



MOMENTUM

Helping those we care for every day

Can we count on you?

The people in the care of Ottawa-Carleton Lifeskills Inc. are truly inspiring. Every day we are witness to their tenacity, their achievements and their love of life.

You can help us to keep offering opportunities to the individuals we support by donating on a unique day: **Giving Tuesday.**

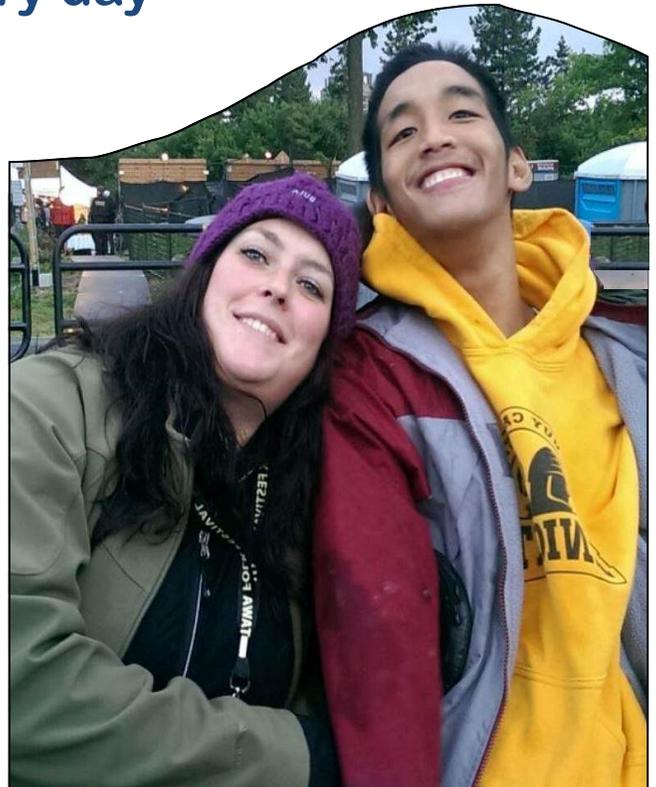
Giving Tuesday is a one of a kind event that has spread steadily over the past few years around the globe. It is an amazingly simple way for you to make a difference in the lives of those we support here at OCL!

Giving Tuesday is on December 2nd — which follows the shopping frenzy of Black Friday and Cyber Monday. This day is an opportunity for you to tell the people we support they are not forgotten and you want to help them!

It's a simple idea. Just find a way for your family, your community, your company or your organization to come together and donate to OCL on this date.

You are invited to visit ocl.ca and make an online gift or call Samantha at 613-254-9400 ext. 386 to make a donation over the phone. This day has one purpose — for the world to come together to celebrate generosity and to give.

From everyone at Ottawa-Carleton Lifeskills ... thank you!



Larry and OCL staff member Andrea enjoying Folkfest earlier this year. They saw both Lorde and Serena Ryder perform.



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From the desk of the Executive Director



On the cusp of our 30th anniversary, OCL can look back on what we have done with great satisfaction and happiness as a result of all we have accomplished and the lives we have touched. The agency's growth is a testament to how we are viewed within Ottawa and the sector as a whole. OCL remains unwavering in ensuring those entrusted into our care receive the highest quality of care and I am very proud to say OCL has the very 'best of the best' working here and supporting those we serve. OCL staff has and continues to play an integral part in the agency's growth and success. The future of Ottawa-Carleton Lifeskills Inc. is a

road paved with opportunities - opportunities to continue to empower individuals and their families; opportunities for innovative and strong community partnerships; and opportunities to learn and transform as the landscape of our sector changes. I remain honored to be the Executive Director of this strong and dedicated agency – and proud of how despite the many bumps and roadblocks we have faced, in true OCL fashion – we found a way around and/or over each one. I look forward to celebrating our 30th year with all of you!



Jocelyne Paul

'100 Women Who Care' step up to help

Forty-five minutes, three local charities and over \$12,000 donated — pretty amazing! The inaugural meeting of *100 Women Who Care* was a huge success. Ottawa-Carleton Lifeskills was thrilled to be one of three organizations represented at this meeting of incredibly generous women.

The event, the first of its kind in Ottawa was held at the Heart and Crown on Preston Street. This group will meet four times a year, each time selecting three charities to benefit from their generosity.

"The women that attended this event and donated to OCL were amazed at the work that we do every day," said Jocelyne Paul. "They saw the need and realized that many of the people in our care require their support — they answered the call!"

Thank you to all who donated and to the amazing ladies who organized this wonderful event!



Jocelyne Paul, OCL ED, accepting donations from Jenn Campbell and Shelly Lairar from the 100 Women Who Care event in May.

We cannot do it without you ... thank you

Donors make dreams come true

Our Community Participation Support (CPS) Program offers a wide variety of opportunities for all of our participants. Whether it is sewing, baking, outings, participating in our Ivanhoe Workgroup, working at our social enterprises Heartwood and Tableworks, music and art classes, there is always something going on at CPS.

The CPS program was very pleased to be the recent recipient of a grant from the *Community Foundation of Ottawa*, which allowed us to obtain two new Smart Boards for the program! The Smart Board systems will increase our ability to deliver enhanced educational opportunities to our participants. The interactive whiteboards will provide accessible technology, opening doors to new education and recreation experiences.

In addition, we would like to thank Mike Traub and Daniel Drolet for the generous donation of eight computers. In November, a new computer lab was set up for participants to enjoy.

To promote physical activity and overall well-being, we introduced a gym room within the CPS program. The room is equipped with an exercise bike, stability balls, weights, resistance bands, yoga mats and blocks, foam rollers, and more. There is also a TV with DVD player so participants can enjoy a variety of different exercise styles. Some of the elements we are focusing on include proper technique, range of motion, fine and gross motor skills, stretching, core strengthening, strength training and cardio. We look forward to the improved physical and mental health this room will help us achieve!

With an experienced and dedicated staff — there is no better place to be than here!



Keith teaching a lesson using one of our new Smart Boards purchased with the grant from the *Community Foundation of Ottawa*.



Doug and Adam at a workstation in the CPS computer lab. This lab was made possible by a generous donation of eight computers from Mike Traub and Daniel Drolet.

DONATE
Today
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Momentum



The Surgenor National Leasing foursome — (l to r) Rob Renfrew, Mac Bartlett, Lee McCoshen and Peter Leduc.

OCL Golf Tournament on par!

Thank you to the sponsors and golfers who made the annual OCL golf tournament a great success! The tournament was held on June 18th in partnership with the Bytown Rotary Club. Over \$6,000 was raised at the event held at the eQuinelle Golf Club in Kemptville. A special thank you to ComVida, Emond Harnden LLP and Surgenor National Leasing for your continued support!

Mark your calendars — next year's tournament will be held at the eQuinelle Golf Club on **June 17, 2015**. Please contact Steve Bent at 613-254-9400 ext. 230 to be involved in the 2015 tournament.

A day of friendship at OCL

On Sunday September 14th, OCL held their **13th Annual Picnic** – but it was *not* an unlucky day! Held at the Lonestar Ranch, over 300 people joined us throughout the afternoon to feast on fajitas, dance to the rhythms of Stevie B, have their faces decorated by Suzie Q and were amazed by the balloon creations of Bri the Cowguy. Michael Bourada, a magician and illusionist extraordinaire

was also there to dazzle us with his sneaky tricks!

The weather held out enough to enjoy the bouncy castle, giant slide, and sugary delights.



Pies, jams (Tableworks) and homemade cutting boards (Heartwood) were beautifully displayed for sale, and this year's 50/50 draw netted a jackpot of \$106 to the winner.

It's always so uplifting to see our OCL family and friends enjoying themselves at this event. Save the date! The 2015 picnic will be held on **Sunday September 13, 2015**, where we will be celebrating **30 years!**



Paying it forward! Thank you!

On September 12th, Elena, Orysia and Alana, a student from Algonquin College took several of the individuals we serve from Killarney out to lunch at St. Laurent Shopping Centre.

After working up an appetite shopping, the staff along with Stephen, Christine and Meghan decided to go to East Side Mario's located inside the mall for lunch. As they were about to order, someone walked by quickly and dropped something on their table.

To their surprise it was an East Side Mario's gift card.

The waitress told our staff that one of their regular customers wanted to pay for their lunch and gave a \$50 gift card towards the bill.

The staff wanted to thank him and the waitress said "he just wanted to pay for our lunch". The staff asked that their thanks be passed along.

Random acts of kindness whether you are giving or receiving really does make a difference.

