



# Rotary Home Review

Fall 2015

Keeping families strong, helping keep them together...for over thirty years.

## Perspectives on Respite Care

It can mean something different to each family and each individual. In this edition of our newsletter we explore some of these perspectives from the point of view of parents, the individuals who visit us, and our staff.

Respite care is an essential part of the overall support that families need to keep their child with a disability at home.

Respite care has always been at the heart of what we offer families—temporary, short term care for individuals with physical disabilities and/or complex medical needs so their caregivers can rest.

The value and benefits of respite care are widely acknowledged, but there are many different

perspectives on the specific meaning and impact that respite care has for caregivers and for the individuals who stay with us.

For some parents the relief of having a trusted and flexible source of care outside the home is vital. Others appreciate the opportunities for companionship and learning that a visit to the Rotary Home provides. And sometimes, it's just all about fun times and cute, fluffy animals!



We had so many animals in our front yard this summer! Luc with a white cockatoo (top) and Sean and Chantal L with bunnies (above).

## Inside

### An update on Adult Respite Programming

As demand for this program continues to grow, our donors, MCSS and Fee-For-Service (FFS) Passport funding are keeping it open and flourishing.

2

### Reflections on Rotary Home by Dino Giannetti

An interest piece from of one of our adult program clients.

3

### Rotary Home in the Community—DS Learning

A new way to train agencies in controlled acts.

4

*The residents have taught me that “too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment or the smallest act of caring—all of which have the potential to turn a life around.” - Gabe, Rochester Campus Counsellor quoting Leo Buscaglia*

*This agency is a home away from home where everyone feels welcome.  
- Chantal Ladouceur,  
Adult Program Lead*

*Our goal is to provide care and comfort at the highest level so that, for our clients, the transition from their home to ours is seamless.  
- Gina St. Amour,  
Executive Director*

*As a student, I am fortunate to gain knowledge and have the opportunity to experience hands-on and independent work at a respite program that is so family oriented.  
- Emily Ramos,  
Student*

# Adult Respite

**For many years parents in the Ottawa area in need of a short break from the routine of caring for their adult child with a physical disability had few to no options for out-of-home care.**

We introduced adult respite programming at Rotary Home in 2009. At first the program relied solely on funding from generous donors and intermittent support from the Ministry of Community and Social Services (MCSS). We are pleased to report that the program has grown by leaps and bounds since those early days.

## An update on program numbers

The Adult Respite Program has been running at a minimum of four clients per night since March 2015. Over the summer two more beds were occupied for emergency respite.

With our three pillars of funding now in place: MCSS, our donors, and Passport or Fee-For-Service direct from client families, we aim to continue running the program without interruption for the entire fiscal year (April 1, 2015 to March 31, 2016) at a minimum of four clients per night. This will provide over 1,500 nights of care and rest for families, an increase of 300 nights over last year. Our children's families enjoy

the luxury of having us as a safety net for times of crisis or emergency. The note below highlights why we are working so hard to establish an equivalent service for adults.

## A note from parents

"Being able to book in advance for our daughter's stay affords us flexibility and peace of mind. At times emergency situations come up and the Rotary Home is always there to accommodate. For example, this past summer we had a crisis situation.

Thanks to the staff's efforts, they were able to accommodate us. This being possible took a lot of pressure and stress off of our shoulders.

In summary, booking in advance helps enhance our lives by removing a good amount of stress.

*Our quality of life has improved thanks to the Rotary Home's extreme kindness and belief in helping families in their time of need.*

This service puts joy in our daughter's heart because she loves the Rotary Home and her parents minds are at ease at all times while she is there.

Thanks to all staff. You are all so wonderful!"

**Raymonde and Michel Barbeau**



Marie-Helen Barbeau currently visits our children's wing for respite.

## White Coat Black Art CBC Radio show speaks to Ottawa's "One More Thing" Mom's Club

Parents of children with complex medical needs know all too well the struggles of navigating our complex medical system. The CBC's Dr. Brian Goldman, host of White Coat Black Art, recently sat down with members of the One More Thing Mom's Club, a group of mother's who have children with multiple complex special needs.

To listen to the program online go to please follow this link: <http://www.cbc.ca/radio> and search for "One More Thing Mom's Club".

The Ottawa Rotary Home introduced our respite program for children with complex medical needs in 2001. The program now sees over 40 families each year.

The Medically Complex/Multiple Special Needs group has been the subject of much discussion at community tables, both for children and adult age groups. The Rotary Home is part of these talks looking at the lack of respite options for these individuals when they move into adult services.



# Reflections on Rotary Home

By: Dino Giannetti,  
Carleton University Graduate,  
Special Events Director, Ottawa Power  
Wheelchair Hockey League,  
Sommelier



Dino Giannetti surrounded by Rotary Home staff at the 2013 Celebration of People Awards gala. Dino was recognized with an award for his community service and involvement with Easter Seals, Muscular Dystrophy and the Terry Fox Foundation.

**The Ottawa Rotary Home** is a home away from home. Although this sounds cliché, it is in fact the truth. For one to say that it is a magical place does not quite encapsulate what the Rotary Home provides to more than 200 families. As a client who attends on a frequent basis, I have first-hand experience. At Rotary Home I am given an opportunity not only to rest, but to learn and socialize.

The Rotary Home never refuses my request for respite. Although my medical care is not as severe as other clients, they always make an effort to provide the time that I need. *The average person does not realize how much a week away from home rejuvenates my family, and injects the monotony of daily life with a disability with a boost of energy!*

Respite is in fact not the most important resource provided by the Ottawa Rotary Home. Instead, it is the

knowledge I acquire from other clients. It is incredible how much you can learn from such a vast array of clients who attend Rotary Home. Although a majority of the information is kept confidential, you would be amazed how learning a client's name, their likes and dislikes, and their daily habits can influence your own personal life.

*Even though some clients are intellectually challenged, they are more complex than you could imagine, and as a result, I have learned to not take anything for granted, including my voice and my ability to direct my own care.*

As I continue to describe this home of rest and higher learning it is important to explore the inner workings of the Rotary Home. How does it continue to operate? And, more importantly, who helps it work? Aside from a number of management positions that are crucial to its existence, it is the staff that

works directly with clients that could be considered the most important.

Aside from the personal care that the staff provide clients, which in itself is no easy task, what I look forward to the most when I attend the Ottawa Rotary Home is the time that I spend socializing with staff. I have developed lasting relationships with a number of individuals who want nothing more than to make me happy. I have a number of fond memories, including thrilling euchre games, midnight lamb garam masala, and of course, baking and cooking. Spending time with staff helps make the experience at Rotary Home that much more perfect.

I hope I have shed some light on why the Ottawa Rotary Home is extremely important to so many families. It is the personal connections that allow Rotary Home to be cherished as a community that offers rejuvenation, higher learning and the choice to be happy with those around you!

THANK  
YOU

Our heartfelt thanks to the following partners for helping families access the Adult Respite Program through their generous donations.

- Stikeman Elliott LLP, Ottawa Partners**—\$14,000
- Rotary Club of West Ottawa**—\$10,000
- Rotary Club of Chesterville**—\$9,000
- Fiazza Fresh Fired**—\$5,300
- Intact Insurance Foundation**—\$5,000
- Rexall Foundation**—\$5,000
- Rotary Club of Nepean Kanata**—\$5,000
- Royal Ottawa Golf Club Ladies Closing Tournament**—\$2,250
- Ziebarth Family**—\$2,000

# DS Learning

**Lauri Cox**  
Director, Advocate, Nurse, and a true believer that we can make a difference!

When I stepped into the world of Developmental Services (DS) 13 years ago, I was a new nurse coming from acute care. I was captured by the impact that community agencies could have on the quality of life of individuals living with special needs.

As I developed professional relationships with my Developmental Service Worker (DSWs) colleagues, I began to appreciate the complexity of the DSW role and to explore how I could best support them. We were a team, each with our own responsibilities and expertise. As a nurse, I focused on providing advice and guidance on best practices and on safety for the clients we supported. It was easy for our organization to train and support DSW staff in performing controlled acts. We have a nurse on every shift. We are right there to teach, monitor, support, and mentor on a daily basis. DSWs performing controlled acts was a normal part of our operations and never caused the organization any stress. This isn't the case for many other organizations.

In 2007, the calls started coming in from surrounding agencies: "We have an individual with a new diagnosis...we need training and we do not have nursing staff...where do we start?" It quickly became very clear that agencies without internal nursing resources face a myriad challenges training their staff in controlled acts as well as managing the ongoing health challenges of clients who were aging.

*So in 2009 we began to offer training and monitoring services to agencies in the Ottawa area.*

It was not always possible to accommodate individuals working nights and evening shifts. Agencies were also paying an extraordinary amount of money to replace staff so that they could train offsite. We decided to try a different teaching medium. We moved our training onto webinars. We spent countless hours

**CONTROLLED ACTS:** Acts that could cause harm if performed by those who do not have the knowledge, skill and judgement to perform them.

#### Examples

- catheterizations
- feeding tubes
- administering suppositories and enemas

exploring possible solutions. The answer had to be practical, affordable, and had to safeguard the health and well-being of clients.

Finally, after three years of research and program revision we unveiled our comprehensive solution for agencies in the Developmental Services sector: Community Support Training Solutions (CSTS).

*This past summer we ran our first official pilot of our new online self-paced learning solutions and to date 1,644 online courses on controlled acts have been completed using our platform, and we have trained over 400 staff members from 21 different agencies across the province.*

In November 2015 we will be launching a new and improved learning management platform that will give agencies more control over how they assign and track training.

Our ultimate goal: to provide the highest quality care possible in a community setting and to allow individuals living in group homes the choice to stay at home as they age and care becomes more complex. Through standardization of controlled acts training, we are raising the bar on the care delivered by agencies across the province.

**To learn more visit: [dslearning.ca](http://dslearning.ca)**

## EVENTS

We've had had some great events over the past few months. Here are some photo highlights!



1 Our 2<sup>nd</sup> Annual Whisky & Wine for Rotary Home was held at the stunning KPGM offices on the 18th floor of Performance Court. We raised \$10,000 for the Home's Adult Respite Program. Many thanks to Bart Tector for the photographs!

2 The new UOttawa Rotary Home Club held its first event in September: a Bubble Soccer tournament! The event raised over \$2,000 for Rotary Home!

3 In July, Fiazza Fresh Fired owners David Sugarman (left) and Steven Lesh (right) hosted a fundraiser for Rotary Home. Senators Coach Cameron and his wife Kelly (centre) spent hours prepping and cooking gourmet pizzas at the event which raised \$5,300!

4 Keller Williams Realty held its annual volunteer day "RED DAY" at Rotary Home this year!

## Remembering Michael One of our Rochester residents

By: Jessica McElroy, Residential Counsellor

There's nothing more special than the feeling of happiness when you are on your way to work. *The people who we work with are really the ones who make us truly happy to come to work every day.*

We have recently lost one of our dear Rochester family members, Michael. Michael was the entertainer of the house. He was always giving us his input on whatever event or conversation that was going on. He would burst out a big laugh paired with a heart warming smile so big it literally went ear to ear. If it wasn't a laugh, you would hear him yell out a loud "oh" to celebrate the moment.

You could always count on Michael to give everyone a round of applause. He always knew the right moments to throw one in for the sake of fun and love.

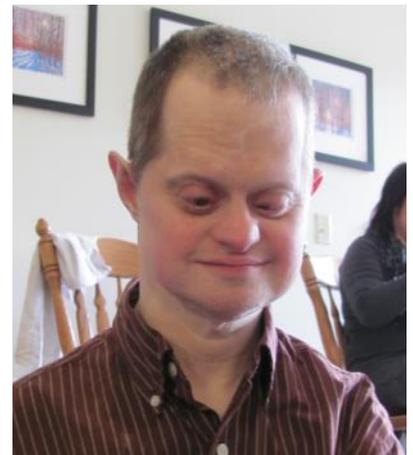
Music or no music Michael was bopping to a beat or scooting around. When the music was on, he was in his moment.

You would get all of his laughs, smiles, claps, "oh" 's and scooting around all at once.

Michael was always keeping an ear out for all of us at the house. We noticed he had a way of tilting his head to the side and have a look of pure concentration. You just knew he was listening. When you would comment on his eavesdropping, he would give you a big laugh or clap with a big smile to go with it.

Michael was full of character. He went through times where he decided he wanted to stay up at night laughing, clapping, making noises, keeping his housemates up and then sleeping all day.

Michael made his way into the hearts of everyone that has ever had the chance of meeting such an amazing soul. *He took the time to create a special bond with each and every one of us. This is why he will always be loved and remembered.*



Michael Pigott at our Rochester Home.

*“He always knew the right moments to throw one in [a round of applause] for the sake of fun and love.”*



**Congratulations to the following Rotary Home staff members on these exciting occasions!**

### *Weddings*

Rhonda Gillespie and John were married July 2015

### *Babies*

Renee Lauzon and Andrew welcomed baby McKenzie  
 Lisa Eagen and Stacey welcomed Isaac  
 Melanie Waters and Matt welcomed baby Rhys  
 Kathryn Blimkie and Steve welcomed baby Skylar  
 Tara Reed and Vladimir welcomed baby Gabby  
 Cheryl Peck and Chris welcomed baby Zoe  
 Krista Cheshire welcomed baby Haley  
 Alicia Petrone and Tim Miller welcomed baby Stella



## Upcoming Events

### Rotary Club of South Nepean Celtic Evening and Whisky Tasting

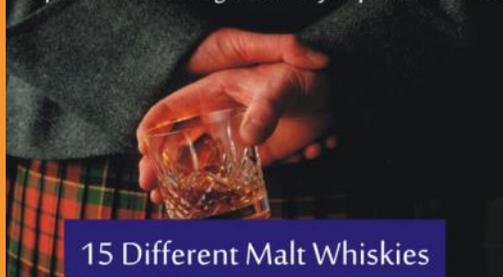
Proceeds to Rotary Home and  
Roger's House

**Friday, November 20th, 2015**

Stonebridge Golf & Country Club  
6:30 pm – 9:30 pm—Tickets are \$90

Scottish and Irish music, plenty of malt  
whiskies and a food buffet.

To purchase tickets go to [rotarynepean.ca/celtic](http://rotarynepean.ca/celtic)



15 Different Malt Whiskies

## Creating a New Reality

An overnight retreat for the caregivers of  
a family member with a developmental  
disability at Calabogie Peaks Resort.

**November 13th (5:00 pm - 10:00pm)**

**November 14th (8:00 am - 4:00 pm)**

To register contact Neala Kelly at  
613-761-9522 ext. 233 or by email at  
[nkelly@citizenadvocacy.org](mailto:nkelly@citizenadvocacy.org)

Cost (includes all meals and accommo-  
dation): Single: \$100 Shared: \$75

*Limited respite subsidy available*

# Stay in touch!

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[www.rotaryhome.on.ca](http://www.rotaryhome.on.ca)  
[info@rotaryhome.on.ca](mailto:info@rotaryhome.on.ca)

Rotary Home: 613.236.3200  
Foundation: 613.822.5391

Call or email us to get on our  
electronic mailing list!



# 12<sup>th</sup> Annual Rotary Home Golf-A-Thon

A white golf ball sits on a wooden tee, positioned on a patch of green grass. The background is a soft-focus landscape.

On June 8th, we had a wonderful, albeit very wet, 12th Annual Rotary Home Golf-A-Thon!

Thank you to our fabulous golfers, sponsors, donors and volunteers, who braved the elements and participated. **You raised \$77,000 for Rotary Home and our Adult Respite Program!**

A special thank you to Corey and Jessie Van Essen and to Nicole for joining us as our guest speakers during dinner. The Van Essens are a wonderful family and the funds raised through the Golf-A-Thon allow Jessie to keep visiting Rotary Home. He has a great time in our Adult Respite Program and Corey and Nicole truly appreciate the downtime they get when Jessie is at Rotary Home.

## THANK YOU TO OUR SPONSORS!

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The Van Essen family (above left) includes brothers Corey and Jessie and Corey's girlfriend, Nicole. Corey took on the role of Jessie's primary caregiver after their mother's death in 2013. Thanks to the generous support from donors and sponsors, Jessie is able to visit Rotary Home several times a year.

At right is Nicholas Wright who is a resident at Rotary Home. Nicholas is pictured with his father James Wright and uncle Robert at the Golf-A-Thon.