



# DPCR News!

# Summer 2008

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## Annual General Meeting Highlights

Our AGM was held June 18, 2008 at the Ron Kolbus Lakeside Centre with members, guests and staff in attendance where we introduced DPCR's new Board of Directors for 2008/2009.

### Executive Members;

President - Wendy Duross  
 Past-President - Matthew Cole  
 Vice-President - Luc Polnicky  
 Secretary/Treasurer - Barbara MacCallum  
 Member at Large - Joan Black

### Returning Board Members;

William Allen  
 Frances Horibe  
 Collinda Joseph  
 Réjeanne Lalonde  
 Bill Morris  
 Randy Romain  
 Keven Smith-Worthylake

### New Board Members

Yvanna Kroitor, Richard Ruest, Brian Moretton and Wayne McIntyre

Our **Employee Recognition Celebration**, honoured Employees of the Year from each of our six sites. These employees were nominated by the clients and staff they work with.

CLARENCE SITE - Ed Tarpeh  
 LAURIER SITE - Ana Esquivel  
 RICHMOND SITE - Tressie Christenson  
 FORESTVIEW SITE - Cheryl James  
 SOUTHVALE SITE - Suzannah Reynolds  
 TWYFORD SITE - Marianna Neguse

We wrapped up the evening with our **Years of Service Awards** (3, 5, 10 and 15 years) for our Volunteers and Employees. And once again we recognized our longest standing employee, Patricia Ryan, for 27 years of service.

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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.

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

[www.dpcr.ca](http://www.dpcr.ca)

[www.disabilityinfo.ca](http://www.disabilityinfo.ca)

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# Fall 2008 Workshops

## Let's Talk About Sex

### A workshop for women with physical disabilities



**Facilitator:** Tracey Palmer, RN

**When:** September 11, 2008 12:30pm to 3pm

**Where:** The Ottawa Rehabilitation Centre Conference Room F

This workshop will take a holistic look at female sexuality and physical disability.

The physical, psychological, social and spiritual implications of sexuality for females with a physical disability will be discussed during this information session.

Tracy has been working as an RN for the past 22 yrs and is currently working at the Ottawa Rehabilitation Centre. Her interest in disability and sexuality has lead her to pursue BA in Sexology at the Université du Quebec a Montreal.

**Please Note:** Registration is limited to **20 participants** and closes on September 8, 2008. **(WOMEN ONLY)**

## Ottawa Accessible Housing – 101



**Presenters:**

Social Housing Registry: Jennifer Fraser, Local Priority Worker  
Housing Help: TBA

Cooperative Housing Association of Eastern ON: Karen Sexsmith, Director  
Supportive Housing; Richard Ruest, VHA, Community Link Worker

**When:** October 9, 2008 from 1:00pm – 3:00pm

**Where:** DPCR Boardroom, 1150 Morrison Drive Suite 110

The key players in accessing accessible housing in Ottawa will present on the what, when, where and how of accessible housing as it relates to their organization.

Organizational presentations will be followed by an open question period.

**Please Note:** Registration is limited to **20 participants** and closes on October 6, 2008.

**For more information or to register  
contact DPCR at 613-724-5886**

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## Letter to the Editor

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Thanks to the Disabled Persons Community Resources, (DPCR), I joined a group of people who had a variety of disabilities to learn about nutrition and experience the preparation of food.

I used some weekly resources I access through CNIB, to have a professional intervener accompany me to activities in my community. I am Deaf-Blind so that I use a tactile method of communication called British Two-hand Manual. I also use a cochlear implant, a device that helps me to hear some, so I tried using an FM system during this 2 hour course. This device certainly works well, when the batteries are fully charged. Unfortunately the battery power died so I had to rely on the signing skills of the intervener. Not before I heard a few new sounds, one sound was onions frying at a very high temperature, what a neat sound, a first for me, happening while I sat and listened to it without concerns of making a "royal" mess.

A small group of people attended the 2 hour course called Healthy Eating and Disability. We had the excellent instruction of trainer Susie Wilson, Registered Dietitian at Upstairs at Loblaw's Vanier Market. As Susie walked us through preparing a bean soup salad with tasty dressing and scones, she gave us alternative ingredients to purchase, these are convenient packaged items that are pre-chopped or peeled, for some of us who might have difficulty with this task. Then too, anyone in a hurry can benefit from pre-cut items or other ingredients that are more expensive but save time. We learned to read labels of food items to note sodium, fat, sugar content, and consider this before we decide to buy the item, I learned that olive oil, when cooking at high temperatures turns into transfat. Now cooks are using either grape seed or sunflower oil. I also learned that even raw chicken can be soaked in salt water. Salt keeps the meat from going bad quickly. This is still less sodium than prepared meats. I could ask questions at any time, the pace wasn't too fast and the informal atmosphere helped us to be confident that our questions were very welcomed. We all took time to taste the dishes we had prepared. It was a fantastic experience, cooking some things that were simple, healthy and fun to prepare.

I hope the community partnership between DPCR and Loblaws can continue since nutrition and cooking is such a vast subject. I have never attended a class where the needs of disabled participants were so intrinsically wound into the course information. The empathetic, and helpful instruction while identifying easy products that suit the needs of the disabled. In fact the products are probably marketed to save time, when in fact they have other benefits that should be marketed as well. The staff at Disabled Persons Community Resources took the time to send me electronic information, which I could read independently by using a Braille display. This was a wonderful help to me, I came prepared and could have all the benefits of the printed material others had in front of them to read. I feel more a part of my community, when I can walk into a Loblaws facility and participate in a class by interacting with fellow citizens. This is what barrier free access looks and feels like. The experience is so rare but it is happening, right here, in the best place to live in Canada, Ottawa.

**Penny Leclair**  
**Community Advocate**

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### SUMMER HOURS

Head Office  
8:30 am - 4pm

SNEES Warehouse  
Wednesdays 11am - noon  
Second Saturday for the month 10:30am - noon



## Mark your calendars - DPCR's celebrates 50 years on October 22, 2008

Please join us as we mark 50 years of continuous service in the community at our **50th Anniversary Celebration, October 22, 2008** at the Hampton Inn Ottawa, 200 Coventry Road. The celebration, focusing on our theme of **inclusion, integration and independence**, will be attended by DPCR volunteers, members, clients and staff as well as local community and business leaders.

The evening commences at 6:00 p.m. with a silent auction and a trip down memory lane from DPCR's humble beginnings, as the Rehabilitation Institute of Ottawa, through to DPCR as it is known today.

Dinner will be served at 7:00 p.m. followed by the program at 8:00 p.m. Michael O'Byrne of CTV Ottawa is Master of Ceremonies.

Ticket are available now for \$60 by calling Deborah Langdon at 613-724-5886.

Visit our website [www.dpcr.ca](http://www.dpcr.ca) for more information.

### WHAT TO LOOK FOR IN OUR NEXT ISSUE...

- More on our upcoming 50th Anniversary
- Feature Interview

### DID YOU KNOW?

The National Amputee Centre publishes a booklet called **Daily Living Aids**

It contains assistive devices that are available to help make tasks easier for amputees.

To receive a copy call 1-877-622-2472 or email [nac@waramps.ca](mailto:nac@waramps.ca)

We LOVE to hear from our members and interested readers... the deadline for articles for the next issue of DPCR News! is September 2, 2008.

Contact Tanya at 613-724-5886 ext 223 or via e-mail at [tbertrand@dpcr.ca](mailto:tbertrand@dpcr.ca) with your submissions.