



citizen advocacy
parrainage civique

Rapport

Winter 2006-2007

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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.

Remembrances of our successes

Another year is drawing to a close, and with it comes the festive holiday season. As is customary for many people, I tend to reflect back over the past year during this time and the many warm remembrances of another successful year at Citizen Advocacy.

Our success is derived from many sources, first among them is the extraordinary corps of volunteer advocates. I am reminded of your sharing of time and personal resources. You are building positive experiences and creating rich memories through stories of acceptance and inclusion in your match to someone with a disability.

I think about how people with disabilities contribute in as many ways as there are matches. As proteges in a match, it is your stories of how the quality of your lives are enhanced through a match and the positive impact this has on both you and an advocate.

I reflect on how our success is enriched by the unfailing dedication, determination and energy of our staff team and your unwavering belief in the vision and values of Citizen Advocacy. I am proud that these beliefs are shared with a strong Board of

Directors that is reflective of the community in which we live. Your contribution to ensuring effective governance and your willingness and support to risk and push the boundaries is exemplified in our new strategic plan.

Please see *Remembrances* continued on page 2

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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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- Heather Badenoch
- Simone Goehr
- Isabel Marti
- Adrian Raghunandan
- John R
- Sheila Robertson
- Susan Spence
- Jake Volt

Remembrances continued from previous page

I am thankful of the solid contribution of our funders and your recognition of the value of Citizen Advocacy to our community. I am gratified by the outstanding generosity of donors and supporters. Your contributions and support accords Citizen Advocacy a position of strength in Ottawa.

During this festive season, may your reflections be as rich as mine and I wish you all the very best of health, happiness and success in the year to come.

Dates to remember

December 22, 2006 - Citizen Advocacy Office closes at noon

December 25, 2006 to January 1, 2007 - Citizen Advocacy Office closed

January 2, 2007 - Citizen Advocacy office reopens

May 23, 2007 - Evening in the Maritimes

September 9, 2007 - Annual Picnic

December 9, 2007 - Holiday Dinner and Dance

Annual Picnic

A wonderful, sunny day and many friends formed a perfect combination to celebrate Citizen Advocacy's Annual Picnic. Matches, new and longer-term, volunteers, Board and Committee members and staff joined together to renew, or make new, friendships. The master-chefs at the BBQ were kept busy cooking hamburgers, hot dogs and tofu dogs.

Match partners and games-master Rob Lukshis and Tom S. had participants and on-lookers cheering and laughing during the games portion of the afternoon. Dianne Craig-Penk provided the delicious cakes enjoyed by many after the games were finished.

Thank you to everyone who volunteered their time, and to those who offered. An event like the Annual Picnic would not happen without you!

Advocacy in Action

By Susan Spence, Advocate

At this time of year everyone is thinking about what gifts to buy for their family and friends. As Christmas draws near the stores light up to show their best treasures and I love to wander through searching out what will be the most perfect thing for those I love. While this is an enjoyable activity I have come to realize that the best treasures are often those that are not purchased in a store, but found in the everyday routines of our lives.

One such treasure for me is my friendship with Virginia. Virginia and I met five years ago through Citizen Advocacy and we have been getting together almost every Saturday afternoon since. It doesn't really matter what we plan to do during that afternoon, just that we connect with each other. Virginia is a thoughtful listener and enjoys the stories of my grandchildren, as I share their latest antics. Sometimes we will help each other with a little chore that needs to be done, or we will share our thoughts and feelings about our daily lives over tea. My special delight is to see her sudden radiant smile and that impious twinkle she gets in her eye.

Friendship is a beautiful gift that gets more and more treasured as time goes by. Thank you Virginia for the gift of you!

Hello

By Isabel Marti, Social worker

Hello everyone! I am back once again at Citizen Advocacy as a staff member.

Many of you may recognize my name. I worked at Citizen Advocacy from 1988 to 1990 and again in 1995 to 1997. Between 1997 and 2005 I lived in places like Romania, Kosovo and Russia.

I am very pleased to be back, and very much enjoyed seeing both familiar and new faces at the Holiday Dinner and Dance.

Plaidoirie en Action

Par Susan Spence, bénévole marraine

Au cours de cette saison de fêtes, tout le monde essaie de penser aux cadeaux à offrir à un ami ou à un membre de la famille. En contemplant les nombreux arbres de Noël installés près des magasins, j'éprouve toujours un réel plaisir à m'interroger sur le meilleur cadeau à offrir aux personnes qui me sont chères. C'est ainsi que je parviens à réaliser que les meilleurs trésors sont très souvent ceux qu'on ne trouve pas dans les magasins. Car ils font partie intégrante des routines de la vie quotidienne.

Mon amitié avec Virginia fait partie de ces trésors. Nous nous sommes recontrées par le biais du Parrainage civique d'Ottawa depuis tantôt 5 années. Depuis cette période, nous nous voyons presque chaque Samedi en vue de faire des activités. Ce qui importe pour nous, lors de nos rencontres, c'est simplement de savoir que nous nous sommes mutuellement connectées. Virginia prend plaisir à écouter les histoires de mes petits fils. Il nous arrive parfois de nous entr'aider au sujet des petites tâches ménagères ou de partager autour d'une tasse de café nos réflexions et nos sentiments par rapport à notre vie journalière. Je suis toujours charmée de voir son sourire radieux et le scintillement de ses yeux.

L'amitié constitue un cadeau qui devient de plus en plus précieux avec le temps. Merci Virginia pour ce cadeau que tu m'as offert en devenant mon amie!

Email me the newsletter!

Citizen Advocacy takes pride in its newsletter, *Rapport*, and strives to provide the best possible service to our readers. To help keep printing and delivery costs down, you can choose to receive an electronic copy of Rapport (in .pdf format). To register your preference for an e-copy of Rapport, please email info@citizenadvocacy.org. Remember to include info@citizenadvocacy.org in your email buddy or safe list!

Stay connected

Thank you to the Greater Victoria Citizen Advocacy Society for these words of wisdom. Here is a reminder to all Citizen Advocacy matches, both new and longer-term matches, about when you might want or need to call the Citizen Advocacy office.

We would like you to call the office if

- You have been unable to meet your match partner for more than two months for whatever reason.
- You or your match will be out of town for an extended period.
- You are experiencing difficulty connecting with your match partner.
- You are questioning the value of your involvement in your protégé's life or if you feel that you are losing direction.
- You have feedback or ideas to offer the staff on our programs.
- You would like to get more involved with CA (volunteer on the Board of Directors, help with special events, fundraising, etc.).
- Something wonderful happens to you or your match partner!

You must call the office if:

- You are concerned about the well-being of your match partner (for example: unexplained mood swings, declining health or care, suspected abuse or neglect).
- During your time together, you and your match have anything unusual happen that causes concern (odd behaviours, being separated during an outing, medical concerns, etc.).
- You are going through a personal crisis that could affect the relationship.
- You are convicted of a crime or misdemeanor, even if unrelated to your volunteer role.
- You experience negative feedback from the care providers or other people involved in your partner's life.
- You feel you must terminate the relationship with your partner.
- You have a new telephone number or address, or if some other circumstance changes that may affect your relationship with your CA match.

Thank you for staying connected!

Restez en contact

Le Parrainage civique d'Ottawa adresse ses remerciements au Parrainage civique de Victoria pour ces conseils de sagesse qu'il a prodigués aux partenaires de jumelages. Il profite de l'occasion pour signaler aux protégés et aux bénévoles qui sont jumelés les circonstances dans lesquelles ils doivent contacter son bureau afin de recevoir des supports visant à renforcer leurs jumelages.

En effet, vous devez appeler:

- Si vous n'avez pas pu rencontrer votre partenaire, bénévole ou protégé, pendant plus de deux mois pour quelque motif que ce soit.
- Si vous ou votre partenaire de jumelage serez en dehors de la ville pendant une longue période.
- Si vous rencontrez des difficultés au niveau de votre jumelage.
- Si vous êtes entrain de remettre en question votre implication dans la vie de votre protégé ou si vous avez l'impression d'avoir passé à côté des objectifs visés au début de votre jumelage.
- Si vous avez des réactions ou des idées à partager avec le Parrainage civique.
- Si vous aimeriez vous impliquer davantage au niveau du Parrainage civique, en devenant membres du comité d'administration ou en participant à des activités.
- Si quelque chose de spécial se produit dans votre vie ou dans celle de votre partenaire de jumelage.

Vous êtes obligés de contacter votre travailleur ou votre travailleuse social (e) si vous vous trouvez dans l'un des cas suivants:

- Vous vous faites du souci pour le bien-être de votre protégé, en raison de sa santé, de son humeur ou des signes d'abus ou de négligence.
- Quelque chose d'inhabituel se produit pendant que vous êtes en compagnie de votre partenaire (comportements étranges, problèmes médicaux etc).
- Vous êtes l'objet d'une crise personnelle susceptible d'influencer votre jumelage.
- Vous êtes l'objet d'une condamnation pour un crime; même si elle n'est pas directement reliée avec votre jumelage.

Restez en contact (Voyez la suite à la prochaine page)

Restez en contact (suite de la page 4)

- Vous faites face à des réactions négatives de la part des pourvoyeurs de services ou d'autres personnes qui sont impliquées dans la vie de votre protégé.
- Vous aimeriez mettre un terme à votre jumelage.
- Vous avez un nouveau numéro de téléphone ou une nouvelle adresse.

Merci de rester en contact avec le Parrainage civique d'Ottawa

Social activities

Thank you to everyone who attended the following social activities. We hope you had fun!

A Visit to Rideau Hall

By Adrian Raghunandan and John R. Match

Sunday, October 15, was a classic Canadian autumn day; sunny, cool and vibrantly colourful, the maples showing off their orange pink hues. We had come to Rideau Hall, the residence of Her Excellency the Right Honourable Michaëlle Jean, to join other Citizen Advocacy'ers on a tour of the State Rooms.

We arrived around 10:45 am, parked on McKay St and began walking to the entrance. The instructions read "Meet at the fountain in front of the Residence 10 minutes before the tour starts." I mentally pictured the fountain at the main gates.

We entered by the side entrance at MacKay & Union St., passed through the Confederation Garden and bore left, toward the main entrance and the fountain. John had never been to Rideau Hall before, but before the tour even commenced he had toured a good part of the property! You see, on reaching the front entrance, about 5 minutes before 11:00, it was apparent that the group of fellow Citizen Advocacy-ers was not there. Curiously, neither was the fountain!

I quickly remembered that the fountain was, um, in front of the residence, just as the instructions that I left in the car stated. John and I headed directly there, as fast as we could, which is to say, at a strolling pace. As we approached the residence, there was a small group consisting of 3 tour guides and 2 fellow Citizen Advocacy-ers milling around the fountain. We learned that a larger group of Citizen Advocacy-ers had already gone ahead; we were part of the second group.

The four of us began our tour by entering through the side entrance, into the basement level. This area is normally not accessed by tours but because of renovations, this was the way in and out.

The tour commenced in the grand front entrance: marble staircases, beautiful wooden doors and paintings of previous Governors General. We learned much, from the origins of the post and the first Governor General, Lord Monck, to its first Canadian-born occupant, Vincent Massey, to the Coat of Arms selected for the current occupant, Michaëlle Jean, reflecting her Haitian roots and her Canadian branches. We didn't meet her, but she was there, we were told.

The ballroom was most impressive. It is where most of the formal Governor General Awards ceremonies take place. By far our favourite room was the "Tent Room," so named for the appearance of the walls and ceilings, looking like the inside of a ... tent!

Throughout the tour we asked many questions, which our knowledgeable and friendly guide was more than happy answer, filling our heads with history of the residence, the line of Governors General, the various awards given out to honour outstanding Canadian achievements, as well as with information about past and current events and activities, such as such as outdoor skating, the Teddy Bear's picnic, and a Halloween night full of trick or treating.

Our guide was friendly and hospitable, the residence opulent and stately, the day, brightly coloured and crisp. All in all, a wonderful outing. Thank you Citizen Advocacy for organizing this memorable event.

Holiday Dinner and Dance

Can anything be more fun than 280 friends getting together to celebrate the joy of the holiday season? Oh wait, did I mention the fabulous bonus of a wonderful dinner, dancing, and ELVIS in the house? Wow!!

During the evening, advocates celebrating milestone anniversaries were presented with gifts of recognition. Celebrating five years as advocates and presented with silver pins designed around the Everyday Champions logo were Yolla Baroud, Blaine Chessie, Philip Hogarth, Bob Killens, Helen McFarlane, Veronica Petro, and Dianne Pritchard. Also celebrating a five year anniversary but unable to join us at this event was Cecilia Pinto.

Gold pins were presented to Rob Lukshis, Janet Roper and Bob Stevenson. Advocate Richard Kastler will also receive a gold pin for 10 years of service.

Sharon Anderson, Alan Cohen, Allan Dolenko and Arnie Francis are celebrating 15 years of volunteerism, and Priscilla Lanois is celebrating 20 years as a Citizen Advocacy advocate. Advocates celebrating these milestone dates will be enjoying a lunch with Brian Tardif, Executive Director, and Dianne Pritchard, President.

Judy J. and Joe D. presented advocate Jean Boulay with the Consumers Advisory Committee Volunteer Award. This award recognizes a volunteer who is respectful, compassionate, patient, and who has been involved in a range of activities at Citizen Advocacy.

Elvis was resplendent in his stunning, form-fitting, sequin bejewelled, white jumpsuit. He swivelled his hips and crooned familiar ballads to adoring fans. Larry Hinds, Virtronics DJ Service, offered favourite tunes like YMCA, the Macarena, and Mambo Number 5, and YMCA for folks who wanted to “trip the light fantastic.”

Our thanks to everyone who provided support for this event. Much appreciation and gratitude go to

- the Gloucester Lions Club, who for many years have provided a \$500 contribution to keep the tickets affordable to all matches wishing to attend.
- Chef-David, Mary Dimas and David Woods of the Hellenic Banquet Centre for cooking the wonderful food that is donated. Not many banquet halls would allow groups to bring in their own food as a cost-cutting measure.
- vendors who donated the food (see page 7 for a list of Donors and Supporters).
- Veronica Langelier and her merry band of supporters. Veronica starts pounding the pavement in the summer to ask for gifts which are used as Door and Raffle prizes. Veronica’s friends and family also provide many items.

A final thank you to Brian, Cheryl, Gloria, Paul, Sammi and Tim for staffing the coat check and raffle table.

Educational events

Thank you to the speakers and everyone who attended these recent Citizen Advocacy training opportunities.

Meet ‘n Greet and Resource Fair

Citizen Advocacy is pleased to thank the community agencies that took part at the Meet ‘n Greet and Resource Fair on September 26. Volunteer advocates had the opportunity to meet with representatives and tour the display booths of the following agencies:

- Association pour l’Intégration Sociale
- Canadian Mental Health Association
- Disabled Person’s Community Resources
- Family Matters Cooperative
- Family Services of Ottawa
- Independent Living centre
- Le Patro d’Ottawa
- Lifetime Networks
- Mobile Crisis Unit
- Public Guardian & Trustee

It was an opportunity for guests to meet their fellow advocates over pizza, refreshments and cookies and get to know some of the local agencies, which might be helpful to their protégés.

A survey was conducted in the beginning and at the end of the evening in which participants could indicate to what extent they were doing “advocacy” in their match. During the second part of the evening, there was an interesting discussion about how the word called “advocacy” pertains to their individual match.

It was a very good experience where volunteer advocates could tell their own stories, obtain information about some community resources, and hear others talking about the way they advocate for their match partners. All participants expressed their satisfaction at the end of the Meet “n” Greet, and wondered how to get more volunteer advocates involved in these educational evenings.

How to vote

Our educational evening on Nov. 7th focused on the practicalities of the voting process. Our invited guest, Shane Kennedy, Manager of Municipal Elections at the City of Ottawa, covered topics such as how to ensure that one is on the voters list, how to know where to vote, and what to expect to see on arrival at the polling station. He also brought with him items such as sample ballots and polling screens.

Mr. Kennedy skilfully addressed the many questions raised by the approximately 20 participants. Jake Volt and Lyle M. shared their stories of voting during the last Federal election and voting at an advanced poll for this municipal election.

There was also a healthy discussion of the candidates running in the mayoralty race.

Our thanks to Mr. Kennedy for his time and valuable input and to Jake and Lyle for their contribution.

Donors and Supporters

Thank you to the following donors and supporters for their donations to Citizen Advocacy’s events. Please show your support to the businesses, services and firms listed below.

Aenos Food Service	Veronica Anderson
Laurie and Doug Bailey	Anna Bilsky
Linda Borgia Family	Gil Burrows
The Butchery	CD Warehouse
CentrepoinTE Theatre	Blaine Chessie
Cisco Foods	George Cook
Cote Poultry	Marie Daoust
Joe Diamond	Gary's Food Basics
Walter Gelowski Family	Glebe Meat Market
Gloucester Lions Club	Colin Griffiths
Hellenic Banquet Centre	Hershey Canada
Regina Jurjonas	Langelier Family
MacDonald's Restaurant	Gloria MacLeod
MacLeod Consulting Inc.	Isabel Marti
Mary-Ann and Mike Mason	Helen McFarlane
McKale's Service Centre	Mini Golf Gardens
National Gallery of Canada	Neilson Dairy
Ottawa Lynx Baseball	Paul's Boat Lines
Chris Petersen	Connie Ridout
Mary Shay	St. John's Ambulance
Lori Streefkerk	Weston Bakery
Moe and Heather Turner	
Aramark-Connaisseur Coffee Service	
Canada Agriculture Museum	
Canadian Museum of Civilization Corporation	
Canadian Museum of Nature	
Farm Boy, Head Office and Farm Boy Kanata	
Farmers Pick Fruits & Vegetables	
Giovanni's Fine Italian Dining	
Great Canadian Theatre Company	
Deborah and Tina Langelier	
Loblaws, Carlingwood Shopping Centre	
Prudential Town Centre Realty	
Ken and Cynthia Throop	
Connie & Jack Turgenon	
Veronica's Saturday Afternoon Euchre Club	
The Works Gourmet Burger Bistro	

Thank you to Ken and Cynthia Throop, Alcatel, Giant Tiger, and the Optimist Club of Nepean for donating tickets to community events.

Everyday Champions

In each newsletter Citizen Advocacy introduces a member of the Board of Directors and a volunteer. In this issue we are pleased to present Frank Reid, Board member, and Jake Volt, Advocate.

Frank Reid

Frank has been a friend of Citizen Advocacy for many years, and was, in fact, on the organizing committee of the very first Evening in the Maritimes in 1994. In 2002 and 2003 Frank volunteered as an advocate in the Chance for Choice program. He was elected to the Board of Directors in 2003 where he continues to serve, now as 2nd Vice President and as a member of the Executive Committee.

Frank is not new to involvement in the local community. He was with the Ottawa Rough Riders football team from 1970 to 1976, in the 1980's served as a councillor in municipal government, chairing the Health, Environment and Waste Management committees, and competed in the recent municipal elections for councillor of Beacon Hill Cyrville ward. Frank has served on the Boards of Directors of the Youth Services Bureau and Big Sisters, and is currently an active member of the Gloucester Chamber of Commerce and on the Board of the Gloucester Non-profit Housing Corporation.

A regular sports enthusiast, Frank is also involved with local hockey, playing on two local teams himself, acting as assistant coach on his grandson's atom team, and serving on the executive of the Gloucester Centre Minor Hockey Association.

In his professional life, Frank is sales manager of a local information technology company.

Why I'm not really a champion

By Jake Volt, Advocate

Hi, I'm Jake Volt, advocate to Lyle. Before I begin, some full disclosure is necessary. I'm not only an advocate with Citizen Advocacy—I'm also

responsible for much of its advertising. In fact, I was part of the communications team that created the line "Everyday Champions." So while I sincerely believe in the idea, and am certain that Lyle sees me as his Champion, I have to admit that I don't feel as if I'm doing anything spectacular enough to earn the title.

Lyle and I just do things together that we both enjoy. He joins me in everyday events like shopping, walking my dog, having a coffee, or going to a 67's game. In turn, I've helped him become involved in our democratic process by encouraging him to vote. I stood as the best man at his wedding. And I advise him on how best to spend the small amount of money he gets each week. Plus, he and his wife, Linda, celebrate barbecues and Christmas with my family each year. See? Nothing out of the ordinary at all.

So what's my point? It's this—I hope that people aren't scared away from the idea of volunteering because they're afraid they may not live up to the moniker of "Everyday Champion." Just be yourself, commit about an hour a week, and do things you both like.

Chances are you'll be seen as a champion even if you don't necessarily feel like one.

Celebration of People

By Heather Badenoch, Community Relations
& Resource Development Officer

Twelve awards were presented at the sold-out Celebration of People Awards Dinner, December 5 at the Ottawa Congress Centre. This annual event marks the United Nations International Day of Disabled Persons. This year's winners include a couple that have volunteered together for 30-years, two visual artists, a government senior manager, a company founder, an adaptive water ski program, and more.

Please see *Celebration* continued on next page

Newest Matches



Everyday Champions

AUGUST

Matthew Feltmate & Mulugeta D.
John Quinn & Guy L.
MaryAnn Notarianni & Lisa G.
Dian Calagoure & Frances W.
Jocelyne Moran & Jackie W.

SEPTEMBER

Candace Sirjoosingh & Julie L.

OCTOBER

Peggy Howman & Amber W.
Lorna Charbonneau & Linda H.

NOVEMBER

Jennifer Acres & Suzanne St. J.
Donna McInnis & Deborah B.

Chance for Choice

AUGUST

Alberto and Isabel Palacios-Hardy & Ron S.

SEPTEMBER

Helen Zhang & Barbara B.

NOVEMBER

Jennifer Knudson & Maggie G.
Shawn Morris & Barry M.
Ray Ball & Helen C.

Celebration continued from page 8

Congratulations to the following award recipients:

- Accessibility by Design Award: Barry J. Hobin & Associates Architects
- Artistic Excellence Award: Irene Beck
- Citizenship Award in memory of Cathy Kerr: Murielle St. Pierre

- Education Award: Catherine Anderson-Dolcini
- Employee Award: Russell Cecchini
- Employer Award: Jean-Claude Beauchamp, Wendy's Restaurant
- Career Award: William Clements
- Hospitality and Tourism Award: Honest Lawyer Restaurant
- Sports Award: SkiAbility Ottawa
- Volunteer Award: Henry and Susan McKinley
- Volunteer Opportunities Award: Volunteer Ottawa
- Youth Award: Corey Smith

Among the 430 attendees were special guests **Councilor Clive Doucette**; the **Honourable Madeleine Meilleur**, Minister Responsible for Ontarians with Disabilities, Minister responsible for Francophone Affairs and Minister responsible for Community and Social Services - all for the Government of Ontario; and **Penny Collette**.

Many thanks to gold level sponsor the City of Ottawa, silver level sponsor The Ottawa Hospital Rehabilitation Centre and bronze level sponsors Canada Post and the Ontario Lottery and Gaming Commission. Promoting the call for nominations, the event itself and helping to raise awareness of the contributions of people with disabilities is an important part of the success of this event. Thank you to our media sponsors: the Ottawa Citizen and The A-Channel. In-kind event sponsors help in a big way to keep costs down. For this, the contributions of Storm Communications, Ottawa Congress Centre, Power Press, Pookoo Group, and Jean Boulay Photography are very much appreciated.

A final thank you goes to the award sponsors:

- A-Channel • CAA Travel • Canada Mortgage and Housing Corporation • City of Ottawa • Disabled Persons Community Resources • GLS & Associates
- Low Murchison LLP • National Arts Centre • National Capital Region YMCA-YWCA • Ottawa Children's Treatment Centre • Ottawa Hospital Rehabilitation Centre • Taipei Economic and Cultural Office, Canada.

Visit the Celebration of People web site at www.celebrationofpeople.com.

Match Anniversaries

Everyday Champions

of years **SEPTEMBER 2006** matched

- 8 Doug Bailey & Earl Q.
- 4 Sam Hawas & Willie W.
- 4 Ruth Mellor & Marsha G.
- 2 Jody Grenier & Kris P.
- 2 Rejeanne Lacroix & Roger T.
- 1 Eve Arany & Saskia B.
- 1 Lucia Van Oordt & Maria G.

OCTOBER 2006

- 22 Shelley Ann Morris & Marcella K.
- 19 Karen Maubach & Judy M.
- 16 Alan Cohen & Lee W.
- 13 Michael Wall & Steve F.
- 7 Colin Griffiths & Eddie S.
- 6 Jeff Ickovich & Paul A.
- 6 Céline Kelly & Freda W.
- 6 Stephanie Johnson & Jean H.
- 5 Richard D'Addese & Robert W.
- 4 James Hicks & Robert K.
- 4 Helen McFarlane & Laura A.
- 4 Susan Spence & Virginia. B.
- 2 Gil Barrows & Manfred A.
- 2 Amanda Bennett & Wendy H.
- 2 Amanda Eros & Brenda S.
- 2 Joshua Kibambe & Mamadou C.
- 2 Mary Shay & Margaret E.
- 1 Carole Lapointe & Marguerite F.

NOVEMBER 2006

- 28 Richard Marion & Maurice K.
- 18 Christiane Delon & Freda W.
- 18 Eric Plunkeet & Jeff M.
- 17 Maggie LeMay & Madeleine H.
- 13 Lori Cameron & Veronica A.
- 6 Grant Johnston & Denise T.
- 3 Noelle Grosse & Kristen H.
- 3 Connie Ridout & Fran M.
- 2 Carl de Jong & Bob P.
- 2 Simon Snoxell & Wayne B.
- 1 Julie Broczkowski & Karyna L.
- 1 Patricia Bowa & Diane C.
- 1 Ryan Kelly & Craig M.

of years **DECEMBER 2006** matched

- 12 Bob Stevenson & Glenn F.
- 9 Pui Wah So & Christine C.
- 8 Laurence Émard & Simone P.
- 4 Elaine Butcher & Shannon M.
- 4 Celine Leblanc and Jacquie St. D.
- 3 Avril d'Silva & Judy J.
- 2 Elizabeth Geehan & Shona F.
- 2 Owen Griffiths & John M.
- 2 Robert Adolfson & Rocky W.
- 1 Bill Dolan & Daniel B.

Chance for Choice

OCTOBER 2006

- 3 Shannon Timpson & Mrs. S.
- 1 Sarah Hamilton & Marjorie U.

NOVEMBER 2006

- 2 Savi Narayanan & Ethel T.
- 1 Raffaella Zumpano & Doris K.
- 1 Chris Ferko & Charles J.

DECEMBER 2006

- 1 Elizabeth Styffe & Yvette L.

Group Home Project

NOVEMBER 2006

- 2 Erin Bateman & Foyers Partage

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Workshop on Elder Abuse a success!

By Sheila Robertson, Coordinator, Chance for Choice, a program of Citizen Advocacy

On Friday, November 24th, some 75 people attended a Citizen Advocacy workshop – The Elder Abuse Puzzle: Is it Abuse and Whom can I Call? This is the third workshop Citizen Advocacy has organized on the topic of elder abuse, and there seems no end of requests for more. A grant from the Community Foundation of Ottawa made this workshop possible.

This particular event was targeted to hands-on caregivers, seniors and front-line workers from the community and community agencies, and from long term care facilities and retirement residences. Attendees representing all these areas attended.

In the opening remarks, Barbara Burns, Chair of the Elder Abuse Steering Committee of the Council on Aging, provided background information on how some organizations in Ottawa, through this steering Committee, have been finding ways to increase our ability to respond to situations of elder abuse. Elaine Rufiange, General Counsel with the Office of the Public Guardian and Trustee (PG&T), gave a plain language down-to-earth introduction to what the PG&T does, when to call and what they can do to follow up on your call. Detective Brenda McGillvray of the Ottawa Police Service showed poignant vignettes illustrating the range and subtlety of elder abuse; she then spoke about the support services provided through Ottawa Police for victims of alleged abuse, including the two detectives – of which she is one – dedicated to investigating allegations of elder abuse. Denise Paquette, Elder Abuse Coordinator, Carefor Health and Community Services in Cornwall, gave suggestions as to what one could say to or ask an older adult whom one thinks is being abused. Finally, Claude Beauchamp, Program Manager with the Eastern Ottawa Resource Centre (EORC), drew attention to a selection of agencies one could call in the Ottawa area, and spoke about a position in EORC (but serving all of Ottawa) dedicated to dealing with elder abuse situations – a position which he expects to be filled shortly.

After a delightful sandwich buffet, participants' spirits were lifted by the light-hearted, immensely funny, yet touching skits of the Sage Age Theatre. This is a group of seniors from Almonte who do skits on issues that are of concern to seniors as a means of advocating on their behalf. Will any of us ever forget the rich solo voice that crooned, to the tune of "Edelweiss," an ode to flatulence.

For the remainder of the day, participants worked on various scenarios – discussing whether each seemed to be a situation of abuse and, if so, what one would do about it or whom one would call. As each group presented their conclusions and suggestions, the morning speakers were able to provide feedback with further suggestions, and to answer questions.

Many thanks to the volunteers on the organizing committee – Ruth Mellor, Jean McKibbon and Bonnie Murphy. A special thanks to Denise Paquette who put on a terrific workshop in Cornwall and let us model this one on hers, and who also gave permission to reprint for our participants some of the contents of the Intervention Guidelines for Elder Abuse, a handbook put out by the Community Network for the Prevention of Elder Abuse for the Eastern Counties and Akwesasne. Cheers to the Sage Age Theatre troupe for funny and thought-provoking entertainment.

Hello, may I introduce myself?

Simone Goehr, Social Work Placement

I am in the third year of my Bachelor of Social Work studies at Carleton University, currently doing my placement at Citizen Advocacy.

Originally from Germany, I immigrated to Canada in 1997. I have always been passionate about social issues; experiences of people around me inspired me to return to school to study social work.

I will create and write a training manual that covers the operational procedures of the organization. This involves shadowing the work of the social workers at Citizen Advocacy and also getting to meet volunteer advocates and protégés.

I feel honored to be part of the awesome team at Citizen Advocacy, and look forward meeting you.

Planning for Citizen Advocacy's future

“At the age of 30 I was the sole parent of a 5-year-old son with a developmental disability, Daniel. While I received some support from my family, I felt socially isolated and desperate for a friend. I needed someone with whom to share my concerns, my joys, and my sorrows. Lori, my volunteer advocate for the past 13 years, became that someone. We go shopping, for walks, meet for tea and conversation, chat on the phone, and support each other through thick and thin. Lori and I have become true friends.”

– Veronica A.

As you make plans for your estate, consider making a gift that will endure far beyond your lifetime. You can leave a legacy to ensure Citizen Advocacy of Ottawa reduces the isolation of people living with disabilities far into the future.

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

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