



citizen advocacy
parrainage civique

Rapport

Summer-Fall 2007

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EVERYDAY CHAMPIONS
ÉTOILES DU QUOTIDIEN



CHANCE FOR CHOICE
L'OCCASION DE CHOISIR



REAL PLANS FOR REAL LIFE
VOTRE PLAN, VOTRE VIE

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

Parrainage civique associe bénévoles et personnes handicapées qui sont isolées et vulnérables à cause de leur handicap. Établi en 1974, Parrainage civique est un organisme participant de Centraide/United Way.

The Changing Times

By Jim de Faye, Personal Representative

(Editors note: Part of the government's transformation of developmental services includes the closure of Rideau Regional Centre, a provincially-operated facility for adults with a developmental disability. Citizen Advocacy has been working with Personal Representatives to facilitate a smooth transition for the residents of Rideau Regional to their new surroundings.)

Bob Dylan's famous song, "*The Times They Are a Changin'*" comes to mind as I reflect upon my experience as a personal representative for four residents of the Rideau Regional Institute. I have been fortunate enough to advocate for their needs as they have moved to smaller homes in various communities. I think of the wonderful people I have met: staff at Rideau Regional, residents to whom I was matched, and people from various social agencies. It has been a positive, and yet difficult, change for many.

It was twenty-five years ago when I first visited Rideau Regional. I had just been hired to teach "trainably mentally retarded" students. Times were

changing then, as students with a developmental disability were being integrated into mainstream schools. There was controversy surrounding these changes too.

Please see *Changing Times* on page 5

CONTENTS

Dates to remember	2
Designating your United Way donation..	2
Advocacy in action	3
Plaidoirie en action	3
Consumer Advisory Committee	
Volunteer Award..	3
Social Activities Club.	4
Le club d'activité social.	4
On the road again	5
Match Anniversaries	6
Everyday Champions.	7
Celebration of People	8
Happy Anniversary Planning and	
Brokerage	8
Annual Picnic / Picnic Annuel	9
Hello and Bonjour	9
Evening in the Maritimes	9
Ottawa Resolution Service..	10
Newest Matches	10
Donors, Sponsors, and Supporters.	11

Dates to remember

- ▶ September 3: Office closed for Labour Day
- ▶ September 9: Annual Picnic
- ▶ October 8: Office closed for Thanksgiving
- ▶ November 12: Office closed in honour of Remembrance Day
- ▶ December 3: Celebration of People Awards Dinner
- ▶ December 9: Holiday Dinner and Dance
- ▶ May 6, 2008: Evening in the Maritimes

Rapport is a newsletter published every 4 months by Citizen Advocacy of Ottawa. A United Way member agency, 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.

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 agency.

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Designating your United Way donation

This year the United Way/Centraide campaign will be launched with a breakfast at the Ottawa Congress Centre on Friday, September 21, 2007. The 10 week campaign will end with an achievement celebration at the Hampton Inn on Thursday, November 29. The campaign chair this year is Wayne Wouters, Secretary of the Treasury Board

You may choose to allocate your donation to Citizen Advocacy of Ottawa. The process is very easy. In the section of the United Way pledge card that allows you to designate your donation to any registered Canadian charity, write our full name, Citizen Advocacy of Ottawa, and charitable business registration number: 13036 2817 RR0001. United Way will take care of the processing and allocation. Your Employee Campaign Manager will be able to explain or assist you with the process. If you have any questions, please feel free to contact Citizen Advocacy at 613-761-9522.

The 2006 campaign brought in an astounding \$28.2 million. A heartfelt thank you to everyone who has designated their United Way contribution to Citizen Advocacy. Under current United Way/Centraide privacy regulations, the names attached to directed donations are not available to us. We may not be able to personally thank this important group of supporters, but we know you are out there and are most grateful for your consideration.

Thank you!!!

Faites-moi parvenir le bulletin!

Le Parrainage civique est fier de ce bulletin et tâche de fournir un meilleur service à ses lecteurs. Pour l'aider à diminuer les coûts reliés à l'imprimerie et à la livraison, vous pouvez choisir de recevoir votre copie du bulletin titré Rapport par voie électronique.

Pour commander une copie du Rapport, veuillez nous envoyer un courriel à info@citizenadvocacy.org N'oubliez pas d'ajouter info@citizenadvocacy.org sur votre liste!

Advocacy in action

By Jeff Ickovich, Advocate

People are motivated to volunteer for many reasons including their personal values and because they believe in the cause an organization like Citizen Advocacy supports. Another good reason to volunteer and one I have more recently come to appreciate is that it is beneficial to one's sense of self-respect.

When I started getting together with Paul a number of years ago, I was struck by how hard he worked and how much he enjoyed working. Its not that he doesn't enjoy other things in life, it's just that when he's working, he approaches it as something satisfying and rewarding in itself. I find myself trying to learn from Paul's approach.

One of the great things about spending time with Paul is that I'm able to help him take a break from his work. We'll try a new shawarma restaurant or go to a movie or just chat about our daily lives. At the same time, he helps me appreciate that work is not something to be avoided or something I should try to get away with not doing. Now, if I can just convince myself of the sense of accomplishment I'll feel after a couple hours of weeding in the hot sun!

Consumers Advisory Committee Volunteer Award

The Consumers Advisory Committee wishes to recognize the efforts of the volunteers at Citizen Advocacy. If you know someone who is respectful, compassionate, patient, a good listener, and who has been involved in a range of activities at Citizen Advocacy, and if you would like to nominate them for the Consumers Advisory Committee Volunteer Award, please use the enclosed Call for Nomination form. The deadline for nominations is September 28, 2007. If your nomination form was not enclosed with your *Rapport* newsletter and you would like one mailed to you, or you would like an electronic version, please call the office at 613-761-9522.

Plaidoirie en action

Par Jeff Ickovich, Parrain

Les gens sont motivés à faire du bénévolat pour plusieurs raisons incluant leurs valeurs personnelles et la confiance qu'ils placent dans la cause supportée par le Parrainage Civique. Une autre bonne raison que je parviens à apprécier est intimement reliée au respect de soi-même.

Quand j'ai commencé à rencontrer Paul, il y a un certain nombre d'années, j'ai été surpris de voir comment il travaillait fort et à quel point il aimait travailler. Ce n'est pas parce qu'il n'apprécie pas les autres choses de la vie, mais il approche son travail avec un tel esprit de satisfaction et de récompense. Je me retrouve en train d'apprendre l'approche de Paul.

Une des bonnes choses au sujet de passer du temps avec Paul consiste à l'aider à prendre un peu de repos par rapport à son travail. On va essayer un nouveau restaurant de Shawarma ou aller voir un film ou parler de nos vies quotidiennes. En même temps, il m'aide à réaliser que le travail n'est pas quelque chose à être évité ou quelque chose que je devrais essayer de ne pas faire. Maintenant, si je pouvais seulement me convaincre du sens d'accomplissement que je sentirais après quelques heures de travail dans le soleil chaud.

Email me the newsletter!

Citizen Advocacy takes pride in this newsletter and strives to provide the best possible service to our readers. To help keep printing and delivery costs down, you can choose to receive your copy of *Rapport* newsletter electronically.

To order an e-copy of *Rapport*, please send an email info@citizenadvocacy.org. Remember to include info@citizenadvocacy.org in your buddy or safe list!

Social Activities Club

By the Citizen Advocacy Social Activities Club

Getting together with people and sharing a good laugh is not the only great thing about the Social Activities Club, it is also an opportunity to build new friendships by meeting other members, sharing ideas and discovering exciting activities in Ottawa.

The Social Activities Club at Citizen Advocacy has provided members with group leisure opportunities like bowling, pool and shopping. Following on the success of these activities, the Social Activities Club is pleased to introduce three new groups: Festival Frolics, Flicks & Fun, and Happy Feet.



Flicks & Fun will get together every month to experience a special film in the community. Happy Feet members will get together monthly to participate in a group walk in different

beautiful locations in Ottawa. If you enjoy Festival Frolics, join us as we get together periodically to take part in various events happening in Ottawa.

On Saturday, August 11th, the Social Activities Club celebrated Greekfest at the Hellenic Centre. Everyone had a great time enjoying the music, good food, and renewing or making new friendships.

Flicks & Fun starts at noon on August 19th, 2007, at Rainbow Theatres, St. Laurent Shopping Centre. The Happy Feet walkers will meet September 20th, 2007 in the afternoon at Andrew Haydon Park.



The Social Activities Club is always looking for new ideas for group activities, and for people who would be interested in planning and helping out at the activities.

To register for any of the activities or let us know that you would be available to help out, please email activitiesclub@citizenadvocacy.org or call Sophie Leclair, staff liaison to the Social Activities Club, at 761-9522 ext. 245.

Le Club d'activités sociales du Parrainage civique

Se réunir avec des personnes et partager un bon rire n'est pas la seule chose formidable au sujet du Club d'activités sociales. C'est également une occasion d'établir de nouvelles amitiés en rencontrant d'autres jumelages, en partageant des idées et en découvrant des activités passionnantes réalisées à travers Ottawa.

Le Club d'activités sociales du Parrainage civique a mis à la disposition des jumelages des occasions de loisirs de groupe comme le bowling, la baignade et le magasinage. Suivant le succès de ces activités, le Club est heureux de présenter ses trois nouveaux groupes: "Festival Frolics, Flicks & Fun, et Happy Feet".

"Flicks & Fun" se réunira une fois par mois dans la communauté afin de visionner un film spécial. Les membres de "Happy Feet" vont se rencontrer mensuellement pour participer à une promenade de groupe au niveau de différentes localités d'Ottawa. Si vous appréciez le "Festival Frolics", veuillez prendre part à nos réunions périodiques relatives aux divers événements se produisant à Ottawa.

Le Club d'activités sociales a célébré le Greekfest au Centre Hellenic le samedi 11 août. Les participants se sont bien amusés, en appréciant la musique et les mets succulents. Ils ont aussi renouvelé et établi de nouvelles amitiés.

"Flicks & Fun" va débiter ses activités le 19 août à midi, au Rainbow Theatre situé au centre commercial de St-Laurent, au 1400 boulevard St. Laurent. "Happy Feet" débutera le 20 septembre à 14:00 heures à la plage Britannia, au 2085 de l'avenue Carling à côté du centre communautaire.

Le Club d'activités sociales est toujours à la recherche de nouvelles idées relatives aux activités de groupe et des personnes qui seraient intéressées à la planification et à l'organisation de ces activités.

Pour vous inscrire à l'une de ces activités ou pour nous communiquer votre intention de nous aider à les mettre en oeuvre, veuillez nous faire parvenir un courriel à activitiesclub@citizenadvocacy.org ou appeler Sophie Leclair, la liaison pour le Club d'activités sociales, au 613-761-9522 ext. 245.

Changing Times continued from front page

When next I returned to Rideau Regional it was to meet David, a resident, who was in the middle of his physiotherapy session. David has no mobility in his legs and very little in his hands and arms. He was pulling himself across a large raised platform which was covered in mats, and making a terrific effort to succeed with the encouragement of several staff. I was impressed with his determination.

David was 55 years old and had been at Rideau Regional since he was 11 years old. He was in a wheelchair and needed complete assistance in his daily needs. He had resided at Rideau Regional for over 40 years. I was touched by the Rideau Regional staff who looked after David in such a caring manner. He received specialized hydro therapy each week as well to maintain his flexibility and mobility. I followed David in his routines and thought how well taken care of he was. I wondered if such care could be found for him in the community. It was obvious how difficult it was for the staff of Rideau Regional to see the people who they had looked after for so many years be transferred out of their care.

I was reassured about the importance of this change during a visit to a group home in the region. A group of men and women in their fifties and sixties were sitting outside on the deck on a lovely sunny September afternoon having tea. They were all wearing very colorful hats which they had acquired from a recent visit to the Ottawa Ex; it was all very festive! They overheard a conversation I was having with one of the resident staff about Rideau Regional. All voiced their preference for living where they did, and would never want to return to Rideau Regional. I found this encouraging news. Later that day, I met another woman in her late fifties working at a computer at a day program. She had moved out of Rideau Regional about a year earlier. I asked her about Rideau Regional and whether she missed it, having lived there for so many years. She too said quite clearly that she did not miss it, and that she would not want to return.

Eventually a new home in Centrepoinette was decided upon for David. There was a facility nearby that would also provide his hydrotherapy. The house was

quite large and had been specially built to accommodate wheelchairs. David moved in after all his needs had been established. His elderly mother, Marion, came to visit from Calgary shortly after his move. It was a very emotional experience for Marion, but she was very happy seeing David in his new home which was integrated into such an attractive neighborhood. I visit David several times a month and find him in good form. We go for walks to the local park and drop in at the local deli for a drink and something to eat. There is a large screened-in porch where residents like to sit and watch the world go by; children on their way to school, people walking their dogs, people biking and jogging. It all seems so right.

This has been a tremendously satisfying experience for me. I enjoyed meeting everyone involved in this process and being a Personal Representative to David. The closing of Rideau Regional is a process that should happen, in spite of the resistance from some quarters. There were some challenges to find homes for the people I advocated for, but I believe they all have found a place in a community that will accept them and that they can feel a part of in time.

On the road again

Isabel Marti, Social Worker

I am off on the road again, this time to Bolivia. It was wonderful to meet so many new friends and renew acquaintances with long-term matches during the past year. To all of the Citizen Advocacy matches, volunteers, and staff, I wish you all the very best of success in the coming years. Who knows, perhaps I'll be back again in 2010!

Encore en route!

Par Isabel Marti, Travailleuse sociale

Je suis encore en route, cette fois-ci en Bolivie. C'était un plaisir de rencontrer des nouveaux amis au Parrainage civique. A tous les jumelages, bénévoles, et employés du Parrainage civique, je vous souhaite du succès dans les années qui viennent. Qui sait, peut-être que je serai de retour en 2010!

Match Anniversaries

Celebrate the years these matches have been together!

Everyday Champions one-on-one matches

May 2007

- 18 George Cook & Rodney B.
- 17 Louise Crone & Margaret C.
- 16 Filip J. Vink & Donald S.
- 11 Elizabeth Hawkson & Debra S.
- 11 Margaret Strysio & Irene B.
- 9 Jody Dixon & Moira F.
- 9 Melody Tomka & Cynthia M.
- 9 Lorraine Trudel & Sharon K.
- 5 Dianne Darch & Ruby S.
- 3 Chris Walters & Réjean R.
- 3 Jeff Snyder & Mohammed P.
- 3 John Dryden & Mohammed P.
- 3 Wan Jayathilake & Joey L.
- 2 Greg Enns & Joseph D.
- 2 Frances Pharand & Deana June C.
- 1 Sherry Liu & Cameron C.
- 1 Marcel St. Jean & Gordon G.
- 1 Jonathan Wallace & Jeffrey D.
- 1 James Woolley & Willis P.

June 2007

- 19 Catherine Frey & Claudette L.
- 16 Sharon Anderson & Kathy B.
- 16 Arnie Francis & Ernest S.
- 13 Margaret Watson & Angela D.
- 12 Veronica Langelier & Pierrette P.
- 10 Stacey Norris & Dennis F.
- 6 Alice Bell & Diane R.
- 5 Joe Diamond & Chris M.
- 4 Avril D'Silva & Gloria S.
- 4 Marie Gwilym & Françoise G.
- 2 Ginette Couture & Lorraine B.
- 2 Jenny Hough & Caryn C.

July 2007

- 15 Allan Lewrey & Michael C.
- 14 Marie Charron & Lucille L.
- 11 Robert Lukshis & Tom S.
- 10 Paule and Jose Sacroug & Jean-Guy M.
- 8 Kathleen Buckley & Olivia L.
- 7 Priscilla Lanois & Barbara W.
- 6 Yolla Baroud & Norma S.
- 3 Lorna Charbonneau & Brenda R.
- 3 Greg Enns & William B.

- 3 Sofia Mantcheva & Stéphanie L.
- 3 Mavis Mason & Lois R.
- 3 Adrian Raghunandan & John R.
- 2 Jean Boulay & Joseph O.
- 2 Jayasri Sundaram & Tracey K.
- 2 Neena Kushwaha & Debby A.
- 1 Francisco Tuguigui & Alexander F.

August 2007

- 10 Sheila Robertson & Monique P.
- 7 Melody Tomka & Alison B.
- 6 Cecilia Pinto & Afza B.
- 4 Ross Laver & Gordon S.
- 3 Carly Sorensen & Abyan A.
- 1 Dian Calagoure & Frances W.
- 1 Matthew Feltmate & Mulugeta D.
- 1 Jocelyne Moran & Jackie W.
- 1 MaryAnn Notarianni & Lisa G.
- 1 John Quinn & Guy L.

Everyday Champions group home matches

May 2007

- 3 Pam Sawyer & Christian Horizons

August 2007

- 4 Samuel Getachew & Albion Group Home
- 4 Trevor Cummins & Foyers Partage

Chance for Choice for older adults one-on-one matches

May 2007

- 1 Claus C. Abel & George D.

June 2007

- 4 Lisa Clark & May B.
- 4 Jean Dlouhy & Vena S.

June 2007

- 6 Dianne Pritchard & Lillian W.
- 1 Pamalar Sanmugam & Sheelagh F.

August 2007

- 4 Yolla Baroud & Imelda W.
- 4 Jana Trembinski & Lillian B.
- 1 Alberto Palacios-Hardy and Isabel Marti & Ron S.

Everyday Champions

In each newsletter Citizen Advocacy introduces you to a member of the Board of Directors and a volunteer. In this issue we are pleased to present Mike Giunta, 2nd Vice-president, and the Consumers Advisory Committee.

Mike Giunta

From the early days of campus radio at Carleton University's CKCU-FM, to a decade on-air at CHEZ 106.1 FM, to hosting HGTV's hit show, *Buy Me*, Mike Giunta's production and on-air work have won him numerous awards including a CLIO (awards honoring creative advertising in package design, print, radio and television) and an ACTRA (awards celebrating excellence in Canada's television, film and radio industry). He's a sought-after freelance programming strategist and voice artist. In fact, you may have heard Mike's voice on the Citizen Advocacy recruitment ads featured on 106.9, The Bear FM.

Mike works extensively as a master of ceremonies, actor, narrator, and host. Mike has emceed Citizen Advocacy's Evening in the Maritimes fund raiser, the Celebration of People Awards Dinner, and the breakfast that launches Centraide/United Way of Ottawa's annual campaign. Ottawa Senators hockey fans will remember Mike as the announcer at the home games for many years. In 2003 Mike was the on-camera announcer when Shania Twain hosted the 2003 Juno Awards.

And, keeping up with his love of music, Mike is Director of Programming at Galaxie, CBC's Continuous Music Network. Mike attracts and holds listeners' attention by blending the familiar with the unfamiliar. "I still love turning people on to great new stuff, but you have to hook them first," he says.

Mike has been married to Colleen Wrighte, his high school sweetheart, for more than 30 years. His three children, Wallis, Marley and Macallan, have asked him to turn the music down on more than one occasion!

Consumers Advisory Committee

The Consumer Advisory Committee's (CAC) mandate is to provide input to the Citizen Advocacy Board of Directors about matters concerning protégés, and people living with disabilities in general.

The CAC was established in 1995, with the assistance of Joan Black (Board of Directors) and Jackie McKenna (staff). This committee is comprised of protégés who are currently matched or have been matched, and a coach (Rejeanne Lalonde). This year's committee members are Judy J. (Chair), Joe D. (Co-chair), Linda G., Daniel B., Luc P., Kris P., and Lisa R.

The list of goals and accomplishments of the CAC is constantly growing! A few examples include

- ▶ Joining other Citizen Advocacy committees, to provide their input on the CA waiting list and other issues.
- ▶ Making presentations to Committees at City Hall.
- ▶ Providing input to ParaTranspo on its services
- ▶ Assisting Disabled Persons Community Resources with developing a survey for persons living with disabilities.
- ▶ Creating a handbook to help future protégés who want to join the CAC committee.
- ▶ Presenting the Consumers Advisory Committee Volunteer Award each year to a Citizen Advocacy volunteer who is respectful, compassionate, patient, a good listener, and has been involved in a range of activities at Citizen Advocacy.
- ▶ On top of all this, for several years the CAC organized the *Thanks a Bunch* evenings to thank advocates for their volunteerism.

Meetings are held monthly, which provides a great opportunity for members to learn the etiquette of meetings, the value of teamwork, and acquire a great sense of accomplishment in working to help others.

There are presently openings for two or three new committee members. The CAC invites proteges who are matched, or have been matched, and who can fully participate in the meetings, to contact Robert Adolfsen at 613-761-9522, ext 227.

Celebration of People

Celebration of People marks the anniversary of the United Nations International Day of Disabled Persons. The Celebration of People Awards honour individuals and organizations in our community who promote inclusion and excellence by their personal or corporate example. The awards will be presented at the Awards Dinner on Monday, December 3, 2007, at the Hampton Conference Centre.

You are invited to nominate a friend, colleague, client, employee, or employer who meets the awards criteria, and especially encouraged to nominate an individual or organization whose accomplishments have yet to be publicly acknowledged. The deadline for nominations is noon, Friday, October 12, 2007.

The Celebration of People Call for Nominations booklet will be available in September. It can be downloaded from www.celebrationofpeople.com, or to request a copy, call 613-761-9796, TTY 613-725-6175 or email info@celebrationofpeople.com

- ▶ Accessibility by Design Award, sponsored by the City of Ottawa.
- ▶ Artistic Excellence Award, sponsorship available
- ▶ Citizenship Award in memory of Cathy Kerr, sponsored by Disabled Persons Community Resources.
- ▶ Career Award, sponsored by the Taipei Economic and Cultural Office, Canada.
- ▶ Education Award, sponsored by the Rehabilitation Centre of the Ottawa Hospital.
- ▶ Employee Award, sponsored by Canada Mortgage and Housing Corporation.
- ▶ Employer Award, sponsored by GLS & Associates.
- ▶ Hospitality & Tourism Award, sponsored by CAA Travel
- ▶ Sports Award, sponsored by the National Capital Region YMCA-YWCA.
- ▶ Youth Award, sponsored by the Ottawa Children's Treatment Centre
- ▶ Volunteer Award, sponsored by Low Murchison LLP.
- ▶ Volunteer Opportunities Award, sponsored by Volunteer Ottawa
- ▶ Youth Award, sponsored by the Ottawa Children's Treatment Centre.

Happy Anniversary Planning and Brokerage

Andrea Podruski, Team Leader,
Real Plans for Real Life

It has been one year since Citizen Advocacy announced that we were taking on the challenge to develop a new Planning and Brokerage Program to support adults with developmental disabilities.

It has been a busy year as we create job descriptions, policies and procedures and develop caseloads and new community relationships. The excitement from individuals and families has been great and we are celebrating success as we continue to move forward. Our team has been very fortunate to participate in the Inclusion Person-Centered Planning training and we look forward to using new, creative tools to help individuals plan for their futures.

There have been a few changes for the program over the past months - including a decision to choose a new name to represent what we do and how we do it. In true Citizen Advocacy fashion, we wanted a name that spoke to the core meaning of our work. With the expertise of McMillan, www.thinkmcmillan.com, we are pleased to adopt the new name of **Real Plans for Real Life** (en français: **Votre plan, votre vie**). We believe that this speaks to facilitating opportunities for individuals to express their dreams, goals and life objectives while receiving support to develop a plan on how to get there. Keep your eye out for our new web link and program logo at Citizen Advocacy's website: www.citizenadvocacy.org.

By the time you receive this newsletter, André Cusson will have joined the Real Plans for Real Life team. We wish Michael Sims all the best in his decision to switch his career path, and wish him well at his new job. I hope you will assist us in welcoming André in true Citizen Advocacy style at our summer picnic!

Annual Picnic / Picnic annuel

The Citizen Advocacy Annual Picnic will be held on **September 9, 2007** at **New Edinburgh Park** (also known as Stanley Park), 193 Stanley Ave. Invitations will be included in mail-outs during August and early September, including this newsletter. If you have any questions or need more information, contact the Citizen Advocacy office at 613-761-9522. We hope to see you there!!

Le picnic annuel du Parrainage civique tiendra le 9 septembre, 2007 au parc New Edinburgh (aussi appelé le parc Stanley), au 193 avenue Stanley. Les invitations seront envoyées par la poste durant le mois d'août et de septembre, y compris dans ce présent bulletin. Si vous avez des questions ou si vous voulez plus d'information, contactez le Parrainage civique au 613-761-9522. On espère vous voir au picnic!!

Hello and Bonjour

By André Cusson, Real Plans for Real Life

Hello everyone, and y Buenos dias! I started working at Citizen Advocacy on August 7th, 2007. I am originally from Northern Ontario but I often feel like a Citizen of the World, having travelled to many lovely places that other people call home. For example, one summer I lived at a small rancho south of Guadalajara, Mexico. In my spare time, I enjoy doing Complementary Therapies, such as Reiki and Indian Head Massage. I do look forward to meeting you!

Bonjour tout le monde et Buenos dias! J'ai débuté mon travail avec Parrainage civique le 7 août 2007 et j'ai bien hâte de vous rencontrer. Je suis d'origine franco-ontarienne mais je me considère citoyen du monde ayant beaucoup voyagé. Par exemple, j'ai fait du bénévolat à Bali en Indonésie auprès des enfants et aussi dans une clinique communautaire. Mon passe-temps favori est de pratiquer les Thérapies Complémentaires telles que le Reiki et le Massage de Tête Indien. Au plaisir de se rencontrer et Hasta luego!

Evening in the Maritimes

On Wednesday, May 23rd, more than **700 people** participated in the 13th annual *Evening in the Maritimes* and helped raise **\$61,000!!**

Although fund raising is the main purpose of the *Evening*, many things contribute to making this one of the best attended annual events in the city. Guests were welcomed to the East Coast-themed environment by cheerful volunteers. They were ushered into the reception area for an opportunity to socialize, enjoy the music of *Brandy and Port*, and view, and hopefully bid upon, the eclectic selection of items on at the Silent Auction tables. Members of the *Cameron Highlanders* piped everyone into the main hall for the delicious traditional five-course lobster dinner.

The energy during the evening is always high as people visit around the room or dash out to see how their silent auction bid is doing. To add to the excitement this year, Citizen Advocacy held a balloon raffle. Guests were invited to purchase a balloon, and then they were all popped at the same time. Each purchaser received a "Be My Guest" coupon to a local restaurant, and four lucky guests had a card with a raffle prize written on it. There were balloons flying high above the tables, stuffed under the tables, and attached to wrists. It was all great fun. The evening ended with the cheerful music of *Evans and Dougherty* with *Dave McIsaac*.

Thank you to those who helped make the evening such a success: **Gary Cameron**, of Bell Security Solutions Inc., who served as our Honorary Chair; the **Organizing Committee** who contributed their time and energy over the months of planning; the **Corporate Sales Team** who encouraged companies to purchase tables; and the many volunteers who helped out in various ways on the day and evening of the event.

Many thanks to our corporate and media sponsors and supporters. We ask you to please continue to show your support for Citizen Advocacy and Evening in the Maritimes by supporting these wonderful people or businesses.

Ottawa Resolution Service

By Sheila Robertson, Chair/Facilitator

The Ottawa Resolution Service (ORS) for Adults with a Developmental Disability has been housed at Citizen Advocacy since January 2004, and I've been the Chair/Facilitator for this service. The adult resolution function is slated to be transformed and moved to Service Coordination in the fall. This is all part of the reorganization that has brought to Citizen Advocacy *Real Plans for Real Life*, a planning and service brokerage function for those adults with a developmental disability whom Service Coordination determines are most in need. I'll still be at Citizen Advocacy working on the Chance for Choice program for older adults.

What has struck me most is how incredibly hard the families I've met have to struggle, not only to care for their family member with a developmental disability, but, on top of that, to access even the smallest supports or respite. Many people have struggled with the minimum of support until either they burn out or the family member has a crisis from frustration. A large number of the people who have been referred for this resolution service are in their 20s -- many missing the structure and clinical supports they had up until age 21 in school. After reaching the crisis point, many have ended up "living" in hospital, long after any treatment is needed, because there is nowhere the hospitals can discharge them to. Their families, exhausted and getting older, may be no longer able to manage and there is, more often than not, no funding available to access suitable residential and day supports. We have raised this issue with the provincial ministries involved, and will continue to do so in the context of individuals referred to us who are in this situation.

LunchAbility offers bilingual, citywide programs along with a nutritious meal to adults with physical disabilities (18-59 years). It features accessible environments, attendant care, and volunteer support at a minimal cost per program.

To register contact Nikki Reklitis at
613-737-5115, ext. 2336, TTY: 613-739-8197,
email: nikkir@seohc.on.ca

Newest Matches



Everyday Champions one-on-one matches

April

Adrian Davila & Damon L.

Pauline Kinsella & Eva I.

May

Jenna Fowler & Analisa K.

Katie Freer & Kaylin E.

Beth Martin & Tonakila G.

Eric Tadros & Michael G.

Lorraine Yorke & Esther C.

Marci Wall & Mariette L.

June

Ann Beauregard & Rachele D.

Neal Finley & Todd S.

Nicola Kerridge & Julie Eileen C.

Dan Paquette & Philip D.

July

Rachelle Belcourt & Therese B.

Nicola Johnson & Carrie L.

Jesse Burcsik & Richard N.

Elizabeth Portugaise & Julienne W.

Amy Crystal Schulz & Patty-Ann S.

Everyday Champions group home matches

May

François Belair & TAMIR

June

Jim de Faye & Foyers Partage

Chance for Choice

June

Lisa Shapiro & Vide F.

Jinfu Zheng & Grant M.

Jennifer Newman & Eva D.

Lindsey Brown & Sadie K.

Maria Rasouli & Lenke M.

July

Melissa Settingington & Joan H.

Donors, Sponsors and Supporters

Thank you to the following donors, sponsors, and supporters for their donations to Citizen Advocacy's events. Where possible, please show your support to the businesses, services, and firms listed below.

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Activities, events, and more

Many thanks to Alcatel-Lucent and the Cumberland Lions Club for providing Citizen Advocacy with tickets for matches to attend local music and artistic events. Thank you also to the Kiwanis Club of Ottawa for the donation of a transporter wheelchair.

Planning for Citizen Advocacy's future

Years ago, George was partially blinded and partially paralyzed by a stroke. He uses a wheelchair and is no longer able to read. George was finding it impossible to deal with mail and bills without help. He has paid helpers for some assistance, but otherwise spends his days with his cat and TV. George was pretty much alone and had not been outside his apartment building, other than for medical appointments, for several years.

Claus is also a 'cat person'. But, more than that, he wants to share his time for seniors who just need a helping hand. His straight forward, down to earth nature and humour make him a great match for George.

Claus was matched to George in May 2006 and they took to each other very quickly. Now Fridays are their times together. They've done battle with phone companies over bills, and go out to a mall or for coffee as often as the weather permits. A big change in George's life.

Yes, I believe in a community that welcomes and values all people with disabilities!

NL_08_2007

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Address: _____ Apt./Unit _____

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Or you can give over the internet at www.citizenadvocacy.org.



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