

## Friends helping Friends

Summer-Fall 2017

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### Recruitment Campaign



Citizen Advocacy has approximately 300 people living with disabilities waiting for a volunteer Advocate. This year, through a generous one-off grant from the Ministry of Community and Social Services, we are launching a recruitment campaign around the theme “Change Two Lives”.

We have a brand-new video that has been developed through the creative talents of Fifty Strategy + Creative. This video is already on [our website](#), please take a moment to view it.

Starting on September 11<sup>th</sup>, radio advertisements are being aired on CRFA 580AM, TEAM 1200 AM, Majic 100.3 FM, Rouge 94.9FM during the morning show. The campaign ends on November 3<sup>rd</sup>.

Facebook advertising starts on September 11<sup>th</sup> too, ending on November 5<sup>th</sup>. These ads will complement the Google Ads (paid for through a Google Grant) that have been running since June.

You can help too by sharing posts we will be publishing on [Facebook](#) during September -November.

The first step for anyone wanting to volunteer is to come to one of our commitment-free information sessions held at 312 Parkdale:

September 14	Thursday	6:00 pm
September 25	Monday	6:00 pm
October 13	Friday	12:30 pm
October 25	Wednesday	6:00 pm

Want more information? Contact Maria Redpath at [mredpath@citizenadvocacy.org](mailto:mredpath@citizenadvocacy.org).

## Independent Facilitation

By Ruth Ann Moore, Facilitator



As facilitators, we often talk about the importance of relationships. Relationships are key in a good support network, and for a rich life in the community. We often talk about sharing our connections with others.

Today, I am going to share with you about Stacey, a young woman with a big dream, and the small army of people who have helped along the way.



Stacey is a woman in her mid-thirties. Most notably a woman of faith: her faith is central to who she is, it is incorporated into every aspect of her life and radiates through her. In Pembroke, her home town, she has a rich base of friends and relationships most of which were cultivated through connections with various churches, and faith organizations. She is well liked and appreciated and the adopted aunt to many children. She participated this past winter in the Coldest Night of the Year, was a volunteer and key holder at the Grind coffee house, and joined together with friends for various sports, and activities. All this was not enough though, because Stacey had a dream.

Initially, Stacey wanted to complete her high school degree, and go on to college. She was interested in going on a mission's trip, getting married and having a family of her own. It was in the summer of 2016 that her vision changed or should I say expanded even more, as Stacey began to have the strong desire to move to Ottawa. Beyond a shadow of a doubt she knew that the next step in her life would entail this move.

People move all the time, but for this move to happen, the whole family needed to come on board with the process. You see, Stacey, her sister and their mother all have disabilities. They all lived together, and if one were to leave

the family home, this action would affect the living arrangements of them all. Their home would need to be sold. They had been talking for years about selling the house, but the task was daunting.

You all know the amount of work that selling a house entails, and this move was no exception. In my first meeting with Stacey, we established goals and a rough time line. We listed people that we could involve, friends and connections we could call on, and jobs which needed accomplishing. Our plan was in motion and we were headed down the track. Little did we know the various curves in the journey that awaited us, or the wealth of people needed to negotiate the treacherous road ahead.

It was not long into the process that it was apparent that the family would require far more support with the move, and my role as facilitator expanded. We called in friends to help with decluttering and packing. We worked through a flooded basement and frigid weather. We took more than a dozen trailer loads to the dump, and about half-a-dozen to Value Village. Friends worked tirelessly, and gave selflessly to help make this happen.

Support workers pitched in with the administrative details - talking to the various agencies, and offices. There was funding for purchases for the new apartments, and shopping trips to make it all come together.

About halfway through our journey, I discovered that the family had been taken advantage of by a home service company and were sold a water purification unit they did not need, nor could afford. Citizen Advocacy's Executive Director, Brian Tardif, and Maria Redpath, our Community Engagement Coordinator, stepped up to offer direction and work was started to right this wrong. Ultimately the family's lawyer took the case over and the work we had started, and offered to work pro bono to help resolve this issue. It is still ongoing.

Different staff members lent a hand by offering some of their connections while we looked for accommodation for Stacey here in Ottawa and worked out various financial matters. The Independent Facilitation team was a great sounding board, and have also, when needed, lent a hand. Even Stacey's new landlady willingly offered connections from her support network to help with this large transition.

Stacey's friends planned a surprise gathering for her, and surrounded her with such love, care and support as they came to understand her passion for moving and the safety and security that we had built into her plan.

The Grind threw Stacey a good-bye luncheon, and packed the room out with well-wishers. They celebrated her move, and publicly thanked her for all her involvement, and work.

It was just, three months from our initial meeting to the actual move!

Stacey is very fortunate. She has a great support network in Pembroke, and she could draw on those connections and on mine to bring about this fantastic change.

Stacey did move to Ottawa. In her first week, she attended a church where she was warmly accepted and valued, completed the testing required to attend classes at an adult high school and started school. Today, Stacey's schedule is filling in nicely. She is growing in confidence and ability, and loving every moment of her new adventure. We still have goals to accomplish and work towards, and I am sure they will happen, one relationship at a time.

## 2017 Celebration of People Nominations are now open

Do you know someone who is an exceptional athlete? A superb educator? Or a volunteer in your community that goes above and beyond to support equality and inclusion for all people?

On November 29, 2017, Celebration of People will give out 12 awards to recognize people living with disabilities who are contributing to our community or who support the involvement of others living with disabilities. Visit our website at [www.celebrationofpeople.com](http://www.celebrationofpeople.com) to view the award criteria and to submit your nominations.

Someone you know deserves to be recognized for the outstanding life they lead and the contributions they make to our community! You will be pleased that you made this recognition possible!

The final nomination submission deadline is October 2<sup>nd</sup>, 2017.



## Children's Sibling Group

The Children's Sibling Groups are gearing up to enter our 4<sup>th</sup> year. Registration has already started and so far, we are up to 11 registrants with 80% of these being new families. Families who would like to register their children for 2017-2018 should know that we have a cap of ten children per group. We allocate the spots on a first-come, first-served basis. Don't delay - ensure your child has a secured spot. Families can contact the Program Coordinator, Kelly Howson for registration or to get more information at [khowson@citizenadvocacy.org](mailto:khowson@citizenadvocacy.org) or 613-761-9522.



# Advocacy in Action



Noor Gordon-El Bihbety was 14 years old when her social worker at the Ottawa Children's Treatment Centre recommended that the family

investigate finding a volunteer Advocate through Citizen Advocacy. Their goal was to help Noor, who lives with Dandy Walker Syndrome, increase her independence, improve her social connections and to help her explore new things.

In July 2015, Noor was introduced to Parissa Davtalab who was looking for a volunteer role that would allow her to give back to the community.

Noor and Parissa immediately hit it off and have been getting together approximately once a week. They both love to be active and this has been the main focus of their outings. Some of things they enjoy doing together are going to the gym, swimming and walking Noor's dog. Noor really enjoys the time she spends with Parissa and Parissa feels her life has been enriched by their friendship. The benefits of this match don't stop there as Noor's family are so happy to have Parissa in their life and to see Noor flourishing.

## Walking in My Shoes (WIMS)



Fall is in the air and we will be starting off the Walking in My Shoes parent group season on September 19<sup>th</sup> with an informative talk from

Kim Peterson and Heather Rose who will be sharing information on supports available in the school systems for middle school through to high school.

An informal discussion and information evening will take place for the October meeting, starting with a 40 minute in-service from Service Coordination about two programs they offer that are beneficial to families with a loved one with a disability.

In November, Janet Carioni, OT, will be discussing sensory processing and how it effects learning, attention and behaviours. Learn how to make a safe sensory space for your loved one and learn more about sensory integration.

Join us in December for a Holiday Gathering and informal discussion and information session. A resource table will be set up for you to browse through.

The [WIMS Parents Facebook](#) page is another great resource for families. Information about caring for a loved one with a disability, resources in the city, transitioning to school, IEP's, life after school age and more are posted for your information. Don't forget to 'Like' us and any posting you have enjoyed!

I look forward to meeting new members and seeing returning caregivers this fall.

For more information [visit our webpage](#).

### Save the Date!

WHEN: Saturday November 4, 2017 – 9:30 am to 4:00 pm

WHAT: Workshop on Powers of Attorney and Guardianship

WHERE: Bethany Hope Centre, 320 Woodroffe Ave

WHO: Parents, caregivers, Advocates, people thinking about taking on one or more of these roles

More details coming soon.



## Dates to Remember

**September 4:** Labour Day (office closed)

**September 9:** Dovercourt Dance

**September 19:** WIMS Meeting

**October 9:** Thanksgiving (office closed)

**October 2:** Celebration of People - Final Nomination Deadline

**October 14:** Dovercourt Dance

**October 17:** WIMS Meeting

**October 19:** In the Spotlight

**November 13:** Remembrance Day (office closed)

**November 18:** Dovercourt Dance

**November 21:** WIMS Meeting

**November 29:** Celebration of People Awards

**December 9:** Dovercourt Dance

**December 10:** Annual Holiday Dinner and Dance

**December 19:** WIMS Meeting

## Fetal Alcohol Resource Program: Two Years and Counting!

The greatest part about writing an article for the 2017 Summer Rapport Newsletter is taking the opportunity to celebrate two years of the Fetal Alcohol Resource Program (FARP) and realizing how much we have been able to accomplish!

Since beginning in August of 2015, we trained over 1,300 people about Fetal Alcohol Spectrum Disorder (FASD). These people include teachers, educational assistants, people in the justice system (including a conference for judges), medical system, mental health system, employment system and many

other agencies and services. We have also had our first Mommy Mocktails fundraiser and awareness event and our first Symposium. We are actively advocating to improve the FASD assessment process in Ottawa. And now that the new FASD Provincial Strategy has been announced, we are collaborating with various groups to try to help the government roll out the best approaches to supporting people with FASD.

We are also excited about our newest FARP team member, Maude Champagne. Maude began to work with us as a social work student and we quickly realized that her intelligence, sensitivity, FASD Key Worker experience from BC and her fluent French (not to mention the fact that we love working with her!) makes her an excellent addition to our team. Maude officially joined us in April and since that time, she has been working diligently to create FASD training in French. She has arranged several training opportunities, which allows us to inform another segment of our population about how to best support people with FASD.



The future is looking exciting. Our program began as a two-year pilot project and now has funding for at least another year. We are beginning to make inroads into the school system - a primary goal for us. And we are receiving more calls from the community because people are now aware that we exist and want to help. Once we have successfully increased our funding we plan to move towards more direct support for people with FASD and their supporters. Let's hope that next summer's Rapport newsletter will be all about that!

## Lifetime Networks



In July 2017, Lifetime Networks rolled out improvements to the program. New workshops are being offered for families on:

- Future Planning, including Wills, Estates and Trust Planning;
- Ensuring Safety, including Trustees, Guardianship and Substitute Decision-Making;
- Transition Planning, including Succession Planning for Siblings;
- RDSPs and Financial Planning.

We have introduced a new training program for Lifetime Network Facilitators. The goal of this enhancement is to ensure that families have well-trained staff who understand the values of Lifetime Networks and who can successfully build strong networks of support for families with a loved one living with a disability.

We have also implemented a new fee structure. The costs include a one-time membership fee (tax receipt provided) and a flat monthly fee that covers all costs. There are also now two-levels of support available to families that can meet their needs now and into the future, to ensure the safety and security for their loved ones living with a disability.

This Fall, following suggestions from our members, we will be running a book club for people who want to go through the Safe and Secure reference book, in a structured environment, with other family members. The Safe and Secure Book Club will be run by one of Citizen Advocacy's knowledgeable staff. Due to limited space, [registration](#) is on a first-come, first-served basis.

Save the date, November 4<sup>th</sup>, for workshop on Powers of Attorney (POA) and Guardianship, led by Natalie Sanna, a lawyer with Persona Law Group. There will also be a panel who will share their stories of their experiences setting up guardianship or POA for a loved one. Families interested in registering for the

workshop should call Citizen Advocacy at 613-761-9522 to save their spot as space is limited.

### In the Spotlight Tickets on Sale

In The Spotlight , presented by **Citizen Advocacy** and **Families Matter Cooperative** is Ottawa's only concert spotlighting the capacities and talents of artists with disabilities. The evening will be held on Thursday October 19<sup>th</sup> at the **Theatre du Casino** featuring performances by **Kisara, Kara Shaw** and more! Guests will enjoy a pre-dinner cash bar reception, silent auction and raffle, as in previous years. However, this year we are kicking things up a notch and offering two attendee options; Dinner & A Show, or Mezzanine Experience.



Don't miss out on this event. Buy your tickets now for this amazing evening of entertainment!

**Individual Dinner Ticket** – \$125 (Three course meal & a glass of wine, \$50 tax receipt)

**Individual Mezzanine Ticket** – \$75 (Mezzanine Seating, complimentary drink, \$25 tax receipt, dinner not included)

**Corporate Table** – \$1150 (8 tickets, Dinner & wine)

## Annual Picnic

One hundred and fifty people joined us on Saturday August 26<sup>th</sup> for our Annual Picnic. The weather was wonderful, the food delicious and the games lots of fun. The Citizen Advocacy staff love the opportunity to mingle with you all and are excited to do it again at our Annual Holiday Party on Sunday December 10<sup>th</sup>.



## Volunteer Introduction Damon Lauder



### How long have you been volunteering with Citizen Advocacy (CA)?

I have been involved with Citizen Advocacy for over ten years and active as a volunteer for the last six years.

### What motivated you to help CA?

As a Friend, I am very appreciative of what CA does for people in the community. It is a very positive organization that helps others. I, myself, have received help and feel it is important to 'pay it forward' by helping the organization by volunteering my time and talents.

### Please describe the ways in which you are involved with CA

I am a Friend who is matched with a volunteer Advocate, the co-chair of the Consumers' Advisory Committee, a member of the Board of Directors and an active participant in the biannual bottle drives.

### What is your work and/or volunteer background?

My first job, for eight years, was as a cook at KFC. However, for the last 17 years I have worked part-time in the Auto Parts Department of Regional Automotive.

### What is your education and/or training background?

I studied auto mechanics in high school and then welding and engine rebuilding at Algonquin College.

### What do you enjoy most about your involvement?

There is a very positive environment at CA; the people are very friendly and willing to help. I like what they do for people in our community who live with disabilities.

### Tell us a little more about yourself

I am a car enthusiast. I love to go to car shows and car races, particularly drag races and NASCAR. I also follow the sport on TV. I really like movies and enjoy cycling in the area – out to Gatineau Park and along the Rideau Canal and the Parkway. I enjoy spending time with friends, we go out for beer or play pool. I have been matched with a volunteer Advocate, Bill Clelland for the last three years and before that was matched for over seven years with Adrian.



If you enjoy playing Bingo, please support Citizen Advocacy by playing at Bingoland South ([www.bingolandsouth.com](http://www.bingolandsouth.com)) at 9 Slack Road. Citizen Advocacy hosts bingo on Tuesday evenings at 7 p.m. Our wonderful, hardworking Bingo Team would love to see you there!

## Board Member Interview

### Barbara Sabourin

#### How long have you been on the board?

I have been on the board since the June 2016 Annual General Meeting.

#### What motivated you to join the CA board?

I had been participating in the Fetal Alcohol Research Program (FARP) as Chair of the Advisory Committee, and was interested in finding out more about the different Citizen Advocacy (CA) programs. When I was approached about joining the CA board, I thought it would be a great opportunity to use some of the skills I had developed through work, and to help make our city a better place for many people. One of my sons attends the CA dances and is now engaged to marry a girl he met there, so I have a bit of a soft spot for CA.

#### What is your work and/or volunteer background?

I have now retired after over 35 years at Health Canada, where I worked in the area regulating drugs. I have been active in the Fetal Alcohol Spectrum Disorder (FASD) Support Group for over 10 years.

#### What is your education and/or training background?

I have a B.Sc. in Microbiology, and have had a fair amount of leadership and management training.

#### What do you enjoy most about your board involvement?

I have enjoyed getting to know the other board members but the best part has been finding out more about the CA programs and helping set direction for some of the issues which come up.

#### Please describe the other ways in which you are involved with Citizen Advocacy.

I continue to chair the FARP Advisory Committee, and was very active in planning the



First Annual FASD Symposium held earlier this year. I have just started a new role as coach of the Consumers Advisory Committee, and am truly enjoying working with a new group of people.

#### Tell our readers a little more about yourself

My husband and I enjoy spending time at our cottage in Lanark Highlands with our dog, Dixie. I have two adult sons and one brand new grandson, just two months old. Now that I have retired, I am hoping to spend more time with them, and I'm also looking forward to doing a bit of travelling.

### Improvements to Social Assistance

A number of social assistance improvements were announced in the 2017 Budget. The changes will be implemented by September 1, 2017.

- Increase to the Exemption Limit for Compensation Awards for ODSP
- ODSP Rate Increases
- Increase to ODSP Asset Limits
- Increase to the ODSP Gifts and Voluntary Payment Exemption
- Exemption of Jury Duty Payments
- Exemption of Donations from Charitable Organizations
- Increase to Earnings Deductions – Disability-Related Employment Expenses
- ODSP Transitional Health Benefit – Batteries and Repairs for Mobility Devices
- Streamlining Changes to Assist People Coming Back onto ODSP
  - Improvements to Rapid Reinstatement Rules
  - Introduction of Streamlined Re-Application Process

For more information visit the [Ministry of Community and Social Services website](#).

## Karyna Laroche

Citizen Advocacy's Everyday Champions and Lifetime Networks programs has had to say goodbye to one of our longstanding Friends, Karyna Laroche. Sadly, Karyna passed away suddenly in hospital on June 29, 2017, after a short illness.

Karyna was a brilliant writer and scholar, and she earned her Master's Degree in Canadian Studies from Carleton University. She had a lifelong passion for art and music, and was an avid collector of artworks by up-and-coming artists. Karyna could appreciate a good joke and often had her own funny stories to tell. Karyna greatly appreciated her Advocate and Network for their companionship and assistance in ensuring that she could live in her own apartment, on her own terms, despite her independent living challenges. Karyna's wit and her winning smile will be greatly missed.



## Match Anniversaries

### Everyday Champions

#### MAY

- 27 Louise Crone & Margaret C.
- 19 Jody Dixon & Moira F.
- 13 Chris Walters & Réjean R.
- 10 Lorraine Yorke & Esther C.
- 9 Amy C. Walpole & Adria C.
- 9 Erica Zwicker & Elsi M.
- 8 Carol-Ann Deveau & Barbara R.
- 6 Ron Warren & Anthony D.
- 5 Colin Fyfe & Ian B.
- 4 Craig McCall & Kristian G.-W.
- 4 Chris Walters & Daniel A.
- 3 Patrick Thibeault & Joel A.
- 3 André Demers & Randy D.
- 2 Ray Chodura & Mark E.
- 2 Kara Houston & Jennifer C.
- 2 Jose Maria Nates Garay & John D.
- 1 Juliet McNaughton & Anupam R.
- 1 Michael Bastianelli & Jeremy A.
- 1 Michael Ryan & Robert S.

#### JUNE

- 26 Arnie Francis & Ernest S.
- 20 Stacey Norris & Dennis F.
- 10 Dan Paquette & Philip D.
- 8 Angela Wagner & Debra A.
- 7 Patricia Parker & Melody B.
- 5 Elaine Stephens & Lorraine B.
- 5 Amy Ede & Chantal S.
- 3 George Georgewill & Donald K.
- 2 Barbara Stewart & Carolyn B.
- 2 Véronic Renaud & Jocelyn W.
- 2 Jackie Scheffel & Christine D.
- 1 Sylviane Lacasse & Diane P.
- 1 Madeleine Brochu & Diane C.
- 1 Savi Narayanan & Kat T.

#### JULY

- 25 Allan Lewrey & Michael C.
- 21 Robert Lukshis & Tom S.
- 13 Mavis Mason & Lois R.
- 13 Adrian Raghunandan & John R.
- 12 Neena Kushwaha & Debby A.
- 9 Patricia Smith & Sophia T.
- 8 Lisa Gibson & Karine L.
- 8 Harry Beatty & Donald D.
- 8 Lisa Suzanne Fitzpatrick & Frances W.
- 7 Melissa Fuerth & Patty-Ann S.
- 6 Kate Johnson & Shelly B.
- 2 Jean Boutin & Marc G.
- 1 Megan Waldron & Renee C.
- 1 Fan Li & Mick H.

#### AUGUST

- 20 Sheila Robertson & Monique P.
- 11 Jocelyne Moran & Jackie W.
- 8 John Weir & Guy P.
- 8 Elizabeth Young & Francine L.
- 6 Michelle Lauzon-Baptista & Kelly-Ann D.
- 6 Tim McCarthy & Jason T.
- 4 Rob Meredith & Fred V.
- 4 Jessica Hughes & Eva I.
- 4 Kerry Wright & Sonya V.
- 1 Maria Doria & William K.
- 1 Krystal Valencia & Jamie S.
- 1 Lynn Lan & Rachel-Iris M.
- 1 Elisabeth Schuth & Claire B.
- 1 Pilar Moreno Arco & Sue D.

### Chance for Choice

#### MAY

- 11 Marcel St. Jean & Gordon G.

#### AUGUST

- 1 Scott Falconer & Sundance S.
- 1 Sakhar Sobka & Andreas D.



## New Matches

### Everyday Champions

#### APRIL

- Preet Brar & Margaret L.
- Mike Murphy & Joseph D.
- Barbara Milne & Colette G.
- Amanda Brisson & Lisa G.

#### JULY

- Drew Charkavi & Fiaz H.
- Aisha Abdunnur & DeborahK.
- Samantha Drouin & Trisha C.
- Kayla Robillard & Joanna P.
- Ana Ideias & Jacquelyn W.
- Susan Merpaw & Helen C.
- Stéphanie Martin & Kira D.

### Chance for Choice

#### MAY

- Shebah Tatz & Doris J.

#### JULY

- Mason Fleguel & Ajith S.

# Staff Updates



## Dana Notarandrea

I am so happy that I joined the Independent Facilitation team with Citizen Advocacy. Our work encompasses the value in choice and community opportunities and I enjoy working with people and families on achieving their goals. I feel humbled to be a part of this team and to facilitate change this way!

## Pierre Bussiere

I joined CAO in May as the new Financial/IT Officer. Five years ago, I earned a Business Accounting diploma at Algonquin College as part of my second career in finance. I am also pursuing a BComm degree and CPA designation through part-time studies. My other interests include great food, fine wines, and taking care of my lawn (tee times are available).



## Kimiya Missaghi

I am so grateful to have joined Citizen Advocacy as an Independent Planning Facilitator. The team in Ottawa has been so welcoming and supportive and I am grateful to be working alongside like-minded individuals who are eager to contribute to the lives of others. I have already learned so much in accompanying the individuals that I work with in their path of reaching their goals, and I look forward to gaining more knowledge, skills, and insights with them.

## Kristine Bailey

I joined CAO in August 2017 as Coordinator for Special Events and Communications. I have a degree from the University of Toronto and have worked in communications, marketing and event management in the non-profit sector for the past 17 years with several provincial and national organizations. Most recently I served as the Administration Manager of the Ottawa Choral Society.



## Alix Duncan

Sadly, Alix Duncan has left Citizen Advocacy to work with one of our city councillors. While we are sad to see her go, we are delighted that she has been able to take the first step on her road to a career in local politics.

### Yes! I want support Citizen Advocacy

I would like my donation to be invested towards:

- Everyday Champions     Chance for Choice  
 Lifetime Networks     Walking In My Shoes

I would like to make a monthly contribution of: \$ \_\_\_\_\_

I would like to make a one-time contribution of: \$ \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Province: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

Cheque payable to "Citizen Advocacy of Ottawa"

Visa                       MasterCard                       AMEX

                

EXPIRY: \_\_\_\_ / \_\_\_\_

Name on card: \_\_\_\_\_

Signature: \_\_\_\_\_

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