



# TOTAL COMMUNICATION ENVIRONMENT

*Incorporated November 1979*

**AUTUMN 2011**

**VOLUME 28 NUMBER 1**

## Your Generosity Helps Enrich Lives

*By Karen Belyea*

Over the past several years, generous donations from supporters have built our Snoezelen Room, made a wonderful music wellness program possible, supported trips and recreational activities, assisted with much needed renovations to our homes, allowed us to replace worn out appliances and furniture with new...and the list goes on and on. As you can tell by the pictures of Jessica, who loves spending time in the Snoezelen Room, and Tony, 'jamming' with Nigel E. Harris of Musical Wellness, your donations have helped to greatly enrich the lives of the people we support at TCE!



Jessica is delighted by the lights in the Snoezelen Room

In these challenging economic times of increasing costs and shrinking government budgets and funding, your donation is invaluable, and allows us to support our residents to participate as citizens within their own community. Many of us take for granted the everyday experiences that enhance and enrich our lives — like going out for coffee or a movie, participating in a pottery or swim class, planning a trip, going out for a meal to a restaurant. Now think about what it would be like if you could not go alone but always needed someone with you, to drive you, to assist you in the washroom or to pay for registration or a ticket, knowing that your monthly \$130 government allowance just

doesn't cover all your expenses? Perhaps the individual isn't able to enjoy participating in activities outside of their home and instead we bring 'community' to him or her. We arrange activities like music therapy, occupational therapy, the use of special adaptive recreational equipment or attending a therapeutic swimming class. TCE has always prided ourselves in our life-long commitment to the people we support and in providing experiences and activities that promote a rich and interesting life, which goes much beyond basic care.

We need sponsors for these special activities: community based recreational programs; adventures in the community like day trips or meals out; music programs; therapeutic swimming; special adaptive recreational equipment; replacement of furnishings or appliances; etc. None of these activities or articles are funded and we struggle year to year to find ways to pay for them.

TCE is pleased to announce that our website [www.tceottawa.org](http://www.tceottawa.org) is now capable of accepting online donations through CanadaHelps which allows for direct donations by credit card or PayPal.

We are grateful to our supporters whose donations make a difference everyday in the lives of the people living at TCE! Thank you for your generosity.



Nigel E. Harris of Musical Wellness with Tony during the weekly therapeutic music session at the Albert Street location

# Three Very Special People

By Mark Gray

It has been a tough year for TCE's Long Term Care staff with the loss of Bill, Sydney and Nicole; however, our fond memories of them will be with us always.

Bill was one of a kind, with a great personality and a love for stuffed cuddly toys. Bill made everyone smile and laugh even on his worst days. He loved participating in social events with others, knowing there would be treats every time he went.

Everbody loved Bill. He had a great relationship with his brother, Kevin, even though Kevin lived in New York. Kevin sent Bill weekly parcels that had magazines and treats and were a highlight of Bill's week. Bill got to see Kevin a couple of times a year, when Kevin would visit Ottawa.



Bill waits for a laugh

Sydney had an amazing personality that could be heard before he entered any room!! Sydney enjoyed going for walks and van rides and to Snoezelen time and occasional social activities.

Sydney would have a conversation waiting for you every day. Syd loved his chocolate and pop and loved to have company around him.



Sydney welcoming visitors

Sydney was loved by all and is truly missed by all.

Nicole was a very special woman. Within moments of Nicole's arrival at Perley Rideau, everyone fell in love with her. Although Nicole was non-verbal, her presence was always known and her facial expressions would show her appreciation to others. Nicole enjoyed her walks around the gardens, attending Snoezelen time, going to music therapy and occasional craft classes just to enjoy the company of others.

Many staff would spend extra time with Nicole even when TCE support was not around. Staff at Perley Rideau often referred to Nicole as an 'Angel'. Nicole's presence at Perley Rideau will be missed by everyone.

TCE's Long Term Care staff help residents like Bill, Sydney and Nicole enjoy and participate in daily activities and events in their nursing homes. They are fondly remembered and missed every time staff return to the homes.

*Note: TCE does not have permission to print a photo of Nicole in the newsletter.*

## TCE Newsletter

Editor: Christine Wilson  
Production: Louise Owens

You are reading the official newsletter of Total Communication Environment, a registered charitable organization dedicated to providing total communication programs for individuals with multiple disabilities and special communication needs. The TCE newsletter is distributed once a year to keep our supporters, families and friends informed of the activities of the Total Communication Environment households and programs.

Karen Belyea, Executive Director  
DJ McDonald, Director of Operations  
Don Davidson, Director of Finance

TCE Office: Unit 5, 203 Colonnade Rd. S.  
Nepean, ON K2E 7K3

Phone: 613-228-0999  
Fax: 613-228-1402  
TTY: 613-228-8669  
Email: tceadmin@tceottawa.org  
Website: www.tceottawa.org

### Total Communication Environment Homes and Programs

*Baxter House*  
644 Golden Ave.  
Ottawa, ON K2A 2G2  
613-722-4946

*Wilson House*  
5 Eisenhower Cres.  
Nepean, ON K2J 3Z8  
613-823-6552

*Quinn*  
2785 Quinn Rd.  
Gloucester, ON K1T 3V4  
613-822-6366

*Eleanor*  
16 Eleanor Drive  
Nepean, ON K2E 7G1  
613-224-5975

*Kilbarron*  
12C & 12D Kilbarron Rd.  
Nepean, ON K2J 5A8  
613-843-8038 (12C)

46 Clenning St.  
Nepean, ON K2J 5B2  
613-843-0593 (46)

4D Kilbarron Rd.  
Nepean, ON K2J 5A7  
613-843-9497

*Hillmount*  
24 Hillmount Cres.  
Nepean, ON K2G 3E3  
613-224-4406

*Kirkwood*  
575 Kirkwood Ave.  
Ottawa, ON K1Z 5X3  
613-761-7468

*Burma*  
164, 166, 168 Burma Rd.  
Ottawa, ON K1K 4N2  
613-742-6521

*Anderson Place*  
42 Leeming Drive  
Nepean, ON K2H 5P7  
613-828-2578

*Riverbend*  
5 Riverbend Dr.  
Nepean, ON K2H 5G9  
613-721-5143

*Rosebella*  
1838 Rosebella Ave.  
Ottawa, ON K1T 1G5  
613-216-0529

*Wyman*  
3554 Wyman Cres.  
Ottawa, ON K1V 0Z2  
613-247-9294

*Baxter Day Program*  
644 Golden Ave.  
Ottawa, ON K2A 2G2  
613-722-4946

*Albert Day Program*  
440 Albert St. W026  
Ottawa, ON K1R5B5  
613-233-0129

*Hillmount Day Program*  
24 Hillmount Cres.  
Nepean ON K2G 3E3  
613-224-4406

*Wilson House Day Program*  
5 Eisenhower Cres.  
Nepean, ON K2J 3Z8  
613-823-6552

# Students Learn the Meaning of Community Spirit

By Karen Belyea

On May 27, 2011 TCE residents, staff and families enjoyed a wonderful, colourful evening of music and friendship hosted by the grade eight students of Longfields-Davidson Heights Secondary School and their teacher Barb Troutman, TCE supporter 'extraordinaire' and sister to Doug Fahey, a resident of Baxter House. The 'Spring Fling' coffee house was the creation of Barb and her students who worked tirelessly over several months to plan and create the beautiful decorations which adorned the hall and the menu which was prepared by students with the assistance of the Culinary Arts teacher. The musical entertainment for the evening was provided by very talented musicians who managed to entice some TCE residents onto the stage to perform. We even received parting gifts of homemade cookies at the door!

The event was no sooner finished than Barb was talking about 'next year'.

## *The Giving Goes On*

This benevolent streak runs throughout the Fahey family and TCE has been the very fortunate recipient of their generosity and kindness over the



Ron, Sheila, Doug, Barb and Maureen — a 'bunch' — but not all of the Faheys!



Doug and Terry Fahey getting ready to bbq

years. The person you see every summer standing behind the BBQ beside his dad, Ron Fahey, is electrician Terry Fahey, the owner of Fahey Electric. Terry has generously donated the food and refreshments for our Annual BBQ for many years.

You will often see a 'bunch of Faheys' of every age assisting at the BBQ and any event where help is needed, instilling the values of volunteerism to a new generation. Thank you Barb, Terry and all your brothers and sisters for everything you have done for TCE. Most importantly, thank you to your wonderful father Ron and late mother Leona who raised such giving children.



Chris and his sister Virginia at the Spring Fling



Shawn and Terry, Baxter House buddies, watching the students perform

# Karen and DJ — 25 years at TCE

By Christine Wilson

How many organizations are fortunate enough to celebrate 25 years of service for both of their top two leaders? TCE is one such organization. Karen Belyea, our Executive Director, celebrated the milestone in July 2011 and DJ McDonald, our Director of Operations, will join the 25-year-club on February 14, 2012. Here, in their own words, is a look back over 25 years.

## What do you remember about your first shifts at TCE?

**KAREN:** *I was one of the first direct service staff hired to work at Golden, TCE's first adult home. I actually worked from Stewart Street that summer as Golden wasn't ready so I spent time getting to know Neil and Kim. Together we would shop for the furnishings for their bedrooms and the house. We also loved to visit Golden and watch the progress of the renovations being completed by dedicated Lions Club members and volunteers (many from the deaf community like Eleanor McPeake and Grant Thorburn). In addition, I spent a lot of time at Rideau Regional Centre preparing Sylvaine and Rick for the move, and at Prince Edward Heights in Picton with Michael, Claire, Bruce and Jean. Those*

*were very exciting times and the anticipation, 25 years ago, of moving from a provincial facility to the community was still very new. I can't believe the tremendous changes at TCE and transformation of services for people with developmental disabilities within the Province of Ontario over the past 25 years.*

*I remember, vividly, meeting DJ for the first time. I was involved with his interview and hiring. After 90 minutes, he had won us over with stories of his days at L'Arche and the years he had spent at their Daybreak community.*

*Our first shift together is also emblazoned in my memory, although we seem to remember it differently, and it set the mould for our relationship for the ensuing years. We decided to bake muffins with the guys and it came to a decision point — paper muffin cup liners or none? Each of us had strong views on this and, although we didn't know each other well, we could manage to see the humour in the situation but held firm to our positions. I can't quite recall how it was eventually resolved, but I think one of the residents got fed up, intervened and a compromise was reached — one pan had paper liners and the other one did not.*

*That's how our partnership has worked. We both have our opinions, areas of strength — two sides of a coin and together we are complete. I remember DJ and I taking a quiz determined we were workplace spouses — much to our amusement. In 2008 we were in*

*Niagara Falls for an annual conference and went out for dinner to the revolving restaurant. When a group of older people, from a bus tour, asked if we were celebrating something special, DJ told them it was our 20th anniversary — and we received a commemorative photo.*

**DJ:** *My first orientation shift was at Golden. I was working with the director and we took the residents to the canal for a few hours by public transportation. I was set loose to work on my own the next day for a 7 a.m. to 3 p.m. shift. I had to support eight individuals — get them up, assist with bathing, dressing, breakfast, ensuring everyone was dressed appropriately for the weather and ready to be at the bus stop to go to day program for 8:10 a.m. Yes, in those days we did not have vans for the homes and of course all the beds had to be made and the kitchen cleaned before I left for the bus!*

**KAREN** also considers the bus adventure as one of her most memorable times. She recalls “the weekday mornings when it was just you and eight people to get up, showered, shaved, fed and out the door in time for all of us to catch the 8:15 bus to OCL. Yes, the bus. We didn't have a vehicle for the longest time and when we did, it didn't fit everyone. So, when you worked alone that meant everybody took the bus. I can still remember the fear in Neil's eyes as I signed ‘help’ and came toward him with a razor to get the spots he'd missed in the morning rush.”

## What are the most memorable times for you?

**KAREN:** *There are so many it's difficult to choose.*

*I remember pulling a double shift at Golden — at the end of my eight-hour shift, I had to inform my colleague, as he arrived on shift, that his wife had called and she was in labour leaving me with*

*continued on next page*



Karen and DJ  
This is their “commemorative” photo!

eight people to support for a further eight hours.

Every new home we have opened, every new person and their family I have met is memorable. Aside from the eight children who were already at Stewart Street, I had the honour of being involved with the admissions of all of our residents at TCE.



Karen and Kim during that first trip to P.E.I.

One of my favourite parts of my job is working with families — learning from their wisdom, assisting at often difficult points in their lives, when faced with a transition point with their family member, filled with fear of the future and the unknown. The transition almost always is positive and not only do you get to experience the wonderful changes in the people we support but also, often, the sense of relief for families.

Within the first couple of years that DJ and I worked together, we took most of the gang from Golden on a road trip to P.E.I. and stayed at the University of P.E.I. residence. Every time I look at those pictures I am flooded with memories of laughter, lobster suppers with everyone in bibs, beach days, all of us dancing the night away, signing Whitney Houston songs in the van to pass the time, and stopping along the road to take everyone's picture in fields of flowers.

**DJ:** There are many memorable times: Friday night burgers and beer; the trip to

PEI with the Golden folks; camping/canoeing in Algonquin Park; losing Sylvaine B. on the bus after a carefully planned bus training program; seeing how people have grown and changed; seeing TCE grow to where it is today; growing alongside the residents and seeing them overcome so many challenges and barriers; being able to assist with end of life care — ensuring people die with respect, dignity and not alone; the relationships with staff and families that have come and gone over the years and the number that still keep in contact.

**How would you sum up 25 years at TCE?**

**KAREN:** It has been an incredible journey which I could never have envisioned 25 years ago. Looking back I had no idea what the future would hold nor what I would have the great fortune to be a part of! I am very proud of what we have achieved and that we have always aimed to stay true to our Mission, allowing the needs of the people we support guide our decision making and future development. The opportunity to meet and work with many, many wonderful people over the years including staff, board members, Ministry staff, community colleagues and partners, and the people we support and their families has been very fulfilling.

**DJ:** I have very fond memories of the last 25 years at TCE — it is where I have grown personally into who I am today. I started at TCE at 644 Golden Avenue, which was TCE's first adult home — Stewart Street, TCE's first home, was for children. I have been fortunate to assist with the growth and the development of the agency over the years and to hold steadfast its mission and philosophy especially in these difficult economic times. TCE is part of my family. We



Wearing their lobster bibs on that first trip to PEI

have stood by one another as we have grown with the opening of many new homes and programs over the years, and have been able to see and accept our mistakes and try again. The challenges that we have faced over the years, especially these last years, and seeing how they only serve to make us stronger has been an affirmation of our beliefs.

The staff and supervisors walk alongside our folks to catch them when they fall, to hold their hand, to dry their tears. Most of all it's the gifts that we receive from the folks that allows me to continue to look forward to coming to work every day knowing that there will be lessons to learn.

•••

I know that were I to interview residents, staff, and families of TCE I would hear many wonderful accolades and tributes to both Karen and DJ. There would also be some areas for improvement mentioned, which Karen and DJ are always open to hearing.

It is hard to think of a way to show our appreciation for all that they have done for TCE and all that they mean to TCE. Somehow, the flow of energy that they exude and their love for their jobs makes all of us work harder to continue to make TCE what they have shaped it to be, and somehow our efforts represent the best form of appreciation that we can show.

# Bob Russell, Artist Extraordinaire

By Karen Belyea and Suzanne Lathrop



Bob, content in the pleasure of a beautiful day

Bob spent many happy years at Rideau Regional Centre before he moved to TCE in November 2006 and from all accounts was a social butterfly, enjoying many pursuits including horseback riding. At his heart, Bob was an artist and loved painting in many mediums and working with clay. His trips home to Mom's, whether from Rideau Regional or TCE were filled with joy, and in the good weather always included a swim in the pool! Bob was very close to his family and enjoyed a special relationship with his nieces and nephews and their children. Bob passed away on May 16, 2011.

The following words are from the eloquent and moving eulogy given by Suzanne Lathrop at Bob's funeral.

*As I reflect on Bob's life — who he was and what he meant to all of us who have gathered here to honour him — so many wonderful things come to mind. Bob was a man of many beautiful gifts. Here are just a few that I came to see in the years I was privileged to know him.*

*Bob was the friendliest guy in the world. No one walked into Wilson House without being greeted with a*

*huge smile and an enthusiastic high five. He had a way of making you feel so special and so welcome every time you walked in the door. Bob was guaranteed to make you smile.*

*Bob was an artist and was often known to take over the kitchen table with his stacks of papers and multiple boxes of markers and crayons as he worked on his art. He spent hours tirelessly putting colour to paper, or marker to magazine, or paint to canvas. As a man, Bob was much like his art. He was all about adding colour to people's lives.*

*Bob was a master at jigsaw puzzles and showed amazing patience and skill putting together puzzles many people wouldn't want to tackle. Bob particularly enjoyed working on puzzles with his mother, something they did together often, even in his final days.*



Bob loved the water

*Bob had strength of character. He was a stubborn man — and I mean stubborn — who knew exactly what he wanted. You were careful not to mess with his routine too much as Bob was quick to put you in your place.*

*Bob was particularly fond of some of the women in his life and was sometimes*

*known to try and make some of his favourite girls jealous by cuddling up to or showing affection to another. All of his girls were equally won over by his charm.*

*Bob loved his family. He often carried around cards or photos of his family members, proudly showing them off to the people around him. Family occasions were some of his most anticipated events.*

*Bob loved his mother and reserved his biggest greeting for her — When Mom walked through the door, Bob was sure to excitedly run up to her and give her his biggest hug and a kiss he placed squarely on her lips.*

*Bob had something to teach us all. I think one of his biggest lessons is one of appreciation and gratitude. Bob enjoyed the simple things of life and showed amazing gratitude at the smallest of gestures. Bob reminds us to pay attention and to enjoy all of the gifts that life has to offer, no matter how small. Perhaps the greatest lesson Bob had to teach us is a lesson in love. Bob radiated so much love towards those around him. He reminds us that love is what life is all about. Thank you for the gift that you were to us all Bob. We love you and will always cherish the beautiful memories you leave behind.*



Bob, concentrating on his art

# Annual Albert Street Halloween Dance

By Kelly Roper

Albert Day Program held their Annual Halloween Dance on October 27th — it was a spooktacular event. We had so many characters, Hanna Montana, princesses, witches, wizards, ghosts, apes, beer kegs, nuns, hockey players, pirates, clowns, Darth Vader, superheroes, police and villains to name a few. Even Queen Victoria (aka Ruth from Rosebella) paid a visit. There were lots of treats and prizes. Best Male Costume went to Ronnie from Anderson who donned a scary devil costume with huge horns and



Jailbird Stephen from Rosebella and Officer Darryl from Homeshare

Best Female Costume went to Anna-Marie from Ottawa South, wearing a nun's habit.

Devilishly loud music had everyone up dancing. Spot dance prizes went out to many — Phantom Dwayne from Anderson, Hanna Montana (aka Katherine from Ottawa South), Planet of the Apes (aka Chris from Kirkwood), Police Officer Darryl from Homeshare, Beer Keg (aka Jean from Kirkwood), Sens Player Sonja from Wyman, Jailbird Jimmy from Quinn, Ghoulish Ghost Kim from Hillmount, Mark from

Kilbarron, Cowboy Peter from Burma, Bill the Hulk from Eleanor, Clown Kristi from Baxter, Snow White (aka Sandra from Riverbend). A phantombulous time was had by all.



Ron, the Devil, won Best Male Costume



None as fine as Anna-Marie's costume!

**Huge thanks** to all the staff who encouraged and assisted everyone to come dressed in fun and ghoulish costumes. And **special thanks** to the Albert staff, Doug, Mike, Kolleen, Joe and Loraine who put in a lot of time and effort to make this Halloween dance such a huge hit.

## Christmas Parties

We received overwhelmingly positive feedback about last year's house parties. The smaller venues allowed each resident an opportunity to enjoy an event tailored to them. Many took advantage of the opportunity to have a great chat with Santa Claus. Family and friends can look forward to receiving your invitation again this year to a festive and fun Christmas party at your family member's home.

The Family Support Network (FSN) will once again provide gifts for all of TCE's residents.

## FSN BBQ

The annual Family Support Network (FSN) BBQ was a huge success. The day was perfect and everyone enjoyed the wonderful meal provided, once again, by Terry Fahey.

For more information on FSN please contact the TCE office at (613)228-0999 or email us at [tceadmin@tceottawa.org](mailto:tceadmin@tceottawa.org). You may also read all about us on the TCE website at [www.tceottawa.org](http://www.tceottawa.org).

Roseanne and Aleisha at the BBQ; what a perfect day it was!



# Haunted House Tour

By Lorena Duncan

Barb Troutman's grade eight students at Longfields-Davidson Heights Secondary School invited TCE residents, staff and families to tour their haunted house and enjoy some refreshments and snacks on October 29th.

There were close to 200 people at the party. The decorations were great — the whole place, from floor to ceiling, was



David loves entertaining the crowd



Can you tell it's Doug?



Kristi enjoying the festivities!

decorated in halloween paraphernalia. Most clients and lots of staff were in costume. The students took the stage to perform musical pieces that they had practised. They really enjoyed this opportunity to present their material with mike in hand.

David, from long-term care sang several Patsy Cline songs (in his long white wig) and everybody burst into appreciative applause for his excellent renditions.

A CD of rock and roll, prepared by Jessica Martineau, was played so people could dance to end the evening.

Everyone had a great time.

The students are looking forward to preparing for their next event — the 2nd Annual Spring Fling, tentatively scheduled for June 1.

Many, many thanks to Barb and her students for a spooky, scary evening.



John and his sister Coreen really got into the theme!



Halloween revellers

Students were asked what they thought about the party. Here is what some of them said:

*It was really great meeting all these people who live with me in the community; I really learned a lot. ❖ People at TCE have incredible stories to share...this is a great way to show that they are just like us. ❖ It was a good way to spread kindness to each other. ❖ It was amazing to see everyone having so much fun. ❖ An added bonus is that I got to learn a bit of sign language. ❖ Everyone was so kind — it helped me to not be afraid but act like a good friend. ❖ The smiles on faces made me feel like a superhero. ❖ I was nervous but after we finished I was so glad; I had a really great time. ❖ An awesome experience and I would gladly do it again. ❖ It put a smile on everyone's face and seeing TCE residents having fun and being happy made others smile too. ❖ I hope everyone enjoyed it as much as I did. ❖ The evening has been one of many new experiences for me; I felt really good because I helped so many people. ❖ I think we students will never forget this experience.*

# Welcome to Don Davidson, TCE's New Director of Finance

By Christine Wilson

We welcome Don Davidson who joined the TCE family in May of this year to take up the position of Director of Finance.

Don is a native of Ottawa but a Maritimer at heart having graduated from Dalhousie University in Halifax, Nova Scotia. From there Don has gone on to earn his place as a Certified General Accountant.

Don brings with him a range of experience spanning government, non-profit and the profit sectors. Most recently Don was employed at BMT Fleet Technology, a service firm dedicated to engineering consultancy. Among the contributions that Don will bring to TCE will be to spearhead a revamping of our Fundraising Committee.

If you are in the office, be sure to introduce yourself to Don and share any ideas you might have for fundraising.



Don, Sue and their daughter Sydney

---

## A New Way to Apply for Supports and Services

By Marge McCabe

### *Making it easier to find Developmental Services and Supports*

In July 2011, Ontario changed the way people with a developmental disability and their families apply for provincially-funded adult developmental services and supports.

Historically, people often had to go to different places to apply for services and supports and fill out different applications. Sometimes, people with similar needs got different levels of support depending on how they were assessed and where they applied.

With the new system, individuals and their families can connect with one place — Developmental Services Ontario — for services and supports. Everyone who is eligible for service will be assessed in a fair and consistent way. More details are available at: [www.mcass.gov.on.ca/en/mcass/programs/developmental/improving/](http://www.mcass.gov.on.ca/en/mcass/programs/developmental/improving/)

Developmental Services Ontario (DSO) Eastern Region serves the following areas: United Counties of Stormont, Dundas & Glengarry; United Counties of Prescott-Russell; Ottawa Region; and Renfrew County.

DSO provides you with information about community services and resources, and assists in connecting with MCSS-funded developmental services and supports.

Contact information for DSO:

Email: [admin@dsoer.ca](mailto:admin@dsoer.ca);

Phone: 1-855-DSO-ERDS

(1-855-376-3737);

Fax: 1-855-858-3737

TTY: 1-855-777-5787

Address: 200–150 Montreal Road, Ottawa ON K1L 8H2.

For more information go to: <http://www.dsontario.ca/>

# Staff Appreciation Night 2011

By Karen Walker



Mark celebrating with Brian who received an award for 20 years of service

TCE's June 3, 2011 staff appreciation night at Merivale Bowling Lanes was another great success (originally planned for January 2011 and highlighted in last year's newsletter). There were prizes for the team with the best score (Brian McCallum had his own ball!) and the team with worst score

(Karen Walker had a cast on her leg!). It showed that TCE staff work together to make a fun night out no matter where we go! Staff came out to receive their years of service awards — with many having earned five, ten and even twenty year awards for their service with TCE! We are very proud to have such long-term staff members on



Moraine receiving her 5 year service award from Karen and DJ



This gang knows how to have fun!

board and look forward to the annual celebration of the dedication that our valued staff members bring to the organization!

In 2012 we'll be celebrating 29 more employees who will have achieved significant years of service by December 31, 2011. Watch for their names to be announced in next year's newsletter!

## Sharing Smiles Day in Ottawa

By Janice Barclay

“Say Cheese!” The first annual Sharing Smiles Day in Ottawa will be held on Saturday, March 31, 2012 from 10:00 a.m. to 2:00 p.m. at St. Pius High School on Fisher Avenue. It is sponsored by “Oral Health, Total Health”, Algonquin College dental hygiene students and the Down Syndrome Association. This day is for all adults in the Ottawa area with developmental disabilities and their support staff and/or family member. The message is that dental health is very important in

one's overall health!

The morning will be filled with a fun carnival of activities and games. A lunch will be provided. Then the Algonquin College dental hygiene students and local dental professionals will be there to demonstrate and teach the adults how to properly care for their teeth in a relaxed, supportive atmosphere. Each special needs person will take home a Colgate dental gift bag. Sharing Smiles Day hopes to build positive relationships between

dental health care professionals and persons with disabilities. Sharing Smiles Days have taken place in Toronto and London. If you'd like to learn more, check out the videos of past Sharing Smiles Days on the following website:

<http://ohth.ca/resources/video/>

More information about registration for this event will come in January 2012. TCE residents are encouraged to participate in this fun and informative day. Stay tuned and keep smiling!