



Families Matter Co-operative Inc.

For and about people with
developmental disabilities

FMC NEWSLETTER/Issue #1

March 2010

This is the newsletter of the Families Matter Co-operative Inc., a not-for-profit co-operative created to be a resource for families and people with developmental disabilities, a source of the latest relevant information, and a gateway to the website of the Co-op which fosters and encourages inclusion and the development of a cohesive voice for its members. All interested people welcome.

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HOW TO REACH US:

Families Matter Co-op has an office at the Causeway Work Centre which is open by appointment only at this time. Marge McCabe is our part-time Executive Director, and there is one person 12 hours a week to provide technical and administrative supports. We can be reached through our website (www.familiesmattercoop.ca) or by email (familiesmattercoop@sympatico.ca) or by phone (613-733-0112). All relevant inquiries, information, articles, news and views are welcome.

FMC "MEET AND GREET" SOCIAL

WHEN: 7- 9 PM, Wednesday, 28 April 2010
WHERE: Kitchissippi Church, 630 Island Park Drive, Ottawa

This event is designed to give all members and friends an opportunity to meet and socialize with each other and the Board of Directors. There will be displays, information, entertainment and refreshments. Come join us for an informative evening and learn about some of the exciting new projects and opportunities on the horizon.

**Members are welcome to bring their family and friends.
dessert/finger food donations are welcome.
A notice confirming arrangements will be issued mid-April
and posted on the FMC website.**

BOARD OF DIRECTORS:

Nancy Brodie (President)/ Krysia Pazdzior (Vice-President)/ Brian Tardif (Treasurer)/ Joseph Diamond (Secretary, Fund Raising)/ Sarah Wilson (Membership)/ Audrey Bufton/ Sharon Edwards/ Gladys McClement/ Elspeth McKay/ Paul Anderson/Marge McCabe (ex officio Executive Director)

22 O'Meara Street, 2nd Floor, Ottawa, ON K1Y 4N6
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www.familiesmattercoop.ca



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DISCLAIMER:

Families Matter Co-operative Inc. makes every effort to ensure this information is accurate and reliable; it does not guarantee the information is error free or complete and further does not endorse any product, treatment, therapy or products, we do not evaluate the quality of services; nor do we necessarily support or promote the material, events or advertising posted. We reserve the right to edit submitted material in accordance with established editorial practices. Permission to reproduce articles should be requested from Families Matter Co-operative Inc.

MESSAGE FROM THE PRESIDENT:

Hello to All Members and Friends,

This newsletter is long overdue and we welcome this opportunity to bring you up to date on our activities and exciting new initiatives. In January 2010 the FMC Board of Directors completed a strategic planning session in which our mission, goals, achievements and future were all revisited and revised to our current situation. Our achievements, once listed, are impressive and we now have a plan to build on all the hard work done in the past six years and renew our commitments.

Meanwhile, the McLean Co-op Housing Project is up and running well; we have an office and Marge McCabe is our part-time Executive Director; we are representing you on numerous key committees and working groups locally and provincially; we have identified several opportunities for social enterprises and are conducting a feasibility study which will lead to beginning one soon; and we are negotiating for housing units at the Beaver Barrack site downtown near the Victoria Museum. We have self-advocates interested in starting their own social network. And we are, thanks to Rick McCabe and his team of volunteers, running a bingo at the Rideau Carleton Raceway on Sunday nights which we hope will become a sustaining financial resource in the near future.

On 28 April we will be having our first members' social since the Barn Bash and AGM. There the Board of Directors will make a brief presentation of the proposed 5-year plan for the Co-op, and we ask for your input. The rest of the evening will be an informal opportunity for members to meet the board, other members and socialize.

I hope you will join us on 28 April for a positive discussion about our future activities and to celebrate Spring.

Nancy Brodie, President

MEMBERSHIPS: This is a reminder that membership dues are annual and must be renewed within two months of ending or, according to our By-Laws, you are no longer considered a member and you will lose your entitlement to vote, to use parts of the website, and to receive our Newsflashes and Newsletter

CALENDAR OF EVENTS: This is a listing of all the upcoming events in the region which are of interest to our membership. Further details are available on our website at: www.familiesmattercoop.ca.

TRANSITION AGED YOUTH LEAVING THE SCHOOL SYSTEM is an information session being held at the RA Centre on Thursday, 15 April 2010 from 6:30-9pm. All interested are welcome.

FMC MEET AND GREET SOCIAL on Wednesday, 28 April 2010. There will be displays, information, entertainment and refreshments, as well as information and discussion of the exciting new projects and opportunities on the horizon.

JOSEPH AND THE AMAZING TECHNICOLOUR DREAMCOAT is a fund raising spectacular by the Tamir Foundation, there are a few limited free tickets available for the dress rehearsal on 12 May at 12:45 pm. The actual performance is at 7pm on 13 May (tickets \$36).

3RD ANNUAL BARN BASH – is back by popular demand. Mark your calendars now and have your name on the reserve list for this exciting event set for the RA Centre on 16 October 2010. We will keep you posted as plans for the evening develop.

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A REPUTATION TO BE PROUD OF ...

Much has been accomplished in a very short time by the Families Matter Co-operative Inc. (FMC). We have grown from a small, dedicated group of families to a provincially and federally recognized not-for-profit co-operative of approximately 200 members and an annual budget of over \$50,000.

In a recent strategic planning session with the Executive Director of the Ontario Co-operatives Association, Denise Guy, the Board of Directors was asked to make a list of the successes of the Co-operative. It became clear that an amazing amount has been accomplished. The list includes:

- a feasibility study on housing;
- a housing co-operative partner-ship which has provided housing for 16 people;
- a website full of useful and timely news, information, resources and contacts;
- a grant from the City of Ottawa to establish and maintain a group of family organizations;
- a 3-year grant from the Trillium Foundation of Ontario for a part-time executive director, an office, and to develop social enterprises which will provide long-term opportunities for people with developmental disabilities;
- various local initiatives to provide training and employment opportunities including through the Causeway Work Centre, the Centertown Laundry Co-operative and other initiatives now under consideration.

All this and more was done on a shoestring budget, but with the power and the strength of families that believe that much more can be done to ensure a decent and sustainable quality of life for people who are developmentally challenged. Of course, this is just a beginning and we are now working to ensure the voice of FMC is heard loud and clear in the community and that our goals are achieved.

Please remember that every single member has a responsibility to take ownership and all are encouraged to volunteer, as and when they can, for the Co-op. Co-operatives exist because of its membership and it is the membership which must take responsibility for its operation. If you have a particular expertise you can offer please do contact us. We will not expect more than you are comfortable doing. There is much to be done and we will help you find your niche.

At the next general meeting on 28 April you are encouraged to meet with the Board of Directors and other members to find out how you can best contribute to the Co-op. You will meet many others there who are looking for answers just like you.



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YES WE CAN

This page will be a regular feature for the peer group we are committed to helping. These words are of a Board Member, Krysia Pazdzior, but the plan is to develop a group of adults who are interested in taking ownership and creating their own page with their own thoughts, information, art and ideas. Anyone interested in participating in this activity should call Krysia Pazdzior at 613-232-3980, or email: krysia.pazdzior@sympatico.ca

While this group is developing and preparing to take on some responsibilities within FMC, I will do my best to devote this page to items of interest in the hope of stimulating a response. There are many ideas and suggestions for you to think about. There are movie, music and book reviews, member profiles, events and suggestions, art, employment, information on housing and tips on daily living. What would you like to see on this page? What sorts of things would catch your attention and make you want to read more, get more involved or share ideas with friends?

There are quite a few exciting programs, formal and informal, around the city, to attract your attention and fill you free time. If there is nothing here that interests you personally, then you can make your own suggestions. Here are some programs which might interest you. Each Newsletter will bring you more information and ideas – hopefully

HIGH PERFORMANCE TRAINING: Special Olympics had a pilot project with Steve Roxborough, Director of Sports Psychology and Strength Coach of the Ottawa 67's Sport Performance Centre (OSPC). The program was designed to improve strength, agility, coordination, speed, power and flexibility. Steve is a champion with gold from the Canadian National Championships, a bronze from the Pan American Championships and represented Canada at the world championships and at the Beijing Olympics. He now offers the same program on a cost recovery basis at the OSPC. The program costs \$10 per one-hour session, every Saturday from 12-1pm at the OSPC facility on Lancaster Road.

Contact: Steve Roxborough at steve@train4sport.ca

MUSIC ON A SUNDAY AFTERNOON: This program started informally in memory of Marc Tuschak (2009). Marc loved all types of music and when he fell ill he had a guitar teacher, Steve Groves of the Ottawa Guitar School. Now a music group has developed and Steve Groves gives informal lessons every Sunday afternoon with discussion of popular music and songs, singing and playing (drums, harmonica, juice harp, tambourines, maracas).

Location: 100 Riverdale Avenue. INFO: Krysia Pazdzior: krysia.pazdzior@sympatico.ca

The next issue of the Families Matter Co-operative Newsletter will bring you updates on Board activities, report on our General Members Meeting, information on the housing projects and opportunities, report on the Barn Bash past and future, more programs and ideas for the peer group, and much more.

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