



citizen advocacy
parrainage civique

r a p p o r t

Summer-Fall 2011

ISSN 1180-503X



EVERYDAY CHAMPIONS
ÉTOILES DU QUOTIDIEN



CHANCE FOR CHOICE
L'OCCASION DE CHOISIR



REAL PLANS FOR REAL LIFE
VOTRE PLAN, VOTRE VIE



Lifetime Networks

Citizen Advocacy matches volunteers from the community with people who are isolated and vulnerable because of a disability. Established in 1974, Citizen Advocacy is supported by United Way / Centraide.

Parrainage civique associe bénévoles et personnes ayant une incapacité qui sont isolées et vulnérable à cause de leur handicap. Établi en 1974, Parrainage civique est soutenu par Centraide / United Way.

Call for Nominations for the 2011 Celebration of People awards is now open!

It's that time of year again! You are invited to nominate and put the spotlight on individuals and organizations in our community who promote inclusion of people with disabilities and excellence by their personal or corporate example. The deadline for nominations is **Wednesday, October 5th, 2011 at MIDNIGHT.**

Award finalists and recipients of this year's thirteen awards will be honoured and celebrated at the 11th annual Celebration of People Awards event on **Thursday, December 1st, 2011** at the Hampton Inn Ottawa and Conference Centre on Coventry Road.

Early Bird Nominations – Now Being Accepted

Nominate early! Submit your nomination forms by midnight Thursday, September 8th to be entered into a draw for two free tickets to the 2011 Celebration of People event! Good luck to all the early birds!

The FINAL deadline for all submissions is midnight on Wednesday, October 5th.

Visit www.celebrationofpeople.com to find out more about this exciting annual awards program and submit your nominations now!

How to Nominate

Visit www.celebrationofpeople.com, complete and submit the online nomination forms electronically. Hardcopies may also be downloaded and printed from the website, or you can request a nomination form by calling 613-761-9796, TTY 613-725-6175 or by emailing info@celebrationofpeople.com.



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Rapport is a newsletter published every 4 months by Citizen Advocacy of Ottawa. Citizen Advocacy assists people living with a disability in enhancing their quality of life by overcoming barriers to personal choice and community participation. A volunteer-based, non-profit organization, Citizen Advocacy relies on the support of foundations, grants, memberships, and personal donations to augment funding from the United Way, Province of Ontario, City of Ottawa, and the Trillium Foundation.

Suggestions and submissions for publication, as well as questions and comments of general interest, are invited and should be sent to the attention of the Editor—Rapport. Submissions may be edited for length and content at the discretion of the organization.

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Contributors: Christine Martinelli, Shelley-Ann Morris, Meghan Maack, Nadine Pilon, Brian J. Tardif, Theresa M.

Dates to Remember

August 27: Annual Summer Picnic

September 5: Labour Day (office closed)

September 8: Celebration of People Early Bird deadline

October 5: Celebration of People nomination deadline

October 10: Thanksgiving (office closed)

October 15: Bowl-A-Thon for Everyday Champions

October 20: Murder on the Menu

November 11: Remembrance Day (office closed)

December 1: Celebration of People

December 11: Holiday Dinner & Dance

Go Green!

Citizen Advocacy encourages you to go green! Joining our e-newsletter list will help save trees and reduce the use of paper and envelopes. An added bonus is that you will help us to keep postage costs down. E-newsletter members receive e-mail notification when the latest issue has been posted on our web site: www.citizenadvocacy.org. You can read the newsletter online or download it to your computer. To join the Green Team and receive an e-mail notice about the latest newsletter publication and other events and happenings at Citizen Advocacy, please send an e-mail to info@citizenadvocacy.org or call the office at (613) 761-9522. Remember to include nfo@citizenadvocacy.org in your safe list!

Special Thanks from Citizen Advocacy

Thank you to the Ottawa Fat Cats for their kind donation of baseball tickets!

Upcoming Events

Bingo!

If you enjoy playing Bingo, please support Citizen Advocacy by playing at Bingoland South at 9 Slack Road (www.bingolandsouth.com). Citizen Advocacy hosts the bingo game on Tuesday evenings at 6:30 p.m.

It's Picnic Time!

The Citizen Advocacy Annual Picnic will be held on **Saturday, August 27th, 2011** at **New Edinburgh Park** (also known as Stanley Park), at 193 Stanley Avenue. OC Transpo route #9 stops closest to the park. If you still haven't placed your BBQ food order, if you have any questions or need more information, please contact the Citizen Advocacy office at (613) 761-9522.

The Second Annual Bowl-A-Thon for Everyday Champions is Quickly Approaching!

The Bowl-A-Thon for Everyday Champions is a fundraiser that brings together Citizen Advocacy supporters to raise funds for our Everyday Champions Program, and is also a guaranteed good time! The Bowl-A-Thon will take place on Saturday, October 15th at the RA Centre, which is a fully accessible venue.

Put together your own team of four, come up with a great team name, and get ready to bowl! Don't have a team of four? No worries contact us and we will find a spot for you! Each bowler must raise a minimum of \$40.00 in pledges in order to participate (this cost includes admission, one hour and 15 minutes of bowling time, shoe rental, light refreshments and a loot bag). Raffle tickets will be sold for a chance to win lots of fabulous prizes! Prizes will also be awarded for the **most** money raised, the **highest** score, the **lowest** score and the most **team spirit** – so feel free to wear costumes and act a little silly!

Contact: Meghan Maack

mmaack@citizenadvocacy.org or 613-761-9522 x 240 to register your team, get your pledge forms and choose your start time—either 1:00 or 2:30 p.m.

*You are invited to an
evening of gourmet
dining...*

With **MURDER** on the menu!



In support of Citizen Advocacy's
Lifetime Networks Program

Citizen Advocacy's Lifetime Networks Program brings to you for the first time **MURDER** on the Menu. This fantastic new fundraising event will feature a 4-course dinner with wine prepared by the renowned Chef Michael Blackie. This gourmet experience will be hosted in the ambient Panorama Room of the National Arts Centre located in the heart of downtown Ottawa.

Diners will enjoy an experience completely out of the ordinary as they are entertained by a hilariously interactive murder mystery dinner theatre show put on by Big Time Murder Productions.

Thursday, October 20th, 2011

National Arts Centre, Ottawa

Reception: 6:00pm

Dinner: 7:00pm

Tickets: \$100 (\$40 charitable tax receipt)

**Contact Citizen Advocacy for details or
to purchase tickets:**

613-761-9522 or info@citizenadvocacy.org



**Ottawa Race Weekend—What a Weekend!
What a lot of fun!**

On Saturday May 28 and Sunday May 29, 29 runners and walkers representing Citizen Advocacy participated in the annual Ottawa Race Weekend. Ten protégés, eight advocates, six family members and five staff raised over \$12,000 which will go directly to support the agency's core program Everyday Champions in support of people living with disabilities.

New additions this year included blue Citizen Advocacy t-shirts and a Pledge Support Recognition event. Thanks go out to t-shirt sponsor Colonnade Pizza as well as prize sponsors, the Works, The Running Room and Petit Bill's Bistro.

Bravo runners and walkers!

We know there are more runners out there who are connected to Citizen Advocacy and we welcome them to join us next year to walk or run on our behalf. Mark your calendars—Ottawa Race weekend will take place on May 26th and 27th, 2012!

Volunteers Needed!

14th Annual Ottawa Celebrity Sports Dinner
www.celebritysportsdinner.com

Citizen Advocacy is very happy to announce that we have been selected as a recipient charity for the upcoming fundraising gala the

14th annual Ottawa Celebrity Sports Dinner
An Evening with Super Bowl Legend Joe Montana

Donated funds will be directed to the Lifetime Networks program

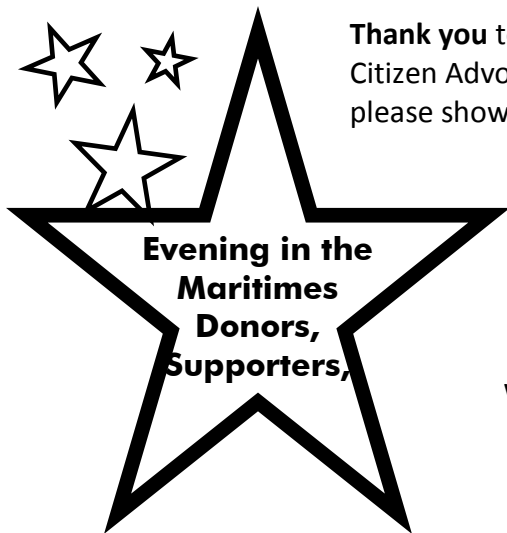
As a recipient charity Citizen Advocacy is currently recruiting a group of volunteers to assist in various roles
Volunteers must be available on the event date—Monday October 24th from 4:00—10:00 pm.

For further details please contact:
Meghan Maack 613-761-9522 x 240 or
mmaack@citizenadvocacy.org



EVENING IN THE  SOIRÉE DANS LES
MARITIMES

On Thursday, May 12th over 715 people gathered at the Hilton Lac Leamy to celebrate the 17th annual Evening in the Maritimes. We are proud to report that this year's event netted over \$96,000, up more than \$21,000 from last year's event, and the highest amount ever raised in the history of this event! The 2011 edition of Evening in the Maritimes was held for the third time at the Hilton Lac Leamy in Gatineau. At the reception, guests were greeted by the Celtic sounds of *The Rambling Fiddlers* and had a chance to browse and bid on the items at the silent auction. Members of the *Ottawa Police Service Pipe Band* piped everyone into the ballroom where guests enjoyed the main attraction: a traditional five-course lobster supper. Throughout dinner, guests could purchase raffle balloons, which for the fifth year sold out quickly! Then, to top the night off, Prince Edward Island's very own Vishtèn entertained guests for the remainder of the evening. The dance floor was the place to be! *Evening in the Maritimes* is Citizen Advocacy's major fundraiser and could not be the success that it is without the help of its supporters! Thank you: Honorary Co-Chairs Dennis Jackson, Vice President, Scotiabank and Vern White, Chief of Police, Ottawa Police Service; Kurt Stoodley of /A\ Morning, Sandy Sharkey, morning host of BOB's Breakfast, 93.9 BOB FM and Michael O'Byrne, CTV News@Noon Anchor for serving as emcees; the Organizing Committee who contributed their time and expertise during the many months of planning that lead up to the big event; the Corporate Sales Team for encouraging companies to purchase tables; and a big thank you to all the volunteers who helped out during the day and evening of the event.



Thank you to the following donors, sponsors and supporters for their donations to Citizen Advocacy's Evening in the Maritimes fundraising event. Where possible, please show your support to these generous organizations.

Corporate Sponsors

Scotiabank Group
 Bell
 Global Public Affairs
 mhpm Project Leaders
 Whitewater Village Luxury Cottage Club

Raffle Prize Donors

Porter Airlines
 VIA Rail
 CTV Hot Air Balloon
 Delta Halifax
 Cambridge Suites Hotel
 Mulligan's Florist
 East Side Mario's

In Kind Sponsors

The Greater Good
 ME Productions
 Frischkorn
 Hilton Lac Leamy
 Spicers

Media Sponsors

The Ottawa Citizen
 /A\ Morning
 BOB FM 93.9

Corporate Table Supporters

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Anixter	Global Public Affairs	Ottawa Police Services
Belden	Gowlings	Rogers
Berk-Tech / Panduit / Gray Bar	Hill and Knowlton	RX & D
Blake, Cassels & Graydon LLP	Hilton Lac Leamy	Solution-s/Integra
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CIBC	Korean Embassy	Urbandale
Cisco Systems	Kott Lumber	Water & Earth Science Association
Coradix	LWI	WESCO
Com-Net	Macafee	
Design 1 st	Marcomm Inc.	

Silent Auction Donors: Amberwood Village Golf & Country Club, Baton Rouge, Bell, Ben Babelowsky, Bill Smallwood, Blakes, BOB-FM and /A\ Ottawa, Brian Davidson, Calabogie MotorSports Park, Canadian Museum of Nature, Capital Office Interiors, Caza's Cuisine, Cartier Place Suite Hotel, Casino du Lac Leamy, Centrepointe Theatre, Chapeaux de Madeleine, Chateau Cartier Hotel, Conference Centre, Golf and Spa, Christian Horizon's, Cisco Ottawa Bluesfest, Collected Works Bookstore and Coffee Bar, Company of Fools, Concierge Home Services, David Humphries, David's Tea, David's Tea, Delta Ottawa City Centre, Design 1st, Designs by Roz, Donley's Pool Service, Earl Rose, Flower Mania, GCTC, George and Yumi Schoenhofer, George and Yumi Schoenhofer, Grow Green, Hampton Inn, Haveli Indian Restaurant, Helen Chambers, Hilary Jane Albers, Hilton Lac Leamy, Hiren Prabhakar, Jane Parsard, Jennifer M. Bishop, Mayor Jim Watson, Joan Weinman, Joyce F. Pedley, Just Imagine Home and Garden Décor, Kent Massage Therapy, Kent Massage Therapy L'echelle De Jacob, Libra Seniors' Services, Little Turkish Village Dinning Lounge, Lynda Pedley, Maggie Fietz, McGee's Inn, Megan Cameron, Megan Perks, Mont Cascades, Muriel Charron Esthetics, NAC, Novotel, Odyssey Theatre, Orleans Hilltop B&B, Ottawa Citizen, Ottawa International Children's Festival, Ottawa International Jazz Festival, Ottawa Police Services, Ottawa Senators Foundation, Permanent Petals, Phillipson & Baum Photography, Portraits Petals & Perceptions, Purewater, René Rivard, Renu Massage Therapy & Spa, Rogers, Shirley Greenberg, Sharp, SilverBirch Hotels & Resorts, Taste of Nova Scotia, Tessa Cameron, The Global Group, The Parging Doctor, The Westin Ottawa, Timothy D. Andrade, Trio Restaurant, Want Les Essentials De La Vie, Whitewater Village Luxury Cottage Club, Wine Station, Zaneta Mixed Media Artist, Zeno's Creations

Match Anniversaries / Everyday Champions

MAY 2011

- 22 George Cook & Rodney B.
- 21 Louise Crone & Margaret C.
- 20 Filip J. Vink & Donald S.
- 13 Jody Dixon & Moira F.
- 13 Melody Tomka & Cynthia M.
- 13 Lorraine Trudel & Sharon K.
- 7 Chris Walters & Réjean R.
- 6 Greg Enns & Joseph D.
- 5 Marcel St. Jean & Gordon G.
- 4 Lorraine Yorke & Esther C.
- 3 Michelle Crook & A. Rosa S.
- 3 Amy C. Walpole & Adria C.
- 3 Erica Leszkowiat & Elsi M.
- 3 Michelle Ferguson & Pat C.
- 2 Dominic Ozimierski & Daniel A.
- 2 Salvator Ndayizeye & Dickens P.
- 2 Joyce Mankarios & Trisha C.
- 2 Carol-Ann Deveau & Barbara R.
- 1 Stacey Sauv  & Therese B.
- 1 Emily Douglas & Brenda L.
- 1 Michael Parkhouse & Viateur V.

JUNE 2011

- 20 Sharon Anderson & Kathy B.
- 20 Arnie Francis & Ernest S.
- 17 Margaret Watson & Angela D.
- 16 Veronica Langelier & Pierrette P.
- 14 Stacey Norris & Dennis F.
- 10 Alice Bell & Diane R.
- 9 Joe Diamond & Chris M.
- 8 Avril D'Silva & Gloria S.
- 8 Marie Gwilym & Fran oise G.
- 6 Jenny Hough & Caryn C.
- 4 Nicola Kerridge & Julie Eileen C.
- 4 Dan Paquette & Philip D.
- 3 Ross Kouhi & Brad A.
- 2 Angela Wagner & Debra A.
- 1 Angela Coolin & Brenda F.
- 1 Patricia Parker & Melody B.
- 1 Kathryn Cousineau & Ashley L.
- 1 Rob McKenzie & Willis P.

JULY 2011

- 19 Allan Lewrey & Michael C.
- 18 Marie Charron & Lucille L.
- 15 Robert Lukshis & Tom S.
- 14 Paule and Jose Sacroug & Jean-Guy M.
- 11 Priscilla Lanois & Barbara W.
- 10 Yolla Baroud & Norma S.
- 7 Mavis Mason & Lois R.
- 7 Adrian Raghunandan & John R.
- 6 Jean Boulay & Joseph O.
- 6 Neena Kushwaha & Debby A.
- 3 Kathleen Hart & Chantal C.
- 3 Patricia Smith & Sophia T.
- 2 Lisa Gibson & Karine L.
- 2 Shane Gregan & Kevin C.
- 2 Harry Beatty & Donald D.
- 2 Lisa Suzanne Fitzpatrick & Frances W.
- 1 Melissa Fuerth & Patty-Ann S.
- 1 Abigail Martinez & Susan T.
- 1 Angeles Albornoz & Marguerite B.
- 1 Lynne Zimcik & Nicki B.
- 1 Mike Grimes & Robin B.

AUGUST 2011

- 14 Sheila Robertson & Monique P.
- 11 Melody Tomka & Alison B.
- 10 Cecilia Pinto & Afza B.
- 5 Jocelyne Moran & Jackie W.
- 5 John Quinn & Guy L.
- 4 Domenic Di Loreto & Vikas T.
- 4 Nathalie Gougeon & Micheline B.
- 4 Thy Dinh & Amy S.
- 2 John Weir & Guy P.
- 2 Elizabeth Young & Francine L.
- 2 Andrew Wismer & William W.
- 1 Kate Lalumiere & Van D.
- 1 Liz Michel & June M.

Match Anniversaries / Chance for Choice

JUNE 2011

- 1 Elizabeth Styffe & Diana B.
- 1 Ana Favas & Lorna C.

JULY 2011

- 1 Bill and Liliana Perry & Dawn P. and Reuven R.

AUGUST 2011

- 8 Yolla Baroud & Imelda W.
- 8 Jana Trembinski-Wilburn & Lillian B.
- 2 Anthony De Young & Evelyn S.

Match Anniversaries / Group Advocacy Project

MAY 2011

- 7 Pam Sawyer & Christian Horizons

JULY 2011

- 2 Joanne Vezina & Christian Horizons
- 2 Rene Vezina & Christian Horizons

Newest Matches

Everyday Champions

Chance for Choice

APRIL
 Kate MacMartin & Helen R.
 Daniel M. Carter & David E.
MAY
 Farida Kerrouche & Cathy T.
 Christopher Simpson & David A.
 Susan Pope & Marsha G.
 Ron Warren & Anthony D.
 Diane Goyette & Carolyn B.

JUNE
 Sarah Casagrande & Ann B.
 Sabra Marzouk & Margaret R.
 Lori Hone & Mandy Jane W.
JULY
 Melanie Mageau & Chantal S.
 Thomas Peckham & Paul C.
 Sarah Thorndyke & Trisha L.
 Kate Johnson & Shelly B.

APRIL
 Dave Hollis & Bill R.
MAY
 Janice Long & Lyn H.
JUNE
 Tyler Attwood & Roland M.
 Mary Allan & Carla R.
July
 Tanya Dafnas & Sylvia G.

Group Advocacy Project

MAY Elvis Nguyen & Vista Center **JUNE** Deborah Rowe & Foyers Partage

Advocacy in Action
 By: Shelley-Ann Morris, Volunteer Advocate

In 1984, I learned about Citizen Advocacy when an acquaintance told me about her ‘advocate’. Twenty-seven years later, what started as a ‘match’ has developed into a strong friendship. At the time, Marcella had recently moved to the west end neighbourhood where I was living—we were within walking distance of each other, making visits was easier as neither of us drove. While it took us a short time to get acquainted, I soon realized that I didn’t know much about her disability or how I could help her.

Citizen Advocacy offered me continual support through education events and social workers who were always eager to listen, share success stories as well as guide through challenges. In the last few years, Marcella has had considerable trouble in walking. Citizen Advocacy helped me to advocate on her behalf to receive services through the City of Ottawa’s Taxi Coupon Program, and facilitated our ability to go out on a regular basis. This has made the difference between virtual house arrest and her being able to get out into the community. We have attended many CA parties, picnics and special events. Marcella looks forward to the events and we have had many phone conversations about what we plan on wearing.

Citizen Advocacy offers a helping hand, arranging transportation so that we can get a lift with other advocate / protégé pairs. Marcella lives in a home where attentive staff provide meals, supervision with medications and a clean and comfortable place to live. At times, Marcella has had some difficulty articulating her wants and needs. Again, I am there to help her seek help. I have good relations with the staff and they trust me to assist Marcella with important matters such as her banking. The availability of choice is important to everyone. Sometimes our protégés don’t always have the opportunity to make choices. I always try to make sure that Marcella has plenty of options available, whether it’s deciding when we are going out, where we are going or what we would like to do.

All of these may seem inconsequential to many of us, however for her, choices, even the small ones, represent empowerment. In the over quarter-century span of our friendship, both Marcella and I have experienced our share of life’s changes. Along with our friendship, the other constant that remains is the support we get from the incredible people involved with Citizen Advocacy.

News from Lifetime Networks

Do you love the Dovercourt Dances?

Lifetime Networks is looking for a group of committed volunteers to form a dance committee. In order to ensure that Dovercourt Dances continue we need a committee of regular volunteers. Ideally we would have the same volunteers each dance. The commitment would be Saturday evenings for 2.5 hours, four times per year, plus one initial meeting at the Citizen Advocacy office. In order to ensure the dances run smoothly the volunteers would ideally be family members or friends of the dance guests, who can work without supervision. **Tasks:** Volunteer Lead – this volunteer will delegate tasks to other volunteers at the dance, picking up dance supplies from Citizen Advocacy office to bring to Dovercourt on the evening of the dance, picking up pizza from Newport, selling tickets at the door, selling pizza, set up and clean up, pouring refreshments for dancers.

Without a regular organized group of committed volunteers these dances cannot run.

Let's make sure the Dovercourt Dances keep on rockin'!

To volunteer for the dance committee please contact:

Ann Harrison 613-761-9522 ext. 248

aharrison@citizenadvocacy.org

Beyond Graduation

On Saturday, October 15th, 2011 Lifetime Networks will be hosting the 3rd installment the Beyond Graduation Workshop. The purpose of this full day workshop is for high school students with disabilities and their family members to begin thinking about life after graduation. There will be a session for parents and family as well as a separate session for student participants (age 14-21). There is a \$25 fee per family to cover the cost of lunch. Subsidies are available upon request. Spaces are limited.

Location—Central Ottawa

For further information or to register please contact: Norma Nissenbaum

norma.nissenbaum@live.com

613-230-4287



Lifetime Networks

Lifetime Networks would like to introduce our newest network facilitators: Jessica McGuire / Jeffery McCrossin / Conrad Switzer

Real Plans For Real Life By: Theresa M. "My Experience with Real Plans for Real Life"

My name is Theresa and I'm 35 years old. I was living at the Montfort Hospital for one and a half years because they said I was crazy. I didn't really like it there because I was always in a locked room. Sometimes I was allowed outside, but I wasn't allowed to leave the hospital property. I got involved with Real Plans for Real Life in 2007. My facilitator and I would go out for breakfast, lunch and sometimes shopping. We spent a lot of time talking while we were together – we talked about what I like to do and where I wanted to live. I told my Facilitator that I never wanted to live alone because I would be lonely. About two years ago I was discharged from the hospital to a boarding home in Vars, I didn't like it there because I had no freedom and there were too many people. Real Plans for Real Life and the support agency involved with me realized I needed more support and advocated for me to get respite and helped to develop a plan. In April 2011 I moved to a two bedroom, ground level

apartment in Orleans and I live with one other person, with supports. Now I like my life because I have my own room, more freedom, more support and more fun. I just got the good news that the support agency found me a house close by where I'll be moving with my roommate and one other person. I'm looking forward to having more space, a big backyard, a fireplace and making another friend. I'm happy with the things I do now – I go swimming, work out at the YMCA, go grocery shopping, attend a support program and spend lots of time with other people. Throughout the past four years I was able to call my Facilitator at Real Plans for Real Life everyday when I was upset and she would listen and help me to cool off. Now I'm too busy to call everyday, but I still look forward to our time together.

Everyday Champions

In each newsletter, Citizen Advocacy introduces you to a member of the Board of Directors and a volunteer. We are pleased to introduce **Liz Snell**, board member, and **Bill Dolan**, volunteer advocate!

Liz Snell joined the Board of Directors at Citizen Advocacy in June 2010. This may be a relatively new role for Liz, but Liz is definitely not new to volunteering! Her involvement with CA began with volunteer roles with Lifetime Networks (LNO), where her brother is a member. While in the role of Board President with LNO, the organization merged to become a program of Citizen Advocacy. Liz is also helping to build the program by participating in fundraising activities for social events such as the Boat Cruise, which took place in 2010 and the upcoming Murder Mystery Dinner planned for October 20th, 2011.

"I have been involved in various volunteering activities since my children, who are now 22, 16 and 15 were very little....my drive to volunteer is related to programs that affect my family directly", which explains her 10 years in the Girl Guide Movement as a Leader and as a District Commissioner as well as her 17 years on the Parent Council in the elementary school her children attended.

Liz is a passionate, creative and energetic woman who knows how to make the most of every day. In addition to caring for her family and working a full time job at Statistics Canada, Liz is also a small business owner producing and selling healthy salad dressing and salsa. On top of all that, Liz finds the time to contribute to CA and LNO to ensure that programs are in place for her brother and for others with developmental disabilities to have friends, a safe place to live and a sense of belonging. In Liz's spare time she enjoys travelling, experiencing different cultures, reading and watching movies.

Now that's a full life!



Bill Dolan has been a volunteer advocate with Citizen Advocacy for the past six years. When asked what motivated him to join CA, Bill said that he became involved after reading an article describing the loneliness that people with disabilities so often face. Bill was so intrigued that it prompted him to pick up the phone and begin the process to be matched with a protégé. Daniel and Bill have been "buds" ever since. Together they have attended a variety of Citizen Advocacy sponsored events as diverse as: the annual summer picnic, Evening in the Maritimes, Ottawa Race Weekend—Run for Everyday Champions, 67's hockey games and planning meetings to name just a few!

Bill is a retired educator with a masters degree in Educational Administration. Bill began his career with CUSO in the early 70's, but now spends his time giving back in numerous ways as an Advocate with Citizen Advocacy, as a monthly Program Planner with Prostate Cancer Canada-Ottawa and also as a Peer Volunteer with the Canadian Cancer Society.

Bill says he really enjoys being involved with Citizen Advocacy:

"I enjoy seeing people being happy, smiling and giggling. I also enjoy it when everyone is given a 'fair shake' and being respected for who they are no matter their position in life."

Bill went on to say:

"Citizen Advocacy is one of the most grass-roots and grounded organization I have ever dealt with. In my 6 years with CA, there is not one event or one person that I have come across that is not the most professional and also the most compassionate individual to deal with."

Citizen Advocacy feels the same way about Bill!

News from Independent Facilitation and Planning

On June 15th, Independent Facilitation and Planning was officially launched to the public as a fully operational fee-for-service program. Now that our facilitators have concluded their practicum assignments and have had the opportunity to apply their skills, they are eager to help others who want to get a clearer vision of their hopes and desires for the future. With diverse backgrounds, knowledge and wisdom, our facilitators are skilled listeners who have been specifically trained to focus on people's abilities and potential. They draw from a variety of facilitation tools and are able to offer an unbiased perspective. Some of our facilitators have worked within the developmental services sector, some are parents of a child with a disability and still others have moved into retirement and want to continue contributing to the well-being of others. Planning for the future can be very scary and sometimes confusing. Working with an independent facilitator can make navigating through change both positive and productive and isn't that what we all want our future to be?

Consumers Advisory Committee Call for New Members Information Session

Hello / Goodbye From James Salsman

In its continuing effort to serve and support people with disabilities and to advise the Board of Directors of Citizen Advocacy on issues that directly concern them the Consumers Advisory Committee (CAC) is calling for new members. Being a member of the CAC gives individuals an opportunity to work more closely with Citizen Advocacy and to become actively involved in advocating for the rights of individuals living with disabilities and so much more. To become a member of the CAC you need to be a matched protégé or have been matched in the past and be waiting to be re-matched. This is a great opportunity for you to get involved and make new friends. The CAC will host an Information Session on **October 20 from 5PM to 7PM** at Citizen Advocacy. During the information Session, members of the Present CAC will clarify objectives, involvement and achievements of the CAC during the last year.

For more information, please contact: Isabel Marti at 613-761-9522, ext 301 or email imarti@citizenadvocacy.org

My time at Citizen Advocacy this past summer has flown by. I recently graduated from Queen's University with a major in Political Studies, and will be heading to the University of Calgary in the fall to study law. When I started at Citizen Advocacy I was most interested in learning about how charities operated internally; but my time here has also helped contextualize the importance in helping people with disabilities. When I started work at Citizen Advocacy, I was not sure what to expect. It would be the smallest office I had ever worked in and my first time working for a charity. Thankfully, the staff at Citizen Advocacy was welcoming, friendly and ready to help whenever help was needed. The work was varied and interesting, and the days quickly turned to weeks. After seeing the non-stop work it takes to ensure the organization runs effectively, my respect for charities and their employees has doubled.

Farewell from Hilary Jane Albers

As many of you may already know by now, my one year contract as Communications & Fund Development Officer at Citizen Advocacy ended on June 3rd. I just wanted to say a fond farewell to all of the wonderful people I have met over the past year. It has been a true pleasure getting to know you, working with you and sharing some memorable times together, especially the Celebration of People awards dinner and Evening in the Maritimes. Although my time at Citizen Advocacy was relatively short, I hope that in some way I was able to create a positive and meaningful impact through my work, as many of you certainly had a special impact on me. I wish everyone all the best, and look forward to catching up over lobster at next year's Evening in the Maritimes, which I plan to attend as a guest. Enjoy the rest of summer!

Citizen Advocacy and United Way Ottawa Update *By Brian Tardif, Executive Director*

It is common knowledge now that United Way has decreased and by March 31st, 2012, will end ongoing funding for the Everyday Champions Program of Citizen Advocacy. The decision of the United Way comes as a result of their change in focus. With respect to support for people with disabilities, their focus has shifted to initiatives that aim to help people with disabilities get or keep employment. At Citizen Advocacy, while we agree that increasing the rate of employment for people with disabilities is an important goal we do not agree that this should be the sole focus of the United Way's support for people with disabilities.

Citizen Advocacy was fortunate to have financial support from the United Way for the past 34 years with an annual allocation in the past several years of \$166,000 for the Everyday Champions Program. This funding represents approximately 30% of the costs of this program which also receives generous support from the City of Ottawa, the Ministry of Community and Social Services and community donors through our several fundraising initiatives.

The Everyday Champions Program currently engages 250 citizen volunteers as advocates for over 275 people with disabilities. In addition, there are close to 300 people who have expressed an interest and could benefit from a supportive relationship with a volunteer advocate.

As a result of the United Way funding cut, the immediate impact has been a reduction of staff in the Everyday Champions Program effective July 1st. Social work staff has each voluntarily reduced their work week by one day. This agreement is for a period of 8 months while we explore other opportunities to recover lost revenues for this program. In addition, we have temporarily eliminated the position of Communications and Fund Development Officer. These two initiatives have resulted in the equivalent reduction of two full-time staff. A further reduction may be necessary depending on our financial position at the end of this year.

A further impact of this funding loss is the temporary closure of the waiting list for the Everyday Champions Program effective June 1st. With a reduced staff capacity, our ability to effectively manage new demands for this program has been impeded.

And lastly, with the temporary elimination of the Communication and Fund Development Officer, we have had to reduce our investment in recruiting new advocates. This will likely impact the length of the wait time for those on the waiting list.

How can you help?

- The United Way Campaign will soon be upon us. If you are planning on donating to the United Way, **please consider designating your donation to Citizen Advocacy Ottawa**. You will need our charitable registration number to do this: 130362817 RR0001. We will receive 81% of your donation. *Please note that United Way will not share the names of donors who designate their donations. Please inform us directly if you wish us to be aware of your designated donation.*
- You may wish to **consider donating directly** to Citizen Advocacy. You can do this through www.canadahelps.com (we will receive 96.1% of your contribution), or by calling the office at 613-761-9522 and giving a donation with a credit card. Each of these two options also includes an option to contribute monthly.
- You can donate by mail to 312 Parkdale Ave, Ottawa, K1Y 4X5.

Whichever option you choose will be greatly appreciated and will help close the gap in lost funding.



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Yes, I believe in a community that welcomes and values all people with disabilities!
Donate online at www.citizenadvocacy.org!

Circle one: Dr. M. Miss Mme Mr. Ms. Other _____

Name: _____

Apt. / Unit: _____ Street address: _____

City: _____ Province: _____ Postal code: _____

Phone: (_____) _____ Email: _____

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Please invest my donation to Citizen Advocacy wherever it is needed most: Citizen Advocacy

I would like my donation to be invested towards the following program(s):

Everyday Champions Chance For Choice Real Plans For Real Life Lifetime Networks

Here is my contribution of: \$25 \$50 \$100 Other \$ _____

My cheque payable to "Citizen Advocacy of Ottawa" is enclosed.

Please bill my: Visa MasterCard American Express

Card #: _____ Expiry date: _____

Cardholder name: _____

I would like to begin my **monthly donation** of \$ _____ payable the 1st or 16th of each month. I understand that on the date I have specified each month following, the amount I have indicated



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- I would like this to be an anonymous donation. Please do not publish my name.
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Thank you for your support. We do not sell, trade or otherwise share our mailing lists. If at any time you wish to be removed from this or any other mailing, contact us at (613) 761-9522 or at info@citizenadvocacy.org. Citizen Advocacy is a registered charitable organization, # 13036 2817 RR0001. Tax receipts will be issued for donations of \$10 or more, subject to Canada Revenue Agency guidelines.



Citizen Advocacy of Ottawa, 312 Parkdale Avenue, Ottawa ON, K1Y 4X5