



Ottawa-Carleton Lifeskills Inc.

MOMENTUM

Ottawa-Carleton Lifeskills Empowering adults with developmental disabilities since 1985

December 2015

Mom's words of wisdom

Judy reflects on lessons learned while raising Gerry

Life lessons are everywhere. We received some wise words recently from a mom and they really summed up what it is like to be a family member of an adult with developmental disabilities. Judy is the mom of Gerry, one of the people in our care at Ottawa-Carleton Lifeskills.

"Do not focus on cannot—but can," says Judy. "If you try and fail then it is a lesson learned. Remember every time you learn it is a great day and that is how everyone learns by trial and failure," she adds.

As parents and siblings you are constantly advocating for your loved one. You are continually encouraging them—sometimes to do the simplest of tasks. You are ensuring their needs are met and they are given every opportunity.

At Ottawa-Carleton Lifeskills we value the connection with families. These wise words by Judy demonstrate the importance of patience, tenacity and a 'never give up' attitude which is so key to supporting adults with developmental disabilities.

"Change impossible to anything is possible," Judy adds.

At Ottawa-Carleton Lifeskills we believe in this philosophy too and we will continue to empower the people we support. And we will never give up!



Cameron is surrounded by love! Hollan (left) an OCL staff member along with Cameron's parents Tom and Joan enjoying the Annual Ottawa-Carleton Lifeskills picnic

Get your tickets!

OCL Annual Christmas Basket Raffle

Get your tickets to win! Senators gear and tickets, gift cards, gift baskets filled with treats, cash and much more! All funds raised help the people in our care at Ottawa-Carleton Lifeskills. Visit shopocl.ca to get your tickets. \$1/ ticket

Ottawa License M776426



The gang at Tower are all ready for Christmas are you? Maybe you would like to try your luck at winning one of 15 fabulous Christmas baskets at www.shopocl.ca or call Samantha at 613.254.9400 x386



Sherry is taking care of a baby bird at her volunteer placement at the Wild Bird Sanctuary.

Giving back to our community

What do OC Transpo, Value Village, St. Joe's Church, the Wild Bird Sanctuary, Big Sky Ranch and the Kanata Library all have in common? They are all organizations where participants at OCL volunteer their time! "Our Community Day Supports connects with various organizations in Ottawa and it is a win-win!" says Kelly Ashe, Supervisor at OCL. "We are providing valuable volunteer time and the organizations we work with give us an opportunity to be in the community to give back."

The adults in our program want to be active through the day with fun and interesting volunteer placements. Some of the activities include caring for birds and animals, cleaning, baking or sorting clothes.

Community Day Supports is also very active at their main location on Brewer Hunt Way. People are baking scones and treats at Tableworks, using technology such as iPads and Smartboards and exercising in the gym. If you have a volunteer opportunity contact Kelly at 613-254-9400 ex. 360.

"Alone we can do so little; together we can do so much." Helen Keller

Did you attend the Kanata North BIA summer BBQ?



If you did attend—thank you!

On a beautiful summer day, the Kanata North BIA hosted a BBQ in support of the adults in our care at Ottawa-Carleton Lifeskills. Entertainment, food trucks and games were all part of the event.

"We are very grateful for the support of our local business improvement association", says Jocelyne Paul, OCL Executive Director. "It is so kind for this group to give back to non-profit organizations in the community."

The funds donated will be used to support the men and women at Ottawa-Carleton Lifeskills. Many of the people in our care want to take a recreational program such as yoga, dance or take an art class. These funds allow someone to improve their quality of life and allow them to participate in a community activity. For many adults with developmental disabilities, the funds are not available for these types of life enhancing programs. Every donation makes a difference.

Thanks again!



Jocelyne Paul, Ottawa-Carleton Lifeskills Executive Director, accepts a cheque from Jenna Sudds, Kanata North BIA Executive Director. The Kanata North BIA generously donated proceeds from a summer BBQ to the people in our care at Ottawa-Carleton Lifeskills.

A few good men 100 Men Who Care support OCL

What happens when you mix 100 caring men, and three great charitable organizations together? You come out with a winning formula.

Ottawa-Carleton Lifeskills was one of the beneficiaries from a 100 Men Who Care event this year. Over \$1700 was raised in one hour to assist adults with developmental disabilities at OCL.

Many of the people in our care require special equipment. The funds donated will be directed towards the purchase of items to increase the quality of life for men and women at OCL.

The mission of the 100 Men Who Care is simple. Bringing together 100-plus men in Ottawa who care about local community causes and are committed to community service. Thank you to 100 Men Who Care from everyone at OCL!



Mark Snedden, OCL Program Director and Ottawa Mayor Jim Watson enjoy their time at the 100 Men Who Care event. Ottawa-Carleton Lifeskills was thrilled to benefit from the generosity of the men who donated. Thank you!

Meet Betty Ann

One of many amazing people at OCL

Betty Ann loves music! Each summer you can find her at Bluesfest enjoying tunes from various bands and artists. She really loves country music.

Betty also enjoys attending productions and concerts at the Centrepointe Theatre.

During the summer months, Betty Ann can be found relaxing in the sunshine on the porch at her Ivanhoe home. She loves catching some rays, lattes and ice cream. Diana, Betty Ann's cousin, visits her and they enjoy their time together.

OCL staff adore Betty Ann and her sweet disposition. She is known at the matriarch at the Ivanhoe home and shows her independence while moving around the house.

Everyone loves Betty Ann!



Betty Ann is enjoying the sunshine on the porch at her Ivanhoe home. Some of her favourite things include music, ice cream and the sunshine!

Out and about!

An essential part of life for individuals at Ottawa-Carleton Lifeskills is to be part of our community. We empower adults with developmental disabilities to experience all that our community has to offer. Kathryn, in our Home Share program, is enjoying her time at Parc Omega and Tracey, from our Castlehill home along with OCL staff member, James took a cruise through the Thousand Islands.



Turn the clock back to 1985!

On Sunday September 13th, Ottawa-Carleton Lifeskills held their **14th Annual Picnic**. It was a rainy day but that did not stop our 350 plus guests from enjoying the celebration.

The 80's theme was a lot of fun! We turned back the clock to 1985 - the year OCL was established.

Everyone celebrated the 30th anniversary of OCL and looked back on three decades of service. Family members enjoyed time with their loved ones. Staff got into the spirit by dressing

One of the best parts of the day was awarding four bursaries in honour of former residents. One bursary was created in her name after devoted by families, staff and friends. Over \$2000 was raised. The bursaries were given to residents and participants who are grateful to all of the donors!



2016



Top ten ways you can help Ottawa-Carleton Lifeskills



1. 'Like' us on Facebook and encourage your family and friends to like us too
 2. Become a monthly donor - \$10 or \$25 a month to help the people in our care!
 3. Make a one time gift to help the residents and participants at Ottawa-Carleton Lifeskills
 4. Host a fundraising event to benefit OCL
 5. Consider OCL when making your estate plans and drafting your will
 6. Encourage your community, church or workplace to make OCL their charity of choice
 7. Submit a story about your loved one & the impact OCL staff had on their life for our newsletter
 8. Name Ottawa-Carleton Lifeskills in your workplace matching gifts program
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