

In Touch



COMMUNITY LIVING UPPER OTTAWA VALLEY

The doors are always open on Petawawa Boulevard

Pastor Eric Strachan wants “everyone, who comes through the doors” of New Life Community Church to know a “church is not a building” but is about “people” including Jim Sullivan.

Jim, who prefers to be called Jimmy feels a sense of belonging in his spiritual home. Amanda Whittington, Jimmy’s Community Living Worker shared how Jimmy’s Church was deliberately picked with great thought. Amanda stated, “the atmosphere is always

upbeat, lively and things happen there” and indeed things are happening for Jimmy. Jimmy lived at Rideau Regional Centre for many years.

Jimmy becomes alive when he hears the sound of music because it generates something inside of him. His face and eyes light up as he reaches out to others. This is how Jimmy communicates. As Pastor Eric says “music is good for the soul”. Jimmy is proud of playing a hand instrument

alongside other church band members. There is an assortment of castanets, tambourines or maracas to choose from. People are getting to know Jimmy and genuinely want to be part of Jimmy’s life.

Laura, who has personally known loneliness understands how it feels. Jimmy and Laura have become friends, exchanged telephone numbers and now get together weekly. They look forward to walking

and scrapbooking together. Laura sees Jimmy helping her with the gardening at Church and sitting beside him on his swing at home. Of course, they don’t plan to miss any social events at Church such as the pot luck luncheon every 3rd Sunday, where Jimmy contributes too. Having a social role at his Church brings Jimmy respect and appreciation. The real strength of caring relationships is when people are connected to each other whether it is a relationship with family, friends or community.

Suzie Desjarlais, Jimmy’s Community Living Service Coordinator hopes that Jimmy’s involvement in his Church is the catalyst to developing a circle of people, who care for him, and have a vested interest in his well-being.

Jimmy, Laura, and Pastor Eric feel they have bonded as human beings. Pastor Eric believes in his heart he has been on a learning curve because “we have been the learners”. Pastor Eric concluded “there is always the assumption we belong” but it’s “something we continue to work at.” Jimmy has been a gentle teacher showing what this means and how every person should be valued and treated with dignity.



Jimmy Sullivan enjoying fellowship with Pastor Eric Strachan & Sheena Strachan

Advocates and Boys & Girls Club Wear Pink and Take a Stand against Bullying



Melissa Hoffman, Mike Santone Jill Davidson,
and Jeff Shand

Nancy shared she was regularly called *retard* at school, but she smiled as she recalled a friend who stepped in and stuck up for her.

In Mike's presentation to the students he also spoke to those who witness bullying. He challenged students to stop and stick up for the underdog, stressing "you are helping someone and you are making a difference" he went on to say "it can make you feel good" to help someone.

Bullying remains topical not only on the group's agenda but in every school and community in Canada. Collectively committee members admitted there have been times even after leaving school they felt bullied, but overall those at the November meeting eagerly piped up to say they feel proud of themselves and very confident in their community as adults.

Mike concluded, although he felt very nervous speaking out, the students invited him to attend a battle of the bands competition, and during this event in a more relaxed atmosphere one of the kids thanked him for coming to his school.

Mike concluded his presentation by telling everyone we all have to stick together to end bullying. "It's everyone's responsibility to take a stand against bullying".

Earlier this year the Pembroke & Area Boys & Girls Club contacted self advocates who belong to The Speaker's Bureau regarding a presentation at Rockwood Public School on the topic of Bullying, two members volunteered to speak about their personal experiences. Mike Santone and Mark Dougherty stood in front of all students in Grades 4–8 and spoke from their hearts.

Mike recently shared his presentation with his fellow Speaker Bureau Members and a healthy but somber discussion took place. Mike spoke about being singled out because he sometimes attended special education classes, "it made other kids think that I couldn't learn so they called me names like stupid and retard."

When asked how this made him feel, Mike responded "my feelings were hurt, and it also made me mad because I can learn and sometimes I can learn certain things quicker and easier than the bullies thought I would".

Mike shared with the students and his fellow committee members, bullying can have varying affects.

Some people feel lonely, isolated, mad, like crying, or lashing out.

There was no need to drive his message home amongst his peers, all members at the meeting had their own personal stories with bullies to convey.

**STAMP OUT
THE
R word**

Parent Advocate Joins Board



In addition the group successfully raised funds to build three fully accessible play structures.

With Easter Seals, Colleen continues to work in the educational sphere provincially, and after 20 years remains on the SEAC (Special Education Advisory Committee), with the Renfrew County Catholic School Board.

Colleen discovered when Mark was quite young she had a strong interest in making change happen, not just for Mark, but for other families, understanding that many parents didn't have the energy or time to devote themselves to provincial, county-wide, and local committee work.

Colleen credits her husband for giving his total approval for involvement at this demanding level.

"I'm a critical care nurse and now teach full time at Algonquin College, and believe many of the skills I've learned over the years in managing Mark's care have made me a more rounded person" says Colleen.

Colleen also emphasizes, through working with many families and children I've found perceptions of disability present many challenges, but for the most part we come out stronger, and I've met the greatest people by just getting out there to evoke change.

Colleen Whittier, with the support of her husband of 30 years has never backed away from an opportunity to act as an advocate for her son Mark.

Colleen joined the Board at Community Living this fall and has extensive experience with committee's, boards, and petitioning government for the rights of young people with disabilities.

Mark who is now 24, lives in an apartment the Whittier's built onto their home five years ago. Mark spent the better part of his first year in hospital with a dismal prognosis from doctors, had multiple surgeries and therapies.

One of those therapies required was intensive speech therapy which was not available in Renfrew County, thus a

multitude of campaigns began.

When Mark was a toddler, Colleen became involved with Easter Seals and the Child Development Centre run by Community Living.

The family also became involved with Special Services at Home (SSAH) for Mark and when Colleen petitioned SSAH for extra dollars and won, she recalls "this gave me the impetus to carry on".

Mark and many other children in the Whittier's home community of Deep River became the benefactors of Colleen's strong advocating skills when Colleen took the helm with a group of local parents to ensure swimming and horse back riding became a reality for their children.

Developmental Services Ontario

Your single access point for adult developmental services.

Since July 1, 2011 Developmental Services Ontario helps adults with developmental disabilities connect to services and supports in their communities. There are nine agencies across Ontario to serve you. DSO organizations are funded by the Ontario Ministry of Community & Social Services. Wherever you live in Ontario, we can help you or someone you care

for to connect with available:

- Residential Supports
- Caregiver Respite
- Community participation supports
- Professional and specialized services
- Person-directed Planning
- And, other supports to help people with developmental disabilities become more involved in their communities

Here is where you can find a Developmental Services Ontario Eastern Region (DSOER) office in your community. DSOER office is open from 8:30 am to 4:30 pm, PEMBROKE
303-77 Mary Street
Pembroke, ON K8A 5V4
(Monday, Wednesday)
Toll Free at: 1-855-376-3737
Or visit: www.dsontario.ca

A Message From Paul Melcher, Executive Director

The Social Inclusion of Persons with Developmental Disabilities Act (2008) is the legislative foundation for major changes occurring in Ontario's Developmental Services.

Developmental Services Ontario are regional based service access agencies responsible for assisting adults 18 years and over to complete a standardized application form for service; determining eligibility for Developmental Services and funding; and, completing a Supports Intensity Scale to determine eligible applicant's level of need. DSO Eastern Region also maintains waitlists and make referrals to service providers and consults with local planning tables when vacancies or new services and funding becomes available.

Developmental Services Ontario states the new application process results in person directed goals and planning.

Critical to confirming eligibility is the submission or completion of psychological testing which determines the presence of a developmental disability with onset before the age of 18 years. Many people will have records of such testing that occurred prior to making application, these can help expedite the application and eligibility determination processes. If testing has not occurred or records cannot be produced, the applicant is responsible to secure the necessary assessment. So if you have this information, tuck it away, it could very be helpful later on.

There is confusion over the transfer of wait lists upon the creation of Developmental Services Ontario Eastern Region (DSOER). Most came away from ministry/DSOER meetings believing that they had nothing to do if they were in services and/or had their names on the county wait list prior to the new access agency coming into place.

This is not the case! It's only eligibility, for those in service or on the county wait list who were transferred and are considered grandfathered for those particular services.

If your name was on the county wait list prior to July 1, 2011, you should confirm your name was transferred. You can do this by calling DSOER Ottawa (1-855-376-3737) or Pembroke (613-735-5522).

Even if your name was transferred, don't confuse being "grandfathered" for eligibility with other mandatory application requirements. You will still need to eventually complete the Developmental Services Application (DSA) and Supports Intensity Scale (SIS) prior to consideration for new services, funding or placement on other service and program wait lists. Don't be surprised, even if your eligibility was "grandfathered", when asked to provide documentation related to eligibility as part of the application process.

Grandfathered means some people in service and/or on the county wait list for certain services and programs, cannot be turned down or displaced out of these because of changes to standardized eligibility.

If your need or circumstance has changed from when placed on the county wait list or the new regional wait lists, it's important to update DSOER so they understand your need and place your name on appropriate service and program wait lists with the appropriate level of need identified.

Finally, don't hold off completing the application process, it takes time and it's better to be prepared than to wait for a situation where time is critical.

Another new responsibility of Regional Developmental Service Ontario agencies is to receive and determine eligibility for the Passports Program, starting in April 2013. In 2013 the Passports Program and the Special Services at Home (SSAH) Program, for those over 18 years of age, will merge. Currently the province is asking

families of "adult children" to only contact them should they choose not to have their SSAH information transferred to Developmental Service Ontario. Those who allow the transfer of information (by doing nothing) will receive the same level of SSAH funding in 2012 as they did in 2011. Those who instruct the ministry not to transfer their information will not receive funding in 2012.

The soon-to-be merged programs will maintain the three year application cycle and access to the Passports Program will eventually require you to complete the DSOER application process including eligibility determination, if that has not been determined. Re-application for time limited programs will continue to involve prioritization and waiting for available resources.

This is all occurring at a time of great crisis in Developmental Services: as the number of those without service continues to grow, those in service need more

assistance as they grow older and funding has failed to keep pace with the costs of providing existing services.

Ministry staff hope changes will better represent the level of need in the province to those allocating public funding, help determine those most deserving of available resources and achieve greater efficiencies.

With no new funding to Developmental Services announced or planned, ministry officials ask that you think of application and assessment as the first steps necessary to address your needs; so you're ready when new funding is made available once again.

Community Living suggests you join today with others across the province to tell our MPPs to allocate new service and support funding and end the crisis in Developmental Services now.



Neil Lloyd accepts his \$10,000 cheque from Lisa Edmonds of EGM Insurance for the Hole In One he sunk at Community Living's Annual Golf Tournament held in August, Gerry Mansveld, Tourney Chair and Carolyn Smith EGM look on.



Community Living Board Member Shelley O'Malley presents a cheque to CFB Petawawa Recreation Summer Camps. Funds are received from Renfrew County United Way and additional funds are raised annually at Community Living's Annual Golf Tournament to support inclusion.

One hour of your time can save up to 3 lives



Partners For Life

Community Living Upper Ottawa Valley is proud to announce our new partnership with Canadian Blood Services. As a “Partner for Life” organization, we have committed to giving back to our local community by participating in blood donor clinics.

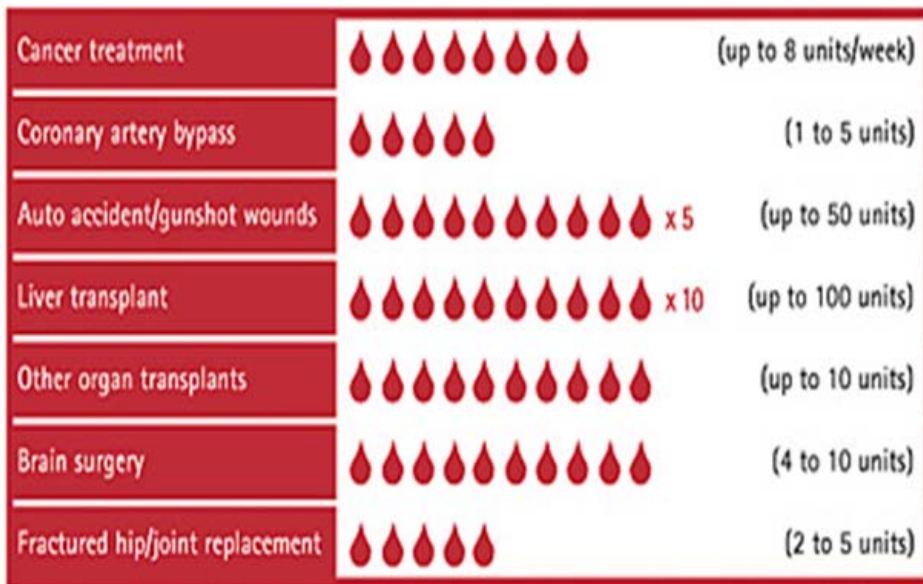
“Our pledge is to match or exceed our goal of 16 units per year” says Nancy Goodbody, a Service Coordinator with Community Living.

“This partnership came about due to our Social Capital Committee generating varying ideas on how we could contribute to our local community as an organization. When I met with the representative from Canadian Blood Services, she reinforced the ongoing importance and need for blood donations and suggested that historically Pembroke did not meet the targets for donations at the local clinic. Additionally, the statistics suggest that 52% of us will have a friend or family member require a blood transfusion but only 4% actually donate! That’s a motivating statistic, particularly when we consider that many of us have a personal story we could share on how a loved one benefitted from the donation of a stranger.”

Community Living would be delighted to not only meet but to exceed our target annually. Please help us save a life by participating in an upcoming clinic:

Pembroke Dec 13th 1:00-7:30 pm @ Germania Hall

HOW MUCH BLOOD DOES IT TAKE TO SAVE A LIFE?



Source: America's Blood Centers

How does it work?

To join our partnership and have your blood donation count towards our annual pledge, please pick up a form here at the office or you can register online at blood.ca/joinpartnersforlife

You will need to record our Partner ID# **COMM012332**



One family...Two Lifesaving Stories

Ashley Tubby is a Community Living Worker and a loving & proud mother to beautiful 15 month old daughter, Violet.

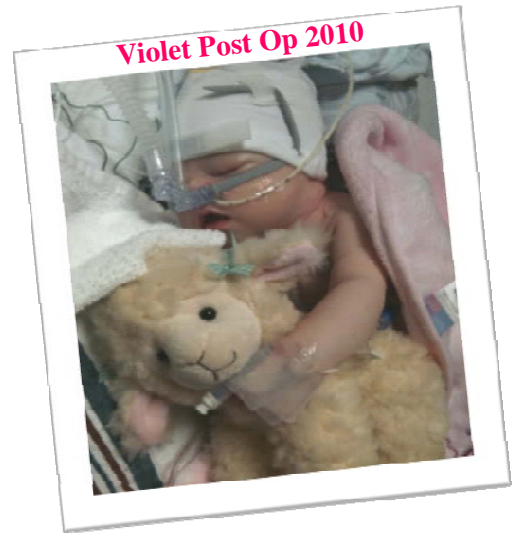
Shortly after Violet was born she began to experience ongoing health issues that were finally diagnosed at CHEO after much worry and advocacy on the parts of Ashley and her husband, Nathan.

Violet was diagnosed with serious cardiac health issues that required surgery and a lengthy hospital stay. Ashley kindly shared the following personal story to help others understand the crucial ongoing need for blood donation:

“Violet (6-weeks-old) required 2 blood transfusions after her open-heart operation, because her iron & potassium (and others as well) levels had dropped too low for her body to recover properly without them, plus they were constantly (every 4-6 hours) needing to take blood samples to check her blood gas levels (oxygen, co2, etc), and she was also losing blood through her chest tube (to remove excess fluid from around her heart). Both myself and my husband are the same blood type as Violet and could have donated, however the testing process determined that I was unable to donate because I was anemic, leaving only Nathan. Violet ended up needing her transfusion before they were able to get Nathan's screening completed.”

Ashley also shared how blood donations saved her own life as a child:

“When I was 3 years old I developed hemolytic uremic syndrome, and required a blood transfusion to survive, as my organs were shutting down.”



“I hope that our stories do help people to recognize blood donation as essential, we never know when we are going to need it” ~ Ashley



Violet's 1st Birthday 2011



The In Touch Newsletter is published by
Community Living Upper Ottawa
Valley, 894 Pembroke Street West,
Pembroke, Ontario, K8A 5P8
Phone 613-735-0659 Fax 613-735-1373

www.communitylivingupperottawavalley.ca

In Loving Memory of



Roy "Arley" BRASH

Roy Brash formerly of Petawawa, special grandson of the late Albert and Amanda Schurman, passed away peacefully at Mirimichi Lodge on June 18th, 2011, at the age of 69 years. Nephew of the late Allan & Leona Schurman,

Murray (wife Olive), Kitchener, and Helen Dament (late Wilfred).



"Charlie" Joseph Morris

Charlie Morris beloved son of the late Charles and Mary Morris died in his 83rd year at his residence in Petawawa, on August 31, 2011. Dear brother of Rita, Colleen, John & Helen, & predeceased by sisters, Crystal, Margaret, Mona,

Jeanette, Mary & by brother Leslie. Sadly missed by nieces Karen Boudens & Lisa Zadow.

New Board Member spent 31 years in Education

Shelley O'Malley was born and raised in Pembroke, received her degrees from Brock University and from the Ontario Teachers College.

After being a Special Education Teacher with the Renfrew County Public School Board for many years, Shelley retired as Administrator of Special Education in December 2008.

Shelley enjoys travelling and golfing. After a year of retirement, Shelley joined the Board of Directors, when approached by the nominating committee at Community Living.

Now in her second year on the Board Shelley has moved up to the Executive Committee.

One of Shelley's many responsibilities before retirement involved being the community liaison representative for the school board with special interest groups.

When delegates from Community Living pitched the idea of running

a Kids Belong Together Poster Contest in 2005 as a partnership with the school board Shelley accepted a lead role with Community Living staff and advocates.

Through the poster contest project Shelley got a sneak peek into the work being accomplished in the community for adults with intellectual disabilities, and became enthusiastic about seeing how children with disabilities grow into contributing citizens in their community.

"I felt by joining the Board at Community Living I could bring my expertise on behalf of all exceptionalities and, express my appreciation for the work being

done in the community."

Shelley is married to Brian, and has one son Sean a Golf Professional currently at Algonquin College in Ottawa in the Pre-Service Firefighting Program.

