



DPCR News!

Fall 2007

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4th Annual AccessAbility Day was a success!

On August 22nd Disabled Persons Community Resources, in partnership with the City of Ottawa, TELUS, United Way/Centraide and CTV Ottawa celebrated the City's 4th Annual AccessAbility Day.

"Ensuring accessibility to services and opportunities for all citizens is key to building a strong, healthy community," said Janet Yale, TELUS Executive Vice President, Corporate Affairs.

"That's why TELUS is honoured to partner with DPCR, the City of Ottawa, United Way/Centraide and CTV Ottawa for AccessAbility Day 2007...and to invite everyone in the community to celebrate the inclusiveness that makes this such a great place to live, work and play."

Launching the day was a Community Leaders Breakfast with master of ceremonies Max Keeping, Vice-President of News & Public Affairs, CTV Ottawa. Over 100 community and business leaders came together to hear keynote speaker John Dorland on his insights about the changing workforce and initiatives to create an inclusive workplace.

Mr. Dorland, who has delivered diversity training for over 10 years and who lost his eyesight 15 years ago, brought a unique insight into the dimensions of today's workplace. He inspired his audience when he said: "I'm not different from you, I'm different like you. That is the essence of what this is all about, isn't it? Not different from, different like. And, in that context, sharing and valuing our similarities while at the same time acknowledging, respecting and, if necessary, accommodating our differences."

Continued on page 3...



Mayor Larry O'Brien presents DPCR's Executive Director Teena Tomlinson with the Official Declaration of the City of Ottawa's AccessAbility Day.

Did you know?

That 1 in 5 Ottawa residents will experience a temporary or permanent disability in their lifetime.

United Way/Centraide Ottawa
2007

More information on Upcoming Workshops...page 7

This newsletter, published by Disabled Persons Community Resources (DPCR) is available in paper and electronic form. Individual issues of the newsletter can be downloaded from our Website and may be reproduced without permission for wider distribution.

Bylined articles reflect opinions of the author(s), not necessarily those of DPCR. We believe the information in this publication is accurate, however DPCR assumes no responsibility or liability for the accuracy of the information. DPCR also does not endorse any product mentioned herein other than those produced by DPCR.

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For more information on our programs and services visit our websites at;

www.dpcr.ca

www.disabilityinfo.ca

Our office is accessible.



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DPCR'S 2007/2008 Board of Directors

Matthew Cole
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Barbara MacCallum
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Joan Black
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Tamra Moreton
Past-President

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Collinda Joseph

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Peter McGrath
Bill Morris
Randy Romain
Keven Smith-Worthylake

We love to hear from our members!

We welcome ideas, suggestions, stories, poems, interesting articles, jokes and cartoons for possible use in future newsletters.

Please forward your submissions to
Tanya Bertrand at 613-724-5886 ext. 223
or by e-mail at
tbertrand@dpcr.ca

The deadline for the next newsletter is

December 4, 2007

...continued AccessAbility Day 2007

Breakfast speakers included Teena Tomlinson, Executive Director, Disabled Persons Community Resources, Michael Allen, President and CEO, United Way/Centraide Ottawa, Laura Delaney, Regional Vice President, RBC Royal Bank, Nimet Karim, VP, Marketing, TELUS and member of TELUS Ottawa Community Board and Kent Kirkpatrick, City Manager, City of Ottawa

Immediately following the breakfast, Mayor Larry O'Brien officially declared August 22nd as AccessAbility Day. The Mayor invited the representatives from community and business organizations to join him in creating a city that is accessible to everyone. "At the City of Ottawa, we are making accessibility a part of our everyday business. From buildings to buses and taxis, information access to employment, the City is becoming more accessible," stated Mayor O'Brien.

Activities for all ages rounded out the day. Ottawa storytellers Kim Kilpatrick, Mary Wiggin and Alain Shane entertained adults while children from local area day camps and day care centers enjoyed Story-time, a variety show with John the CHEO Clown, the Kids on the Block Puppet Show and Ottawa's own Blue's Lady Maria Hawkins. A day long information fair of community agencies and city services, an art exhibit and the showing of the feature film "Shameless" informed and entertained.

Thank you to everyone who contributed to making the day a success!



Guest Speak John Dorland, Graybridge Malkam



Jason Dunkerley, a 2 time silver medalist who last month took two gold medals in the 1500 and 800 meters at the Para Panamerican Games Rio de Janeiro, attended AccessAbility Day 2007 where he was interviewed by Max Keeping



Maria Hawkins and friends entertain with "This Little Light of Mine"

Photos courtesy of Kathy Riley

Resource Centre News

The Resource Centre continues to be well used by clients of The Rehabilitation Centre, their family members and their support workers. As of September 20, 2007 we had **895 members**.

Every Thursday we welcome a new group of clients from The Pain Management Clinic to the Centre for an orientation and tour of our facilities.

We have added a “**What’s New**” area to the information section and an area for organizational Newsletters to be displayed.

We the staff and volunteers would greatly appreciate if you could keep us up to date on any community events and/or new information we might want to display, stock or share at the Resource Centre.

Visit www.disabilityinfo.ca for a complete list of resources available in our library.

Our display areas in the Centre have recently been revamped and energized.

Come in and take a look!

Buzz Board – currently displaying information on voting accessibility and proxy voting for the upcoming provincial elections?

A Community Board - where local events and new program information from various disability organizations can be posted.

Central Display Board – currently displaying information on the upcoming recreation symposium, the all candidates meeting and The Spirit of Achievements - Call for nominations 2007.

Contact information

Address

505 Smyth Road
Room 1110
Main Lobby of the
Rehabilitation Centre
Ottawa, Ontario K1H 8M2

Telephone

613-737-7350 ext. 75689

Hours of Operation

Monday—Thursday
9:00 am—5:00 pm

New resources available soon at the Resource Centre

- ⇒ **Living with Multiple Sclerosis:
A Wellness Approach**
- ⇒ **The Anxiety & Phobia Workbook**
- ⇒ **Between Myself and Them:
Stories of Life with Disability**
- ⇒ **From Panic to Power**
- ⇒ **Living Beyond Multiple Sclerosis:
A Woman’s Guide**
- ⇒ **A Test of Will:
One Man’s Extraordinary Story of Survival**
- ⇒ **The Comfort of Home for Stroke:
A Guide to Caregivers**

Respite Care Units



**Are you, or do you know,
a caregiver who needs a break?
Are you, or do you know someone from
out-side the Ottawa area who needs accessible
accommodations and support services?**

Disabled Persons Community Resources (DPCR) has two respite care units, which provide respite to adults with physical disabilities within Ottawa and are also available for visitors to the Ottawa area in need of accessible accommodation and support services.

Our units are located in, a non-profit housing co-operative in the east end of Ottawa as part of DPCR's Supportive Housing Program. The units are available on a pre-booked temporary basis for a minimum period of 2 days to a maximum period of 30 days per every six months.

Applicants are responsible for:

- Advance payment of user fees;
- Personal day-to-day necessities;
- Personal care items and food;
- Signing a Service Plan Agreement.

Staff are available on-site 24 hours a day to meet all physical needs of clients on either a pre-booked or as needed basis.

Applications are available on-line at www.dpcr.ca or by calling 613-724-5886.

Barrier Free Environment Assessment Service

DPCR's Barrier Free Environment Assessment (BFE): Assessments consist of comprehensive on-site audits of existing or proposed facilities.

Each assessment includes the preparation of a detailed report that outlines the barriers encountered and provides recommendations for their removal. The report includes accessibility standards and lists potential resources. Assessments are offered on a fee for service basis.

Disabled Persons Community Resources recommends that you consult with an architect and the appropriate city building officials before implementing any recommendations made by the Assessment Service.



For further information, regarding these services, please contact **Terry Gilhen at 613-724-5886 ext. 230** or send an e-mail to tgilhen@dpcr.ca.

Meet the staff...at Head Office

Teena Tomlinson, Executive Director

ttomlinson@dpcr.ca

Teena joined the organization in 1984 and has been the Executive Director since 1997 when the agency changed from two Program Directors to one Executive Director.

Kim Kruk, Assistant Executive Director

kkruk@dpcr.ca

Kim has been with the agency since 1990 and has been the Assistant Executive Director since 1997. Kim manages our Supportive Housing Program.

Cathy Blauer, Director of Community and Public Relations

cblauer@dpcr.ca

Cathy has been an integral part of our team since joining the organization in January 2004. Cathy's expertise in Communications and Marketing have been a great asset.

Stacey Norris, Community Support Worker

snorris@dpcr.ca

As DPCR's first Community Support Worker, Stacey joined the organization in 1998. She is also responsible for our SNEES program.

Kendra Lachine, Community Support Worker

klachine@dpcr.ca

The newest member of our DPCR team, Kendra joined us in August 2007. She spends part of her time at the Resource Centre.

Terry Gilhen, Community Developer

tgilhen@dpcr.ca

Terry has been with the agency since January 2004. His focus is on Research and Development and is responsible for the Barrier-Free Environment Assessment program.

Jennifer McKenzie, Housing Co-ordinator

jmckenzie@dpcr.ca

Jennifer has been with the agency since 2004 and has been our Housing Co-ordinator since September 2006. Jennifer assists in managing our Supportive Housing Program.

Tracy Membe, Finance Co-ordinator

tmembe@dpcr.ca

Tracy joined the agency in November 2006. She is responsible for payroll.

Tanya Bertrand, Administrative Assistant

tbertrand@dpcr.ca

Tanya joined the organization on a part-time basis in May 2003. She is also the Editor of the DPCR News!

Deborah Langdon, Receptionist

info@dpcr.ca

Deborah joined the agency in October 2006. In addition to her receptionist duties, she ensures the office runs smoothly.

If you have any questions or comments regarding our services or programs please contact DPCR's staff via direct e-mail or our general e-mail at info@dpcr.ca.

NOTE: Our e-mail addresses have changed!

Upcoming Workshops

Expand Your Horizons

Educational Workshops for
People with Physical Disabilities

Self-Advocacy

How to get what you need

Thursday October 11, 2007 from 1:00 – 4:00 pm

Learn how to speak up for yourself, stand up for your rights and “go after” what you need.

Presented By: Vicki Larsen MSW, RSW, CCC

Directing Your Own Care

Thursday October 25, 2007 from 1:00 – 4:00 pm

Learn how to better maintain control of your own lifestyle and daily schedule.

Presented By: Dr. Tamra Moreton Ricci, Ph.D., C.Psych

Healthy Eating Habits

The role nutrition plays in an enjoyable life!

Tuesday October 30, 2007 from 1:00 – 3:30 pm

Location: College Square Market Loblaws located at 1980 Baseline Road

Get advice and resources on how to develop healthy eating habits for you and your family. Find out about Canada’s Food Guide. Learn how to prepare a healthy, balanced and delicious meal.

Presented By: Public Health Nutritionist from Ottawa Public Health and Upstairs at Loblaws, College Square Market.

Cooking Instructor: Lise Thibeault-Murphy is a certified food advisor and TV personality (Co-host of Les fines Gueules).

Keeping Informed

Information Sessions for People with
Physical Disabilities and Service Providers

Beyond the Scope of Coverage

Financial Assistance for Medical/Dental Costs

Thursday October 18, 2007 from 1:00 – 3:00 pm

Gain a better understanding of some of the places you can go if you need financial assistance with your medical/dental costs.

Confirmed Presenters: ODSP, City of Ottawa – Essential Health and Social Supports.

How to Access Professional Services

Tuesday November 6, 2007 from 1:00 - 3:00 pm

Find out more about how to access professional services including Occupational and Physiotherapists, Social Work, Nursing, and Dietitians.

Confirmed Presenters: The Rehabilitation Centre, CCAC, CommuniCare Therapy (TBA), The City of Ottawa – Essential Health and Social Supports.

Interested in attending?

Sign up for one or more of these workshops please contact **DPCR** at **613-724-5886**.

Registration is limited and works on a first come first serve basis so call **TODAY!**

All sessions will take place at DPCR head office, unless otherwise noted.

Restaurant Review

RATING SCALE:

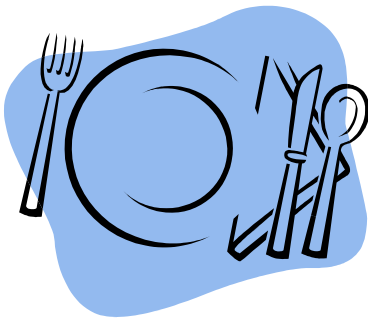
Excellent	☆☆☆☆
Very Good	☆☆☆
Good	☆☆
Good	☆

**LONESTAR TEXAS GRILL
(KANATA)
4048 CARLING AVENUE
OTTAWA, ON
613-599-9535**

OVERALL RATING:



EXCELLENT



Editor's Note:

This feature is meant only as a guideline for accessible restaurants in the Ottawa area. A complete barrier-free assessment was not conducted to determine ideal accessibility in relation to the Canadian Standards.

Please visit each restaurant to determine if the accessibility options meet your individual needs.

Parking:

There are two designated accessible parking spaces available. There are curb cuts available to the entrance of the restaurant.

Entrance:

There are no exterior steps. There is an automatic door opener installed on the entrance door. The clear opening of the door provides sufficient wheelchair access.

Dining Area:

All parts of the restaurant including the outdoor patio are accessible to wheelchair users. Table arrangement in the dining room provides sufficient maneuverability space for wheelchair users.

Washroom:

The clear floor space in the washroom allows for maneuverability for a person in a wheelchair. The cubicle is accessible. The washbasin is partially accessible.

Type of Food:

Tex Mex

Price:

Midrange to pricey

United Way/Centraide



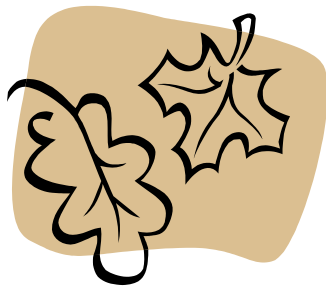
simple
Courage
to believe in what's possible

The United Way/Centraide Ottawa campaign is underway. Did you know that you can make a donation to the United Way/Centraide and designate it to come to Disabled Persons Community Resources? Some of our members have already done it and we encourage each of you to consider this. In order to do this you must provide our business number with your donation. It is 10702 0679.

Thank you for supporting DPCR!



“Obsessed with speed, the fan gives the illusion of going faster”



*We would like to welcome
Kendra Lachine to our
team here at DPCR.*

*Kendra has taken the position of
Community Support Worker.
She will share her time between
head office and the Resource Centre.*

Welcome Kendra!

DPCR HOURS OF OPERATION

Monday to Friday
8:30 am - 4:30 pm

Mailing Address

1150 Morrison Drive, Suite 110
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Telephone: 613-724-5886

Fax: 613-724-5889

E-mail: info@dpcr.ca

www.dpcr.ca

www.disabilityinfo.ca

Q & A: SNEES

Q

Your name indicates that SNEES is an “exchange”. I have heard from others that you do not have to bring equipment in order to take something. Is this true?

A

Yes. Even though our name indicates that we are an “exchange” service it is not necessary to bring in a piece of equipment in order to take one.

At SNEES special needs equipment is recycled to individuals (children, adults and seniors) with disabilities and their families free of charge. Our current inventory of special needs equipment consists of wheelchairs, walkers, mobility and bathroom aids.

SNEES **Special Needs Equipment Exchange Service**

Warehouse Location

1445 Carling Avenue (at Kirkwood)
(behind Fire Station)

Hours of Operation

Wednesdays 11am to noon
Second Saturday of the month
10:30 am to noon

**Contact our main office at 613-724-5886
for more information**

Please call for information on the following accepted large items; Floor model lift systems, Vehicle lift systems, Stair lifts and Electric hospital beds. NOTE: These items are not housed at our warehouse. All items must be in good working order.

SNEES is a program of Disabled Persons Community Resources (DPCR) in partnership with the City of Ottawa, Canada Care Medical and Nortel Networks Community Volunteers - Ottawa Retirees Club. Tax receipts may be issued for donated equipment.

**Thank you to everyone who has donated
equipment.**

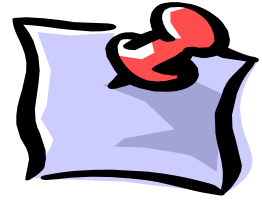
Letter to the editor

We read in the “DPCR NEWS”, (Spring 2006) a letter from Gisele Jolicoeur, in connection with the new living arrangements at the Forestview site. Our family is also pleased with the opening of this site and our son, who moved into the building in the middle of May 2006. He has made new friends and enjoys having the option for a new life of independence.

Thank you to DPCR for making this Supportive Housing Program available to our son at this time. Our family has gone through changes due to my husband’s stroke and my son’s move to Forestview was a necessary result. We thank you for making it possible for him to be a resident.

Eleanor and Ted Galambos

CLASSIFIEDS...



The Dennett Veterinary Mobile

Dr. Sherri Dennett is a certified veterinarian with 11 years of clinical experience. Working out of her Dodge Caravan, she come to people's homes and cares for their pets. The Mobile offers pet exams, vaccinations, heart-worm and flea prevention programs as well as stitching cuts, drawing blood for testing and treating minor illnesses such as ear infections.

Telephone: 613-314-2097
E-mail: sdennett@rogers.com

If you are interested in placing an ad
in our next newsletter
please call
613-724-5886.

IDEAS Survey Reports

Public Transit in Ottawa: How well does it serve people with physical disabilities?

Access to Information: Services for People with Physical Disabilities

Will be available for pick up at DPCR's head office or the Resource Centre at the end of October.

Or visit our website at www.dpcr.ca



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E-mail: info@dpcr.ca

www.dpcr.ca

www.disabilityinfo.ca

Disabled Persons Community Resources (DPCR) envisions a dynamic, inclusive and accessible community in which people with physical disabilities are able to exercise the same rights, choices and responsibilities as all other Canadians.

Our Mission is...

To provide programs and services that maximize opportunities for the contribution, participation and inclusion of people with physical disabilities within the City of Ottawa.

Disabled Persons Community Resources is proud to be funded by:



and the generous support of members and donors.

Disabled Persons Community Resources Connecting with the Community...

What to look for in our next issue...

- ◆ **50 years and counting!**
- ◆ **Newsletter Survey**
- ◆ **New IDEAS Survey - Employment Supports**
- ◆ **Upcoming events**

**Deadline for articles for the next issue of DPCR News!
is December 4, 2007. Contact Tanya at 613-724-5886 ext 223
or via e-mail at tbertrand@dpcr.ca with your submissions.**