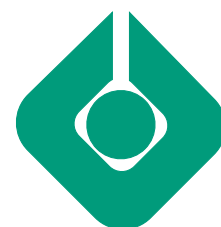


horizon

newsletter



Ongwanada

A quarterly newsletter for Ongwanada's families, staff, volunteers, and Home Share providers.

Fall 2014



support respect **choices**

New Executive Director Announced

Since Bob Seaby's announcement in May regarding his retirement from the Executive Director's position, there has been much speculation on who will succeed him. On September 18, 2014, a memo was released by Allan Twohey, President, Board of Governors to all staff announcing the appointment of Mr. Wade Durling. Mr. Durling will assume the role of Executive Director effective December 1, 2014.

While currently the Chief Operating Officer at Bethesda Community Services, Mr. Durling has had an extensive career in developmental services. Past positions include that of Assistant Executive Director of Regional Residential Services Society in Dartmouth, Nova Scotia; Executive Director of Queens County Residential Services in Charlottetown, PEI; and Executive Director of Cochrane Temiskaming Resource Centre in Timmins, Ontario.

Mr. Durling has also been actively involved in a number of provincial initiatives specific to developmental services including serving as Past-Chair for the Ontario Association on Developmental Disabilities (OADD), Vice-Chair for the Provincial Network Human Resource Committee and Treasurer of the Great Lakes Society for Developmental Services of Ontario.

Please wish Mr. Durling every success in his new role here at Ongwanada.

Ongwanada receives generous donation from Legion



Beverley McCormick, President of the Ladies' Auxiliary, and Gordon Rittwage, President, Branch 631, present Bob Seaby and Allan Twohey with a cheque for \$7,100

Clients and staff at two Ongwanada community residences can now benefit from the safety of two new bath lifts thanks to a generous donation from the Royal Canadian Legion.

On August 27, the Legion presented a cheque for \$7,100 from the Ontario Provincial Command Branches and Ladies Auxiliary Charitable Foundation to Ongwanada to purchase two new bath lifts.

"The new bath lifts will benefit the 12 clients living in these two homes and will make transferring the clients in and out of the bath more safe while reducing the physical stress on staff," said Allan Twohey, President of Ongwanada's Board of Governors. "Ongwanada recognizes both the right to personal privacy and the responsibility to ensure the safety of each client while they are bathing and bath lifts help ensure both of these."

Twohey then turned his attention to the impact the Legion not only has on Ongwanada but on the hundreds of thousands of ordinary citizens

across Canada in which the Legion helps every year.

"Since 1926, the Royal Canadian Legion has been responding to community needs and today is one of Canada's largest community service organizations," says Twohey. "Through its community service program, the Legion donates approximately \$6.5 million and 4.3 million volunteer hours on average each year to charities in Canada."

The Royal Canadian Legion has been a long-term supporter of Ongwanada and has contributed over \$70,000. Other items purchased over the years from Legion donations range from physiotherapy and occupational therapy equipment to recreational items for clients, such as the wheelchair swing in the Joseph Dominik Sensory Garden.

"I'd like to personally thank the Legion for their ongoing support to Ongwanada," declared Twohey, "and for the positive difference they make in the lives of our clients and their families."

Ongwanada's New Pharmacy

The Ongwanada Pharmacy has been using its current blister pack system since 1997 with the only change made to the system being the introduction of colour coded reusable sleeves six years ago. Although changes to the method and product have been limited, the volume of work has continued to increase as services are not only provided to all residential, respite, and home share clients, but to staff, families, and members of the community.

As more space was needed, a task force was put in place to explore ways to increase the efficiency of the current space in Pharmacy. The task force found an automated inventory management system that effectively stores all of the inventory in much less space and increases efficiencies in the way medication is dispensed.

This summer, Ongwanada's Pharmacy installed an Automated Tablet Packager (ATP) which will reduce errors of omissions in the residential settings (75 per cent of all med incidents), and reduces space requirements for the Pharmacy by eliminating the need to store blister packs. The new system provides a convenient method for preparing medications for take out/LOA/emergency respite visits, while reducing space required in medication cupboards/rooms in community residences/program areas and home care settings.

The Automated Tablet Packager also frees up technician time in the dispensary (i.e. no filling of blister



packs, dosettes/compliance packs, eliminates the need for handwritten labels on blister packs, and eliminate the need to do "punch backs"). In addition, the ATP will reduce infection control risks both at the community residence and at the Pharmacy. The ATP is also environmentally friendly (i.e. packages can be shredded and recycled).

In the fall, Ongwanada's Pharmacy completed the second step in the project by installing an automatic Beacon Inventory Management System. This system allows for a more efficient use of space in the existing pharmacy area with decreased inventory costs and increased inventory management including management of expired medications.

Overall, both of these state-of-the-art systems will improve the safety and efficiency of the Pharmacy, will maximize the space available, including allowing for an area to be designated as a private counselling area. It will also create new opportunities for volume and attract more customers to the Pharmacy.

The introduction of the ATP system in the summer has already saved a significant amount of technician hours which can now be used to prepare smaller quantities of the medications at more frequent intervals and at the same time allowing for greater revenue generation.

The installation of the Inventory Management System in the fall has solved the space issues. It has significantly increased the efficiency of the department, as 40 per cent of tech time used to be spent retrieving drug products, and it has enabled the pharmacy to have improved inventory management which has translated into decreased inventory costs, improved inventory management, and improved management of expired medication (cost saver). The inventory system offers another level of safety with its barcode verification.

If you are at the Pharmacy, be sure to take a peek of the new Pharmacy through the pick-up window.

Ongwanada's new Asset Management System

Ongwanada's most recent Information Management initiative is the development of an asset management database. This database was developed to ensure that all organizational capital assets, client assets and medical assets are tracked and managed to ensure that preventative maintenance is completed on appropriate equipment as scheduled. Managing assets in this way ensures that the requirements of both Accreditation Canada and Services and Supports to Promote the Social Inclusion of Persons with Developmental Disabilities Act, 2008 are being met.

Accreditation Canada requires that: "...an effective preventative maintenance program be in place for all medical devices, medical equipment, and medical technology".

Ongwanada's Kinsmen Rehabilitation Centre celebrates 40 years of service

On Thursday, October 9, 2014, Ongwanada's Kinsmen Rehabilitation Centre (KRC) invited the public into its facilities to celebrate its 40th Anniversary.

The event, entitled "Celebrating 40 Years of Dedication and Innovation", featured guided tours of the facilities, interactive games and presentations, along with photos and slide shows. Guests were treated to learning about the KRC's past and present initiatives.

It is important to note that not all developmental service agencies have similar services to KRC, in fact – most do not. Funding for re-

Services and Supports to Promote the Social Inclusion of Persons with Developmental Disabilities Act, 2008; Section 25.2 requires that:

An agency "...has policies and procedures on the following: inventory, care and maintenance of the personal property owned by person with development disabilities who receive services and supports from the service agency."

In order to ensure that the asset database is accurate and up-to-date, each asset is assigned a tag, with a unique asset number assigned by purchasing and procurement upon proof of receipt of the goods.

This technological advancement is just another way in which Ongwanada is putting measures into place to protect client assets.

habilitation usually ends when an individual with a developmental disability becomes an adult, which makes Ongwanada's KRC fairly unique.

"We all know that needs do not end when one reaches the age of 21, nor is it impossible for people to continue to develop new skills," says Jennifer Sivilotti, Physiotherapist. "For adults with a developmental disability, Ongwanada offers continued involvement in occupational therapy and physiotherapy throughout their life, despite their age or ability."

Congratulations on 40 years!

Long-standing staff member retires



On Tuesday, August 26, a retirement celebration was held for Shirley Hale who retired Friday after 39 years at Ongwanada. Beautiful speeches were given by Bob Seaby, Alastair Lamb, Karen Sligh, Lori Johnson, Darlene Huntley, and Shirley, herself.

Two plaques were given to her - one featured the Joseph Dominik Sensory Garden, while the other held some humour as it featured the typewriter, which fortunately retired before Shirley.

A beautiful cake in the shape of that typewriter was created for the event by Amy Wartman.

Congratulations Shirley on your retirement! All of the best to you in the years to come!

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Balsam Day Program returns from summer break

On September 8, Balsam opened its doors once again! We are excited to welcome Kristina Richmond and Julie Posthumus to the program staff complement this year; they will be joining Angela Kellar, Yvonne Weese, and Diane Seguin-Broughton. As well, a couple of new clients are transitioning to the program area and I would encourage you to pop around to say hello!

The theme of this year's programming is wellness and we are offering a number of classes that foster self-care skills, active movement, and, most of all, FUN! Important to note, we are hosting a couple of exciting new programs this year in-

cluding: Therapeutic Paws, Sensory Science, and the Music Mates Accessible Music Program.

Reminder: Balsam runs officially from 8:00 a.m. to 4:00 p.m.

Key fall dates:

- November 17: Program closed for Planning;
- December 12-26: Program closed for Christmas holidays.

For any further information or questions on the program contact: Nicole Bobbette and Matthew Sinclair, Community Services Supervisors or Ronna Dillon, Coordinator of Vocational and Community Services.

ORC Day Program clients return to their swing



In the fall of 2013, the ORC day program purchased a leaf-style swing for clients to use while at day program. Clients are able to lie down in the swing and take in the activities in the room or look out the

window at what is happening outside.

The features of the swing are that it can be moved side to side, forward and back, or in gentle circular movements depending on the client's preference. Staff report that the clients enjoy the swinging motions and the comfortable positioning the swing offers. The movements provide sensory and vestibular input to help relax and calm clients, stimulate smiles, and interaction, as well as providing an alternative support from wheelchairs and seating that is comfortable and safe.

The leaf swing has been so successful that there were line ups to get to use it and a second one was ordered.

Auxiliary Strawberry Social a success, once again



The Strawberry Social was held on Wednesday, June 25, 2014, and as it is every year, it was a great success.

With clients, staff, friends, and family in attendance, everyone enjoyed the delicious strawberries from FruitionFarm along with some ice cream from Reid's Dairy, and cake. The event raised a grand total of \$917.

Thank you to everyone who supported this event.

Ongwanada Night with the Kingston Frontenacs

On Sunday, February 22, 2015, the Kingston Frontenacs will be hosting an Ongwanada Staff Appreciation Event at their 2:00 p.m. game against the Saginaw Spirit.

Each staff member who would like to attend will receive a free ticket, and any one else who is associated with Ongwanada can receive a ticket at a discounted rate of \$15.

To order your tickets, contact Eric Ebenbauer at 613.542.4042 x6052 or eric@kingstonfrontenacs.com

All are welcome!

Client Stories

Trip to Ontario Science Museum

On August 7, the group from Grosvenor hopped on the bus and pointed it towards Toronto as they were headed for the Ontario Science Museum in Toronto. On the way, the group stopped at a little park for a snack and drink, but then got back on the road.

Both of the clients were excited and enjoyed looking at all of the displays and listened to a guitarist play. Sohier rocked her socks off and sang along. She also participated in a lighted experiment, which allowed her to light up lights on her own. The other client pushed buttons to make bells and whistles sound. She was also able to maneuver levers to activate objects and items to move in harmony with each other.

The ladies and staff sat out on the terrace of the museum and had pizza for lunch before travelling to Pickering to enjoy an amazing dinner at the Mandarin Restaurant. Sohier and the other client both tried some different foods from the buffet. Shortly thereafter, they headed for Kingston with everyone, including staff, feeling quite full and exhausted after a fun-filled day.

These ladies seemed very pleased with this outing and more of these kinds of adventures are being planned for the future.

Cottaging on Beaver Lake

August 13, 2014 was our day to venture to paradise - our destination being a nice cottage on Beaver Lake. Client, Wendy (Mowat), and staff, along with a client and staff from Robinson, packed up, and away we went. Nothing but rain and wind in the forecast for the next two days, but that wasn't going to stop us!

First stop was a nice big lunch out. Then a nice country drive to Beaver Lake. Upon arrival to the cottage, we unpacked, then relaxed with our feet up. The weather continued to be stubborn grounding us inside. We decided to put a movie on, and worked on some arts and crafts while Wendy and Darlene played some board games.

The weather decided to give us a break and allowed us to go outside in the evening just in time to start a bonfire. Out we went, all snuggled in our chairs with blankets, only to

have mother nature give us a hard time again. Down came the rain, putting our fire out, and off we had to go back inside the cottage.

After a good night's sleep, we woke up to another dreary, dark, wet day. The rain continued on and off most of the day, but at one point, the sun came out briefly, which we used to head outdoors to enjoy the water view. There, we watched two fishing boats in front of the cottage catch fish after fish. Also while enjoying the lake, Wendy spotted something in the water moving. Upon investigating, we found out it was an otter.

Despite the rain, it was still peaceful and quiet!

Another thanks to Roy and Wendy Curlew for opening up their cottage for us. Plans have already been made to hit the cottage again next summer, hopefully with mother nature in a better mood!

A little about Christine from Barclay



On the left is Christine sporting a lovely Blue Jays hat, which is her favorite team.

Christine currently lives at Barclay Community Residence and loves all sports and any games. She especially likes to play hide and seek with the nurses and CSWs, but the game is more her hiding before jumping out to try and scare the workers then actually playing the game of hide and seek. You always have to be on your toes, you never know which place she'll be jumping out.

Client Stories

Another group cottages at Beaver Lake

The rainy weather we had on July 7 was not enough to stop Marian and Darlene from heading to Napanee to pick up Sue and a lady from Robinson for an overnight trip to a cottage on Beaver Lake. Once everyone was loaded and in the van, we headed to Wendy's to pick up lunch. By the time we arrived at the cottage the weather was starting to cooperate. We went in and made ourselves at home. Marian was quick to pick out her bedroom!

After we had lunch we ventured outside to enjoy the view of the lake. Unfortunately Mother Nature had other plans as the sky opened up and began to storm. The ladies got comfortable in the living room and watched Sydney White and School of Rock. The storm came to a close right before dinner.

Once it dried up we were able to get

a bonfire going and roasted marshmallows and watched the fireflies. After a good night's sleep and big breakfast we headed down by the water. We were able to see some turtles sun bathing on a log, loons and ducks swimming, fish jumping, and a heron stopped for a rest. We decided to try our hands at fishing and quickly caught a small sunfish. He was happy to be put back into the lake though.

After lunch it was time for us to pack up. We went for a drive before heading to Denny's in Napanee for dinner. It was a wonderful trip, lots of memories will be shared. We would all like to thank Wendy and Roy Curlew for opening up their cozy cottage to us. Darlene and Sue will be heading back to Beaver Lake in August with two more ladies.

Baxter gentlemen enjoy a week at a cottage on Dog Lake

All five gentlemen from Baxter Community Residence went and enjoyed a week at a cottage on Dog Lake in July.

The week was spent enjoying smores and spider weiners at the bonfire every evening, sitting on the amazing limestone patio in front of the cottage to get the best view of the sunsets, and lots of BBQ lunches and dinners.

They took a day trip one of the days to Smith Falls where they enjoyed a picnic at a chip truck that is quite the hot spot due to its yummy fries!

Everyone seemed to enjoy the week and the crew is already planning another trip for next summer - a new Baxter tradition!

Grosvenor ladies attend Irish/Scottish Festival

The ladies of Grosvenor were busy again on the second weekend of September when they attended the annual Irish/Scottish Festival at Centennial Park in Trenton. With the Grosvenor ladies' love of music and dance, the group of them waited for the big weekend to arrive. They had been once before and had been looking forward to it for weeks.

Of course, when the Saturday finally arrived, it was raining hard, but that didn't stop them, because, when it rains... go shopping! A stop at Quinte Mall for treats and a look

around was entertaining, and when the rain stopped, they headed off to the Park.

From the moment they arrived they could hear the bagpipes playing. Sohier immediately started to shimmy in her chair, and Bethany began to smile. It was lunch time when the ladies arrived, so they enjoyed some yummy Scottish pies with gravy, ribbon fries, and free samples of McDonald's smoothies.

After lunch, they were off to watch the Irish dancers kick up their heels, and the Highland dancers do their

sword dances and flings. There was a constant supply of music, whether traditional Irish, bagpipes, or Celtic bands. Two of the clients sang along to the Irish pub songs.

For those who enjoy the Highland style of games, there was caber toss, hammer throws, and sheaf toss competitions for men and women -- the entertainment never stopped and it was all FREE!

It was a great day and they were all sad to leave, but they will be back next year!

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newsletter

A quarterly newsletter for Ongwanada families, friends, staff, volunteers, Board members, and Home Share providers.

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Our mission

Ongwanada is dedicated to supporting people with developmental disabilities and their families, responding to their evolving needs, respecting and advocating for their rights, and increasing their opportunities to have choices and make decisions.

Our role

Ongwanada provides services and support for people with a developmental disability in Kingston and Eastern Ontario. Programs and services are delivered at three sites in Kingston, in community residences, and other homes and offices in the region.

Next edition: January 2015



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United Way Fall BBQ & Bake Sale and 2014 Campaign

Each year, Ongwanada's United Way Committee holds various events throughout the year to raise money for the KFL&A United Way. Each year, the committee sets a goal and without fail, they reach it thanks to the support of staff, clients, and members of the community coming out and supporting such events.

Recently, on October 8, 2014, the committee held its Annual Fall BBQ & Bake Sale and raised \$593.60! The committee would like to thank everyone who came out and bought a BBQ lunch or baked goods and to those who donated baked goods to be sold in the bake sale.

The total raised so far in the 2014 Campaign is \$1200.60 which puts the committee well on its way to reaching its goal of \$12,000.

Future events and initiatives that will help them reach their goal include:

- Pancake Breakfast and Small Silent Auction: October 24, 2014
- Employee Payroll Canvassing



Photos (clockwise from top left): Jessica Waller serves up some delicious treats at the Baked Good table; Rachel Brace and Brad Shoniker take Dave Woodcock's BBQ lunch payment; and, Bob Seaby mans the BBQ and serves Lori Burt her lunch.