dog on my lap, her calm manner and sense of humour made it easy to review even the dullest of policies.

This March, Julie's assistance was needed to care for her family in the UK. Always the devoted caregiver, she made the tough decision to give up everything here in Canada and move to England.

Julie will be missed by the Homeshare program, especially Justin.

We wish Julie all the best on this next leg of her life adventure.

By April Dodge, Homeshare Program



PRESIDENT & EXECUTIVE DIRECTOR'S REPORT

ONTARIO

Since our last Esprit in the fall, the Ontario Liberals passed their Budget. While no additional operating funds were announced for the DS Sector, there were some announcements. An increase of 1.5% for ODSP rates was approved. As well, \$333 million over 5 years was announced to 'redesign and consolidate autism services'. Also, \$17.8 million over 3 years was announced to support 'enhanced complex special needs services transition and integrated delivery of rehabilitation services' and 'establishing up to 7 more Regional Service Resolution Agencies to review & allocate funding for children with multiple and/or complex special needs'. More details can be found in the most recent edition of the Ministry's Spotlight, which can be found at:

http://www.mcass.gov.on.ca/documents/en/mcass/publications/spotlight/DS-Spotlight_issue52_en.pdf.

The Ministry's Housing Task Force, had announced their selection of 12 proposals which were approved for funding last year. Information about these projects can be viewed at: <http://www.mcass.gov.on.ca/en/mcass/programs/developmental/hf/index.aspx>. A second call for proposals was announced in the New Year. March 15th was the deadline for submissions, and we anticipate hearing the selections before the summer months.

Information can also be found in that edition of Spotlight about the Ministry's plan to have the sector transition away from sheltered workshops.

OMBUDSMAN

In what has become the most repeated message from us, there has still not been a release of the Ombudsman's report from his investigation conducted now over three years ago. We have decided that we will no longer report on this matter until a report is released – if ever.

ST. STEPHEN'S

As you have likely heard by now, the Boards of Directors of both OCAPDD & St. Stephen's Residences approved a plan to merge the 2 organizations. Work is well underway on this initiative, with a target date of May 14th to have the employees from St Stephen's become employees of OCAPDD. St. Stephen's has supported 18 individuals living in 3 residential locations in the City.

NATIONAL COALITION

The national coalition, Every Canadian Counts continues to grow, expanding its Board with the addition of representatives from Deaf Blind Ontario Services, Brain Injury Canada, the Ontario Neurotrauma Network and Advocating Parents of Nova Scotia as well as adding new participants to its social media networks. Meetings with Federal Ministers have been very encouraging as they look to the passage of a Canadians with Disabilities Act. If you have not lent your voice in support of a national disability insurance plan please sign up as a supporter at everycanadiancounts.com.

SILVER SPRING FARM SCHOLARSHIP AWARDS

We would like to congratulate Emma Mitchell & Rachel Haché this year's recipients of The Silver Spring Farm Scholarship Awards. The Awards were presented at the April Board meeting.



Bill Cowie, Emma Mitchell and David Ferguson.

PRESIDENT & EXECUTIVE DIRECTOR'S REPORT (continued)

GOLF

As always at this time of year, we would like to encourage you to join us at this year's golf tournament on June 20th. This year will be our 16th tournament and we look forward to selling out!

60th CELEBRATION

Believe it or not, OCAPDD turns 60 in 2016! We are planning a special celebration event to recognize this milestone. The event will be held on November 1st. More detailed information will be forthcoming, and we hope that you will be able to join us that evening.

Have a safe and enjoyable summer!

Bill Cowie
President

David A. Ferguson
Executive Director

Specialized Transportation for People with a Developmental Disability

For a number of years OCAPDD has been advocating that the eligibility criteria for accessing Para Transpo (Ottawa's specialized transportation) be reviewed and extended to include people with all disabilities. At present, the criteria states that only people with mobility difficulties can access this specialized transportation. OCAPDD understands that people with a developmental disability may not always have the capability to travel alone using the regular bus system. We also know that many people with a developmental disability can use regular OC Transpo when it is a route they know well. But, when they need to travel to a location that is very infrequent, for example a specialist appointment, they may not be able to do this independently.

About one year ago, OC Transpo announced that they would review the criteria for accessing Para Transpo. There were public consultations that were held during the fall of 2015. February 2016, OC Transpo presented to the City's Transit Commission the results of the consultations. There was an overwhelming support for Para Transpo to be more inclusive of all disabilities and be more flexible with the conditions of accessing the specialized transportation. It is anticipated that during the month of June 2016, OC Transpo will announce their recommendations and an implementation plan to the Transit Commission. It is believed that if these recommendations are approved by the Transit Commission, it will be an extremely positive outcome for all people with a disability.

Judy Bernstein, Director of Supports and Services

2015 Christmas Gift Wrap Project

This past Christmas Gift Wrap Project was a huge success. Thanks to all those who volunteered their time and helped profile OCAPDD. We generated over \$25,000 between St. Laurent Shopping Centre and Carlingwood Mall. We could not have done this without the help of 400+ volunteers from the Church of Jesus Christ of Latter-Day Saints, OCAPDD and the community.



Special thanks goes to Carlingwood Mall who donates all of the paper, ribbon, bows, tissue paper, boxes and the beautiful space. As well as St. Laurent Shopping Centre for their continued support of the Christmas Gift Wrap Project.

All of your time and efforts contributed greatly toward the success of this special event.

We would not be able to do this without special caring people.

∞ In Memoriam ∞

SUSAN CRAIG (June 23, 1948 – January 31, 2016)

The people at Campbell, like those at Ahearn, Forest Gate, the Annex, and many others, are amongst the fortunate who got to know Sue (AKA Suzie). Sue was the complete package; she had many sides to her. Sue was a determined person, with a strong will and fortitude. She was not one to back out, back down or to take a back seat to anyone. At the same time, she cared deeply for others, ready to defend them, and/or show them tenderness and warmth.

She loved animals, in particular big dogs. When anyone or anything (animal, stuffy, etc.) got a hug from Sue, they knew it. She had quite the grip! Sue loved having fun, going out, doing arts and crafts, playing sports and games. She was an active participant and an enthusiastic spectator.

Sue was close to her family and she had great times with her aunts, uncles, cousins, nieces and nephews. Sue loved them dearly, and they adored her.

Sue remained strong willed and tenacious even when her health deteriorated. Her smiles, looks, gestures, comments, laughter, and hugs, remained intense.

When I asked Yvon, a dear boyfriend of Sue's, what stood out the most about Sue, he said that “*Mrs. Skootch had fight and was very nice and caring*”. Sue loved music and dance so much. When she was wheelchair bound and it was said that she could not walk or talk anymore, behold, Sue was still able to dance. For Yvon and all those who celebrated life with Suzie, when you listen to music and dance you can't help but think of her and feel her presence.

Forever in our thoughts and hearts.

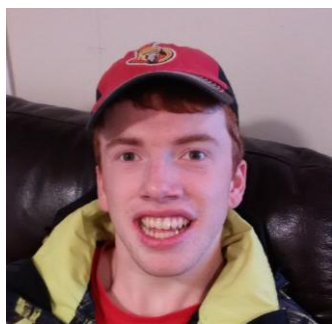
By Ray Clairmont



ROBERT ALLEN (June 21, 1995 – February 7, 2016)

Robbie first came to Lavonne in 2011 at the age of 16. He shared his love of sports including basketball, swimming, hockey and absolutely any televised sport. A happy, helpful considerate young man with a contagious smile that lit up the room. Robbie's fun loving jokes and laugh will be missed by all who were lucky to know him.

By Christine Connolly



∞ In Memoriam ∞

BETH OLDFIELD (December 14, 1956 – February 13, 2016)

Beth Oldfield passed away suddenly in February 2016. Beth had been a part of OCAPDD for over twenty five years. Beth resided at Ahearn Residence from its opening and was a long time employee of Rosenthal. Beth was also involved in many activities including Aktion club, swimming and was a fixture at Loeb dances.

She was a genuine individual and was the life of the party. She rarely passed up an opportunity to make someone laugh or to help out. She would sneak a kiss on your hand or your arm when she thought you weren't looking.



Beth was well known for her independence, witty remarks and her great sense of humour. She was very energetic, kind, helpful and her crooked little smile would light up any room she entered. When she laughed it was contagious and you couldn't help but laugh with her. She had many friends and many individuals who cared deeply for her. She touched everyone that knew her.

Beth passed away suddenly and peacefully at Campbell House after a long difficult stay in hospital. Beth was a fighter and never gave up. She will forever be missed and will forever be in our hearts. Ahearn will never be the same without her.

I hope wherever Beth is she is laughing and dancing like no one is watching.

By Tammie Norrie

RUTH MILLER (June 25, 1956 - March 2, 2016)



Ruth Miller passed away peacefully on March 2, 2016 with her dear sister Jenny Bithell by her side. Ruth had been ill with cancer for a short while and was taken from us very quickly.

Ruth came to OCAPDD's Silver Spring Farm in 1975 at the age of 18 from Rideau Regional Institution. Ruth was later supported in Semi Independent Living, Homeshare and then with Community Support Services.

Ruth was very creative and passionate about arts & crafts and colouring. She had a great love for cats and owned a couple of cats over the years. Ruth loved babies and was always there to carry and care for her nieces and nephews. Ruth was also known for her large collection of dolls. She would often bring one of her dolls "babies" to appointments for support.

Ruth was a kind and gentle soul who cared deeply for the individuals she was close to. Ruth had a wonderful sense of humour and loved to laugh. She was adored by all who she had touched over the many years at OCAPDD. Ruth will be profoundly missed.

By Shelagh Ahearn

Thank You

Charlene Doucet

It is with sadness that we inform you of the passing of one of our special Homeshare providers, Charlene Doucet. Despite the loss, however, Charlene's spirit and her contribution to those who knew her remains. This was evident with the more than 400 persons who attended her funeral service last month.

The Doucet family commenced with the Homeshare program in 2012 when Kelly went to reside with Charlene and her husband, Dan. Along with their extended family, everyone committed to supporting Kelly and to make this placement a success.

Charlene, however, was the person who spearheaded the support and who worked closest with Kelly to help her grow into a person with greater self-confidence. Charlene was there at Kelly's Special Olympics events, her Ambassador's hockey tournaments, when Kelly faced those everyday challenges and when she shared successes and, most important, when Kelly needed a shoulder to lean on.

When I asked Kelly to write this story with me she wanted to make sure that Charlene, Dan, their children and the entire extended family knew how she felt, *"I would like to thank her for making me who I am"*.

For those who knew Charlene, that statement rings true for everyone....

By Michael Ladouceur, Homeshare Program



Barb St-Pierre

Barb was a pillar in the Homeshare program. For 25 years, Brent lived with Barb and her son Alex. Alex and Brent were best friends, sharing many moments in Special Olympics, Camp Misquah, concerts, vacations, enjoying wrestling and movies as often as possible. Alex lost a difficult battle with cancer last October, leaving an empty space in the lives of Barb and Brent.

In her usual motherly fashion, Barb continued to provide outstanding care for Brent.

Homeshare staff, always welcome in her home, witnessed nothing but an easy generosity of spirit and baked goods! Her high energy and open outlook towards life in general made it easy to work with her on a regular basis. Barb once said about the Homeshare program, "If you're doing this for the money, you're doing it for the wrong reasons".

Barb made the very difficult decision to retire in January of this year. She is travelling, planning to attend University and hoping to be a professional retiree.

We wish Barb nothing but happiness and success.

By the Homeshare Program



OCAPDD SELF-ADVOCACY GROUP

OCAPDD's self-advocacy group was started in June 2015 by Steven Muir.

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.

Meetings were held approximately every six to eight weeks and topics included crime prevention, rights, bullying and self-esteem and the use of the R Word. The group participated in two video conferences organized by ...Linking UP...! The Provincial Self-Advocacy Network. The video conferences were on Grief and Bereavement and S.T.A.R. (Stop. Think. Act. Report.). OCAPDD's self-advocacy group hosted two workshops this year. The first was on Home Takeovers presented by Nicole Li and the second was on Bullying, presented by Steven Muir and Keri Tallack from the Eastern Ottawa Resource Center. These workshops were well attended. Future topics include; Respect and Responsibility, Rights and Sheltered Workshops.

The next workshop is:

When: May 31, 2016

Where: Head Office

Time: 9:30 - 11:00 a.m.

Topic: Fraud which will include identity theft, proper use of bank cards and telephone scams.

Presented by Stephanie Burns, Staff Sergeant, Organized Fraud, Ottawa Police Service.



Nancy Waterman and Richard Smith at the Bake Sale.

Elections were held in August which resulted in the following results:

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

Two successful bake sales and one BBQ were held during the year raising approximately \$900 for the group.

The group hopes to hold meetings at other locations next year and watch for upcoming campaigns.

If you would like more information or would like to submit a topic for discussion please contact Richard Smith at dblasutti@ocapdd.on.ca.

By Richard Smith, Steven Muir and Nancy Waterman.



Steven Muir, Nancy Waterman and Richard Smith.



Did you know that volunteers at OCAPDD contributed over 8,000 hours this last year throughout our organization? That's a remarkable contribution to the care and services that are delivered through OCAPDD... as well as an increase of 10% over last year's volunteer hours!

Did you know it has been 20 years for both the Garlic Project and the Christmas Gift Wrap Project. In that time the Garlic Project has fundraised over \$300,000 and the Christmas Gift Wrap Project over \$250,000.

Volunteers fundraised \$74,000 in 2015 thanks to the Garlic and the Christmas Gift Wrap Projects.

Volunteers help OCAPDD build a strong, caring culture and create a very real sense of community.

ONE TEAM – ONE GOAL. TOGETHER WE ACHIEVE!

Excellence with People for People

On April 21, 2016 OCAPDD celebrated its volunteers with a dinner at the Loeb Centre. The following volunteers received awards for their years of service:

5 years

Kristen Stevens
Brenda Tobin

10 Years

Marc Ledoux
Harold Black
Lorna Lemay
Renée Ladouceur

15 Years

Bernie Murphy
Deidre Murphy
Lionel Burns
Tracy Burns
Bernie Racine

20 Years

Robert Lemessurier
Bunny Lemessurier

Gordon deSavigny
Mel Jones

25 Years

Jack Fraser
Laura Mulligan

45 Years

Ann Smith

A huge thank you to the Loeb Centre staff for opening its doors and helping to make the evening such a success. Special thanks to Ann-Marie Bloom and Tracey Brooks for cooking a wonderful meal for everyone to enjoy and to Joanne Bennett, Angela Jones, Vivien Runnels and Diane Belair for doing all the extras that were needed to keep the evening going.

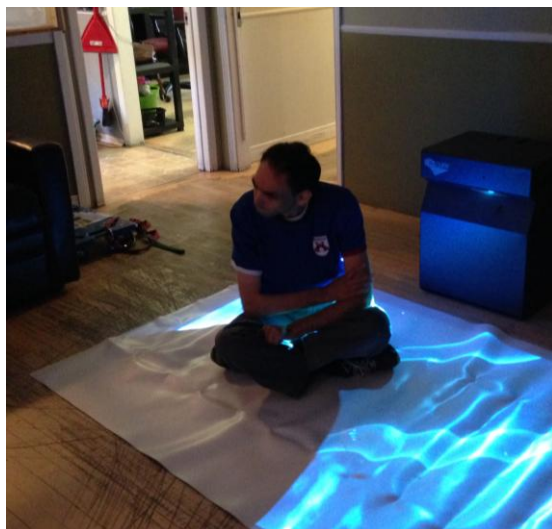
CUBE Comes to Nestow!

The gentlemen and staff at Nestow are thrilled to have been the recipients of a Sensory Cube system. The CUBE is an amazing piece of technology where individuals we support are able to sit, stand or walk over a mat, which has an image projected onto it from the CUBE. The images inspire movement, and visual and auditory stimulation. For example, Ian seems to enjoy the popcorn simulator where popcorn kernels are around you. If you hit the popcorn kernel, it makes a popping sound and moves around the mat! Some of our favourites so far are the water simulators, and the firecrackers!

We also were very lucky to have received a “Sensory pillow” which attaches to the speakers and amplifies and vibrates when the programs are running.

We would like to thank Louis Renaud for helping to advocate for this wonderful piece of equipment.

By Lesley Ahee



Ian using the mat.

Reducing the Risk of Abuse with Dr. Nora J. Baladerian



Dr. Nora J. Baladerian

On March 7 and 8, 2016 OCAPDD hosted a two day workshop for people working with individuals with a developmental disability. MCSS funded the event and the location was provided by Crime Prevention Ottawa. *Nora Baladerian, Ph.D.*, is a noted Licensed Psychologist practicing in both clinical and forensic psychology. Her practice is located in Los Angeles, California. In addition to her private practice, Nora is the Project Director of the “Disability and Abuse Project”. This venture works in collaboration with Non-profit Organizations, Media, Government Agencies, and Individual Advocates. Recent acclaim has been garnished with the first National Survey

on Abuse of People with Disabilities, which focuses on the incidents of, response to, and attitudes about abuse perpetrated on Children and Adults with Disabilities. For more information on the work she is doing, visit her website www.disabilityandabuse.org.

One hundred and seven people attended this two day workshop, representing seventeen organizations. The emphasis of the training was on the importance of people with a disability having an “Individual Response Plan”. Nora took the group through the steps of understanding the importance of the plan and more importantly, how to develop this for the people they support. The overall evaluation of these two days was excellent with 89% of participants stating they left the seminar with the basic information and skills to write a plan, and, 88% stating they would recommend this seminar to others.

Following these two days, Crime Prevention Ottawa hosted a Speaker’s Series at City Hall where Dr. Baladerian presented on this topic.

Maggie and Steven's Love Story!

Hi, my name is Maggie and I'm Steven.



We met through a friend about 10 years ago.

Maggie was living in Ottawa and Steven was about 5 hours away in Oakville. We got to know each other by talking on the phone over a couple of years.

Finally, it was the big day... Steven made plans to be able to come visit Maggie in Ottawa. We were so scared and excited. It was a little overwhelming... we didn't know what to expect!

We talked to each other each night on the phone, but could only afford to see each other about once a year. Our next big day was engagement day when Steven got down on one knee to propose to Maggie at Boston Pizza. It was so exciting with a bunch of our friends there!!!

Since that time, we've been able to visit each other at least three times a year and finally in spring of 2015 Steven moved to Ottawa. That means we can spend a lot more time together.

Our next big goal is to get married in May of 2017.

But we can't do it alone... we're getting help from some of our friends and staff for planning the wedding, but it's pretty expensive.

You can help us out by:

- 1) *Donating directly to our wedding fund (at the OCAPDD Head Office at 229 Colonnade Rd South);*
 - 2) *Attending one of our wedding fundraisers such as the garage sale at Loeb Centre, 161 Donald Street on June 11th from 9am to 4pm. For more information or to drop off donations please contact Sarah at 613-219-0518 or at srado@ocapdd.on.ca.*
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Thanks so much for your help!

Steven MAGGIE GROVE

Employee Recognition Evening

On Wednesday, May 18, 2016 Service Awards will be presented to the following employees to recognize their years of service with OCAPDD:

5 Years

Roxanne McDowell
Kelsey Gauthier
Sarah Mark
Carlo Pendang
Kathleen McKeown
Derick Worlor
Brett Duhaime
Charlene McKnight
David McLeod
Karen Barrey
Nathan Juhasz
Erin Bigelow
Daniel Apt
Kimberly Stackhouse
Allison Grey
Rudy Dolo-Cooper
Jenna Hood
Sarah Ball

10 Years

Michael Delmas
Michele LeBlanc
Marielle LeBlanc
Ashley Blackwood
Louis Renaud
Alex Arnott
Anne Lafreniere
Laura Davidson
Kim Greco

Erin Copeland
Desiree Leween
Michael Hiscoe
Jackline Kiirya
Raymond Clairmont

15 Years

Cinda Stewart
Shelagh Ahearn-Ifedebe
Miranda Singh
Lauren Scott
Kerry Johnson
Effi Cooper
Heather Snowdon
Karen Maher
Joyce Joseph
Jeremy Thompson

20 Years

Milton Ellis
Linda Ralph
Christi-Anne Dore
Janet Salinas
Marnie Suykens
Collette Newell
Barrie Clifford
Tracey Brooks
Lynda Estigene

25 Years

Brenda White
Christine Sullivan
Wendy Skinner
Shirley Griffiths
Kimberly Flaro
Mike Ladouceur
Doris Laporte

30 Years

Kevin Lamont
Andrea Tye-Campbell
Donna Porter
Chris Allen
Judy Vance
Tracey Brown
Gisele Thibodeau
Chantal Jacques
Joanne Bennett
Ann Marie Bloom

35 Years

Lynne Williamson
Marion Kennedy
Roxanne Gilbert
James Rudkoski
Kate de Lanux

40 Years

Jo-Anne Harvey

Welcome to Braeside, St. Stephen's and Dunbar Residences!

Please join us in welcoming 18 amazing individuals, their incredibly supportive families and over 50 dedicated employees. We look forward to our journey together as we continue to provide meaningful supports and services, with and for, the individuals living at Braeside, St. Stephen's and Dunbar!

Integration is Child's play

When I reflect on my childhood I remember who I was. Now that I am older and wiser I can choose to revert to those moments of simplicity and wonder. My story begins playing ball with Derek and Tina who were my best friends at the time. What laughter, fun, living care free and loving memories. It was great to be alive. Our new friend Sam arrived and we continued the business of play. That is when it all started, the beginning of the end in my belief that every child was a play expert. When Sam played ball she held it in her hands as she talked. Each time she would get the ball we had to stop and listen. Of course children can be blunt and mean to each other so yelling "Play ball!" soon became insults. After having held it too often or too long, mom having good intentions insisted that we be inclusive and get along. It was the right thing to do. After all, we wouldn't want to be excluded either. It was everyone's duty to be kind. This is when play became citizenship. Sam held the ball and we waited to play. Each time seemed longer until the ball somehow could not be found beneath disguised smiles of relief. Starting a game of tag Derek, Tina and I exploded into 100 ways to play frozen tag, kick the can, and more. What fun!

Unexpectedly we were now found to be excluding Sam from playing not only one but over 100 games. More insisting from dad meant that Sam had to be included. Playing ball with Sam had been a struggle but maybe this time tag would be different. We played frozen tag and kick the can but the "Sam against everyone" or "everyone against Sam" style of play labelled us bullies. So we played regular tag secretly longing for fun. Over time we stopped playing ball, tag and with each other. Good intentions from mom and dad of being inclusive and nice had fostered loathing where there was once a passion to play.

Today my DNA could be described as "Passion for teaching adults with a developmental disability". I enjoy the game of work played with passion, creativity and excellence. I understand good intentions do not replace good actions. As for my childhood tale, love and passion should never become loathing. It is rare and precious to find someone you can work with and be amazing. You can be amazing or be amazed if you but allow the child inside each of us a chance to play ball.

Workshop Information

This story is the basis of a workshop for counsellors working with persons with developmental disabilities created to encourage understanding the concept and choices we make towards integration. Between each section, brainstorm questions, then discuss answers, finally at a later date focus attention on practical applications. This process is my preferred method based on communication and discovery. Individuals or teams may search and find building blocks of understanding, creativity, passion and love for who we can be and what we can accomplish together. Integration discoveries from this workshop may be applicable to a variety of workplaces or parenting situations where struggling or barriers have created too much baggage to move freely towards individual and team goals.

Anonymous

April Showers Bring May Flowers

Head Office would like to thank Raffaele Falsetto and Colleen Moorman for bringing life back into our garden! They spent the day cleaning up our front garden and planted new flowers for all to enjoy. Our garden has never looked better!



VOLUNTEER OPPORTUNITIES

Would you like to swim and get some exercise while helping someone enjoy the water?

We have several volunteer opportunities available. We have openings for volunteers on Monday, Wednesday and Friday mornings, from 10 to 11 am at the Jack Purcell Pool.



We also have an individual who really enjoys the water and would love to go to the Dovercourt Pool. Time is flexible to your schedule.
Other opportunities available.

Looking for a group activity? Do you like to paint? We have several small painting projects we are looking for help with.



Want to share your computer skills? We have an individual who would like to increase his computer skills in regards to downloading, Netflix, iTunes etc. and needs assistance with his computer when things get messed up.

Looking for something rewarding to fill your time? Would you like to make a difference in someone's life and develop a wonderful friendship at the same time? Do you like to go to the movies? The gym? Go for walks? Go for coffee? Cook? Can you spare several hours a week or every second week? If you would like to learn more contact us.



We have an individual who would like to explore his musical talents and have some fun. This person has an interest in learning how to play the ukulele. Once a week is ideal but we can work from there. Time schedule is flexible.

Enjoy teaching? We have several individuals who would like to work on their reading and writing skills. Once a week for an hour would be ideal.



Please contact Debbie Blasutti at dblasutti@ocapdd.on.ca or 613-569-8993 extension 243 if you would like more information or would like to help.

GOT TALENT?

Do you have a hidden talent you would like to share with the Aktion Club?

Looking for a place to try out a new routine?

SINGING, DANCING, DRAMA!

If you would like to help, please contact Debbie Blasutti at dblasutti@ocapdd.on.ca or 613-569-8993 extension 243.

Upcoming Events



Join Us for OCAPDD's 16th Annual Charity Golf Tournament

Join us on Monday, June 20th (1:00 p.m. Shotgun start) at Hautes Plaines Golf Club (Formerly "le Dome"). Cost is \$150 per person, dinner and silent / live Auction start at 6:30 p.m.

Join us in helping better the lives of people with developmental disabilities.

For more info or to register, please call 613-569-8993 extension 245 or visit our website at www.ocapdd.on.ca.

OCAPDD / AKTION CLUB PICNIC & BBQ

Come join us on Sunday, June 26th, from 11:30 a.m. to 3:00 p.m. at Vincent Massey Park, Sections M, N, O and P for our annual picnic and BBQ. All staff, individuals and families are welcome.

OCAPDD's 60th Anniversary

Evening of Excellence

Tuesday, November 1, 2016

5:30 pm Cocktails / 7:00 pm Dinner

Ottawa Conference & Event Center

100 Coventry Road, Ottawa, On



Tickets \$65.00

*Visit our website for more information
www.ocapdd.on.ca or call 613-569-8993*

