

horizon

newsletter



Ongwanada

Summer 2016

A quarterly newsletter for Ongwanada's families, partners, and the community.



support respect choices

Ongwanada celebrates community partnerships and unveils Annual Report

Ongwanada celebrated a year of building community partnerships at its 45th Annual General Meeting on June 21.

“Ongwanada has always been a strong organization with staff who work together to provide the best programs, services, and living environments for the children and adults we support,” states Allan Twohey, President of Ongwanada’s Board of Governors. “But this past year has been one for the books as Ongwanada has reached out like never before to develop external partnerships to increase knowledge of developmental services while providing more opportunities for social inclusion for the people we support.”

The priority of working in the community, both locally and provincially, was outlined in Ongwanada’s five-year Strategic Plan, which the organization released in June 2015.

“This past year, Ongwanada launched its new Strategic Plan, which we called Vision 2020,” explained Ongwanada Chief Executive Officer, Wade Durling. “The focus of Vision 2020 is simple - put the person first; work with our community and lead together to build capacity [in our sector]; work internally to change how we do things; and, finally, look at accountability and outcomes. And I’m happy to report Ongwanada is well on its way to achieving these goals.”

The second priority of working within the community became a key focus for the organization as it saw the value in how partnerships



Board President, Allan Twohey, welcomes the crowd at the 45th AGM with Wade Durling, Ongwanada CEO

outside the organization could help achieve goals outlined within the other three priorities.

For instance, Ongwanada worked with Helen Sanderson and Associates Canada to train a total of 37 people, including 10 individuals from other community agencies, on person-centred thinking – a concept of putting the person at the centre of our thinking and decisions while including that individual in the decisions being made.

Another partnership which continued and strengthened this past year was the one with Queen’s University.

“To address the medical needs of 37 individuals Ongwanada supports, we have developed a new agreement with Queen’s Department of Family Medicine so that Queen’s Family Health Team will provide community-based, interdisciplinary, primary healthcare to support these identified individuals,” explains Durling. “This is a unique collab-

orative between primary health care and developmental services and is providing the opportunity to develop additional best practices.”

Furthermore, the Queen’s Genomics Lab at Ongwanada, referred to as Q-GLO continued its research to improve the long-term outcomes for children with neurodevelopmental disorders. This international research involves 100+ scientists ultimately raising the profile of both Queen’s and Ongwanada.

Ongwanada discussed these partnerships, as well as others, at the AGM and outlined them, along with other achievements from the past year, in its Annual Report entitled *Bringing Our Vision to Light*.

The 2015-2016 Annual Report as well as Vision 2020: Ongwanada Strategic Plan 2015-2020 can be viewed on the Ongwanada website at www.ongwanada.com or picked up at the Resource Centre at 191 Portsmouth Ave in Kingston.

Legion grant funding provides new lift: Safer for residents and staff



Allan Twohey (Board President), Wade Durling (CEO), and Linda Murray (Chief of Residential and Community Services) receive a cheque for \$5,200 from Branch 631 President Gordan Rittwage and Vice President Colin Tudor.

Residents and staff at an Ongwanada community residence can now benefit from the safety of a new ceiling tract lift thanks to a grant of \$5,200 from the Royal Canadian Legion.

The Legion presented a cheque for \$5,200 from the Ontario Provincial Command Branches and Ladies Auxiliary Charitable Foundation to Ongwanada to purchase the new ceiling tract lift on June 21, 2016 at Ongwanada's Annual General Meeting

"The new ceiling tract lift will benefit the residents living in this community home and will make transferring individuals 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 which the Legion helps every year.

The Royal Canadian Legion has been a long-term supporter of Ongwanada and has contributed over \$80,000. 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 3rd Annual Memorial Service



Members of Circle of Friends perform at the Memorial Service on June 9

Ongwanada held its 3rd Annual Memorial Service on June 9, 2016 to honour and remember four supported individuals who passed away over the last year, as well as some volunteers and family members.

This year's service, themed Caring with Compassion, included presentations, special musical performances, and a butterfly release.

The event was a meaningful time of reflection as the organization paused to think of the incredible lives that have impacted them.

Ongwanada would like to thank our community partners that made the event happen:

- FrontRunner Professionals
- Union Gas
- SiteMagic
- Simpler Times
- Community Foundation for Kingston & Area
- Napanee District Community Foundation

Accreditation on-site survey visit announced

Accreditation Canada surveyors will be at Ongwanada December 5 - 8, 2016.

Emergency Plan Testing: If you can predict it, you can prevent it!

As part of our commitment to safety of the individuals we support and our staff, Ongwanada has a comprehensive Emergency Plan. This plan has been created in consultation with emergency professionals in the community and is reviewed and updated on a quarterly basis. The plan addresses the manner in which Ongwanada's senior management and staff would react to an emergency situation as they work together to mitigate circumstances and provide continuity to the organization.

The plan is reviewed quarterly by the Safety Coordinator. Approximately every year a "table top" test is conducted drawing management together to solve a hypothetical situation. Every two or three years a full test takes place. This year the test was completed on July 7.

On July 7 at 9:00 a.m., senior management was given the hypothetical emergency that involved a tornado coming through Kingston early that morning tearing the roof off a home and extensively damaging another as widespread storm systems thundered across much of southern Ontario in waves leaving nearly 150,000 without power.

In Ongwanada's hypothetical scenario, three of the community residences were left without power leaving management with the task of evacuating those homes and relocating residents and staff to the Resource Centre as a temporary sleeping site. Like in a real emergency situation, challenges were faced such as limited communication and



the team had to find alternative ways of communicating with regards to transportation, sleeping areas, nutrition, providing reassurance of residents' safety, and so forth.

During the exercise, residents were replaced by students who acted out their roles.

The members of the command group worked efficiently to arrange the movement of the residents in Ongwanada buses to the Day Program Area of the Resource Centre. While this took place, arrangements were made to provide to the needs of staff and residents.

"In all of these exercises, Ongwanada strives to include community partners," explains Peter Gould, Fire & Safety Supervisor. "I was happy to have this event observed by Jeremy Holden from the Public Service Health and Safety Association, Assistant Chief Paul Patry, and Inspector Ted Posadowski from Kingston Fire and Rescue."

The scenario received a twist at

approximately 10:30 a.m. when several smoke generating devices were set off at the loading dock of the building simulating a fire. Staff acted quickly to report the situation and the general fire alarm was sounded for the entire building to be evacuated. Kingston Fire and Rescue responded to take part in the exercise and extinguish the fire.

The exercise was halted after the fire evacuation.

"In summary this test was a great success," says Gould. "It allowed the Ongwanada team to acknowledge that the plan is workable and ready to use should an emergency present itself. It is extremely important to include testing of the plan in your regular reviews to allow training and growth for all parties. Ongwanada has always been a proactive participant in the safety of both clients and staff."

You can view the video and interviews on our website under News and Events/Media Releases.

What's happening within the organization...

Person-Centred Planning: Changing how we think and act at Ongwanada

Our Strategic Plan, *Vision 2020*, includes the priority to “Apply person-centred principles to renew our service model” while our annual Operating Plan has the objective of “Building capacity and moving forward with a person-centred approach”. Ongwanada is happy to report we have implemented both of these concepts.

What is person-centred thinking and planning?

“Person-centred thinking and planning is a process of continual listening and learning, focus on what is important to someone, now and in the future, and acting upon this in alliance with their family and friends. Furthermore, it is to help people get better lives... not just better paper”.

What has Ongwanada done to become more person-centred?

In February, Ongwanada hosted a very successful two-day Person-Centred Thinking course, delivered by Helen Sanderson and Associates, for front-line supervisors and managers. Then in March and April six staff members were trained to become certified as Person-Centred Review Facilitators.

Person-Centred Reviews believe the person should be in control of their own lives and at the centre of any meeting held to decide the services they receive. It is a powerful approach that fosters a spirit of willingness to participate, supports positive and productive review outcomes, and helps people go away feeling their contribution is valued.

The person-centered review meeting is an efficient way of getting equal contributions from everyone, good focused discussions, and clear, creative action-planning within a fixed time frame.

The Facilitators were fortunate enough to have individuals, staff, and families agree to participate in a practice review allowing the Facilitators to learn and practice their skills.

“The review gave me a chance to talk more,” said one supported individual. “I really liked it - I want all my meetings to be like this. Staff talked more, too.”

“It was very relaxed and as a parent you got a sense of how well the staff know and care about my daughter,” explained one parent. “She felt like there was more information shared and she found the process interesting and she enjoyed the process - she felt that it was very meaningful.”



Risk Report Results

A recent risk evaluation conducted by Ongwanada's insurance provider, showed Ongwanada scoring extremely well compared to other similar organizations with 82 per cent - a full 12 points ahead of our peers!

Audits are completed every three years.

eCIMS: Fully launched

Our electronic client information management system (eCIMS) is now successfully launched across the organization.

Over the summer, work will continue in terms of reporting and statistics - all of which are used to better serve the people we support.

New name for Host Family: Life Share

We announced earlier this year that the Home Share program would be re-named Host Family program, however, after some provincial deliberation, the program will now be referred to as Life Share.

Working with our community...

CFKA's Spring 2016 Grants Celebration held at Ongwanada Resource Centre



Ongwanada Resource Centre on Portsmouth works as a facility that many organizations in the community utilize for meetings and events (after 4:00 p.m.). On May 26, we had the honour of being the location where Community Foundations for Kingston and Area (CFKA) held its Spring 2016 Grants Celebration and distributed grant funding totalling over \$170,000 to 28 recipients!

As a recent recipient, Ongwanada's Chaplain, Monika Cook (pictured above) was there to tell the community the positive impact of CFKA's funding for the new Circle of Friends, Kingston group.

Without organizations like CFKA, groups like Circle of Friends would struggle to get going. Thank you, CFKA!

Circle of Friends grateful for Napanee District Community Foundation

Napanee District Community Foundation shows strong support for individuals with disabilities through its disbursement of funds. On Thursday, June 23, the Foundation gave their community a boost by awarding well over \$100,000 in grants and scholarships.

Circle of Friends, Napanee was one of the groups receiving funding to help provide a much needed boost for the Napanee performing arts team.

As an organization, we appreciate the Napanee District Community Foundation's investment in its community and in programs benefiting the people we support.

Providing a refugee family a place to continue their passion of gardening



The Ongwanada Community Garden was very happy to welcome a Syrian refugee family to the garden for the 2016 growing season. The garden has never looked better and we have been able to build relationships through the family's support team and interpreters. We're hoping to build on this relationship and welcome the family for many years to come.

Ongwanada's Community Garden is located at our Crescent Community Centre on Wright Cres. in Kingston.

Ongwanada gives back to community on United Way's Day of Caring



On June 10, some of Ongwanada's staff took part in the 16th Annual United Way Day of Caring. Pictured above (left to right): Shelley Gelineau, Jim Whan, Sophie Chalk, Karen Sligh, Kate Bearman, and Kathy Doyle spent the day cleaning up the grounds at Kingston Interval House.

Experiences of people we support...



On the go with Balsam Grove

The final weeks before summer break were filled with activities at our Balsam Grove location. Program participants were busy - here are a few things they did before summer break:

- Enjoyed outings to various parks in the Kingston: Grass Creek, Spring-side, Finkle, and Lake Ontario Park;
- Visited with Frodo, the therapy dog. Frodo stopped by a few times to enjoy some affection from supported individuals and staff;
- Learned chair exercises from a special recreational therapist volunteer. The music and therapist's enthusiasm had everyone moving and shaking with smiles on their faces;
- Utilized the Smartboard (a touch screen that allows people to do various activities); and,
- Welcomed friends to their end of year BBQ.

We're looking forward to what they will be up to in September!



Bert celebrates 60 years with friends

On May 20, friends and staff came together at the Resource Centre to celebrate Bert Phillip's 60th birthday. Bert was so appreciative that he wanted to send a special message out to everyone who attended:

"I wish to thank everyone for coming to my birthday party. It was a great turn out and I appreciated it very much. I really enjoyed my gifts, dozens of birthday cards, hockey cards, and especially all of the well wishes. A special shout out to housekeeping and nutrition for all of their thoughtful help with setting up the auditorium. Turning 60 was great...but I don't feel 60!"



We went sailing!

On July 11, 2016, the first group of individuals took part in an adapted sailing program through AbleSail at the Kingston Yacht Club. This program enables individuals of any cognitive or physical ability to learn how to sail and enjoy time out on the water.

Dan, Philip and Brenda went out on the open 'seas' to explore the nuances of sailing. They helped untie the boat from the dock, open up the jib and main sails, pull the ropes, and steer the boat. We went through some big waves, saw the sails open up with the wind, and sailed towards the Kingston Penitentiary.

The hour and fifteen minute sailing trip was alive with new sensory and physical experiences. Everyone had an amazing time, met new people, and learned new skills. We hope to get more individuals out on the water to engage this incredible activity!

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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, with a special focus on those with complex needs and their families so they can lead full lives, effectively supported in their communities.

Vision 2020
By 2020, Ongwanada will be a leading, clinically focused regional resource for Eastern Ontario, recognized for its person-centred approach to services.

Consistent with a servant leadership philosophy, it will be a pro-active partner in building community capacity and providing specialized regional resources to enable individuals with developmental disabilities, including those with complex needs, to thrive within their communities.

Next edition: October 2016



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Final mentions...



Individuals supported by Ongwanada's Day Program and Ongwanada staff were privileged on June 1, 2016 to enjoy music by the LaSalle Wind Ensemble called We 12, led by Dr. Chris Alfano. Thank you for performing for us!

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Annual Strawberry Social: Thank you from the Auxiliary

Thank you to everyone that came out to this year's Strawberry Social on June 29 at the Resource Centre. The event raised a total of \$842!

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The Difference: A new Ongwanada video

A new video that encompasses how people make a difference at Ongwanada was created and unveiled this spring. You can watch the video on Ongwanada's website.

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Looking for Life Share provider for 60 year old man

Ongwanada is currently looking for a home for a 60-year old gentleman who would like to find a place where he would be able to enjoy some quiet time in his own space, where he would be able to watch T.V., movies, and enjoy watching hockey.

This gentleman has expressed an interest in developing some of his life skills by assisting in the kitchen and helping with home chores.

Someplace where he would have the option to join in on day trips or spend time at home alone. He enjoys the traditional holidays, as well as the traditions that go along with them.

To learn more about this gentlemen and Life Share opportunity, contact Geoff Gifford, Supervisor, Life Share and Community Services at 613.548.4417 or ggifford@ongwanada.com.