



Momentum

December 2010

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We've changed our name—We're now Momentum!

- **M** - Moving forward
- **O** - On a clear path
- **M** - Making changes
- **E** - Embracing the future
- **N** - Never stop dreaming
- **T** - Taking on new challenges
- **U** - Utilizing our talents
- **M** - Making memories to last a lifetime

Serving our community for 25 years!

Hello. I hope you enjoy reading our "Momentum" newsletter – we are proud of the symbolism of the new title, as we are all proud to be part of building OCL, from the past into the future.

Can you believe we opened our doors 25 years ago? OCL has seen tremendous growth over 25 years, and some of you can remember OCL in 1985-86. We began in two rented townhouses close together, staffed as one home. We had donated furniture and 6 individuals supported by 9 staff. At inception, our mandate was to support those moving out of the institutions. In 1988, our Board made a commitment to persons from the Ottawa community, as well. Since then, we have grown to our present capacity: 219 individuals supported by more than 200 employees in 7 group homes, a large Community Participation Program, and Home Share, Children's Service, and Supported Independent Living Programs.

We have seen many societal changes over the years – from the inclusion of those we support into our communities to the long-awaited closure of Ontario's institutions. After 35 years, antiquated legislation has been replaced by a new act to direct and guide agencies: Services and Supports to Promote the Social Inclusion of Persons with Developmental Disabilities Act, 2008. We are seeing concrete and consistent standards and accountability mechanisms. And there will continue to be challenges: waiting lists, increasing costs, stagnant funding, changing expectations, as some examples. Doubtless, we will find ways to handle the challenges, and our sector will continue to change in the upcoming

years. We will focus on the goal: Transformation of services to bring greater benefit to persons with Developmental Disabilities.

Over the last 25 years, OCL employees, clients and families have forged many wonderful relationships. To the families, I say thank you for your many years of support, and entrusting the care of your loved ones to us. OCL has always felt honoured to provide support, care, love and encouragement to your family member. These strong relationships have brought us comfort when an individual in our care has passed on. They are not forgotten, and fond stories bring smiles to many faces for years to come.

We have all grown together. When reflecting on all the exciting and difficult changes OCL has gone through, I would like to thank our Board of Directors and all of our staff for their support, commitment, and dedication to the agency, and to the quality of life of those we serve. I hope you all will continue to be part of the OCL team for many years to come. To the businesses that we have partnered with, thank you for your years of service and for your response to our needs; and to so many of you, sincere thanks for your donations that have enriched lives at OCL.

Help us continue to celebrate this wonderful milestone! I hope you all have a wonderful holiday season, and I wish you health and happiness in 2011.

Jocelyne Paul, Executive Director

Road Trip — Niagara Falls

The summer was an eventful time at Pulford. One of the highlights was a trip to Niagara Falls. Ben and Keith went with David, Pat and Norman. The entire trip was filled with fun and adventure, and plenty of sunshine for a weekend forecasted with rain.

"We made our way back to the hotel in style, in a horse and carriage."

We hit the road early, the trip was long but everyone made it through very well. Once in Niagara Falls, we found our hotel and then quickly hit the sights: we went to the Falls, posing for all of the photo ops that Ben saw fit to take.... Thanks for capturing those 465 memories, Ben!



We went for a Ferris wheel ride - what a great view of the Falls! Then we had a long walk along the cliff side. Everyone took in the sights that were breathtaking. Closer to the Falls, the mist created an enchanting atmosphere. We made our way back to the hotel in style, in a horse and carriage.

Our evening involved the wax museums where we met celebrities such as Michael Jackson, Homer and Marge Simpson, even the Obamas. We also enjoyed the arcades and all of the night life that was offered.

Our second day in Niagara Falls brought us to Marine Land. We played with the bears, swam with the whales and chased deer around the grounds. We managed to take in all of the rides and attractions, ending with the "Sky Screamer Drop Zone" and the exciting "Dragon Mountain" roller coaster. We clapped along with the dolphins and seals as they entertained the crowds.

Our trip ended in a silent drive back to Ottawa with 3 exhausted gentlemen fast asleep in the back of the van. We may have come back with no energy, but we did come back with a lot of wonderful memories.

Keith Hollyer



Pet Therapy



Over the years, OCL employees have tried to bring pets into the lives of those we serve. We have discovered allergies and phobias, learned about pathogens and pregnancies, and encountered the issue of "who is going to clean the litter-box?" Pet therapy has helped fill the void. Most recently, Otterson has been entertained and delighted by Anne-Marie's cat (and kittens) and Sharron's dog. Everyone has

loved the contact: Cindy and Kim like to walk the dog; Olga kisses and cuddles the kittens; Rosie has overcome her fear of animals; Rita plays with the cats, using a stick and string, Lindsey and Olga kiss and cuddle them, and Pierre, Sandra and Andre watch the play, and laugh. We don't need studies to show the benefits... just look at the photo of Cindy with one of her favourites, to see the joy these visits bring. If you are inter-

ested, please contact Anne-Marie at Otterson.



25 years of caring support

Who could have predicted, early in 1985, the journey that Wanda, Claudette, Linda and Lyle would take over the next 25 years? During their many years in an institution, they had lived through service models that began with containment and control, evolved to the medical model of treatment for a “disorder,” to more enlightened models that included education, recreation, work, and some independence.

“Over 25 years...have taught us about courage, spirit... supported by people who respect and care about them...”

While society’s view of developmental disabilities evolved, they had experienced separation from their families, loss of freedom, lack of privacy and independence. Even in moving to OCL, there was little choice. We believed we could offer them a better quality of life. They believed us, because they had to.

Over 25 years, Wanda, Claudette, Linda and Lyle (and many

who followed them), have taught us about courage, spirit, perseverance and capability. They brought us their hopes and dreams for a place and a life of their own, supported by people who respect and care about them, who support their right to make decisions and help them when they make mistakes.

OCL has not been perfect, and we still have a lot to learn from those we serve, and their families. But let’s consider these four: who thought, 25 years ago, that Linda and Lyle would fulfill their dream of being married and living in their own place? That Wanda would choose a beautiful sky blue theme for her bedroom in Castle Hill, where she is determinedly and happily retired? That Claudette would have the privacy and security of her own apartment, where her belongings are safe and are placed wherever she wants them?

Let’s take their example, and use their courage and spirit to add to OCL’s momentum: moving forward, offering better supports, more choices and opportunities,



CPS Gives a little TLC

A group of caring individuals from Community Participation Supports volunteer every Thursday at Big Sky Ranch in Kemptville, home to animals rescued from situations of abuse or neglect.

Russell, Richard, Craig and Bruno (the “regulars”) have been joined at times by Irene, Barry and Pat: brushing, feeding and taking some animals for walks. This up-close and personal care helps the animals,

helps owner Andy Parent, and provides fun and new experiences for the guys. In addition to the expected horses, cows, dogs and sheep, the volunteers are getting to know buffalo, pigs, goats, llamas, and even deer!

Congratulations on bringing tender loving care to animals with an unfortunate past.



Helping out rescued animals at Big Sky Ranch in Kemptville

Food Challenges 2010!

What warms up the autumn chill better than house-to-house competition? Recently Alma and Ivanhoe have both hosted Cheesecake, Mocktail, and Chili Contests. An afternoon sampling cheesecakes is never wasted (though it may go to the waist!)

Ivanhoes mocktail party included some delicious munchies. The creativity of K2's winning "Cocktail Concoction," presented in a hollowed-out apple and orange, was especially impressive. Congratulations to Ivanhoe for the imaginative decorations, including a chance to be photographed as a monkey!

Alma Court was host to the First Annual Cheese Cake Competition. Alma was judged to be victorious with their chocolate caramel cheesecake. The winner of

this years Great Chili Cook Off – Alma Court. Alma folks remained tight lipped when asked to share the recipe for their champion chili! We must admit OCL boasts some very fine cooks across the Agency.

Congratulations to all of the participants! As well, the judges deserve great thanks: Dayna P., Robyn L.Y., Brad P., Pat H., Nancy A., Randy M., Andrew S., Kim C., and Erika K.P..

Everyone enjoyed the party atmosphere, good company, great tunes, lots of laughs....and of course, wonderful treats! *Now Alma and Ivanhoe throw out a new challenge: who will host the next competition, and what will it be? They are ready for just about anything.....*



Winning the battle

Otterson resident Olga recently received some good news—her cancer is in remission!

Deborah Fitzgerald led a team approach to develop the Plan of Care with everyone involved in Olga's care. With the tremendous support from all the staff at Otterson, Olgas family and the wonderful healthcare professionals at the cancer clinic Olga had sup-

port every step of the way. The treatment was long and arduous and not without some tears and plenty of faith from all those around her she is steadily getting healthier day by day, and is loving her Brown Ones (coffee's)

A huge congratulations and thanks to all those who supported Olga through her battle—and especially

to Olga who persevered and in every sense is an inspiration to all of us!



On the move and part of our community — Home Share

A good match in Home Sharing promotes personal connections with neighbours and community, local activities, and great vacations:

Kathryn and Mark live on a quiet street in Vanier, and belong to a strong Neighbourhood Association, which knits the community together. They have real relationships with their neighbours, and are involved in dog-walking, birthday parties and neighbourhood events. Immediate

neighbours have become a natural support network and safety system, and neighbours have expressed pride that Mark and Kathryn are part of their community.

Glen and Pat live with a family that loves to travel—a match made in heaven. They ensure that the guys have as much vacation fun as possible. In 2010, Pat spent time at Cottage Misquah, and enjoyed a full week in Nova Scotia, relaxing, enjoying the sea and sun. Glen used his week in Nova Scotia to fish off as many docks as possible, and caught some mighty ugly fish! Glen also visited friends and family in Montreal.



“This note is to share our joy and happiness in having Kathryn and Mark in our neighbourhood... This neighbourhood is enriched by their presence and we are proud to have them with us and around us.”

Lise Couture

A sea of blue celebrates 25 years



On September 18th, those attending the OCL Annual Picnic may have thought they had the wrong day—there was no rain! With the wonderful weather came a wonderful time: face painting, balloon art, music, cotton candy & popcorn, horse-back riding, a magician and much more. No party would be complete without great food – which was served up by our good friends and supporters from the **Bytown Rotary Club**, headed up by Ernie Potchin.

To celebrate our 25th year, we asked everyone to wear blue and white. Every client was given an OCL hat, and the picture below shows the crowd fully in the spirit of celebration and thoroughly enjoying the day. In addition to the usual photo contest and the sale of jams and jellies, there was also a table to celebrate staff being recognized for their years with OCL, and gifts for those reaching particular milestones. There was also a scrap-book with pictures back to the earli-

est days of OCL (when some of us were young!!!). Those who stopped by heard some great stories, and had a few laughs when identifying some of the folks in the pictures. Now we have more great pictures to add, and hope that the scrap-book shows up at the picnic every year. We congratulate all of the employees who have reached milestones.



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Without them there's no OCL!

Imagine running a business without salary, benefits, or vacation—in addition to your “real” job! Volunteer Boards help build safe, caring communities, donating their time and expertise to help others.

In June, 2010, OCL Board members Ross Margach and Gordon McKechnie received the prestigious Ontario Volunteer Service Award. Ross has retired from the Board after 25 years, and Gordon recently joined, after 20 years as a volunteer legal advisor. Others have been with us from 1 to 20 years. We are fortunate to have a strong and talented Board, dedicated supporters of the staff, clients, and the work of OCL. Here are some quick facts about them:

Occupations: Nurse, IT professional, mental health centre director, human resources professional, real estate consultant, lawyer, accountant.

Reasons for joining: Belief in our work; strong desire to help make OCL an inspiration to all; have interest, recruited by a friend; want to connect, give back to the community; want to do more for OCL.

Greatest surprise: The great people and closeness of the Board; learning new skills; lovely new homes; OCL's great services within the funding.

Source of enjoyment: The diversity of the Board; helping people to help themselves; clients' accomplishments & success stories—great things employees are doing; a sense of pride and “family.”

A Millennium in 25 years!



Employee longevity is important everywhere, but especially in an agency like OCL. We have access to our history, our clients feel more secure, new employees benefit, and administration and management systems improve. Therefore, we salute the hard work and dedication of our employees. OCL is fortunate to have a list that is so long, we can't list individual years of service. *However, the following people represent an incredible total of 1,119 years of service to OCL:*

5 to 9 years: Neela Singh, Lisa Ramjatan, Drupatty Rupnarain, Randy Moar, Mark Snedden, Sara Gebre-Giorgis, Dagmar Voldrichova, Stella Rouble, Annette Emmanuel, Orysia Makar, Melissa Egan, Kirk Leclair, Shane Cosstick, Debbie Hameluch, Charlene Montague, Valerie Lacroix, Ashley Poole, Angela Jones, Claudeana Gordon, Julie Kelso, Brent Barlow, Chasian Mitchell, Marilou Lapin, Sharon Lidstone, Amelia Kiteley, Jen Taverner, Olivier Foley, Line Huet, Dorothy Taaff, Marcel Walsh, Amy Stewart, Roberta McKenna, Jodi Hall, Melissa Piracha, Erika K-Patzer, Chantal Turenne, Deborah McEwan, Andre Demers, Christine Brazolot, Vanessa Bruni, Marcel Tousignant, Merle Grant, Jeff Irvén, Jessica Doyle.

14 to 19 years: Dale Joynt, Keith Elliott, Steve Bent, Nancy Andrews, Wendy Giasson, Jocelyne Paul, Marjory Twolan, Alison Lakevold, Leah Legault, Laura Scott, Angela Chan, Kimberley Gallant.

25 years: Vicki Bosse

10 to 14 years: Andrew Spink, Debbie Scott, James Child, Melanie Robarts, Darlene Fisher, Angela Mitchell, Tasha Smith, Yvonne Jackson, Don Jung, Steve Thompson, Rebecca Detchon, Vinus Kalonga, Eve Donoghue, Aaron Harvey, Cindy Stephenson, Kerri Wilson, Bonnie Clement, Russell Harris, Elena Alexeenko, Shawn Clarke, Erin Mehmet, Nancy McDonald, Tammy Fortier, Sheri O-Coughlin, Sherry Miller, Estelle Allen, Paul Whittle, Cheryl Beckwith, Brent Lafreniere, Tracy Joynt, Evelyn Forrest, Heather Tarte, Piotre Fraczyk, Pauline Holmes, Dina Soroka, Liz Portugaise, Kelly Ashe.

20 to 24 years: Claire Black, Deborah Fitzgerald, Kim Caron, Micheline Carriere, Patrick Smith, Janet Bailey, Mel Morin, Mikki St-Denis, Anne-Marie Hamilton