



# Esprit Newsletter

Fall / Winter Edition 2018

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

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

## Their Dream Come True



It is with great pleasure we announce Darlene Commanda and Dennis Stewart's big news!

After almost 30 years as a couple, Darlene and Dennis were married in a civil ceremony on October 19<sup>th</sup>. This was followed by a photo session by Linda and a lovely reception at La Cucina Ristorante in Kanata, in their private room. The food and service were excellent. The bride and the groom looked marvelous and oh so happy. The wedding cake by Arte Pistoria was beautiful. The expensive looking wedding invites were courtesy of Anna in HR with our thanks. With the right persuasion we will let you know who caught the garter and the bouquet.

Dave, Dan, Dennis, Jo-Anne and Darlene.

Please join us in wishing them Congratulations and Best Wishes for Love and Happiness Now and Forever!!

Jo-Anne Harvey, CSS

## EMPLOYMENT MODERNIZATION FUND (EMF) UPDATE

Since the last update in May, there has been a lot of progress made. Negotiations have continued with the aim to amend contracts so that the people we support start earning minimum wage for work they perform. Presently, the people in the woodworking program at Rosenthal are earning minimum wage. OCAPDD has finalized contracts with the Airport, one large contract for the Plant Maintenance Program working out of Tunney's Pasture and CHEO's Doctors of Shredding. These changes begin as of January 1, 2019. We continue to work with our Federal partners to finalize the contract for the National Archives Program. OCAPDD's Supported Work Program has recently developed the "Roads to Employment" which is a 6 week course for people who want to work. The first session which began in September was a success. Over the last 6 months, the Supported Work team has assisted a number of new people to find jobs and earn minimum wage.

In October there was a family meeting for the Arc and Loeb Centre to discuss the changes occurring in these programs. For people who don't want to work, we have been focusing on how to give them greater say about how they spend their day with OCAPDD. The EMF Community Development Supervisors, Jennifer and Diane, have met individually with each person to see what changes they would like to see. Over 75% of individuals stated they would like to have more opportunities to get out of the program either to volunteer or for leisure purposes. To address this request, we have implemented a number of changes.

Since September extra staff have been added to CTC, Loeb and Arc for a four month period to help start these positive changes at our day programs. This extra staffing has allowed for the regular Program employees to begin investigating, developing and supporting individuals in recreation and volunteer experiences. The employees are being supported and trained by one of the EMF Community Development Supervisors. Thus far, they have been touring many facilities in both the west and east end of Ottawa, and attended a volunteer exposition which established many community connections. The result of this is that we now have 8 new volunteer experiences! They are at the Humane Society, La Verendrye Catholic School, Elisabeth Bruyère Hospital, Salvation Army and the Snowsuit fund. Seven of the individuals have never volunteered before so it is quite exciting for them. One person who recently began his first volunteer job couldn't stop thanking us enough for asking him the question about what changes he wanted in his life. He said he was so happy, the happiest in his life, and it was nice to have a break from what he has been doing for so many years. And he's very proud of himself and even thinking about going after a paid job. These new opportunities always take into consideration the individual's goals and interests through person centered plans and interest testing. These help with the matching of the individual and a community placement, making it more of a success. At Arc, we have a new van which has helped with the transportation of individuals to these locations. The next step is to do some planning and developing on what we are going to do within the programs for those who are not going out. We look forward to telling you about those changes in the next Esprit.

Judy Bernstein, Director of Supports and Services

### **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!



## Little Rock Farm – CSS Program Horses Around!

It has been a fantastic year for the therapeutic riding program. We were lucky to have excellent weather over our 5 week fall program, with no cancellations. The Farm is located in Dunrobin, which as you know, was heavily impacted by the September 25, 2018 tornado. Fran – owner and instructor of the program – was incredibly lucky that her home and the horse barn were not affected by the tornado. Sadly however, her new covered riding ring, which was under construction, was heavily damaged by the storm. The great news is that reconstruction is under way, and the covered ring should be up and running by spring.



Besides the usual fun, two of our riders rode a horse for the very first time! Conquering fear is very difficult for people, and Fran was amazing at building trust with our individuals and helping them to take the next steps. The pride and joy of their accomplishment was evident in their faces, and they gave inspiration to other riders. It was a phenomenal season that could not have been achieved without many, many hours of work from the volunteers; without your support and dedication, we could not run this program!

A huge thanks for your contribution. See you in the spring!

Anne Cole and Angela Jones

## Candidates Meet & Greet

Open Hands hosted an all candidates “Meet and Greet” for the municipal elections. This was an opportunity to meet local Municipal candidates in Cornwall, with a focus on accessible and affordable housing. The topic of accessible and affordable housing is a **COMMUNITY** issue that impacts the economy, livelihood, culture and overall health of our community. The candidates for Mayor had an opportunity to make introductions and deliver their platform on Housing. The rest of the evening was designated for a “Speed Meet and Greet” candidates meeting with a format similar to speed dating. The event was well attended, informative and provided opportunities for collaboration.

Reina McDowell, Director of Supports and Services



Co-host Lynn Labelle making her closing speech to the crowd.



## Plant Maintenance Workers Learn Culinary Skills



Daniel

Person Centered Planning revealed a few of our individuals had a desire to improve their skills in the kitchen.

So far, two people have attended the Cooking Workshops offered at the Parkdale Food Centre. Chefs at the workshops come from a variety of restaurants from all over the community along with volunteers who want to share their love of food and their passion for cooking.

The workshops are as hands-on as possible. Everyone that wants to participate is welcome. Each participant is given a crock-pot to take home and use!



Tim with Chef Simon.

Tim MacLaren and Daniel Anderson participated in preparing the food, learned about safe food handling and kitchen safety. When the food is cooked everyone sits down and enjoys a delicious communal meal.

Catherine Disley

## FAREWELL CHRIS!!!

As many of you will know by now, Chris Allen - Director of Administration & Finance, announced his retirement from OCAPDD as of January 4<sup>th</sup>.

Chris has been a stalwart member of the management team of OCAPDD for over 32 years! During my 20 years working with Chris, I have found him to be positive (except for interest rate predictions ☺), reliable, honest and fully committed to OCAPDD and the people we support. He has challenged his colleagues on the management team in a professional manner. Chris has always



Faraz and Chris.

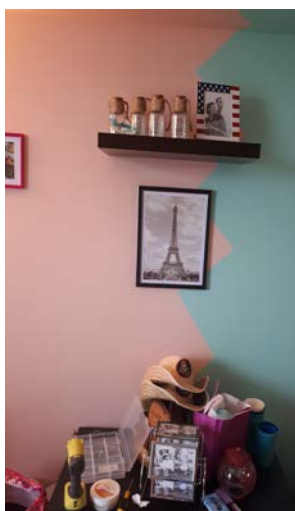
brought his sense of humour with him, regardless of the situation or matter being discussed. He has been a complete asset to the organization, and a pleasure to work with. He will be sorely missed - in the office, during management meetings, and at the grudge match! We wish him well with all of his future rounds of golf!

We would also like to congratulate Faraz Khaliq who is now the Director of Administration & Finance. Faraz has held the position of Assistant Director of Administration & Finance for the past two years, and has worked with OCAPDD for the past 5 years.

Dave Ferguson

## Have You Seen This Woman?

Maybe you've seen her at the countless Ottawa Festivals where she volunteers, and has for many years: Folk Festival, Jazz Fest or even Bluesfest? She is now a supervisor at Bluesfest, by the way. Congratulations Melissa! Maybe it is volunteering with the agency at Loeb, Arc, the golf tournament or a gift wrapping booth? Wait...I know, it's at the concession stand at TD Place for a RedBlacks game? Fury Soccer perhaps? Melissa has completed and passed a course called "smart serve", which allows her to serve alcohol at events. Although her mom Sharon and Claudette Clost (yes...that Claudette for those of you who were around then!) helped her study, this was all Melissa. She needed to be completely alone when she passed this testing. She pays her own way, thank you very much, when she heads to Missouri to visit family for vacation! More congratulations!!



Her newest endeavor is being part of Regina Towers, in her own apartment. This was her longtime dream. Melissa is not however, able to tolerate the "boring walls", so had a friend paint her whole apartment with colour!! She is seen here also cooking meatballs from scratch in her slow cooker. She also makes excellent fajitas, according to her family.

Take a bow Melissa Stillwell for believing in yourself and taking the responsibility for your life and success.😊

Lisa Babineau, CSS

## Zoo Crew Fun at the Annex



On October 24<sup>th</sup> the individuals at the Annex had a visit from the Zoo Crew! A number of friendly and interesting animals came to see us including a chinchilla, a rabbit, a tortoise, a ferret, a sugar glider, a hedgehog and a bearded dragon.

Our Zoo Crew staff, Megan, was very knowledgeable about all of the creatures she brought for us to meet. Everyone had the chance to pet the animals and even hold some of them. We had so much fun we just might make it an annual event!



And if you ever need to know the difference between a turtle and a tortoise (and Google is broken!) give us a call and we will give you the answer.

Wendy Skinner



# ***Congratulations Donna!***

After 17 years of working at Service Coordination Donna has decided to retire.

Surprise is how Donna was greeted by her many colleagues at Service Coordination on October 31<sup>st</sup>. Donna enjoyed a pizza lunch, with cake and gifts. She also had lots of fun judging the best decorated pumpkin and Halloween costume. Donna will be attending Service Coordination's recognition day on November 29<sup>th</sup>.



"It's been so good all the years since 2001. It has been wonderful, like a family looking out for me".  
Donna Lee

Here are a few thoughts from Donna's colleagues:

"Seeing Donna at work is always a great joy. She brightens up my day with the small talk we have and the endless amount of jokes she has up her sleeve. Donna has a rich and colorful history and I have always enjoyed listening to her stories about the past, growing up, her family and her friends. Being her colleague for the past 17 years has been a gift and I have learned so much from Donna. Her growth, dedication to the workplace, self-awareness and resilience are truly admirable and something to celebrate. She is a truly valued member of SCS and will be greatly missed. Wishing Donna a happy retirement and many great adventures in the future."

Jolyne Pepe, Quality Assurance Officer

"Having Donna as a co-worker has been a great experience, she was simply a great person to work with. She brought to our work environment her open, engaging and "glass half full" view of life, work and friendships. I miss her already."

Renée Bélanger, Director of DSOER

Tracey Brown, Supported Work



# PRESIDENT & EXECUTIVE DIRECTOR'S REPORT

## ONTARIO

As you are no doubt aware, on June 7<sup>th</sup>, Doug Ford's Progressive Conservatives were elected to form the next Government in Ontario. And the changes have been coming ever since. Announcements that we are aware of, and that impact the DS sector in Ontario include:

- Lisa MacLeod from Ottawa, was named Minister of Children, Community & Social Services and Minister Responsible for Women's Issues.
- On June 29<sup>th</sup>, the Ministry of Children, Community & Social Services (MCCSS) was created by combining MCYS with MCSS, along with a portion of Citizenship & Immigration.
- The Basic Income pilot project will be wound down in 2019.
- The 3% increase in ODSP levels announced in the Budget for this year, was reduced to a 1.5% increase. Future increases announced with the Budget are now uncertain.
- A revamped social assistance system was to be announced November 8<sup>th</sup>. The announcement was rescheduled until November 22<sup>nd</sup>.
- The annualized funding increases in operating budgets for organizations announced with the approval of the Ontario Budget last April, have since been classified as 'fiscal' – meaning only for this year.
- Bill 148 passed barely a year ago is being largely eliminated with the tabling of Bill 47, expected to pass into law during December.
- The exemption of Sheltered Workshops from the Employment Standards Act scheduled to end on January 1<sup>st</sup>, will now end upon proclamation by the Government at a future date.

Additionally, a report entitled '*Managing Transformation A Modernization Action Plan for Ontario*' commissioned by the Government was released in late September. This report was prepared by Ernst & Young, and outlines a number of items relevant to the DS sector such as amalgamations and possible changes to collective bargaining. The Board and Management team are monitoring these developments and announcements closely due to their potential impact on operations.

## OCAPDD BOARD



Dave and Bill.

At this year's AGM the Board of Directors expressed its appreciation to Joyce Van Dieen who had resigned from the Board this past year. The Board also expressed their appreciation to Bill Cowie for his many contributions to the Board and organization over his many years of volunteering, which included 3 terms as President. It also acknowledged Bill's contributions to the creation of, and continued work with the Every Canadian Counts Initiative (ECC). The membership elected new member Jodie Karpf to the Board, along with Jim Smith back to the Board. David Adams, Robert Labelle, Alison Middlebro, Leanne Pelley, Vivien Runnels and Kathleen Stokely were all re-elected to another 2-year term. At the first meeting of the new Board on October 9<sup>th</sup>, Norma Lamont was elected President and Kathleen Stokely was elected Vice-President.

Happy Holidays!

Norma Lamont  
President



Joyeuses Fêtes!

David A. Ferguson  
Executive Director

## *∞ In Memoriam ∞*

**Astrid Headley** (March 25, 1978 – May 19, 2018)



Astrid joined OCAPDD's family back in September of 1999 attending Quinlan. Later on, Astrid joined Oakdean residence. Astrid was a delightful woman who enjoyed music (80's AC/DC), dancing, laughing (he he), water and cheese. She was extremely close to her sister, Karen who lovingly called her "Strid". People who were lucky enough to be part of her "inner circle" experienced a joyful and strong person. She will be missed by everyone she touched or should I say...put her hands on your shoulder and rest her cheek on her hand...because that was her bear hug.

Forever in our thoughts, everyone at Quinlan and Oakdean.

**Laurene (Dini) Dinwoodie** (February 21, 1940 – May 22, 2018)

Laurene, affectionately known as Dini, passed away peacefully at the age of 78 at St. Stephen's Residence.

Dini had lived at St. Stephen's Residence since the home opened in 1992. She was a proud member of the St. Stephen's Anglican Church as well as a member of the choir and many other social groups. Dini worked at Y's Owl and was one of their most dedicated, hard-working individuals. Some of Dini's highlights of her life, and of many staff, was the opportunity to travel. She went on a Caribbean cruise, to Las Vegas, New York, Nashville and Graceland to see her idol Elvis Presley's home. Dini enjoyed spending time with her friends. She especially enjoyed her coffee dates, holiday celebrations at her friend's homes and attending Skating on Ice shows. Her favourite colour was pink!



Dini's quick wit and sharp sense of humour will be missed by everyone that knew her.

**Claudia Wells** (February 8, 1974 - May 25, 2018)



Open Hands was saddened by the loss of one of the individuals who was a pillar of the Sydney Street residence. Claudia Wells, better known as "Coco", had touched so many people's hearts, and whether you knew her for a day, or for 20 years, she was someone who would leave a lasting impression. She had a love for life and truly appreciated every moment of each day. Her deep belly laugh would have you laughing with her, and her smile was a whisper of a laugh that would bring a smile to your face. She had nicknames for everyone she cared about and her sense of humour was like no other. When visiting with family, she would always refer to Sydney Street as her home and she was always happy to return to her Open Hands family. She will be dearly missed by all of her friends and staff at Sydney Street and she will be forever dancing in our memories.



## ∞ In Memoriam ∞

**Marcel Parent** (December 23, 1964 – September 11, 2018)



Peacefully, with Byron and Camp Misquah family by his side, Marcel passed away on September 11, at The Ottawa Civic Hospital. Marcel had his forever families of housemates, home staff-Byron Residence-and day staff-Rosenthal Centre for over 30 years. A Celebration of “All things loved by Marcel” was held at the Hintonburg Community Centre, where his friends and family came together dressed as his favourite superheroes. Together we shared stories and memories of Marcel. It would have been a party that Marcel would have loved to be part of. Marcel touched the lives of so many and will be forever missed. He was laid to rest on November 1<sup>st</sup> alongside his parents at Notre Dame Cemetery.

**Mary Anna Smith** (May 9, 1950 – September 14, 2018)

Sadly, on September 14, Mary passed away peacefully at Elisabeth Bruyère in her 68<sup>th</sup> year. Mary was the beloved daughter of Ann and Vernon, and sister of Jim and David, and sister-in-law of Jacqueline and Heidi, proud Aunt of Jessica and David.

Mary lived her final years at Campbell House where she brought laughter and joy to her family, friends and staff. Mary was always full of knowledge and wisdom and kept her sense of humour until the end. Mary was a very strong lady and fought ALS with dignity and grace. Mary will always hold a special place in the hearts of those who knew her and will be greatly missed.



# SILVER SPRING FARM

The Photo is not intended to be a portrait



A nice fall day at Silver Spring Farm.



Silver Spring Farm's little red shed is on the move to sell garlic. A big thank you to Fred Pelley!



Freight and Cargo Country Band.



Everyone enjoying the Freight and Cargo Country Band at Silver Spring Farm on Saturday, August 11<sup>th</sup>.

A Big  
**THANK**  
you!



# National Archives Gets New Space

After almost 40 years at our original location, and many delays, National Archives has moved to a new building!

Here's what some of the employees had to say about our new space:

"I like it very much, it's very bright" – Gladys

"There's more space in the washrooms and a bigger cafeteria" – Lise

"I'm so happy about moving here. I like the new tables and chairs" – Joanne

"Everything is new and clean" – Yvan

"I like that it's on 1 level, and I don't have to climb stairs anymore" – Brian

"I like all the windows and that I can see the trees outside" – Brenda

Jessica Eva





# Christmas Party

Once again our Annual Christmas Party, for the people we serve, was a great success. The event recently took place on Friday, November 30<sup>th</sup>. The dance floor was full, right from the first song. The Glee Club started the evening off with some Christmas tunes and Santa Claus brought his wife Mrs. Claus along with him again this year! The event was attended by over 450 people.

Thank you to all of our volunteers for making this event possible.

Hope Lalonde



The Glee Club.



Santa with Helen Leafloor.



Santa with Heidi St Louis.





# Community Participation



OCAPDD's Best Team at the 2018 Golf Tournament. Mathieu Gignac, Jean-Marc Boucher, Gabriel Lewis and Abbas Saad who ended their game with a score of -12.



Paul and Brian getting a pumpkin for Oakdean.



The results of the donated garden/herb boxes. A huge thank you from the residents and staff at Charette!



Lynda Rogers, Bernie & Deirdre Murphy at the Charity Gift Wrap Booth.



Big shout out to our volunteers from Health Canada and the community who came out and placed the straw in the field.



## Roads to Employment

The Supported Work Program launched a new job readiness program called Roads to Employment this fall and held its first session in September. The program is 6 weeks (5 days a week) long, where participants learn tips on how to conduct a job interview, look at different types of work, learn about good customer service, complete a first aid course, do some volunteering and learn about how to handle conflict at work amongst many other topics.



Congratulations to our graduates (from left to right): Scott Hellman, John O'Neill, Sherry Welshman, Christine Maverty and Steven Muir.

We would like to acknowledge the many presenters during this session:

From OCAPDD: Anna Garcia - HR, Hope Lalonde - Administrative Support, Alex Arnott - WSIB Overview, David Worm - Hearty Tails Social Enterprise, and April Dodge - I Can Say No.

Kim Critchley for assisting the Job Coach

Jason Riznek; Networking

Megan Zucco; ODSP

Gilles Brisebois from ROMCO; WHMIS

Dianne Gate from Pulse First Aid; First Aid

Lisa Cerano, Customer Service Manager - Loblaws Bells Corners who presented what it's like to work in a Union supported retail location.

Andrew Burrows, Assistant Facility Manager - Dovercourt Centre who discussed working in a Community Center.

A special thank you to Dr. Amy Saray from Merivale Dental for the donation of dental hygiene kits.

For more information please contact Supported Work at 613-569-8993 extension 235.

Julie Leonard, Supported Work

\*\*\*\*\*



*Save the DATE!*

OCAPDD's  
19<sup>th</sup> Annual Charity Golf Tournament  
Monday, June 17<sup>th</sup>, 2019!



# Supported Work Recognition

The Supported Work Program held its annual BBQ  
to recognize the many years of service to the following individuals:

## 5 years

Richard Oare, Loblaws  
Tom Seamont, Dovercourt

## 10 years

Scott McKewan,  
Ottawa Police Services

## 15 years

Mark Easy, Loblaws  
Pat Johnson, Loblaws

## 20 years

Shantel Cunningham,  
Agriculture Canada  
Barb McAdam, Dovercourt  
Richard Smith,  
Ottawa Police Services  
Robert Tanner,  
Agriculture Canada

## 25 years

Paul Conley, Carleton U  
Glenn Kennedy, Loblaws  
Steve Veinot,  
Ottawa Police Services  
Gloria White, Red Lobster  
Steve Wodjacki, Loblaws

## 44 years

Roger Poirier,  
Algonquin College



*Thank  
you*

We would like to thank the North Kanata Loblaws for their donation of burgers, hot dogs, salads, desserts and all the condiments. The people that made it happen were Kelly Palmer, Store Manager and her Assistants Grahame and Lyndsey.

It was greatly appreciated by everyone.

Julie Leonard, Supported Work

# Happy Thanksgiving!

On October 4<sup>th</sup>, 80 individuals from the Loeb Centre and CSS enjoyed a festive Thanksgiving luncheon. Volunteers from the Health Canada Corporate Service Branch decorated, peeled, chopped and served a wonderful turkey lunch that was enjoyed by all.

Special thank you to volunteer Carol Jones for cooking all the turkey and fixings.

Debbie Blasutti, Coordinator of Volunteers



Volunteers from the Health Canada Corporate Service Branch.

## *Homeshare's 11<sup>th</sup> Annual Harvest Dinner*

On October 4<sup>th</sup> the Homeshare team hosted our 11<sup>th</sup> annual Harvest Dinner for our Homeshare providers. This event honoured those families who have partnered with our agency to support an individual within their own home. During the evening, we recognized the value of all of our families for their dedication, and we acknowledged their years of service with commemorative gifts. It was another successful dinner with an excellent turnout, a delicious catered meal and wonderful entertainment.

On behalf of everyone at OCAPDD, thank you to all of the Homeshare families for your caring, compassion and commitment.

Respectfully submitted by  
The Homeshare team.



April, Wendy and Julie.