

horizon newsletter



Ongwanada

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

Winter 2014



support respect **choices**

Christmas Luncheon brings families and friends together

Another Christmas Luncheon has come and gone, but the joy felt by all will continue through until next year's luncheon.

Staff, volunteers, Board members, and Mayor Mark Gerretsen worked together to serve 570 turkey dinners with all the trimmings.

While guests enjoyed their lunch,

they were greeted by Santa Claus, who took time out of his busy schedule to come by and say hello to everyone at Ongwanada, as well as to take photos with some very happy clients.

The Christmas Luncheon organizing group would like to thank everyone who came out to make this

such a wonderful event. A special thank you to CKWS' Doug Jeffries and Country 93.5's Shane Gordon for stopping by. The clients got a real kick out of meeting you.

We look forward to seeing you all again next year!

Here are some photos from the event:



Christmas Luncheon 2013



Crescent Centre Concert 2013

As they do every year, the clients of the Crescent Centre put on a wonderful show this year with a play followed by Christmas carols.

This year, the play was *The Smurfs: A Christmas Carol* and all of the performers did a fantastic job of depicting their Smurf personality.

Here are some photos of the clients before and during their performance:



Top row photos (from left to right): Aimee and Gladys are excited to start the show; Barry Leeman and Edwardino Orellano playing it cool; and Marleen Elliot takes a moment to prepare.

Middle row (from left to right): Steve Dano and Elena check the script; Director, Darlene, smiles with Papa Smurf, B.J. Markland; and a client is ready to get the show on the road.

Bottom row (from left to right): Barb Cadieux playing Grumpy Smurf; Steve Dano plays one of the ghosts; Elena sneaks up on Grumpy Smurf; and Irene McKay plays another one of the ghosts.

Kingston Internship Consortium receives Accreditation

On November 20, the Accreditation Panel for Doctoral and Internship Programmes in Professional Psychology informed Dr. Katherine Buell that they have re-affirmed the accreditation status of the Ongwanada-Kingston Internship Consortium.

The Panel met on October 25, 26, and 27 to review the 2012-2013 annual reports of all programmes accredited by the CPA. The Panel is careful in its review of all the ma-

terials it receives and was pleased to re-affirm the KIC's accreditation status.

In a letter from Melissa Tiessen, Director, Education Directorate and Registrar of Accreditation, she congratulated the programme on the year's successes and thanked Dr. Buell for her continued leadership and important contributions to the programme, its interns, and the requirements of accreditation.

Best Buddies at Ongwanada

Best Buddies is a non-profit, international program that operates in 50 different countries. Best Buddies was founded in the United States by Anthony Kennedy Shriver, nephew of the late 35th President of the United States, John F. Kennedy. Best Buddies mission is to foster and support friendships between adults who have a developmental disability and student volunteers from high schools, colleges, and universities.

Best Buddies established its first Canadian chapter in 1993 and came to Ongwanada in 1996 via a partnership between Ongwanada and Queen's University. This was the first Kingston chapter of Best Buddies and 17 years later, this beneficial partnership is going strong.

This one-to-one friendship program has seen numerous individuals, who are supported via Ongwanada, introduced to student volunteers over

the past 17 years. There is a small core group of Ongwanada clients who have been involved since the very beginning, and an even larger core group who have been involved for the past 10 years.

Each year, we see a small handful of new clients/participants join the program. Typically, 15 to 20 Ongwanada clients are involved in the program each year, and are matched one-on-one with a Queen's student volunteer. This program year (2013/14) has been our largest group ever, with 26 clients involved in one-to-one friendships.

"I have had the honour of witnessing numerous friendships develop and flourish over the years through the Best Buddies Program," explains Paula Smith, Volunteer Coordinator of Ongwanada. "It has been a truly heart-warming experience, impossible to convey with words."

Joseph Dominik Sensory Garden receives birdhouse donation



This past fall, Ongwanada was fortunate to receive two birdhouses as donations to the Joseph Dominik Sensory Garden from Mr. Irwin Kett.

Mr. Kett is a 92-year-old World War II veteran who moved to Kingston after the war with new bride, Muriel. Once here, the two of them had five children while he worked for the Department of Highways making signs, many of them for the new 401.

At the age of 62, Mr. Kett retired and started enjoying his hobbies of painting and building things, things such as birdhouses. He donated the birdhouses to Ongwanada because his daughter, Debbie Evoy, suggested it as she volunteered here in the 1970's as a teenager and the organization has always held a special place in her heart.

Thank you to Mr. Kett for building the birdhouses and thank you to his daughter for recommending the garden as a place to donate.

One of Ongwanada's three nursing homes converted to community residence

Due to changing client needs and lack of nursing resources, Ongwanada changed the staff model of one of its three nursing homes to a community residence operated under a residential counselor with visiting nurses staff model.

There were no layoffs among the staff at Ongwanada as a result of this staff model change.

“Over the past five years, we have made several attempts to recruit more full-time nurses to no avail,” says Robert Seaby, Executive Director of Ongwanada.

As some of the individuals who resided in Ongwanada's nursing homes no longer required nursing care due to improved health circumstances, they were placed in a traditional community residence setting where they will benefit from the opportunity for more community involvement.

This staff model change will not affect the number of residential or respite beds at Ongwanada, nor will it affect the organization's programs and services.

Ongwanada's 2013 United Way Campaign

The United Way Committee is proud to announce that it has exceeded its goal of \$12,000 by raising a total of \$12,212!!!

The breakdown of this total is \$10,196 from Ongwanada employee pledges and \$2,016 from events.

The Committee would like to thank everyone who volunteered at their events or through canvassing.

Thank you as well to everyone who contributed whether it be through pledges or by purchasing items at their events.

2013 Annual Continuous Quality Initiatives

- During Memorial Services for clients who have passed away, musicians have been invited to help lead musical reflection.
- The Best-Buddies 'Befriending' program has been wonderfully successful and continues to increase the number of clients who have a one-to-one support/companion volunteer.
- Within the supportive and comforting home environment, many clients no longer require sedation prior to having a dental cleaning, thereby reducing the need for PRN medications.
- Over the past year, we have focused on individualized client goals. Steps taken to meet each goal and accomplishments are being documented to show progress in meeting client goals.
- New lift scales have been implemented to ensure the accuracy of client weights, while improving the comfort and ease of the process for staff and clients.
- To provide the best possible service to our clients and our community, three new task forces have been initiated to evaluate the services that we provide in: Radiology, Wound Care, and our Admissions process.
- During the warmer months, summer students facilitated group activities for clients to help them enjoy the fine weather.
- A Continuous Quality Improvement initiative saw client documentation standards incorporated into the annual CQI plans of several departments. Our goal is to ensure that the documentation of supports and care provided to our clients meet Ongwanada's highest expectations.
- Renovations to three community residences have resulted in improved bathrooms, flooring, new decks, and new paint.
- An orientation video for our new volunteers has been developed to help them learn quickly about Ongwanada and our client population.
- New transfer slings have been evaluated and implemented successfully.
- Excellent programming and events. We encourage participation in group activities, social outings and contributions to the Ongwanada Community.

Scotiabank donates \$2,000 to Ongwanada



Allan Twohey, Community Branch Manager of Scotiabank in Kingston and Ongwanada Board of Governors President, presented Bob Seaby, Ongwanada's Executive Director, a cheque for \$2,000 as a do-

nation to Ongwanada on November 12, 2013.

"We have not provided Ongwanada with any restrictions with this donation. It is a donation to be used however Ongwanada sees fit," explains Twohey.

A decision has yet to be made on where the generous donation will be used, but we will be sure to let you know in the future.

Thank you, Scotiabank, for this wonderful contribution!!!

New Governor of the Board: Carol Cartier



When David Ariss, a current Board member, told Carol Cartier about the opportunity to become a governor on Ongwanada's Board, she jumped at the opportunity.

"I have been an educator for 35 years and believe that all individuals can achieve and feel good about themselves when given the proper support and encouragement," explains Cartier. "After reading Ongwanada's mission and vision statements, I felt that my experience and compassion for others could contribute to these and would be an asset to this organization."

The Board of Governors agreed that she would be an asset and welcomed her in November.

She is excited for this new opportunity and her current goal is to learn as much about Ongwanada as she can to see where she can be of most assistance.

"I am looking forward to this new learning experience," says Cartier. "To the staff of Ongwanada - the dedication and care that you show the people with whom you work is admirable. I am in awe."

New Staff: Karen Sligh, Support Services Coordinator

Ongwanada is pleased to introduce one of Ongwanada's newest employees, Karen Sligh. Karen joined us on October 21 as the new Support Services Coordinator.

Karen comes to Ongwanada from 3SO, a regional hospital procurement organization, where she held the position of Procurement Project Manager. Prior to this, she held a variety of managerial positions with various companies in the supply chain, procurement, and logistics fields.

Her primary responsibilities are purchasing and procurement, but she also oversees telephone and mobile communication services for the staff, and organizational insurance.

Karen is originally from Toronto, but has lived all over Canada from



Ottawa to Edmonton to Montreal and everywhere in between. It makes sense that she's been all over Canada, because along with her husband and son, she enjoys spending time hiking and kayaking.

With Karen's diverse range of abilities, skills and experience both in work and in life, she was the ideal candidate for this position and we are very pleased to have her with 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: April 2014



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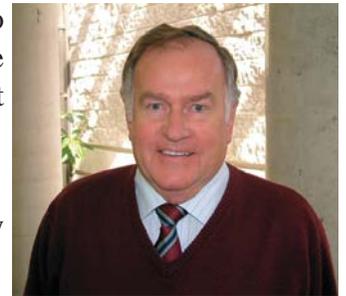
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A message from Bob Seaby, Ongwanada's Executive Director

As we start a new year, it is always nice to look back on the previous year to recognize what was accomplished as well as to see what we can expect in the coming year.

2013 had many highlights which included:

- Receiving Accreditation with Exemplary Standing;
- Renovating three of our community residences to give them a more accessible and comfortable design for our clients;
- Honouring the late Janet Henderson for launching Ongwanada's Snoezelen Room;
- Receiving the "Making a Difference Award" from the Ontario Developmental Services Human Resource Strategy for our participation in Core Competencies;
- Appointing a new Board of Governors President, Allan Twohey;
- Expanding our social media presence by launching a Twitter account for our followers to get the most up-to-date organization news and information;
- Running a successful United Way campaign raising over \$12,000;
- Inducting 18 new members to our Quarter-Century Club;
- Earning the Gold Level Wellness Award from KFL&A Public Health; and, as always,
- Dedicating our resources to supporting our clients and their families by responding to their evolving needs, respecting and advocating for their rights, and increasing their opportunities to have choices and make decisions.



As you can see, 2013 was a busy year and I expect nothing less than the same in 2014. One of the big projects in this coming year is preparing the five-year Strategic Plan for 2015-2019 as our 2010-2014 Strategic Plan which focused on the "forks in the road" is coming to a close.

We want to keep you in the know about what is happening at Ongwanada and will continue to provide you with quarterly highlights in this newsletter, but I would also like to invite you to follow us on Twitter or like us on Facebook. Ongwanada wants you to get news and information when it happens and social media has provided us with the forum to get information to you quick.

On behalf of Ongwanada, I would like to wish you a Happy New Year.

Sincerely,

Bob Seaby