

# what's in?



## Winter 2011

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**Ahhh, February...we've passed the mid winter mark and the days are getting longer. Can spring be just around the corner? We can only hope!**

In the meantime please take a few minutes to read the latest edition of our newsletter. It is a great way for us to stay connected. And, we have lots of news to share with you.

In this edition,

- Meet our 2010/2011 Board of Directors
- Teena Tomlinson, Executive Director, shares highlights from 2010.
- Read the update on The Special Needs Equipment Exchange Service (SNEES).
- Learn about the Ottawa Physio Race, Sunday April 17, 2011 and how you can become involved.
- Find out about the relocation to Metcalfe
- Explore Care for the Caregiver with Deborah DeCarios-Grandmaitre
- And finally, consider becoming a member or renewing your membership with The In Community.

**Contributors:** Teena Tomlinson   Kim Kruk   Cathy Blauer   Deborah DeCarios-Grandmaitre   Tanya Bertrand - Editor

# The In Community's 2010-2011 Board of Directors

## Executive Members:

**Wendy Duross** - *President*

**Luc Polnicky** - *Vice-President*

**Wayne McIntrye** - *Secretary/Treasurer*

**Joan Black** - *Executive Member at Large*

**William Allen** - *Executive Member at Large*

**Matthew Cole** - *Past-President*

## Members:

Dennis Brodie  
Tammy Culhane  
Rachel Derks  
Dorothy Hearty  
John Lees  
Brian Moreton  
Randy Romain  
Keven Smith-Worthylake

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## Message from the Executive Director

On behalf of The In Community staff and volunteers, I'd like to extend our very best wishes for a happy and healthy New Year.

Before moving on to 2011, let's take a moment to reflect on some of last year's highlights.

In recent years we have seen a dramatic increase in the demand for **SNEES (Special Needs Equipment Exchange Service)**. In 2010 alone, we received over 1200 phone calls, up from 234 in 2006, the year SNEES became a program of The In Community. At any given time there are more than 300 people on the waiting list for equipment.

Last year, 666 pieces of special needs equipment came through our doors and 577 pieces were recycled to individuals. As you may know, we launched our first ever fundraising campaign as there is no sustainable funding to continue this program and it faced closure. See the SNEES update on page 3 for more information.

**Our websites** [www.theincommunity.ca](http://www.theincommunity.ca) and [www.disabilityinfo.ca](http://www.disabilityinfo.ca) continue to be valuable resources for the community...in 2010 alone the sites had almost 500,000 hits with more than 64,000 visits. Please note that [www.disabilityinfo.ca](http://www.disabilityinfo.ca) is under construction at this time.

We conducted 22 **Barrier Free Environment Assessments**...ranging from local Community Health and Resource Centres, City of Ottawa Field Houses, pools and museums, to the Canadian War Museum.

And in late November, 13 housing clients moved to new units in the Beaver Barracks on Metcalfe.

No doubt the year before us will bring new opportunities and challenges but what we take to the coming year is what has inspired us since 1957—a vision of a fully inclusive and accessible community. As we face what is to come, we will continue to embrace a holistic approach to the development and delivery of services and programs for people with disabilities.



Teena Tomlinson  
Executive Director

## The Special Needs Equipment Exchange Service...an update

Late last fall, we faced a difficult decision, one that we did not want to make. Without ongoing funding we were going to have to close SNEES. Before taking such drastic measures, we did make a decision...the decision to pursue a number of options to raise funds for SNEES, a program which we know to be essential, unique and viable.

And pursue options we did...we submitted applications to local funding organizations and in October launched an appeal with SNEES users and donors and The In Community members and Board of Directors. While we are still waiting to hear from the funding organizations, by year end we had received over \$6400. This money is being used exclusively to pay rent for the SNEES warehouse and is making it possible for individuals to get special needs equipment until March 31 2011.



Matthew Mulvihill and Tanya Hickey from Ontario Power Generation, Renfrew pay SNEES a visit and present Teena Tomlinson, Executive Director and Stacey Norris, Social Worker and SNEES Manager, with a \$500 donation. (photo on left)

“Each donation comes at a critical time for the individuals with disabilities who use this service,” said Teena Tomlinson, Executive Director, The In Community. “It is an honour to be entrusted with this money which makes it possible for us to continue to recycle special needs equipment to those who need it.”

To learn about an exciting “out of the blue” response to the SNEES appeal, please turn to the article **A Race Against Time: The Ottawa Physio Race** on page 4.

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## Relocation to Beaver Barracks

In 2001, the investors of the Laurier site who had purchased a cluster of our units decided to sell these to individual condominium owners. As a result, some of our units went up for sale. We knew that should the new owners wanted to occupy their units, our clients would have to move. Finding an alternative has been a long, arduous and yes, frustrating process. The lack of accessible housing in this community is alarming at best.

Finally...this past November the clients from the Laurier site along with a client from the Twyford site moved into the Centretown Citizens Ottawa Corporation's Beaver Barracks location on Metcalfe Street. Since then, 4 new clients have joined them. This is the first time in 6 years that we have been able to expand the number of clients in our supportive housing program.

While we continue to struggle to resolve a range of ongoing challenges, clients are gradually getting settled.

We would like to extend our heartfelt thanks to the front line staff who worked tirelessly before, during and after the move to ensure that the transition was a smooth one.

## A Race Against Time: The Ottawa Physio Race

The Special Needs Equipment Exchange Service (SNEES) is truly honoured to have been named as recipient charity for the 2011 Ottawa Physio Race. **The race will be held on Sunday, April 17th 2011 at Immaculata High School.**

### About the **Ottawa Physio Race**

The Ottawa Physio Race was first created as an initiative of the Ottawa District of the Ontario Physiotherapy Association in 1988 to raise awareness about physiotherapy and to raise money for the Physiotherapy Foundation of Canada. A handful of dedicated physiotherapists volunteered their time and hard work to put that first race together, and it is clear that it has paid off. This year the race will celebrate 23 years and it is bigger than ever!

The race has grown enough over the years and has been able to continue to support not only the Ottawa District (now the Eastern Ontario District) of the Ontario Physiotherapy Association and the Physiotherapy Foundation of Canada but also to raise funds for a new recipient charity every year.

As race numbers keep growing every year, local area physiotherapists continue to strive to spread awareness about physiotherapy and, to provide an opportunity to give back to the community. All who wish to get involved, physiotherapist or otherwise, to help continue this great initiative are welcome!

### Registering for the Race

For registration and race day information please visit [www.ottawaphysiorace.ca](http://www.ottawaphysiorace.ca) or call The In Community at 613-724-5886

### Volunteering

If you would like to volunteer your time on race day or in the weeks leading up to it, please contact Regan at [volunteers@ottawaphysiorace.ca](mailto:volunteers@ottawaphysiorace.ca).

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The In Community has been invited to become a charter member of Fundchange...a new on line fundraising initiative, where community projects are posted – projects with direct impact on the community that individuals or groups of individuals can support.

**What's in it for The In Community?** In a word...opportunities....opportunities to fundraise while keeping costs to a minimum and using the latest social media tools to engage the next generation of donors. It's about making things happen in real time where projects can be posted, promoted and funded in weeks, even days. Like micro-financing, this kind of fundraising gives the power of change to individuals who feel traditional fundraising and big campaigns are not for them. Fundchange is easy to use, affordable, immediate and our agency's door to a global crowd of potential funders.

**And for donors,** it's the gateway to a world of community projects and a simple tool for funding the ones that you want to support.

Please visit [www.fundchange.com](http://www.fundchange.com) and take a look. The In Community project posted on Fundchange is **Knowing and Exercising Your Rights** with a fundraising goal of \$5000.

# Care for the Caregiver

By Deborah DeCarios-Grandmaitre



## The Importance of Caregiver Self-Care:

The foundation of care-giving is self-care for the caregiver. When you are in an airplane, the emergency procedures instruct you to put on your own oxygen mask on first, before you help someone else with their mask. This is a great analogy for caregiver self-care. The idea is that you have to take care of yourself before you can take care of others. **Making yourself your first priority isn't about selfishness - it's about survival.** It makes sense that care-givers can't take care of others well if they don't take care of themselves, too. However, if you are a caregiver, chances are you put the health and well being of the person that you are caring for before your own needs. This always seems to work in the short term if you're fairly healthy. But eventually, as a caregiver, you are putting yourself at risk for serious physical and emotional health problems. And if you get sick or you burn out, you will be unable to take care of the person you are caring for/your loved one.

## Why is Care-Giver Self-Care So Important?

Caring for someone can be one of the most profound and rewarding experiences you'll ever have. However, it can also be extremely stressful, physically, emotionally, and spiritually. Care-givers can suffer from the following if they don't take care of themselves:

- Sleep deprivation;
- Poor eating habits;
- Little or no exercise;
- Improper rest when they're sick;
- Postponing or missing their own medical appointments; and
- They are at increased risk of abusing alcohol, tobacco, and other drugs.

Care-givers may even experience anxiety or depression. Care-givers with full-time jobs may be prone to weight gain or loss and headaches. **The greatest risk most care-givers can face is burnout.** Burnout literally depletes a person's physical, emotional, and spiritual energy. Burnout also affects a person's health, mood, attitude, and motivation.

The only way to avoid burnout, though, is to take care of you. It's important to understand that being a care-giver itself doesn't cause illness, depression, and burnout - it's the stress associated with being a care-giver that can cause so many problems. And even stress in itself isn't harmful - it's part of the human survival instinct to respond to stressful situations with increased heart rate and blood pressure, tensed muscles, and senses on alert. It's chronic stress that's dangerous. But **even chronic stress can be managed**, and the health problems associated with care-giver stress can be prevented or reduced.

Stress management is the foundation of care-giver self-care. One key to stress management is realizing that how you respond to stressful situations depends much more on your perception of the situation than on the situation itself. So the good news is that **however difficult your circumstances may be, you can gain control of the situation.**

The thought of taking care of yourself, as well as your loved one may seem completely overwhelming. But **the more you take care of yourself, the more easily and effectively you can take care of someone else.** Besides, **self-care doesn't need to involve a lot of time, energy, or money.**

## **SUMMARY:**

1. Care for yourself before you take care of others.
2. Caring for someone can be the most profound and rewarding experience you'll ever have.
3. Stress management is the foundation of care-giver self-care.

Deborah's article is also published in the January 2011 edition of Cognica, Canadian Counselling and Psychotherapy Association Quarterly Newsletter.

In celebration of National Volunteer Week April 10-16, 2011



to all our volunteers!

Join us for

## The In Community Annual General Meeting

Wednesday June 15, 2011  
6:00pm – 7:00pm

Ron Kolbus Lakeside Centre  
Britannia Park

### We'd love to hear from you...

We welcome ideas, suggestions, stories and articles for possible use in future newsletters.

Deadline for our next edition of **What's In** is July 1, 2011.

Call Tanya at 613-724-5886 ext 223 or by e-mail at [tbertrand@theincommunity.ca](mailto:tbertrand@theincommunity.ca)

*We are pleased to announce two new members of our team at the head office,*

*Shannon Sevigny joined The In Community back in July 2010 taking on the role as Receptionist.*

*And Jennifer McCaully joined us in November 2010 as our new Housing Co-ordinator.*

**WELCOME!**

## Advocacy

**The In Community** takes a leadership role in the identification of unmet needs and gaps in service and advocates for change. We work collaboratively with agencies and organizations that share our commitment to building a more inclusive community for all. These are listed below;

Algonquin College Centre for Students with Disabilities External Advisory Committee

Champlain Attendant Services Network

Champlain Spinal Cord Injury Solutions Alliance

City of Ottawa Accessibility Advisory Committee

CODA – Connecting on Disability and Abuse

Connecting Regions Advisory Committee

ODSP & Community Working Group

Ottawa Community Support Coalition

Ottawa Hospital Accessibility Advisory Group

Ottawa Hospital's Community Advisory Committee

Rehabilitation Network of Champlain, Transition Sub-committee

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**The In Community is proud to be funded and supported by;**



**Thank you to all our many donors who have generously donated to our programs.**

# MEMBERSHIP FORM

**The In Community** membership provides you with the opportunity to be informed and involved; to nominate, elect, or serve on, our Board of Directors; to participate in the work of volunteer committees and to vote at the Annual General Meeting while supporting the work of **The In Community**.

Money raised through memberships is used to support our Information and Referral Program, and our SNEES (Special Needs Equipment Exchange Service). These programs connect people with disabilities, and their families, to services and programs. Your support, added to that of our other members and donors, will provide people with disabilities opportunities to contribute, participate and be included in our community.

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***I would like to become a member/renew my membership in the following category:***

- One year individual membership (\$15.00)     Two year individual membership (\$25.00)  
 Life membership (\$300.00)

***And/or I would like make a donation to The In Community, in the amount of:***

\$ \_\_\_\_\_

\$ \_\_\_\_\_

**TOTAL AMOUNT ENCLOSED:**    \$ \_\_\_\_\_

Please make cheques payable to **The In Community**. We also accept **VISA** and **MASTERCARD**, call for details 613-724-5886. **The In Community** is a registered charitable organization and issues tax receipts for donations and bequests.

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

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

Postal Code: \_\_\_\_\_ E-Mail: \_\_\_\_\_

Telephone: (Home) \_\_\_\_\_ (Work) \_\_\_\_\_ Fax: \_\_\_\_\_

**Yes you may publish my name in upcoming newsletters, annual reports and/or on the website as part of The In Community's donor recognition program.**

We keep general statistics to assist us in knowing our members better. (Check as many as are applicable). All information will be kept confidential.

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> I am a consumer                      | <input type="checkbox"/> I am a family member              | <input type="checkbox"/> I am a volunteer             |
| <input type="checkbox"/> I work in the social services sector | <input type="checkbox"/> I am a friend or community member | <input type="checkbox"/> Other (please specify) _____ |

I heard about **The In Community** through: (Check as many as are applicable)

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> Family Member                | <input type="checkbox"/> Friend                        | <input type="checkbox"/> Newspaper, TV, Radio |
| <input type="checkbox"/> Professional                 | <input type="checkbox"/> The In Community Publications | <input type="checkbox"/> Websites             |
| <input type="checkbox"/> Other (please specify) _____ |  |   |

Please mail your completed membership form to 1150 Morrison Drive, Suite 110, Ottawa, ON K2H 8S9

If you have any questions please contact Tanya at 613-724-5886 ext 223 or [tbertrand@theincommunity.ca](mailto:tbertrand@theincommunity.ca).

**Thank you for your support!**