

horizon

newsletter



Ongwanada

Spring 2018

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



support respect **choices**

New award in Dr. Bruce McCreary's honour announced at 2018 OADD Conference

On April 12, Ongwanada's CEO Wade Durling was invited by OADD to present awards and sponsorships to six recipients as part of OADD's 2018 Annual Conference held in Kingston. This included Dr. Jay Rao who received the Hull Roeher Award of Merit for his outstanding contributions in advancing the field of developmental disabilities.

Before recognizing Dr. Rao and the other five recipients, Durling took time to remember Dr. Bruce McCreary who passed away in November. Dr. McCreary had a long career of advocating for people with developmental disabilities while educating others through his extensive research.

"Bruce had an impact on the lives of many and influenced remarkable change that made our communities more caring," said Durling.

Durling felt that caring spirit when Dr. McCreary passed away having received many calls from people across the province regarding Bruce and the impact he had made.

"This response spurred a discussion between myself, on behalf of Ongwanada, a place in which Bruce contributed so much, and OADD and Great Lakes Society.

The three parties wanted to establish something that would truly honour Dr. McCreary and

allow his passion for educating professionals about developmental disabilities carry forward.

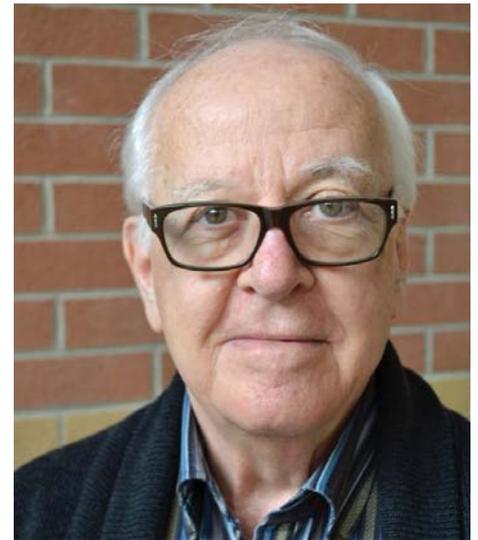
"We will honour Bruce by establishing a grant/sponsorship to be awarded to one person each year," announced Durling.

The focus of the grant will promote education and training in developmental disabilities for clinicians or those studying to be a clinician. At the same time, promoting the scholarship will assist in communicating the importance of education and training in developmental disabilities across Ontario.

Durling continued to explain that once established, the goal is to award a recipient with the grant in Dr. McCreary's name once each year, with the first recipient to be announced at the next annual OADD Conference in April 2019.

"When we discussed this grant with the McCreary family, they were very pleased," reported Durling, "and noted that Bruce would be begrudgingly honoured with our choice to create something in his name, focused on his work." They expressed that "this is bang on."

Until the first recipient is announced next spring, Ongwanada, OADD, and Great Lakes Society will work on developing terms of reference and will communicate more details later this year.



Dr. Bruce McCreary, Professor Emeritus of Psychiatry at Queen's University was a gifted psychiatrist, mentor, scholar, and compassionate crusader for people with developmental disability, their families, and caregivers.

Provincial Network announces Wade Durling as new Chair at DSHR Strategy Forum

As of February 2018, CEO Wade Durling is the new Chair of Provincial Network on Developmental Services.

The Provincial Network represents about 250 non-profit agencies throughout Ontario, consisting of membership from Community Living Ontario, Faith and Culture, Great Lakes Society, Metro Area Representative Council (MARC) and Ontario Agencies Supporting Individuals with Special Needs (OASIS).

This is exciting for Ongwanada as it puts the organization in a lead position on a provincial level. Congratulations to Wade!

Ongwanada contributes to Queen's University research on frailty

By: Clarabelle Lee

Did you know that frailty appears much earlier in people with intellectual and developmental disabilities compared to the general population? In fact, the likelihood of being frail is three times higher amongst adults with intellectual and developmental disabilities.

Frailty is a condition related to aging, where individuals present with multiple physical, psychological, and social problems which place them at higher risk of negative health outcomes such as falls, hospitalization, admission to long-term care, and even death. It is important to identify frailty early so that support plans can be adjusted to make sure individuals get the help they need.

Dr. Hélène Ouellette-Kuntz, epidemiologist at Ongwanada and Professor at Queen's University, has been working on frailty research with Dr. Lynn Martin, a faculty member at Lakehead University, and students from Queen's since 2013. Furthermore, Katherine McKenzie, one of Dr. Ouellette-Kuntz' previous Master's student, has even developed a frailty index specific for use with adults with intellectual and developmental disabilities.

To continue that work, for my fourth year thesis project at Queen's University, I have been conducting research to help



agencies like Ongwanada more efficiently identify the frailty status among their clients. Charts of 170 adults supported by Ongwanada in 2016 were reviewed to identify the presence of the 42 deficits identified in the previously developed frailty index. Key findings include:

- Ongwanada charts were rich in information; however, a majority of items in the index were not consistently recorded, especially those related to functioning and changes in function;
- The score we derived based on the available information was associated with age, level of IDD, and living ar-

rangement (i.e. group home and host family); and,

- Individuals with higher scores - possibly indicative of frailty - were more likely to be hospitalized in the following year.

It is important to record decline in health or functioning in the client's chart so that frailty can be identified and support plans adjusted to improve well-being. Dr. Ouellette-Kuntz is preparing a document with colleagues from Canada and Europe on how best to support adults with intellectual and developmental disabilities as they become frail.

A poster based on my research was presented at this year's Ontario Association on Developmental Disabilities' Research Special Interest Group (RSIG) conference on April 13.

For more information, please contact Dr. Ouellette-Kuntz at Helene.kuntz@queensu.ca or extension 1198 at Ongwanada.

Trying to reduce paper? Receive The Horizon electronically!

If you would prefer to receive this quarterly newsletter via email, please email Ongwanada's Communication Coordinator at:

ncooper@ongwanada.com
by June 1, 2018

Subject: Paperless Horizon distribution

Content: The mailing address we currently mail to along with the email you would like the electronic newsletter delivered to.

Ongwanada announces 2017 Volunteer(s) of the Year

Desiree Simpson and Karen Zeng were named Ongwanada's 2017 Volunteers of the Year at the organization's annual Volunteer Appreciation Night on April 18, 2018 at the Resource Centre on Portsmouth Avenue.

Simpson and Zeng were nominated by two people supported by Ongwanada for the companionship they provide throughout the year.

Usually, only one volunteer is awarded the coveted Volunteer of the Year award, however, when considering both volunteer's commitment to their friend and the absolute sincerity of the friendship they have shared, it was quickly deemed a tie between the two," explains Paula Smith, Volunteer Services Coordinator.

Both volunteers are involved in befriending programs that match them with a person with developmental disabilities to provide that person with opportunity for social inclusion.

Simpson currently works with Community Living Kingston, but has become a friend to Bert, a person supported by Ongwanada, through Ongwanada's Befriending Program. The two met almost two years ago and since meeting, these friends have enjoyed many adventures together including zip lining, white water rafting, a trip to Niagara Falls,



Congratulations to Karen Zeng (far left) and Desiree Simpson (far right) for winning the 2017 Volunteer of the Year award! Pictured with their friends from Ongwanada and CEO Wade Durling (centre)

snowmobiling, and more.

Zeng came to Ongwanada over two years ago through the internationally renowned Best Buddies Program. Although Zeng is quite busy as a student at Queen's University, she always makes time for her best buddy, Bryon. Since the beginning, they have had a natural friendship, which is the hope when matching someone through Best Buddies.

The individuals nominated for Volunteer of the Year, along with approximately 100 other volunteers have contributed to bringing Ongwanada's Strategic Plan, Vision 2020, to life through their social engagement with individuals supported by this organization. *Vision*

2020 has a clear message that Ongwanada wants to embrace a strong sense of community, not only with its partners in the region and across the province, but for the individuals we support; to give them the opportunity to experience true social inclusion by thriving within their communities.

You can learn more by contacting Paula Smith at psmith@ongwanada.com or 613.548.4417.

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More than 80 per cent of staff satisfied with eCIMS after two years

It is hard to believe that we have now hit the milestone of two years with our electronic client information management system (eCIMS) as it feels like we just hosted its first “birthday” with Ongwanada last year. However, another year has passed and the eCIMS Advisory Committee would like to take a moment and reflect on how far we’ve come, especially in terms of communication and data usage since launching in February of 2016.

Over the past few months, we have conducted follow-up surveys in residential planning meetings and with administrative staff to get a sense of system use and level of satisfaction with the system. We are happy to report a satisfaction level with the system of almost 84 per cent among staff surveyed, which is a 10 per cent increase from 74 per cent this time last year.

This satisfaction level is due in part to the constant evolution and increasing functionality of the system to better meet the needs of people we support by enabling staff to more easily access information for use in better supporting their needs.

For example, Dr. Sean Kerry, one of Ongwanada’s Clinical and Counseling Psychologists, reports that he is now able to generate charts and graphs using eCIMS data to help in decision making.

“Along with looking at the nightly sleep data and sometimes bowel records, if appropriate, the ability to export incident reports is proving most useful,” explains Kerry. “Within the incident reports, I’ve been able to graph triggers to behaviour, client response, time of day, etc, which can be used to look for patterns that

emerge, for example, seasonal patterns in the episodes of behaviour from one year to the next.”

He feels there is a lot more potential for the system and it could become a better tool for evaluating medication changes and determining PRN effectiveness, but for now, is happy with what they have to work with.

Kerry isn’t the only one able to utilize the data being provided within eCIMS. Peggy Rising, Decision Support Analyst, can now pull CQI group stats which help show clients involvement in the community.

For instance, Rising reports that on average, there were 249 quality improvement community opportunities per month in which clients are participating in (ie. Attending events at the K-Rock Centre, volunteering at the Humane Society, picnics, and walks in the park). As Ongwanada focuses more on community inclusiveness, these stats prove to be most valuable.

Furthermore, Rising reports that on average there were 766 daily activities and interactions per month that clients participated in involving their peers and staff (ie. Arts and crafts, van outings, baking groups, etc.). Although these activities generally occur in an Ongwanada setting or without community interaction, the stats are valuable in providing a snapshot to what our clients are involved in day-to-day.

While data access usage continues to play a valuable role in evaluating key performance indicators, eCIMS has also increased staff ability to communicate not only with each other but with external parties in a confidential electronic setting.

The most recent statistics received from Nucleus Labs, our eCIMS vendor, indicate approximately 4500 combox messages are being exchanged on average per month, which is a vast difference from the 3,000 messages on average per month being exchanged during the first year of eCIMS implementation. These numbers along with the survey results show that the majority of staff are seeing the value of communicating via combox as approximately 88 per cent of survey respondents indicated an improvement in communication after two years.

As well, as the system evolves, more features are being added to benefit both people we support and staff. For instance, incident tracking now lets us know how many incidents we have occurring each month per client which allows us the ability to break it down by type of incident. This ability can help build Behaviour Support Plans for supported people, helps us determine the type of medication errors so that we can better educate staff, and monitors any abuse.

As well, some staff benefit through the new ability to enter daily stats to provide the organization with a better idea of staff workload. Human Resources has also started to utilize the system to provide online education.

Through it all, Clinical Records along with Nucleus Labs are continuously trying to adapt the system to improve its efficiencies to provide the best system for staff. Statistics and feedback provided through the surveys then help identify areas in which we need to improve, so we are happy to discover that after two years, we are continuing to head in the right direction.

News from the Crescent Centre

By: Joe Moore

We would like to introduce you to a new feature. Joe Moore participates at Ongwanada's Crescent Centre Community Services program and recently approached the Communications department about contributing stories about what's been happening at the Crescent Centre.

Here are some of the activities going on over at the Crescent Centre:

On April 11, Tammy and Lee Ann went with six supported people from the Crescent Centre to the K-Rock Centre to see the Harlem Globetrotters. It is a basketball game with entertainment and there were dancers from a Kingston Dance Group. They danced during the pre-show and intermission. We enjoyed the music and dancing. The basketball show was amazing and they had music, acrobatics, humour, and great theatrics that were very entertaining and made the people laugh, cheer, wave, dance, and clap. The audience was captivated and smiling the entire show. Everyone had a nice dinner before the show.

On February 13, Tammy and Lee-Ann went to the movies with Harold, Patrick, Dawn, Bobby, Thomas, Jessica, and Phillip. They went to see Paddington 2. Paddington is a bear who went to London, England and ended up in mischief. The movie was very funny and entertaining. We enjoyed the movie and after that they had a pizza party. A fun night was enjoyed by all.

We had a Valentine's Day Dance. The dance was on Valentine's Day (February 14). John did a fantastic job in the music taking lots of requests. Everybody boogied and enjoyed cake at lunch. Everyone had a great time.

Clients Go See "Peter Rabbit": On February 23, a large group of people from Crescent went to Napanee to see the movie Peter Rabbit. Peter Rabbit was very funny, entertaining, lots of action, and enjoyed by all.

Two Ladies Go To A Hedley Concert on February 28: Wendy and Margo went to go see Hedley at the K-Rock Centre. The ladies first went to Mandarin for dinner. They both liked seeing the show and were clapping, singing, and dancing along to the songs. Margo was a big Hedley fan so she yelled "HEDLEY" repeatedly, because she got excited. A great night for the two of them.

Do you care for someone with a Developmental Disability?



We invite you to join our **Care-giver Support Group** that provides support and encouragement to **caregivers of those with developmental disabilities**.

The group is an opportunity to talk and benefit from the experiences of others in a similar situation while providing caregivers with the community resources and opportunities they need. There will also be education on different topics. Most importantly, in an effort to remove any barriers for anyone wishing to attend, **RESPIRE** will be provided at the meeting location.

For more information on meeting details, please contact:

Monika Cook, Ongwanada's Spiritual Care Coordinator
mcook@ongwanada.com or 613.532.9402

Man supported by Ongwanada's APS is off to Special Olympics this summer

By: Meghan Balogh, The Whig-Standard

A Special Olympics athlete from Napanee is travelling to Prince Edward Island to compete at the Special Olympics Canada 2018 Summer Games and that athlete just so happens to be supported by Ongwanada's Adult Protective Services (APS) program.

John Kirkman is an athlete with Special Olympics Lennox and Addington. After successfully competing in 10-pin bowling at the provincial level in Guelph in 2016, Kirkman was selected as a member of the national team for this year's Games.

He'll travel to Summerbrook, P.E.I., for the 10-pin bowling championships from May 14 to 20.

"I feel good," Kirkman said, smiling. He also said that he's not nervous, even though this will be his first time flying.

Kirkman's coach, Gail Burtch, said Kirkman is only the second athlete from the area to ever attend a national-level Special Olympics event.

"For as long as I've been involved in the Special Olympics, we haven't had anyone go to nationals until last year," Burtch, a longtime coach with Special Olympics Lennox and Addington, said.

"The interesting thing about Special Olympics in Lennox and

Addington is that we're just a very small, minor, little area. We're really excited that John gets to do this."

In order to proceed to the Summer Games, athletes must qualify locally and provincially. Athletes who qualify at the national level could go on to represent Canada at the 2019 Special Olympics World Summer Games.

"The World Games will be in Abu Dhabi [in the United Arab Emirates] in 2019, and John may get to go there," Burtch said enthusiastically.

Organizers expect more than 3,000 spectators to show up to watch the 2018 Summer Games, the bulk of which take place in Antigonish, N.S., later in the summer. The 10-pin bowling happens separately.

More than 900 athletes, close to 300 coaches and officials, and 600 volunteers will make the Games a reality this summer.

For Kirkman to attend the 2018 Canada Summer Games bowling championships, he will have to raise \$1,000 to cover part of his expenses.

"We've been lucky that we have been getting donations and funds from the community



John Kirkman of Napanee is travelling to Prince Edward Island to compete at the Special Olympics Canada 2018 Summer Games

already," Burtch said.

A music concert featuring Valdy, as well as some direct community donations, have started the fundraising ball rolling.

Kirkman thanked those in the community who have already donated or are planning to donate to his big opportunity.

Ongwanada and its staff at APS office in Napanee are extremely proud and excited for John. We wish him the best of luck this summer in at the Summer Games and hope he continues on to the World Summer games in 2019. Good luck, John!

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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: July 2018



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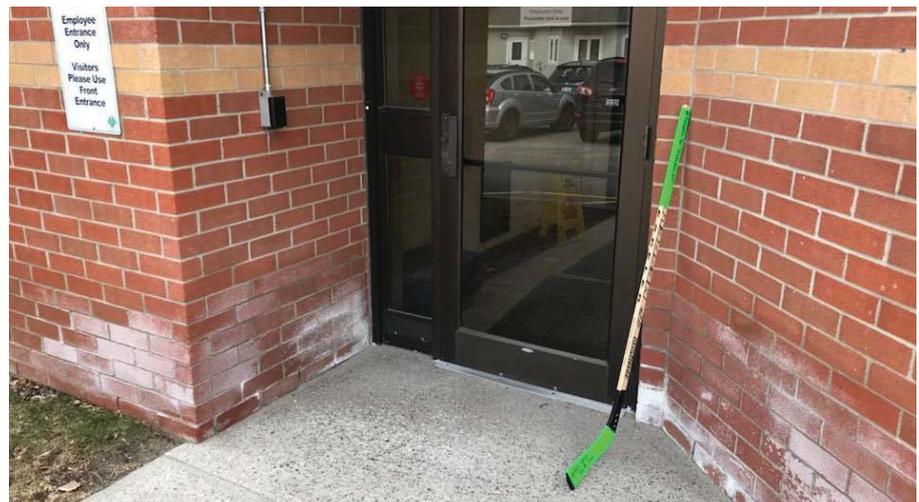
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Ongwanada comes together to support Humboldt



On April 12, staff and supported people showed their support to those affected by the tragedy in Humboldt by wearing jerseys for “Jersey Day”. Jersey Day was a nation-wide initiative to honour the 16 people who lost their lives in the April 6 accident, and to show support to those who survived and those who lost loved ones.

#PutYourStickOut Campaign



Another initiative to support those of Humboldt was the highly regarded “Put your stick out” campaign. Hockey sticks were left out on porches and front doors across the country and Ongwanada participated at homes and day program areas. #putyourstickout images can be found on various social media platforms from all over the world.