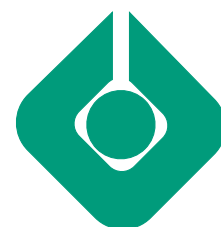


horizon newsletter



Ongwanada

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

Summer 2014



support respect choices

Client competing in 2015 Canada Winter Games

On May 6, Special Olympics Ontario announced its team for the 2015 Canada Winter Games in Prince George, BC. Team Ontario's figure skating team included four figure skaters including Ongwanada's very own, Thomas Babcock.

Babcock will be part of this amazing event that will host 3,300 team members from across Canada in 19 different sports, but it won't be the first time he has skated on such a prestige competitive level.

At 24 years of age, Babcock has travelled all over Ontario, to Halifax, and as far as Boise, Idaho to compete at provincial, national, and international skating events.

In 2010, Babcock became the first Kingston figure skater in history to qualify for the Special Olympics World Winter Games in Boise, Idaho, and once there, he didn't disappoint. The Kingston Silver Blades athlete decided to add another fitting line to his resume - a silver medal. He finished second in the Level II figure skating event at the 9th Special Olympics World Winter Games, a multisport competition held every four years for about 2,500 athletes from more than 100 countries.

Then, in 2011, Babcock made himself known, once again, on a national setting when he won a gold medal in the free skate event at the Canada Winter Games held in Halifax.

Other than natural talent, Babcock's results are due to training twice weekly with Skate Kingston and his coach, Lisa Jensenn. He has been a member of the Kingston Silver Blades Special Olympics figure skating team since he was 11 years old.

When training, he tries to eat healthy



Special Olympics Ontario athlete and Ongwanada client, Thomas Babcock, is currently preparing for 2015 Canada Winter Games

and stays in shape by working out and says he plans to try yoga.

When asked what his favourite thing about figure skating is, Babcock says, "Figure skating is awesome. I make good friends and I love the outfits - they look good. Figure skating makes me happy...it's in my blood!"

On the ice, Babcock skates to high energy music and his favourite move is spinning. Off the ice, he understands the importance of sportsmanship.

"When I'm not competing, I like to hang out with my friends," explains Babcock. "I wish them good luck and tell them that it doesn't matter if they don't get first, second, or third, they just need to try their best. It's about having fun."

This world class athlete is looking forward to competing in Prince George in early 2015 and Ongwanada wants him to know that we will be cheering for him from Kingston.

Good luck, Thomas!!

Client Safety Plan

On May 27, 2014, Karen Menzies-Turner, Assistant Executive Director, Planning and Vocational Services, presented the 2014-2015 Organizational Client Safety Plan.

The purpose of the Client Safety Plan is to formally establish a mechanism to identify actual or potential safety risks and develop corrective measures to address those risks. Ongwanada recognizes the importance of establishing a safety awareness culture and dedicates available resources to the identification or events that may contribute to an unsafe environment. The Plan is consistent with Ongwanada's Strategic Plan, Vision and Mission and encompasses Accreditation Canada's Required Organizational Practice 15.2 and Leadership Standards.

The goal is to be proactive in our approaches to reduce or eliminate safety risk to our clients. This is done through ongoing monitoring efforts to identify potential or actual risk. Further, systems have been designed to collect, review and analyze data to identify trends should an untoward event occur and implement corrective measures to prevent a reoccurrence.

The Plan encourages the involvement of staff, providers, clients and visitors in identification of safety risk and in the recognition of potential/real unsafe areas, as well as in the implementation of processes to provide for the overall safety of clients/staff/providers and consumers. This shall be accomplished through the effective reduction of medical/healthcare errors and other factors that could contribute to unintended adverse outcomes through the management of the physical environment, and the implementation of Safety, Risk management, and Security programs.

Pharmacy: New Packaging System

Ongwanada's Pharmacy has been operational since 1991 and although the volume of work has increased, not many changes have occurred in terms of the way things are done.

In 1997, for instance, the blister pack system was introduced and the only change to that system was the introduction of colour coded reusable sleeves approximately six years ago. Another change was the introduction of the computer generated MAR (Medication Administration Record) and a TMR (Three-month Review), but changes are few and far between.

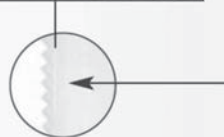
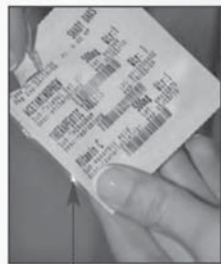
As the volume of work continues to increase in the Pharmacy, the need for more space is essential, however, a space expansion is not realistic. One of the solutions to this problem is the Automated Tablet Packager (ATP) System which was installed on June 21, 2014. With this new system, comes new medication pouches.

Pouch Efficiency:

- Pouches save staff time and labour;
- Sequence medication by administration time;
- Eliminates manual sorting and collation;
- Clear package provides easy to view pills for quick reference;
- Reduces injuries from repetitive motion of punching pill packages;
- Shorter cycles reduce waste and med change time; and,
- Allows staff to spend quality time with clients.

Ease of Use:

- Includes client compliance;
- Organizes client medications into easy-to-use



- pouches;
- Dating available on pouches;
- Fits well in cabinets and other storage units/cases;
- Labels contain necessary prescription information;
- Serrated edge for ease of opening with a consistent tear; and,
- Maintains integrity of subsequent pouches due to side tear.

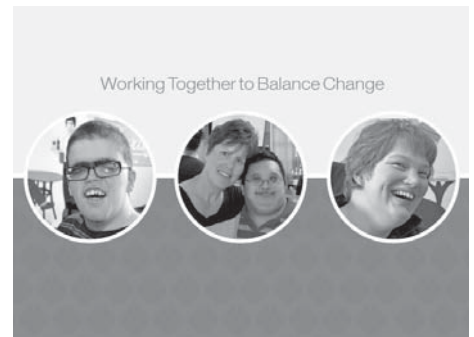
Complements to Staff:

- Improves client compliance and makes it easier for staff to monitor;
- Unit dose or multi-dose pouches to meet clients' needs;
- Clearly labeled pouches can contain all pills for one administration time:
 - Reduces medication pass time
 - Reduces medication errors
 - Increases compliance
- If a staff person is diverted by a client's need, they return to a fully intact pouch with all Rx information:
 - Relieves staff of constant reminding
- Two package sizes ensures obvious distinction between regular medications and those intended for "prn" or as needed usage.

How to Use:

- Locate serrated side of packaging
 - This will be on the left side of the pouch when reading the pouch contents
 - Tear from left to right, as if opening a condiment package

2013-2014 Annual Report Released at AGM



Ongwanada unveiled its 2013-2014 Annual Report at its 43rd Annual General Meeting on Tuesday, June 24 at the Ongwanada Resource Centre. The theme of the report is Working Together to Balance Change.

The report highlights the organization's achievements on the topics of client care, community involvement, attendance awareness, smoking cessation, and more.

"Our Annual Report highlights our ability to balance change through working together," says Allan Twohey, President of Ongwanada's Board of Governors, "This past year, working together to balance change has provided Ongwanada with a path towards a better tomorrow. Although the current economy is stressful, Ongwanada continues to focus on what is has done best for over 60 years – utilizing the resources and ideas we have today to create a better future for our clients, staff, Board, and the community."

In his first year as Board President, Twohey thanked the staff, Board, and volunteers for the efforts they put in this past year to make it successful and also thanked those who have contributed financially through donations.

"This generosity cannot be overlooked, especially considering there are so

continues on page 3...

People helping People: Capitalizing on Talents

By: Ruth Whiting, Occupational Therapist

For many years Edwin Advincula has always had a special talent for disassembling things including wheelchairs, walkers, beds, etc. He would often smile and giggle when he had a handful of knobs and parts waiting for staff to come over and collect.

What is amazing about his talent is that he is able to undo these parts using only one hand, and with less than perfect eyesight. He will study the item, figure out which way it needs to be moved, and then works at it until he has been successful in removing it. His perseverance and focus is to be admired. He has been able to undo parts that others would require tools and/or the use of two hands to do.

Another client, Brandon Tice has a spring to fall job in lawn care, has his own tools, and is very good at fixing and disassembling things.

An idea arose to bring these two people together to harness their talents and benefit from the support and camaraderie of working together on a project that they both might enjoy.

Thank you to Paul Hamilton (Social Work), Balsam Grove staff, Tanya Drew (Community Services Supervisor), and Portsmouth staff and supervisor for collaborating with Occupational Therapy (OT) to help this idea develop into a wonderful opportunity.

OT had a surplus of old donated wheelchairs that needed to have useable parts removed. Brandon and Edwin agreed

to meet weekly to disassemble these chairs and package the parts in bags for easy identification. These parts can then be recycled for use and the metal sent to the scrap yard for recycling.

Brandon very generously donated his time to help Edwin fulfill a great passion of his.

It allowed Edwin the opportunity to share new experiences where someone could assist him when two-handed tasks were required. In addition, Edwin got to use some hand tools for the first time and was very quick to figure out how they worked. One of his favourites is the hammer, but he also enjoys using a screwdriver, wrench, and an Allan key.

Brandon brought his own set of tools and was very adept in disassembling entire wheelchairs. He was patient and kind in helping Edwin. Thank you, Brandon.

Paula Smith from Volunteer Services helped to locate a volunteer to help Edwin continue his project

weekly as Brandon will be leaving for his lawn care work soon. Hats off to you, Paula, for your help too.

Part of Occupational Therapy's role is to assist clients in engaging in a meaningful task that capitalizes on a talent specific to them, their functional abilities, and within their personal interest. It was very rewarding to see how quickly this idea came to a reality through the cooperation and assistance of all those mentioned above. The pleasure is in the pictures.



2013-2014 Annual Report

...continued from page 2

many worthwhile organizations in our community that require support from donors," said Twohey.

Executive Director, Bob Seaby, who recently announced his retirement, commended the organization for its achievements as well. He pointed out Ongwanada's work as a co-lead agency for the Community Networks of Specialized Care which was recently asked to play a proactive leadership role in developing provincial organizational guidelines for the specialized treatment and care of individuals with a developmental disability and mental health issues and/or behaviour disorders.

Seaby also highlighted that in November, the Kingston Internship Consortium, in which Ongwanada is a lead agency, had its accreditation re-affirmed.

"This past year was a memorable one like many before it," says Seaby. "It had its ups and downs, but throughout it all, our clients and their families remained our priority."

The 2013-2014 Annual Report can be viewed on the Ongwanada website or picked up at the Resource Centre at 191 Portsmouth Ave in Kingston.

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United Way Day of Caring



Pictured above (Top row, left to right): Maureen Hughson, Shelley Gelineau, Karen Sligh, Jim Whan, and Jessica Waller (Bottom row, left to right): Pete Fowler, Kate Bearman, Rachel Brace, Judy Herrington, Lori Burt, and Tom McRae

On Friday, June 6, 2014, a group of Ongwanada employees participated in the United Way Day of Caring. This event took the group of employees to

St. Vincent de Paul Society of Kingston for a day of painting, gardening, and minor renovations.

Annual Spring United Way BBQ & Bake Sale

On Wednesday, June 18, Ongwanada's United Way Committee held its Annual Spring BBQ & Bake Sale.

The event was well attended and raised \$607! The United Way Committee would like to thank everyone who came out to help and support the United Way. Future United Way events will be advertised on Facebook.



Brad Shoniker and Lisa Kemp at the 2014 United Way BBQ & Bake Sale

Revved Up Program: An Assisted Exercise Program helping clients thrive

Over the past three years, Ongwanada clients have been utilizing a great program called Revved Up, an assisted exercise program provided by the Queen's University Kinesiology Department. Physiotherapist, Erin Thompson, was instrumental in linking Ongwanada with this program and today, 16 clients are thriving thanks to the weekly program.

The program's goals are to increase quality of life, to foster healthy living, and to create awareness in the next generation of health professionals. When created, the program was specifically for healthy community-dwelling adults between 18 and 65 years of age, living with a mobility impairment (i.e. spinal cord injury, MS, stroke, amputation, ABI) who are interested in improving physical endurance and strength. It has

since expanded to include individuals with developmental disabilities.

Revved Up offers individuals a chance to take part in a supervised circuit training session that targets the whole body. The session focuses on developing full body strength and cardiovascular endurance.

"The improvements in the clients who attend Revved Up are outstanding," says Mary Martin, Community Counsellor. "The exercises are giving them stronger muscles which are improving their stability and coordination and, ultimately, decreasing their risk of falling."

The program is tailor-made for each individual. During the first session, one of Revved Up's certified personal trainers assess each participant's individual

abilities in order to understand their strengths and weaknesses, however, the circuit session that the program offers is structured as a "one-size-fits-all" fitness session so that the environment is inclusive and effective for all participants.

"Revved Up isn't just great for the body, it is also a learning tool," explains Martin. "The program teaches our clients how to behave appropriately in a gym setting, while it teaches the students how to recognize abilities of our clients rather than their disabilities. The students treat our clients the same as other participants and have set the same expectations for them. The interaction between the students and clients is quite special."

Auxiliary's 2014 Strawberry Social



Ladies of Ongwanada's Auxiliary prepare to serve guests at the 2014 Strawberry Social

On Wednesday, June 25, the Auxiliary held its Annual Strawberry Social at the Resource Centre.

This annual event is the highlight of the summer events at Ongwanada and featured delicious strawberries, ice cream, cake, and refreshments for clients, staff, and guests to enjoy.

The Auxiliary raised \$917 at this event! Thank you to everyone who came out to support this event.

Ongwanada participates in Grate Groan-Up Spelling Bee



(Left to right): Maddison Greenham, Tracy Shaver, and Tom McRae

On Wednesday, May 7, 2014, dressed as the Three Musketeers, Tom McRae (STA), Tracy Shaver (Montreal South), and Maddison Greenham (prior summer student) participated in the 20th Annual Grate Groan-Up Spelling Bee on Ongwanada's behalf.

The trio did an amazing job getting to the fifth round where the word, Weald, had them hearing the 'wrong' bell.

"It was a really exciting game," says Shaver. "The event was successful with delicious food, a great silent auction, and a total of \$14,000 raised!"

The group would like to thank their sponsor, Sharon Stokes of Hollis Wealth.

2014 Annual Dinner



Jayna Hefford with Assistant Executive Director, Linda Murray

On May 7, Ongwanada held its Annual Board of Governors Dinner at the Donald Gordon Centre.

The annual event brought staff, Board members, and members of the community together for an evening of reflection as we looked back on the past fiscal year.

The highlight of the night was a speech by Jayna Hefford, women's hockey player on the Canadian Olympic team. The gold medal athlete provided insight on her Olympic experience in Sochi and presented a highlight reel video of the women's hockey team's experience.

Fetal Alcohol Spectrum Disorder (FASD) Awareness Day Breakfast

Every September 9, International FASD Awareness Day is observed around the world to raise awareness about the dangers of drinking alcohol during the nine months of pregnancy.

The Kingston FASD Action Network invites you to attend the 5th Annual FASD Awareness Day Breakfast

Date: Tuesday, September 9, 2014

Time:

7:30 a.m. - Breakfast and Networking

8:00 a.m. - "Living with FASD": 16 year old Isaiah Boylan and his mother, Brenda, will share their experiences of living with FASD and will discuss the early years, the education system, and the challenging life of a teenager with FASD

9:00 - 9:30 a.m. - Networking

Location: KFL&A Public Health, 221 Portsmouth Ave.

RSVP: Lara.Roberts@kflapublichealth.ca by August 15, 2014 (Space is limited)

Client Stories

Trip to Ripley's Aquarium in Toronto



Kaitlin Frizzell, Peter Gignac, and Gail Wilkinson at Ripley's Aquarium in Toronto.

On April 29, 2014, Kaitlyn Frizzell and Gail Wilkinson, along with two staff, went to Ripley's Aquarium in Toronto. Loading the group up by 7:00 a.m., the trip was smooth sailing until the rain started, but that was forgotten once at the Aquarium where they saw so many different types of fish. They saw starfish, angelfish, seahorses, pirrhana and many more. As they walked through

the tunnel, they got to see many tropical fish, sharks, and stingrays swimming around them and they even saw Nemo!

The staff took a lot of pictures and each bought a stuffed animal as a souvenir.

On the way home, the foursome stopped for dinner to complete the fun-filled day.

Clients and staff to walk across Canada

On June 30, 2014, Ongwanada kicked off it's 6th Annual Walk Challenge with the goal to walk across Canada. This challenge is a distance of 6122 kms.

Teams made up of clients and staff will have until September 1 to get out and walk, tallying their kilometres every two weeks.

At the end of the challenge, the top three teams will receive a monetary prize to



be used to purchase items for a community residence or program area of the winning team's choosing.

Ongwanada's Wellness Committee encourages healthy lifestyles and the Walk Challenge is a fun way of getting people active during the beautiful summer months.

Busy time at Montreal South

As the staff and clients look forward to the warmer weather, we would like to share with you what has been happening within our home over the last few months.

Randolph had the good fortune to have a surprise visit from his sister, who he had not seen in thirteen years. He was very much caught off guard to see her, but he was aware of who she was. He laughed for hours afterwards when staff rehashed the visit with him. In addition, staff made the trek to Randolph's parents home in Brockville for a visit. Everyone was quite tickled to see each other and it made for a delightful afternoon for the hosts and guests alike.

A number of our clients had the opportunity to attend the Kingston Frontenac games over the year which everyone enjoyed, especially Carlyn.

Two clients attended the Disney Ice Show and the Science Extravaganza at the K-Rock Centre. Staff commented that organizers from the latter event were extremely gracious and thanked staff for taking the time to attend.

A number of client birthdays were very clustered together in the early part of the year, so staff and clients have had a very festive home as of late.

Many trips to the mall have taken place, which is a great venue to take non-ambulatory clients when the weather is not conducive for walking outdoors. In addition, it provides an opportunity for one of our clients to get his french fries!

Donald is looking forward to using his new swing/daybed this summer while the other clients and staff are looking forward to a summer of outdoor events after a very long winter!

horizon
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: October 2014



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Message from Bob Seaby, Executive Director



After 37 years as Ongwanada's Executive Director, Bob Seaby announces his retirement.

On Friday, May 2, 2014, the following message was circulated by Executive Director, Bob Seaby:

It is with mixed emotions that I am formally announcing my retirement from the position of Executive Director of Ongwanada. An effective date has not yet been determined; this change will occur following a recruitment process that will begin in the near future.

After 40 years with Health and Social Service Agencies and hospitals, it is time for me to retire. I am looking forward to traveling, and most importantly spending time with my family, including our five grandchildren.

The last 37 years with Ongwanada have been a wonderful experience. I have witnessed many changes and seen the organization grow and evolve into a leader in the field of service to individuals with developmental disabilities. I am proud to have been a part of this process.

I extend a sincere thank you to all of you for your commitment to Ongwanada. It has been a pleasure to be associated with such a dedicated staff. I wish all of the employees, volunteers, and Board members much success in the future.

Sincerely,
R.W. Seaby