

Horizon

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



Client Steve and his Best Buddy Debra are an example of the friendships that can be made through the program

Ongwanada Rocks at Brandees

It will be a night of friends, fun and great music as Ongwanada invades Brandees Restaurant and Lounge on Saturday April 4th for the second annual Ongwanada Rocks benefit concert.

Local band, "The Boneyard Doggz", will set the tone for the night of fundraising with their unique mix of blues and classic rock. The band includes two Ongwanada staff members, Jeff Gaulton from

Adult Education and Kemmal Kalijundic from Maintenance. They have graciously offered to donate their time in an effort to raise money to directly support and make an impact on the lives of Ongwanada clients. The proceeds will be used to purchase new equipment and fund client activities.

"Last year we had a lot of fun and raised money as well, it was a great experience

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March Marks Best Buddies Month

Once you spend a few minutes with Ongwanada client Steve, it is easy to see why, for individuals with intellectual disabilities, the Best Buddies Friendship program succeeds.

Established in September

1996, Kingston's chapter of Best Buddies Canada began when Queen's University paired with Ongwanada to support individuals with intellectual disabilities. Students were introduced to Ongwanada clients with hopes that in time a mean-

ingful friendship would evolve between them. The program hit the ground running as the chapter was the largest in Canada in its first year with twenty "buddy pairs".

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Program Profile: Psychological Services

WHAT IS PSYCHOLOGICAL SERVICES?

Psychological Services is a resource for Ongwanada staff, families and caregivers in responding to clients with emotional, psychiatric, behavioural, or learning problems that interfere with their quality of life.

The department consists of three psychologists and two psychometrists and provides a variety of psychological services to persons who have a development disability, their family and their care providers. The program includes comprehensive assessments, individual and family therapy, and consultation services. First, various types of assessments are conducted then recommendations stemming from the assessments are made. The assessments can contribute to the development of a behavioural support plan. While the department's role is primarily consultative, counseling is provided to clients both individually and in small groups.

THE REFERRAL PROCESS?

Referrals to Psychological Services are received internally through a number of Ongwanada's departments including Residential and Client Services, Planning and Vocational

Services, Ongwanada Medical Associates, Community Behavioural Services. Referrals can also come externally from a variety of community sources through the Support Plan Review Committee. The persons referred for psychological service cover the life span including young children to seniors living in the community.

While the reasons for referrals vary widely, the presenting problems that are addressed through individual intervention can include a number of items such as behavioural and psychiatric disorders, mood and anxiety disorders, personality disorders and marital and family conflict. Referrals are coordinated through the Support Plan Review Committee and are accepted from the client, parents, physicians, teachers, and other professionals and agencies. The family and client must be notified before a referral is made.

WHAT IS THE ROLE OF CBS?

Community Behavioural Services (CBS) is an important piece of the puzzle as it assists parents, guardians, caregivers and teachers of individuals with developmental disabilities in developing the skills and capabilities of these individuals as well as assisting with challenging or inappropriate behaviours. CBS uses the mediator model in which someone in the client's natural environment is trained. Occasionally, small group sessions are arranged for clients and families with similar needs.

Persons referred for CBS must be at least two years of age, at risk for or with a developmental disability, who live with their families or another caregiver in the community, and reside in Frontenac County.



As the mercury rises and the days become longer, its time once again to think about putting your green thumb to work.

Ongwanada's community garden opens for the season on May 18th and plots of land are being made available for the public's use.

The garden is an opportunity to grow your own food and get involved in your community. For more info call 548-4417 ext. 2223.

Ongwanada to Take Part in Pitch-In Kingston



Once again Ongwanada will be doing its part to help clean up Kingston after a long winter. The organization has registered with the Kingston Chamber of Commerce to clean up the areas surrounding all three of its administrative buildings.

For more information on Pitch-In Kingston or to register yourself log onto www.kingstonchamber.on.ca

Concert; (cont from pg. 1...)

and it only made sense to try it again" says lead singer Gaulton. "We hope that this year even more people can make it out to the show and that we can raise even more money for our clients."



The Boneyard Doggz perform a benefit concert for Ongwanada in 2008 at the Montreal Street Legion

Brandees has graciously donated their space to Ongwanada and also have offered to host a silent auction table with all the proceeds going towards clients. We are in the process of canvassing local businesses for donations for the auction table and would gladly accept any donations from Ongwanada staff members, volunteers or friends.

It looks like it will be a

fantastic show that everyone can get excited about. There has been amazing support from the community already and local radio personality Candace Drover from 98.3 FLY FM volunteered to be the emcee for the night.

Tickets for the benefit concert cost \$5 in advance or \$7 at the door. They are available at the Ongwanada switchboard and at Brandees.

Ongwanada Honours Phil Koven

Former Board of Governors President Phil Koven will be memorialized during a ceremony on April 17.

In a unanimous decision, the Board voted to honour Koven by naming its meeting space at the Ongwanada Resource Centre, the Phil Koven Memorial Board Room.

Koven passed away late last year after a battle with cancer at the age of 68.

Former President Dwight Boyce will speak to Mr. Koven's years of dedication during the ceremony which will also include the unveiling of a plaque to be hung inside the board room.

Koven joined the board in 1981 and served two terms as President before retiring in 1998. He is remembered as a man of great vision and passion and was always willing and able to light up a room with his humour.

Lace Up Those Walking Shoes...



Ongwanada is calling all clients, staff, volunteers, family and friends to join our team for the 11th Annual Mayor's Walk for Volunteerism on April 19th. All pledges gained by walkers on the Ongwanada team will come back to benefit Ongwanada clients, as well as valuable volunteer programs and supports in our community. For more information contact Volunteer Services Coordinator Paula Smith at ext. 1163.

describe her buddy, "Steve is such a warm-hearted person, and so friendly. He knows everyone in town, and he is the only person allowed to call me Debby."

Steve and Debra have been friends now for three years. Every program year, October to April, they get involved in four large Best Buddy group activities and also meet once every two weeks for a full day of fun. Debra and Steve specifically enjoy going to the movies, bowling and their yearly visit to the Wolfe Island Corn Maze (pictured on page one).

The Best Buddies program helps individuals gain valuable life experiences, leadership skills and above all, establish meaningful friendships. Those friendships are important to the development of every individual not just Ongwanada's clients; it eases everyday challenges and makes one feel like an essential part of the community.

For more information about the program contact Ongwanada's Volunteer Services Coordinator Paula Smith at 613-548-4417 ext. 1163. March marks Best Buddies month in Canada; celebrate by becoming a Best Buddy!

Buddies; (Cont. from Page 1)

"The program really is a true success story" says Ongwanada's Volunteer Services Coordinator Paula Smith. "The program gives clients the chance to have experiences which most people take for granted - going for coffee, out to a movie, or simply enjoying the company of a good friend."

The connections that are made through the program have benefits to both participants, as Steve and his buddy Debra, gain

real meaning from their special friendship. Steve enjoys the opportunity to be more independent and to spend time a part from family members and paid care providers while Debra enjoys contributing to the larger community, building connections beyond the university.

When they are together it is not hard to see why both continue to be involved in the program. Debra's face lights up when asked to

Speaker Brings Bullying Message to Kingston

Mike Neuts has devoted his life to the fight against bullying and he brought that message to Kingston in March. Ongwanada hosted Mr. Neuts in Kingston to speak on the dangers of bullying and how it can carry over from the school yard to the work place.

Mike made make three separate presentations at the Ongwanada Resource Centre on March 25th. The sessions were offered free of charge to the public.

When Neuts speaks about this subject in Canada, people listen. He has first-hand knowledge of how bullying can destroy a family. In 1998 Mike's son Myles was found hanging by his shirt collar

from a hook in a bathroom stall in his elementary school in Chatham Ontario. A few days later the 10-year-old died in hospital. In the following days police turned the school upside down looking for answers. A coroner's inquest heard Myles had been involved in a dispute over a \$10 bet; although police questioned two sixth-grade boys about their part in the incident, no charges were laid.

Since that day more than 10 years ago, Mike has delivered his message of hope to thousands of students as well as many adults across the country. Mike has become an advocate for youth, speaking out against bullying, standing up for one another and peace. His goal is to provide educa-

tion, support and structure to the young people in hope of ultimately preventing another bullying-related tragedy.

This was session was a great resource for parents so that they may be better able to spot the signs of bullying in their children's lives. For more information on Mike Neuts and his organization log onto www.makechildrenbetternow.



Volunteer of the Year Named in April



As the famous saying goes, "those who can, do. Those who can do more, volunteer." It's that time of year again for Ongwanada to recognize those who "do more" for our organization – our volunteers.

The Volunteer Services Department is once again hosting Ongwanada's Annual Volunteer Appreciation night. It will be held on April 30th, 2009 at the Resource Centre. Staff, clients, volunteers, family and friends are asked to nominate a volunteer who has gone above and beyond this year and is deserving of the recognition. The winner will be named Ongwanada Volunteer of the Year – 2008.

"Our volunteers play such a vital role in our organization" says Volunteer Services Coordinator Paula Smith. "They give so freely of themselves and ask for nothing in return. Their gift of time is very meaningful to our clients."

Last year, Nyree and Marisa Sac; a mother-daughter team at took home the prestigious award.

Wellness Committee Issues “Cross Canada” Walk Challenge to Staff

Ongwanada's Workplace Wellness Committee is ready to put the rubber to the road. To kick off 2009 in grand fashion, the recently formed Committee put forward a “Cross Canada Walk” challenge to staff.

The premise is simple, Ongwanada staff members form “walking teams” to compete against each other. Beginning on the Victoria Day long weekend in May the teams will begin logging their “walking distance” with the aim of surpassing the 7,500 kilometer mark (roughly the distance to cross Canada) before Labour Day. The five teams that log the most kilometres over the summer will each win one Nintendo Wii to be placed in the work site of their choosing!

Workplace Wellness Committee Member Kevin Shogren explains why the Nintendo Wii was chosen as the big prize.

“Several community residences have already purchased the Wii and they have proven to be a huge hit so far. They offer staff the chance to fit in physical activity during their working hours, but also allow clients to get involved as well. It's a great chance for clients and staff to have fun together while promoting an active lifestyle. These games will allow the

spirit of physical activity and health to carry on long after our walking challenge has come to an end.”

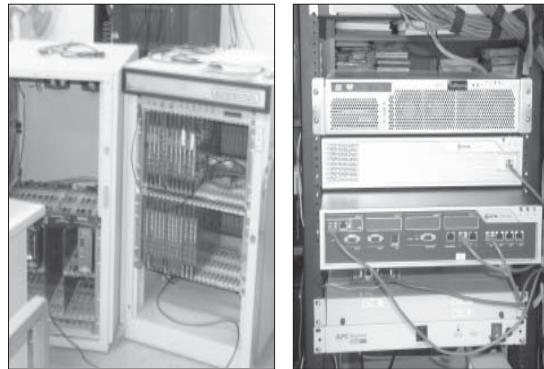
A number of secondary prizes will be made available as well for teams that miss out on the grand prize. Secondary prizes of healthy cookbooks and exercise DVDs will be given to teams that weren't able to finish in the top five, but put forward a great effort none the less.

In the meantime, the Wellness Committee is doing a lot to help get everyone warmed up for a summer of outdoor

walking activity. Committee member Cindy Chappell, who is a certified group fitness instructor with the Kingston Family Y, is holding a weekly fitness class at the Resource Centre to help interested staff members get prepared for the “Cross Canada Walk” Challenge.

The Wellness Committee is committed to providing opportunities for healthy behaviours in order to help staff members live a healthy and fulfilled lifestyle so that they may perform at their best to serve people living with a developmental disability.

Out With the Old...



The end of January marked the end of an era at Ongwanada. The organization replaced the decades old telephone system with a new IP based system that merges seamlessly with Ongwanada's computer network. Southeastern Tele-

communication Services pulled out the remnants of the organization's old telephone system once the new system was in place and fully functional.

After years of service, the old, outdated system didn't receive much of a final farewell. It was pulled out of the basement, loaded into the back of a pickup truck and left for scrap at Kimco Recycling Services on John Counter Boulevard.

Qmentum, An Accreditation Update

In an effort to ensure the highest quality of client care, Ongwanada is once again in the process of renewing its status as an accredited facility through Accreditation Canada. Accreditation helps organizations examine and improve the quality of service they provide to their patients and clients.

Accreditation Canada's process is both rigorous and thorough. It consists of a self-assessment, an on-site survey, and follow-up action for improvements. Organizations examine all areas of their service, obtain advice from peers and involve partners and clients during on-site interviews.

Ongwanada's six Accreditation Teams submitted their assessments to six sets of standards including: Managing Medications, Diagnostic Imaging Services, Long Term Care Services, Infection Prevention and Control,

Effective Organization and Sustainable Governance.

Accreditation Canada calculated the results and returned a Quality Roadmap for each Team. The Road Map indicate the priority ratings as Red Flag, Yellow Flag or Green Flag. Ongwanada will review these priority ratings to determine if action is required to address these areas.

As part of the new Accreditation process, in early February 2009, all Ongwanada staff were provided with the Worklife Pulse Tool and the Client Safety Culture Tool. Through these surveys, staff provided their assessment on how well Ongwanada is doing in the areas of patient safety and work life. All responses were submitted by staff anonymously and entered into the Accreditation Canada database. Results of these surveys will be shared with the staff and other stakeholders in the near future.



Province Mandates Increase In Capacity

With tough economic times on the horizon, the Province is asking Ongwanada and other developmental service agencies to do more. In September 2004 the Government of Ontario announced plans to transform the system of developmental services and part of that plan includes a movement to increase community capacity by 2010. Simply it means that Ongwanada and other similar agencies must increase the number of

clients served without an increase to funding. To do this, Ongwanada is being asked to redirect some of its current resources.

As part of the efforts to increase community capacity the Province has targeted three separate areas, residential services, community participation and vacancy management. Within residential services, agencies in

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Editor: John Pereira
jpereira@ongwanada.com

Mailing Address: The Editor,
Ongwanada Horizon, 191
Portsmouth Avenue,
Kingston, ON K7M 8W9

Distributed under the Canadian Publications Mail Product Agreement #40110187

Our mission

Ongwanada will support people with developmental disabilities and their families, respecting their rights, increasing their opportunities to make choices and decisions about the quality of their lives, and responding to their changing needs.

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.

Capacity; (Continued from Page 7...)

the South East Region must serve 24 new clients within their existing budgets, nine of them in Frontenac, Lennox and Addington (FL&A).

Under community participation supports MCSS expects our region to serve 22 new individuals, seven in FL&A.

The third and final area that the Province has targeted is vacancy management with five individuals to be placed in vacancies in the South East Region, two of which will be placed in FL&A.

As well, MCSS also expects agencies in this area to identify two percent of their existing administration budget that

could be redirected to support individuals with a developmental disability. Ongwanada has been left with a number of options to answer this request, including working with other agencies to consolidate administrative functions.

Ongwanada staff are currently meeting with Ministry officials and other developmental service agencies in this area to discuss how to best move forward with the plan and meet the targets set for Frontenac, Lennox and Addington. Officials hope to soon have a community plan in place outlining how agencies can meet these difficult targets.

