



# horizon

## newsletter



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

Summer 2013



support respect choices

## 2012-2013 Annual Report revealed at Annual Meeting

Ongwanada unveiled its 2012-2013 Annual Report at its 42nd Annual General Meeting on Tuesday, June 18 at the Ongwanada Resource Centre. The theme of the report is *Our Culture of Excellence*.

The report highlights the organization's achievements on the topics of ethics, environment, and education and features Ongwanada's success with Accreditation Canada. Ongwanada earned Accreditation with Exemplary Standing from Accreditation Canada, an independent organization that assesses agencies based on national standards of excellence. Staff met 100 per cent of the Required Organizational Practices and 97 per cent of Service Standards, as outlined by the Accreditation program.

"Our Annual Report highlights our Accreditation achievement, but

it also speaks about our efforts to revise our Code of Ethics, to reduce our carbon footprint and save on energy costs, to invest in our community residences, and to give staff the education they need to succeed in their jobs," said Jan Spencer, President of Ongwanada's Board of Governors. "With the support of our staff, clients, families, and community partners on these projects, Ongwanada is poised to remain a true leader in the developmental services field."

Executive Director, Bob Seaby, said that, while the Accreditation decision was welcome, Ongwanada staff will not rest on their laurel,



but rather continue to assess and improve service and support programs for people with developmental disabilities.

"We choose to participate in Accreditation because it demands that we continuously think of new ways to improve as an organization," he said. "We

will be due for a new Accreditation decision at the end of 2016 and we will strive for the same outstanding result."

You can find the 2012-2013 Annual Report on Ongwanada's website under the Annual Report button or you can pick up a copy at Ongwanada's Resource Centre.

## New Board President: Mr. Allan Twohey

At the June 18 Board of Governors meeting, Jan Spencer, chaired her last meeting as her term as President came to a close. Along with expressing her appreciation and respect for the Board's work during her term, she announced the incoming Board President is Allan Twohey.

"I am honoured to assume a position held by so many great leaders before me," says Allan on being appointed President. "It is a very exciting challenge and



New Board President,  
Allan Twohey.

I look forward to bringing enthusiasm and a high level of commitment to my new role with Ongwanada."

Allan joined Ongwanada's Board of Governors in 2007 and currently sits on the Property and Finance, Executive, and Audit Committees.

Along with his committee work, he wants to use his new role to facilitate a healthy sense of

fairness in Ongwanada while encouraging all stakeholders to utilize their abilities to the fullest so that we can continue to move forward in our efforts to consistently live within our mission statement. Allan also intends to promote Ongwanada and its industry-leading reputation at every opportunity.

The new Board President looks forward to his term as the Board faces the challenge of balancing the needs of Ongwanada's clients while maintaining a healthy relationship with families, staff, other agencies,

See 'New President' on page 6

## Home Renovations at Ongwanada residences complete

Clients and staff from Portsmouth, Barclay, and Elizabeth Community Residences have a reason to celebrate as renovations at all three homes are now complete.

These homes underwent renovations to receive new bathrooms, kitchens, bedrooms, and outdoor decks. The end results are modern and spacious homes that are more comfortable and accessible for our clients.

During the renovations, clients and staff at these homes were temporarily moved to other Ongwanada locations that best suited their needs in order to limit disruption in their day-to-day lives.

Thank you to everyone who made this transition a success.



Sharon McLean and staff member Brigett Vincent were all smiles when they entered into the new-and-improved Portsmouth Community Residence for the first time.

Photo by Michelle Willard

## CAN-AM Exchange deemed a success

On June 6 and 7, 1 World Foundation hosted its annual CAN-AM Exchange at The Glen House Resort in Gananoque. The event was well attended and boasted enlightening presentations.

The two-day event allowed people working in developmental services in both Canada and the U.S. to network while learning from some of the sector's best.

One of the featured presentations was by Dr. Jay Rao on *Brain Development and Related Developmental Disabilities*. His presentation outlined neurobiology of brain development in developmental disabilities using autism as an illus-

trative example. As well, he described the role of multiple factors in regulating behaviours while providing a brief outline of managing disorders from a multi-factor perspective.

Other engaging presentation topics were *Sensory Processing* and *Health Matters*.

A highlight of the event was our very own Bob Seaby along with Joe Rich receiving recognition as being founding members of the 1 World Foundation. Both Bob and Joe received framed certificates.



Joe Callaruso presents Bob Seaby with certificate in recognition of being a 1 World Foundation founding member.

Photo by Mark Slade

## Crescent Centre staff honoured by United Way



Emily Mackwood (second from right) presented the Silver Award to staff (from left) Tom McRae, Lori Burt, Matt Sinclair, Shawna Mayer, Katherine Buell and Rachel Brace.

The staff at Crescent Centre were honoured by the United Way in May.

United Way serving Kingston, Frontenac, Lennox & Addington campaign manager Emily Mackwood visited the Wright Crescent location to present staff with a Silver Award.

This award is given to workplaces

where at least 65 per cent of staff donated to the United Way.

During last year's United Way campaign, Crescent employees raised, \$2,997, nearly a quarter of the \$12,000 raised by Ongwanada staff overall.

This year's United Way campaign has already held a successful spring BBQ and a Horseshoe tournament.

## Clients honoured for volunteer work



Ryan and Dawn with Ongwanada staff member, Leona Sanders, after receiving recognition from the Province of Ontario for their volunteer work.

Two friends were honoured on June 18, when Crescent clients, Dawn McMillan and Ryan, were presented with a lapel pin and certificates from the Province of Ontario in recognition of their commitment and dedication as volunteers.

Dawn and Ryan were nominated for this special ceremony by Jennifer Sawyer, Volunteer Coordinator at Hotel Dieu Hospital, where they volunteer on a weekly basis.

Congratulations Dawn and Ryan!

## Ongwanada volunteer honoured by Mayor

Those who have met Cynthia Bradley know that she is a lovely and caring young lady. She joined the Ongwanada Volunteer Team to volunteer directly with our clients. She visits community residences to bring fun activities to the residents. She personally interacts with the clients, often one-on-one doing things such as applying nail polish and spa products, providing books and reading, doing crafts, baking, and more.

Through this volunteer work, Cynthia has proven herself to be incredibly motivated, enthusiastic, and caring. Her passion to support our clients has proven to be inspirational to everyone in Kingston as she was awarded the Mayor's Award for Youth Volunteerism in the grade 9-12 category at this year's Canada Day ceremony.

Congratulations Cynthia and thank you for everything you do at Ongwanada!



Mayor Mark Gerretsen presents the Mayor's Award for Youth Volunteerism to Cynthia Bradley during a Canada Day ceremony. Photo: Kingston Whig-Standard

## Staff announcements

At the end of June, Ongwanada's Chaplain, **Marsha Smith**, said farewell as she retired after 11 years with the organization.

She leaves with these parting words to her Ongwanada co-workers, "You good people do honourable work, and live honourable lives. As Matt Sinclair put it so well, 'my goal has always been to do honourable work and the work at Ongwanada is about as honourable as it gets.' I feel the same and what a pleasure it has been."

Marsha will be missed, but will still be found volunteering with us.

With Marsha retiring, **Monika Cook** has been hired to assume the role of Coordinator, Spiritual and Religious Care.

Monika holds a BA in religion from Kingswood University in Sussex, NB and has extensive experience working with youth programs



Monika Cook

at Napanee District Secondary School, Wesley Acres Camp, and New York inner city. Monika's enthusiasm, energy, and vitality will allow her to fit in well at Ongwanada.

**Al Stewart**, Program Facilitator in the ORC Day Program, has retired after 14 years of service.

Al's kindness and generosity, which staff and clients enjoyed throughout his years, continued into retirement as he requested that in place of a retirement present

that his co-workers purchase something for the Snoezelen room and donate it in his name. This caring attitude was always evident and his compassion and helpful demeanor made him a favourite with staff and clients alike.

Al will always be remembered with a smile. Whenever things got rough, he always reminded us, "This too, will pass".



Al Stewart cuts his retirement cake.

In May, **Stephen Petrick's** contract ended as **Nicole Kezis**, Communications and Change Coordinator, returned from Maternity Leave. Ongwanada wishes Stephen well in his future career endeavours.

As editor of the *Horizon*, Nicole would like to invite readers to submit stories for the newsletter. You can make your submission via mail or email (addresses on page 7).



Nicole Kezis

## Cafeteria recognized by Eat Smart program

The Ongwanada Cafeteria has once again been recognized with a Bronze Award from Kingston, Frontenac, Lennox & Addington Public



Nutrition Services staff (from left) Mary-Anne Baker, Chris Machesney, Sandy Oliveira and Louise Hunter show the Eat Smart plaque.

Health's Eat Smart program.

Twenty workplaces in the KFL&A area were recognized for their commitment to providing healthier food choices, improved food safety, and contributing to a smoke-free Ontario.

To earn the bronze level award, the cafeteria had to meet standards in nutrition, food safety, and a smoke-free environment.

Congratulations to all of our nutritional staff members. Great work!

## Client Story:

### James and Henrietta residents rock out

The British are coming, the British are coming! Oh wait it's not actually the British, but it is an invasion of a similar type. It's the well known "Rain" tour filling the K-Rock Centre with the familiar sounds of the 60s. "Rain" is an exciting tribute band that plays Beatles hits made famous during the decade.

The James Street gang paired up with the Henrietta Street gang to take in an enjoyable dinner and show. After being treated like royalty at a local Swiss Chalet restaurant, it was time for the group to head off to enjoy the show. The excitement built as we were warmly welcomed by the K-Rock staff and settled into our seats preparing for an ear full of the music that has changed the world.

As the lights came up, four musicians became illuminated by a flood of light sweeping the stage. The crowd went wild as the first

notes reverberated across the airwaves. Some of the clients sang and clapped along to the famous hits, while another arose and danced while calling out "Rock and Roll" to hit after hit.

The entire audience could be seen dancing, clapping, and singing along to the classic songs made famous by the fabulous four. The band covered songs from the albums Help, Sgt. Pepper's Lonely Hearts Club Band and Abbey Road. The show also featured a multitude of performers dressed in fashions and hairdos made popular by the Beatles. The clients rocked to songs such as Help, Ticket to Ride, Yesterday, When I'm Sixty Four, Sgt Pepper's Lonely Hearts Club Band and An Octopuses Garden.

The tribute group did not disappoint.

## Walk Challenge

Ongwanada has kicked off its Annual Walk Challenge. This event, held by the Workplace Wellness Committee, encourages staff to form teams. Those teams then aim to meet a challenge of collectively walking a great distance. They can walk together as a group or individually on their own time.

The theme for this year's challenge is Route 66. This famous American highway served as a major

pathway for those who migrated west, during the Dust Bowl of the 1930s. Route 66 is about 4,000 kilometres one way from Chicago to Los Angeles. The challenge for this year's teams is to meet the equivalent of a return trip - 8,000 kilometres.

Follow the teams' progress on Facebook at:  
[www.facebook.com/Ongwanada1](http://www.facebook.com/Ongwanada1).

## Mother Teresa School students read to ORC Day Program clients



*Photo: Student, Sara Doyle, shares a laugh with one Ongwanada Day Program client while reading her story to him during a visit on June 17.*

Along with Sara, a group of fellow grade 7 and 8 students from Mother Teresa School came to the ORC Day Program to spend a few hours sharing their stories.

The students had written and illustrated their own books and found the perfect audience at Ongwanada. The clients were captivated by their visitors and the stories they read to them.

Ongwanada would like to thank the students for visiting and reading their stories for our clients.



You can now follow Ongwanada on Twitter. Get the latest Ongwanada tweets @ongwanada

## Ongwanada's United Way Campaign



Maureen Hughson and Kate Bearman at the Spring BBQ.

Ongwanada kicked off its Annual United Way Campaign in May with its Spring BBQ and Bake Sale. The organizers sold hamburgers, hot dogs, chips, pop, and baked goods to raise money.

The event raised over \$600.



Tom McRae, Sophie Chalk, and Jennifer Marvin at the Day of Caring.

On Friday, June 14, a group of Ongwanada staff participated in the United Way's Day of Caring. Their assignment was to do various projects to help clean up The Kids Place Early Childhood Centre on Lancaster Drive.

The work included replenishing wood chips in play area, pressure

washing outside windows, tables, and chairs, fixing crack in concrete, painting top of indoor sand box and tightening screw, and resurfacing entrance bench.

The team members were Rachel Brace, Tom McRae, Jim Whan, Lisa Holmes, Kate Bearman, Sophie Chalk, Maureen Hughson, Jessica Beresford, Pete Fowler, and Shelley Gelineau.



Horseshoe Tournament participants.

On June 22, the United Way Committee held its first Horseshoe Tournament and BBQ and by all accounts, it was a success!

The weather was somewhat cooperative and waited until the last game to open up the gray clouds, but it didn't rain on the event's success as the tournament and BBQ raised \$784!

The campaign has raised almost \$1,400 thus far and puts the United Way Committee in a good position to ultimately reach its goal of \$12,000.

Future events which will help organizers reach this goal are employee canvassing in the fall and another BBQ in September.

## New President

*continued from page 1*

the Ministry, and other individuals and groups; a challenge in which he knows the Board is more than capable of handling.

"Each and every one of you are an important part of Ongwanada and I hope that you come to the organization every day with that sense of pride that comes with doing the best job you can," says Allan to Ongwanada staff, volunteers, and Board members. "Our clients are at the centre of every decision we make and all of us must continue to work together in a healthy, respectful way. I encourage you to ensure that you add a little fun to each and every day – a smile is a powerful thing!"

Allan Twohey's career background is in the financial industry where he has worked for 37 years. When he isn't working or spending time with his wife, Jill, and two daughters, Allan is actively involved in the Kingston Soccer community, both as a player and a referee. He also enjoys his membership at the Catarqui Golf and Country Club.

Congratulations to Allan as he starts this new position for Ongwanada's Board and thank you to Jan for her years as President. She will continue as a Governor of the Board.

It should be noted that Jack Thompson is the 1st Vice President, Roy Smith is the 2nd Vice President, and Michael Dominik is the Treasurer.

For all Board profiles, go to Ongwanada's website under 'About Us'.



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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:**

October 2013 (Fall edition)

For more information on Ongwanada:



[www.ongwanada.com](http://www.ongwanada.com)



[facebook.com/Ongwanada1](https://facebook.com/Ongwanada1)



[@ongwanada](https://twitter.com/ongwanada)

## Strawberry Social: Berry successful

The Ongwanada Auxiliary held a successful Strawberry Social on Wednesday, June 26, 2013. The event raised \$817.

The strawberries were from Fruition Berry Farm and were delicious. Many staff, clients, and friends of Ongwanada came out to enjoy the social.

Thank you to the volunteers and event attendees.

The Ongwanada Auxiliary welcomes support all year long

through the operation of the canteen and gift shop at the Ongwanada Resource Centre. The proceeds from these operations support Ongwanada clients through the purchase of equipment such as an Ongwanada van or bench in the sensory garden.

If you or someone you know would like to volunteer with the Auxiliary, please contact Paula Smith at [psmith@ongwanada.com](mailto:psmith@ongwanada.com) or 613.548.4417 ext. 1163.

