

### Back To The Future

We are back with our newsletter after a hiatus of several years. A lot has happened during this time, and the stories and pictures in these pages will give you an idea. This is largely a memorial newsletter to the eleven wonderful people who passed away. There are also lots of pictures of people engaged and thriving despite the pandemic. Our employees have done an outstanding job during the pandemic despite many challenges and uncertainty. Ever-changing rules and regulations from Government and Public Health, along with significant losses of dearly cared for people, created a great deal of stress.

As we adjusted to this new way of life, the compassion, flexibility and resiliency of our employees and the people we support never ceased to amaze me.

Last year, TCE embarked on a process to clearly define our values while developing our new Strategic Plan 2022-2025. It is important to clarify our values for all stakeholders on our journey to becoming a more person-centred organization. On an individual basis, our own values inform every aspect of our lives, the decisions we make and the way we interact and relate in the world. Organizations operate in the same way. Values underpin our day-to-day actions. What do we believe? Are our values reflected in the way we support people and relate to each other? How do our values impact the recruitment of new employees and the support of current employees?

The work we are doing on values and person-centred approaches is really a return to our roots. TCE was founded as a person-centred organization, so we are truly going “back to the future.”

When Christine and Murray Wilson searched for supports to meet the needs of their son Jamie in the late 1970’s, there were none. He required a home with very specific supports, unique to him and in his language of ASL; as a result, the Children’s Home was established to meet his needs and other children like him. Every new home, supports & services at TCE was created in direct response to one person’s changing or emerging needs. As people change and evolve, we need to do so along with them. We look forward to keeping you informed about our journey.

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## TCE's Values

### Self- Determination

- We believe that people have the right and ability to choose and control their own life
- We commit to actively listen to what people tell us they want and need to live a meaningful life by their own definition
- We commit to and support this in partnership with their support networks

### Relationships

- We build meaningful connections with people and their support networks
- We honour, encourage, and maintain connections through honesty, trust and reciprocity
- We facilitate the development of new connections within the community

### Growth

- We adapt to change with flexibility and creativity
- We honour the right of individual choice, control, and supported decision making
- We actively listen and respond with appropriate action, support, and advocacy

By Karen Belyea, Executive Director

### Appreciating People

In March 2020 everyone's lives changed with the arrival of COVID-19. It has been a challenging few years for everyone at TCE, including the people we support, their families and friends, and all of our staff teams. We cannot thank all of you enough for your perseverance, understanding, compassion and commitment to work together for the greater good.

In July 2020 we were just beginning to grasp the scope of the pandemic and how it was changing our world. Living in congregate care is covered by legislation from the Ontario government and we are subject to regulations and orders from both the Ministry of Children, Community and Social Services and Public Health. In the first two years, the rules and regulations seemed to change every other week or month and it was confusing, stressful, and frustrating for everyone.

During this time we lost eleven wonderful people, not from COVID-19 but from other illnesses and conditions. The sad reality is that a person with Down Syndrome has a high likelihood of developing dementia as they age, and we support many baby-boomers. Many, not all, of the people who passed away, had dementia.

It was in the early days of the pandemic that we lost the first person, Francis Whalley. Francis passed on July 9<sup>th</sup>, 2020, in hospital with Covid restrictions firmly in place and only a small group of staff permitted to provide round the clock care.

Since then, we have lost too many others, each with their own unique life story. They shared so much with us and provided many gifts including the most important which is to appreciate people for who they are, their capacity and abilities rather than their limitations.

Though they are no longer with us, they won't be forgotten, because each person touched so many and collectively, they touched us all. We are sad that they are no longer here but filled with gratitude that they once were.

By Jackie Power, Person-Centred Approaches Supervisor

## Honouring those who have passed



### Jean Perrin

Jean Perrin passed away on August 14, 2021, at the age of 64, leaving behind his loving parents Roger and Madeleine, sisters Gisele and Sylvie, and brother Denis.

Jean moved to TCE in 1986 and into the brand-new adult home at 644 Golden Avenue. Jean's life-long friends also joined him including, roommate Bruce and friends, Claire and Michael, from the Deaf unit at the Prince Edward Heights Regional Centre.

Jean was a warm and dignified man with a strong work ethic who took great pride in working at his various jobs including, the City of Ottawa outdoor work crew. Jean made many great friends and memories over the years, enjoying trips to Florida to visit his brother, and other adventures throughout his life. He loved fishing trips, baseball spring training, trips to PEI, and far-flung places. The summer trip to the cottage always involved a competition to see who could catch the biggest fish.

Jean was a man who loved to help others and hear about their lives. He loved watching a hockey game, beer in hand, and of course taking care of his beloved cats.

Jean was no shrinking violet despite his quiet demeanour, he was a dancing machine. He was always the first one on the dance floor wearing the biggest smile on his face. Holidays like Halloween, Christmas, and Valentine's Day were reasons to celebrate, and Jean loved a party.

His roommate, friends and all of his TCE family miss him dearly. Catch us a big one Jean!

By The Kirkwood team



# Francis Whalley



Francis moved with his friends to TCE when Rideau Regional Centre closed in the late 2000's. Francis had a love of music and enjoyed lakeside vacations, swimming, and outdoor sports. Francis' self-determination and autonomy were supported and encouraged, and he showed us from the beginning that he could make his own choices.

The last year of Francis' life saw a steady decline due to the unrelenting cruelty of dementia. Unfortunately, due to the pandemic and distance, many family members and friends were unable to be with their loved ones during illness and palliative care. Fortunately, we had a small group of staff at Wilson House around the clock with Francis to advocate, comfort, and support him while others called, faceted, and sent their prayers. It was heartbreaking that Francis' family had to say their goodbyes over the phone and by video.

Even in Francis' final days he never failed to bring smiles and laughter to our world. He was a continued source of inspiration to the staff team and his roommates.

The pandemic has taught us many things, and as important as it is to have a celebration of life after death, it is much more important to show appreciation and celebrate life while we are alive.

COVID claimed center stage in 2020 and remains a real threat but it will not define us; kindness, respect, empathy, and dignified care and support will.

We miss Francis or "Whalley" to his friends, but know we have another TCE angel looking out for us.

By Jackie Power



## Sylvaine Bourque



Sylvaine moved, as a young woman, from the Rideau Regional Centre (RRC) in 1986, to TCE's first adult home at 644 Golden Avenue. Her and her friends, Rick, Kim, Neil, Michael, Claire, Jean and Bruce forged a bond of friendship that lasted life-long.

DJ and I were young staff, and Kelly was a student, soon to be staff, just starting out on our careers, and we could not of had a better teacher than Sylvaine. Through her mentorship, she shaped our early years and taught us how to respect and listen to people. The fiery red head who I first met in the hallways at RRC, full of smiles, laughs and the odd pinch or tickle, never changed her sunny and sweet personality. A woman of her own mind, it took a lot to persuade her to try something new but when she did, she usually loved it.

Sylvaine tried out a couple of different living arrangements over the years, gaining great life experiences, wisdom, and confidence along the way. She lived out her years happily living in her apartment on Kirkwood Avenue, with friends close by, and wonderful staff to support her. She also loved to hang out at Baxter House during the day, work at McDonald's, meet her young nieces and nephews and children of staff members, and of course her beloved brothers, sisters and extended family.

Sylvaine enjoyed trips to France to visit her brother and his family, supported by close staff members, Paul and then Wendy and her husband Jaye. She made so many great memories during her life and even got married. Another thoughtful staff, Kristina, who was getting married one summer, also planned Sylvaine a wedding party for her 50<sup>th</sup> birthday including her own ring, spa day, walk down the aisle, cake and party. She was so thrilled!

There were many thoughtful and committed staff in Sylvaine's life over the years and she really appreciated them. Sylvaine was a true original and we will not find another like her but boy, do we have great memories.

By Karen Belyea

# John Stuart



John's death was sudden and unexpected and quite a shock for his roommates and the staff who supported and cared for him everyday.

John was one of the original children who moved into 179 Stewart St., the Children's Home, when TCE opened its doors in 1980. He attended Crystal Bay School along with his childhood and future house mates, Cory, Craig, and Steven J. John's twin brother, Jamie was supported by a different agency at that time however he joined his brother at TCE as an adult.

Please know, to all of you who had the pleasure of knowing and supporting John over the many years, that you made a difference in his life.

"I loved when John would smile. I miss it. He would take you by the hand or arm to the kitchen when he wanted something... The thought of him pushing the buttons on the music or sound books. John curled up on his recliner watching his TV. He never asked or wanted much, but those moments would bring a smile to my face. He will be dearly missed." Dave Walker, Residential Counsellor

"John had a sweet soul, and his eyes told his stories. The way he would light up during "Alight at Night" and driving around looking at all the Christmas lights, or the way he would gaze up at you as he placed your hand on his head to rub it. His presence is missed and will forever be a part of the Kirkwood family. His memories will live on forever in our hearts." Kristina Galletta, Residential Counsellor

John is survived by his brother Jamie, his parents Janet and Ken Stuart, and siblings.

By The Kirkwood Team



## Terry Baxter



Terry Baxter moved to TCE in the early 1990's to join his other siblings in the Ottawa area, with his parents not far behind.

Terry moved into our home at 644 Golden Avenue and he and his family quickly became entrenched into the fabric of TCE life. Mr. Baxter, Terry's father was one of the three founders of the Family Support Network in 1992 and was pivotal, along with Ron Fahey and Herb Westman, in having 644 Golden Avenue rebuilt.

Terry was quite a lady's man and loved meeting our new students and staff, and becoming part of their orientation. The nurses at Terry's dialysis, which sadly became part of his life over the latter part of his life, reported he always lit up when he saw his favourite nurses, as did they.

Terry had an active life in his younger years and enjoyed attending community participation programs and participating in many activities and adventures in the community. He proved himself a resilient and amazing man, enduring many medical challenges over the years with dignity and grace always happy to return home to his roommates and supportive staff who cared deeply about him.

Likewise, Terry loved his family, his sisters Donna, Gail and husband Gord, and brother, Rick and always looked forward to their visits. He touched the hearts of so many with his gentle manner and sense of humour. The people living and working at Baxter House, named in his family's honour, miss him very much.

By Karen Belyea

# Richard Deane



Richard Emile Deane (Rich) age 49 of Ottawa passed away on April 15, 2021.

Rich came to live at TCE in 1992 and seldom was there a day without a memorable moment. All his friends, especially those at other agencies, can take solace in knowing his passing was nothing like his day-to-day living, it was quiet and peaceful.

To say Rich was mischievous would not do his jovial personality justice. He never failed to elicit great emotions from the staff that had the pleasure of working with him. Many left their shift with tears of joy, others, simply with tears of “why me?” after being the brunt of one of his pranks.

His dance moves are legendary as were his hugs and smiles.

Through the years, many staff were fortunate to spend time with and support Rich according to the quality of life he defined for himself. He was blessed with people at TCE and Ottawa Carleton Lifeskills (OCL) who were respectful and responsive and helped him learn new skills and have new experiences.

The most important thing you need to know about Rich though, was that he taught us far more than we could ever teach him. He showed us the power of building relationships and focusing on strengths and capabilities instead of limitations and diagnoses.

Rich remains a shining example for anyone who works in a congregate setting about how important it is for people to lead their own lives with staff in a supportive role. Nothing positive in life happens without the development of relationships that are respectful and trusting. Rich nurtured many staff over the years by providing the opportunity and honour of learning from him.

He is greatly missed but we are fortunate and privileged to have walked this part of the journey with him.

By Jackie Power



# Michael Corbiere



Michael Corbiere moved to his new home on Riverbend Drive from Rideau Regional Centre in 2008 at the age of 50 and happily settled into his new home.

Mike loved being a part of the community and he was always up for a fun time. Whether it was attending pow wows and drum circles, spending time with his sister, going to fairs and concerts; without fail, Mike was game for a new adventure. Mike was so generous with his affection and could make the worst day brighter, give you a tickle on your arm if he felt you needed it and if you were really lucky, the best hug, sometimes when you least expected it. He was quick to laugh at the silliest of jokes and enjoyed life to the fullest. If he liked you, he would shower you with attention.

When we share stories about Mike, what we remember and miss the most is his incredible smile. He had a smile that could light up the room and instantly make the day brighter simply because he shared his huge, contagious smile. When Mike smiled, everyone at Riverbend smiled too.

When we think about Mike, and the impact he had on all of us, we all agree that he was the heart of Riverbend, and his absence was profound when he left us on March 6, 2022. This world was better because he was in it, and our lives were better because we knew him.

By The Riverbend Team

# Donald McKean



Donald Bruce McKean age 61, passed away peacefully in his home at Wilson House on August 17, 2021, with hands held and surrounded by people who cared about him while hearing stories of the wonderful times they shared.

Donald grew up in the west-end of Ottawa and lived with his parents, Frances and Ronald, and brother Andrew. After Donald graduated from the Crystal Bay School, he attended the Quinlan Centre for many happy years, and moved to TCE in 1993.

Don was a man who enjoyed order in his life and lived by the motto "A place for everything and everything in its place". You would think Don was a City Counselor the way he kept track of the neighbors' garbage, out on Wednesdays and in on Thursdays, and you had better be quick about it! He kept things running and in order in his home and neighborhood.

Donald loved to play jokes on people he was comfortable with, sharing his great sense of humour and contagious laugh. His smile and pleasant personality made everyone feel comfortable in his presence. Don loved the simple pleasures of life like sharing a cup of coffee over a visit and listening to music.

Although Don's later years included the progression of dementia, those of us fortunate enough to know Donald will never forget this gentle man and kind soul who was filled with compassion for others. Don leaves us with many wonderful memories

By Jackie Power



## Neil Bowering



Neil was such a character. He would melt your heart with a smile, give the tightest hugs, all the while lulling you into a false sense of security, just before he played the most inappropriate joke, followed by the biggest belly laugh.

Neil came to live at TCE's Children's Home at 179 Stewart Street when it first opened in 1980. Neil's parents shared the story of a young Neil riding his tricycle up the on-ramp to the Queensway and realizing then that they might need a little help. It was TCE's pleasure to welcome Neil and begin a wonderful life-long relationship. Neil moved with his housemate, Kim Taillon to 644 Golden Avenue, the first adult home, in 1986. Neil loved spending time with his parents and a pint at the pub with his dad.

Existing staff always looked forward to the morning after a new staff's first night shift. Inevitably, Neil would sneak down to the fridge, take a block of cheese, and gleefully run up one staircase and down the other giggling all the way while being chased by a panicked staff. It was part of their orientation. Many former staff upon learning of Neil's passing sent condolences and shared memories of what a difference he had made to their lives and that they would always remember him with a smile.

By Karen Belyea

## Sue Roy



Suzanne moved to TCE in 1989 from Rideau Regional Centre and quickly stole hearts with her beautiful, gigantic smile and gentle manner. Over the years, Suzanne lived in several locations, and she always remembered people even if she had not seen you in awhile. Sue loved attending Ottawa Carleton Lifeskills (OCL), a day program in the community and was delighted to take Para-Transpo on her own each morning and evening back and forth. We never had to worry about her slipping out of the house unannounced because she would excitedly yell “it’s here, it’s here” when Para arrived. Suzanne had joie de vivre that many of us could only aspire to. She lived her life with enthusiasm and energy.

As part of OCL, Sue had job placements at various places including Value Village where she loved the clothes, hair bands and jewellery. In fact, some of those items found their way into her backpack a time or two and she would of course take them back the next day. She would inevitably be gifted with trinkets, hair stuff and clothes because they knew how much she loved to dress up and look nice, in her unique Sue Way, which was any way she decided on that day.

Sue loved to go out to parks and swing on the swings without a care in the world or for coffee with the “girls” or a meal at a restaurant. She also loved grocery shopping every week and pushing the cart, attending social nights, doing crafts, and cooking and swimming, Sue was always up for doing something fun. Christmas time was extra special, and she loved to sing! She always surprised people by singing all the lyrics so clearly when normally, she was a lady of few words. Her love of music, singing, celebrations of holidays and birthdays were legendary. Inevitably she would receive new jewellery, hair stuff and clothes and she would be wearing all of it in short order. She had such a lovely and unique character.

Sue was also the official Hillmount greeter as well as the Neighbourhood Watch, we did not need a doorbell.

Hillmount lost a beautiful soul on the day she left, but the beautiful memories we have, and stories we tell, keep her very much alive.

By The Hillmount Team



# Ron Jozwiak



Ron Jozwiak moved to TCE during the closure of Rideau Regional Centre. No one was quite sure what to expect with Ron's move to the community, including Ron, and it took awhile for him to decide.

Ron revealed himself to his roommates and staff team at Anderson House over time to be a funny and fun-loving, strong-minded and salty tongued man who knew what he wanted. Ron participated in the Colonnade Day Program and made some great friends and memories there, enjoying lots of adventures.

In Ron's later years, he moved to his second home on Rosebella Drive due to his deteriorating mobility. Ron loved living at Rosebella, a bungalow with less commotion and only 2 roommates. It gave him time and space to enjoy the simple pleasures of life, a coffee and his favourite past-time, playing cards spread out at the kitchen table.

If you knew Ronnie, you knew that the most important thing, and some would argue, the only thing, Ron loved more than coffee was his playing cards, especially new packs. People often brought Ron new packs from far and wide and he also enjoyed purchasing his own. He would spend all day with his cards. Ron was his own man with a unique character who endeared himself to all those whose path he crossed. The devoted staff members and roommates he leaves behind miss him.

By Karen Belyea



They may no longer be with us, but their memories live on forever



Neil and Claire, old friends and room-



Sue's favorite occasion, Christmas



Richard loved his tricycle



Sylvaine visiting with her brother



## A glimpse into the last two years!



Jane donates her knitting



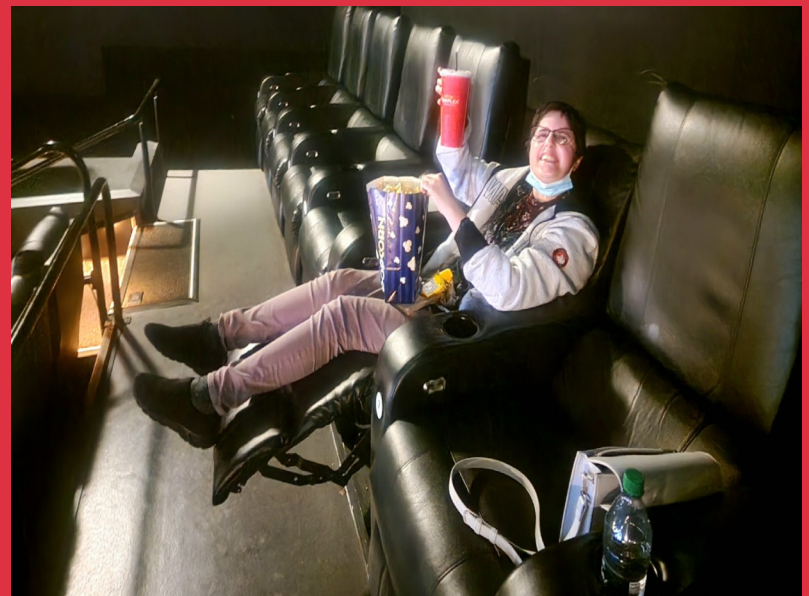
Paul is enjoying his puppy snuggles



Margaret enjoying music with Arlene



Mark excited for his favorite meal



Anna Marie at the movie theatre





Andy Loves Bowling



Laura baking with Saran



Bills Fans Gareth and Wendy





Gavin & Anna Marie hanging out at the Haunted House



Steven loves to stay in contact with his mom



Sherisse's smile shines as bright as the sunflowers



Bruce having coffee with his family



## Special moments between roommates



Kristi and Brenda



Mike and Claire



Mike , Jane, and Peter



Richard, Rob and Dwayne



Thank you to the people who make a difference



### Special People

Over the years, TCE has been fortunate to meet and develop relationships with many wonderful people whom we regularly interact with. These folks are medical receptionists, grocery clerks, bank tellers, dental assistants, people in key positions to make a difference in our day-to-day lives. There is one person everybody at TCE knows and who stands out from all the others, and that is Cathy from Shoppers Drug Mart. Cathy worked in the Pharmacy for many years and was our first line of contact for anything related to medication and blister packs. She was our go-to person whose willingness to help, flexibility and support, has been invaluable over the years. When we received a last-minute prescription or an order for a change in medication, our first call was to Cathy. If there was a problem, call Cathy because she was always willing to do whatever she could to help. It's people like Cathy that enrich our communities and make a difference in our lives. When we learned that she was leaving Shoppers for a position closer to home, we were all so sad to see her go but so thankful for her dedication and long-term service. Thank you, Cathy and all the best in your next chapter.

## Message To The Families

### **Message to TCE Families** **Parents, Siblings, Friends and Residents**

The Family Support Network (FSN) would like to take this opportunity to reconnect with you as we start to get back to some sense of normalcy in our lives. We sincerely hope that your families are doing well following a long two, almost three years, of isolation and restrictions on contact with our loved ones at TCE

On behalf of TCE families and residents, we sincerely thank Coreen Blackburn as outgoing FSN representative on the TCE Board for her many years of commitment and contribution. In her time with TCE, she always showed great enthusiasm and expertise advocating for the people that TCE serves and their families. As the FSN starts to regroup and reconnect, we will continue to be guided by the past vision for the group that Coreen, and those before her, developed and nurtured.

We can't speak of the past vision of the FSN without remembering TCE's founder, Christine Wilson. It is now 3 years since Christine's passing and TCE is in the process of developing a plan to honour her legacy after it was put on hold during the pandemic.

At this time, we would like to invite suggestions and ideas for **"Christine Wilson's Legacy"**, from all FSN members, especially from long-time family members who knew first-hand about Christine's dedication and hard work in ensuring our family members live their best lives.

We are also very aware of Christine's support and commitment to TCE direct support workers and supervisors and invite all of you to provide your suggestions and ideas for "Christine's Legacy".

**Please provide your input by February 28, 2022**, by email to Marge McCabe at [annammccabe@yahoo.ca](mailto:annammccabe@yahoo.ca). Alternatively, you can phone Kristin Tillberg, TCE's Administrator, at (613) 228-0999 ext. 228 and she can put you in touch with Marge. Thanks in advance for your contribution to this dedication, in memory of TCE's founder, Christine Wilson. Look for an announcement in the spring and a kick-off ""Christine's Legacy".

As the times change, we will also explore together how the FSN can best serve all its members going forward. As we plan new ways to connect and communicate, it's a great opportunity to review, renew and revitalize! For example, the TCE website is in the process of being updated to include a Family Forum and this will include a link for siblings interested in becoming more involved in the lives of their loved ones at TCE. There are excellent resources available to support siblings who have become substitute decision makers for their brother or sister and the FSN is eager to support them.

We will be sending out a survey that asks for your ideas about new ways to connect with family members and we would really appreciate it if you took the time to provide your feedback. Look for it in your inboxes in the New Year. Your assistance is greatly appreciated.



## Favorite recipes at Christmas

### Skor Meltaways

#### Ingredients

- 1 cup unsalted butter softened
- 2 tsp vanilla
- 1/2 cup icing sugar
- 1 3/4 cup pastry flour
- 1/2 cup corn starch
- 3/4 tsp baking powder
- 1/4 tsp salt
- 1 cup Skor bits



#### Directions:

Preheat oven to 350 degrees

In a large bowl beat butter and vanilla together until creamy

In a separate bowl combine the icing sugar, flour, corn starch, baking powder and salt. Then gradually stir into butter batter.

Add Skor bits and mix till evenly distributed. Cover with plastic wrap and chill in the fridge for 10-15 minutes.

Line baking sheet with parchment paper. Roll level tablespoons full of batter into balls and place on the baking sheet. Bake for 12-15 minutes or until starting to just turn slightly golden. Let cool on pan for 5 minutes so they won't break apart and then transfer to a cooling rack.

## Favorite recipes

### Spinach cheese dip



#### Ingredients

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8 ounces cream cheese, softened  
3/4 teaspoon garlic powder  
1/4 cup freshly grated Parmesan cheese  
1 tablespoon freshly grated Romano cheese  
1 tablespoon very finely chopped red bell pepper  
1 green onion, white and green finely chopped  
1/2 package (10 ounce size) frozen chopped spinach, thawed and squeezed dry  
1/2 cup grated medium Cheddar cheese  
1 pinch cayenne pepper  
\* I like to add 1 tbsp of franks red hot sauce for some extra kick

Preheat oven to 400 degrees F.

Combine the cream cheese, garlic powder, Parmesan, and Romano with a hand or stand mixer on medium speed until well mixed.

Add the red bell pepper and green onion and mix on medium-low until just mixed in.

Add the spinach and mix on low.

Transfer the mixture to an ovenproof dish and top with cheddar cheese and cayenne.

Bake at 400 degrees F for 15-18 minutes or until the edges are bubbly.

Remove the dish from the oven and let sit for 5-7 minutes before serving. Serve with fried or baked pita wedges or tortilla chips.



## TCE Newsletter

You are reading the official newsletter of Total Communication Environment (TCE), a registered charitable organization dedicated to supporting individuals with multiple disabilities and special communication needs. If you've received this by mail, please help us to save resources by consenting to receive communication by email.

**TCE Office:** 190 Colonnade Rd., Suite 100, Nepean, ON K2E 7J5

**Phone:** 613-228-0999

**Fax:** 613-228-1402 **TDD:** 613-228-8669

**Email:** tceadmin@tceottawa.org

**Web site:** www.tceottawa.org



## Total Communication Environment Homes and Programs

### Wilson House

5 Eisenhower Cres.  
Nepean, Ontario  
K2J 3Z8  
**(613) 843-7516**

### Hillmount

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

### Anderson Place

42 Leeming Drive  
Nepean, Ontario  
K2H 5P7  
**613-828-2578**

### Baxter Community Program

644 Golden Ave.  
Ottawa, Ontario  
K2A 2G2  
**613-722-4946**

### Baxter House

644 Golden Ave.  
Ottawa, Ontario  
K2A 2G2  
**613-722-4946**

### Kilbarron

12C & 12D Kilbarron Rd.  
Nepean, Ontario  
K2J 5A8  
**613-843-8038 (12C)**  
**613-843-8039 (12D)**

### Riverbend

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

### Wilson House Community Program

5 Eisenhower Cres.  
Nepean, Ontario  
K2J 3Z8  
**(613) 843-7516**

### Eleanor

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

### 46 Clenning St.

Nepean, Ontario  
K2J 5B2  
**613-843-0593**

### Rosebella

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

### Riverbend Community Program

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

### Quinn

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

### Burma

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

### Starwood

75 Starwood Rd.  
Nepean, Ontario  
K2G 1Z4  
**613-723-8222**

### Kirkwood

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

### Wyman

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

### Colonnade Community Program

190 Colonnade Rd. S., Unit 100  
(east side loading dock entrance)  
Nepean, ON K2E 7J5  
**613-233-0129**

**TCE is happy to offer you the option of making a secure online donation through CanadaHelps.**

**Giving is easy:**

1. Go to [www.tceottawa.org](http://www.tceottawa.org)
2. Click on the Donate button

**If mailing your donations, please include the following information:**

Enclosed is my donation of \$ \_\_\_\_\_  
(please make cheque payable to **Total Communication Environment**) or  
Please charge my Visa/MasterCard: Card # \_\_\_\_\_ Expiry Date \_\_\_\_\_  
Name as it appears on Card: \_\_\_\_\_  
Signature \_\_\_\_\_

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Email address: \_\_\_\_\_ Do you prefer correspondence by email? ☐ yes ☐ no

Total Communication Environment is a registered charity, BN: 11926 7714 RR0001

Income tax receipts will be issued for all financial contributions over \$10.00



**Making Connections for Life**

## Back To The Future

We are back with our newsletter after a hiatus of several years. A lot has happened during this time, and the stories and pictures in these pages will give you an idea. This is largely a memorial newsletter to the eleven wonderful people who passed away. There are also lots of pictures of people engaged and thriving despite the pandemic. Our employees have done an outstanding job during the pandemic despite many challenges and uncertainty. Ever-changing rules and regulations from Government and Public Health, along with significant losses of dearly cared for people, created a great deal of stress.

As we adjusted to this new way of life, the compassion, flexibility and resiliency of our employees and the people we support never ceased to amaze me.

Last year, TCE embarked on a process to clearly define our values while developing our new Strategic Plan 2022-2025. It is important to clarify our values for all stakeholders on our journey to becoming a more person-centred organization. On an individual basis, our own values inform every aspect of our lives, the decisions we make and the way we interact and relate in the world. Organizations operate in the same way. Values underpin our day-to-day actions. What do we believe? Are our values reflected in the way we support people and relate to each other? How do our values impact the recruitment of new employees and the support of current employees?

The work we are doing on values and person-centred approaches is really a return to our roots. TCE was founded as a person-centred organization, so we are truly going “back to the future.”

When Christine and Murray Wilson searched for supports to meet the needs of their son Jamie in the late 1970’s, there were none. He required a home with very specific supports, unique to him and in his language of ASL; as a result, the Children’s Home was established to meet his needs and other children like him. Every new home, supports & services at TCE was created in direct response to one person’s changing or emerging needs. As people change and evolve, we need to do so along with them. We look forward to keeping you informed about our journey.

(cont’d pg.2)





(cont'd)

## TCE's Values

### Self- Determination

- We believe that people have the right and ability to choose and control their own life
- We commit to actively listen to what people tell us they want and need to live a meaningful life by their own definition
- We commit to and support this in partnership with their support networks

### Relationships

- We build meaningful connections with people and their support networks
- We honour, encourage, and maintain connections through honesty, trust and reciprocity
- We facilitate the development of new connections within the community

### Growth

- We adapt to change with flexibility and creativity
- We honour the right of individual choice, control, and supported decision making
- We actively listen and respond with appropriate action, support, and advocacy

By Karen Belyea, Executive Director

### Appreciating People

In March 2020 everyone's lives changed with the arrival of COVID-19. It has been a challenging few years for everyone at TCE, including the people we support, their families and friends, and all of our staff teams. We cannot thank all of you enough for your perseverance, understanding, compassion and commitment to work together for the greater good.

In July 2020 we were just beginning to grasp the scope of the pandemic and how it was changing our world. Living in congregate care is covered by legislation from the Ontario government and we are subject to regulations and orders from both the Ministry of Children, Community and Social Services and Public Health. In the first two years, the rules and regulations seemed to change every other week or month and it was confusing, stressful, and frustrating for everyone.

During this time we lost eleven wonderful people, not from COVID-19 but from other illnesses and conditions. The sad reality is that a person with Down Syndrome has a high likelihood of developing dementia as they age, and we support many baby-boomers. Many, not all, of the people who passed away, had dementia.

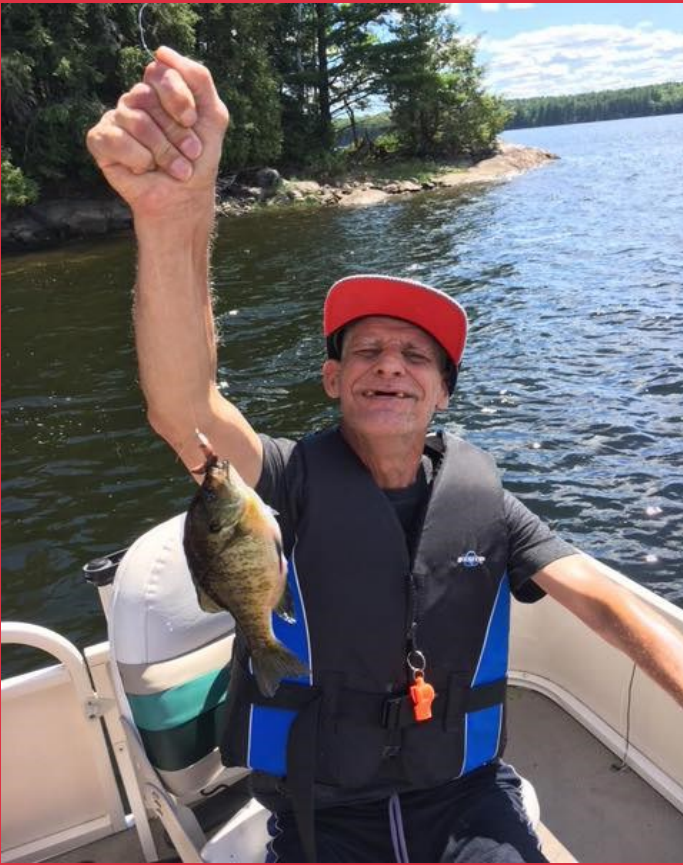
It was in the early days of the pandemic that we lost the first person, Francis Whalley. Francis passed on July 9<sup>th</sup>, 2020, in hospital with Covid restrictions firmly in place and only a small group of staff permitted to provide round the clock care.

Since then, we have lost too many others, each with their own unique life story. They shared so much with us and provided many gifts including the most important which is to appreciate people for who they are, their capacity and abilities rather than their limitations.

Though they are no longer with us, they won't be forgotten, because each person touched so many and collectively, they touched us all. We are sad that they are no longer here but filled with gratitude that they once were.

By Jackie Power, Person-Centred Approaches Supervisor

## Honouring those who have passed



### Jean Perrin

Jean Perrin passed away on August 14, 2021, at the age of 64, leaving behind his loving parents Roger and Madeleine, sisters Gisele and Sylvie, and brother Denis.

Jean moved to TCE in 1986 and into the brand-new adult home at 644 Golden Avenue. Jean's life-long friends also joined him including, roommate Bruce and friends, Claire and Michael, from the Deaf unit at the Prince Edward Heights Regional Centre.

Jean was a warm and dignified man with a strong work ethic who took great pride in working at his various jobs including, the City of Ottawa outdoor work crew. Jean made many great friends and memories over the years, enjoying trips to Florida to visit his brother, and other adventures throughout his life. He loved fishing trips, baseball spring training, trips to PEI, and far-flung places. The summer trip to the cottage always involved a competition to see who could catch the biggest fish.

Jean was a man who loved to help others and hear about their lives. He loved watching a hockey game, beer in hand, and of course taking care of his beloved cats.

Jean was no shrinking violet despite his quiet demeanour, he was a dancing machine. He was always the first one on the dance floor wearing the biggest smile on his face. Holidays like Halloween, Christmas, and Valentine's Day were reasons to celebrate, and Jean loved a party.

His roommate, friends and all of his TCE family miss him dearly. Catch us a big one Jean!

By The Kirkwood team



# Francis Whalley



Francis moved with his friends to TCE when Rideau Regional Centre closed in the late 2000's. Francis had a love of music and enjoyed lakeside vacations, swimming, and outdoor sports. Francis' self-determination and autonomy were supported and encouraged, and he showed us from the beginning that he could make his own choices.

The last year of Francis' life saw a steady decline due to the unrelenting cruelty of dementia. Unfortunately, due to the pandemic and distance, many family members and friends were unable to be with their loved ones during illness and palliative care. Fortunately, we had a small group of staff at Wilson House around the clock with Francis to advocate, comfort, and support him while others called, faceted, and sent their prayers. It was heartbreaking that Francis' family had to say their goodbyes over the phone and by video.

Even in Francis' final days he never failed to bring smiles and laughter to our world. He was a continued source of inspiration to the staff team and his roommates.

The pandemic has taught us many things, and as important as it is to have a celebration of life after death, it is much more important to show appreciation and celebrate life while we are alive.

COVID claimed center stage in 2020 and remains a real threat but it will not define us; kindness, respect, empathy, and dignified care and support will.

We miss Francis or "Whalley" to his friends, but know we have another TCE angel looking out for us.

By Jackie Power

# Sylvaine Bourque



Sylvaine moved, as a young woman, from the Rideau Regional Centre (RRC) in 1986, to TCE's first adult home at 644 Golden Avenue. Her and her friends, Rick, Kim, Neil, Michael, Claire, Jean and Bruce forged a bond of friendship that lasted life-long.

DJ and I were young staff, and Kelly was a student, soon to be staff, just starting out on our careers, and we could not of had a better teacher than Sylvaine. Through her mentorship, she shaped our early years and taught us how to respect and listen to people. The fiery red head who I first met in the hallways at RRC, full of smiles, laughs and the odd pinch or tickle, never changed her sunny and sweet personality. A woman of her own mind, it took a lot to persuade her to try something new but when she did, she usually loved it.

Sylvaine tried out a couple of different living arrangements over the years, gaining great life experiences, wisdom, and confidence along the way. She lived out her years happily living in her apartment on Kirkwood Avenue, with friends close by, and wonderful staff to support her. She also loved to hang out at Baxter House during the day, work at McDonald's, meet her young nieces and nephews and children of staff members, and of course her beloved brothers, sisters and extended family.

Sylvaine enjoyed trips to France to visit her brother and his family, supported by close staff members, Paul and then Wendy and her husband Jaye. She made so many great memories during her life and even got married. Another thoughtful staff, Kristina, who was getting married one summer, also planned Sylvaine a wedding party for her 50<sup>th</sup> birthday including her own ring, spa day, walk down the aisle, cake and party. She was so thrilled!

There were many thoughtful and committed staff in Sylvaine's life over the years and she really appreciated them. Sylvaine was a true original and we will not find another like her but boy, do we have great memories.

By Karen Belyea



# John Stuart



John's death was sudden and unexpected and quite a shock for his roommates and the staff who supported and cared for him everyday.

John was one of the original children who moved into 179 Stewart St., the Children's Home, when TCE opened its doors in 1980. He attended Crystal Bay School along with his childhood and future house mates, Cory, Craig, and Steven J. John's twin brother, Jamie was supported by a different agency at that time however he joined his brother at TCE as an adult.

Please know, to all of you who had the pleasure of knowing and supporting John over the many years, that you made a difference in his life.

"I loved when John would smile. I miss it. He would take you by the hand or arm to the kitchen when he wanted something... The thought of him pushing the buttons on the music or sound books. John curled up on his recliner watching his TV. He never asked or wanted much, but those moments would bring a smile to my face. He will be dearly missed." Dave Walker, Residential Counsellor

"John had a sweet soul, and his eyes told his stories. The way he would light up during "Alight at Night" and driving around looking at all the Christmas lights, or the way he would gaze up at you as he placed your hand on his head to rub it. His presence is missed and will forever be a part of the Kirkwood family. His memories will live on forever in our hearts." Kristina Galletta, Residential Counsellor

John is survived by his brother Jamie, his parents Janet and Ken Stuart, and siblings.

By The Kirkwood Team

## Terry Baxter



Terry Baxter moved to TCE in the early 1990's to join his other siblings in the Ottawa area, with his parents not far behind.

Terry moved into our home at 644 Golden Avenue and he and his family quickly became entrenched into the fabric of TCE life. Mr. Baxter, Terry's father was one of the three founders of the Family Support Network in 1992 and was pivotal, along with Ron Fahey and Herb Westman, in having 644 Golden Avenue rebuilt.

Terry was quite a lady's man and loved meeting our new students and staff, and becoming part of their orientation. The nurses at Terry's dialysis, which sadly became part of his life over the latter part of his life, reported he always lit up when he saw his favourite nurses, as did they.

Terry had an active life in his younger years and enjoyed attending community participation programs and participating in many activities and adventures in the community. He proved himself a resilient and amazing man, enduring many medical challenges over the years with dignity and grace always happy to return home to his roommates and supportive staff who cared deeply about him.

Likewise, Terry loved his family, his sisters Donna, Gail and husband Gord, and brother, Rick and always looked forward to their visits. He touched the hearts of so many with his gentle manner and sense of humour. The people living and working at Baxter House, named in his family's honour, miss him very much.

By Karen Belyea



# Richard Deane



Richard Emile Deane (Rich) age 49 of Ottawa passed away on April 15, 2021.

Rich came to live at TCE in 1992 and seldom was there a day without a memorable moment. All his friends, especially those at other agencies, can take solace in knowing his passing was nothing like his day-to-day living, it was quiet and peaceful.

To say Rich was mischievous would not do his jovial personality justice. He never failed to elicit great emotions from the staff that had the pleasure of working with him. Many left their shift with tears of joy, others, simply with tears of “why me?” after being the brunt of one of his pranks.

His dance moves are legendary as were his hugs and smiles.

Through the years, many staff were fortunate to spend time with and support Rich according to the quality of life he defined for himself. He was blessed with people at TCE and Ottawa Carleton Lifeskills (OCL) who were respectful and responsive and helped him learn new skills and have new experiences.

The most important thing you need to know about Rich though, was that he taught us far more than we could ever teach him. He showed us the power of building relationships and focusing on strengths and capabilities instead of limitations and diagnoses.

Rich remains a shining example for anyone who works in a congregate setting about how important it is for people to lead their own lives with staff in a supportive role. Nothing positive in life happens without the development of relationships that are respectful and trusting. Rich nurtured many staff over the years by providing the opportunity and honour of learning from him.

He is greatly missed but we are fortunate and privileged to have walked this part of the journey with him.

By Jackie Power

# Michael Corbiere



Michael Corbiere moved to his new home on Riverbend Drive from Rideau Regional Centre in 2008 at the age of 50 and happily settled into his new home.

Mike loved being a part of the community and he was always up for a fun time. Whether it was attending pow wows and drum circles, spending time with his sister, going to fairs and concerts; without fail, Mike was game for a new adventure. Mike was so generous with his affection and could make the worst day brighter, give you a tickle on your arm if he felt you needed it and if you were really lucky, the best hug, sometimes when you least expected it. He was quick to laugh at the silliest of jokes and enjoyed life to the fullest. If he liked you, he would shower you with attention.

When we share stories about Mike, what we remember and miss the most is his incredible smile. He had a smile that could light up the room and instantly make the day brighter simply because he shared his huge, contagious smile. When Mike smiled, everyone at Riverbend smiled too.

When we think about Mike, and the impact he had on all of us, we all agree that he was the heart of Riverbend, and his absence was profound when he left us on March 6, 2022. This world was better because he was in it, and our lives were better because we knew him.

By The Riverbend Team



# Donald McKean



Donald Bruce McKean age 61, passed away peacefully in his home at Wilson House on August 17, 2021, with hands held and surrounded by people who cared about him while hearing stories of the wonderful times they shared.

Donald grew up in the west-end of Ottawa and lived with his parents, Frances and Ronald, and brother Andrew. After Donald graduated from the Crystal Bay School, he attended the Quinlan Centre for many happy years, and moved to TCE in 1993.

Don was a man who enjoyed order in his life and lived by the motto "A place for everything and everything in its place". You would think Don was a City Counselor the way he kept track of the neighbors' garbage, out on Wednesdays and in on Thursdays, and you had better be quick about it! He kept things running and in order in his home and neighborhood.

Donald loved to play jokes on people he was comfortable with, sharing his great sense of humour and contagious laugh. His smile and pleasant personality made everyone feel comfortable in his presence. Don loved the simple pleasures of life like sharing a cup of coffee over a visit and listening to music.

Although Don's later years included the progression of dementia, those of us fortunate enough to know Donald will never forget this gentle man and kind soul who was filled with compassion for others. Don leaves us with many wonderful memories

By Jackie Power

## Neil Bowering



Neil was such a character. He would melt your heart with a smile, give the tightest hugs, all the while lulling you into a false sense of security, just before he played the most inappropriate joke, followed by the biggest belly laugh.

Neil came to live at TCE's Children's Home at 179 Stewart Street when it first opened in 1980. Neil's parents shared the story of a young Neil riding his tricycle up the on-ramp to the Queensway and realizing then that they might need a little help. It was TCE's pleasure to welcome Neil and begin a wonderful life-long relationship. Neil moved with his housemate, Kim Taillon to 644 Golden Avenue, the first adult home, in 1986. Neil loved spending time with his parents and a pint at the pub with his dad.

Existing staff always looked forward to the morning after a new staff's first night shift. Inevitably, Neil would sneak down to the fridge, take a block of cheese, and gleefully run up one staircase and down the other giggling all the way while being chased by a panicked staff. It was part of their orientation. Many former staff upon learning of Neil's passing sent condolences and shared memories of what a difference he had made to their lives and that they would always remember him with a smile.

By Karen Belyea



## Sue Roy



Suzanne moved to TCE in 1989 from Rideau Regional Centre and quickly stole hearts with her beautiful, gigantic smile and gentle manner. Over the years, Suzanne lived in several locations, and she always remembered people even if she had not seen you in awhile. Sue loved attending Ottawa Carleton Lifeskills (OCL), a day program in the community and was delighted to take Para-Transpo on her own each morning and evening back and forth. We never had to worry about her slipping out of the house unannounced because she would excitedly yell “it’s here, it’s here” when Para arrived. Suzanne had joie de vivre that many of us could only aspire to. She lived her life with enthusiasm and energy.

As part of OCL, Sue had job placements at various places including Value Village where she loved the clothes, hair bands and jewellery. In fact, some of those items found their way into her backpack a time or two and she would of course take them back the next day. She would inevitably be gifted with trinkets, hair stuff and clothes because they knew how much she loved to dress up and look nice, in her unique Sue Way, which was any way she decided on that day.

Sue loved to go out to parks and swing on the swings without a care in the world or for coffee with the “girls” or a meal at a restaurant. She also loved grocery shopping every week and pushing the cart, attending social nights, doing crafts, and cooking and swimming, Sue was always up for doing something fun. Christmas time was extra special, and she loved to sing! She always surprised people by singing all the lyrics so clearly when normally, she was a lady of few words. Her love of music, singing, celebrations of holidays and birthdays were legendary. Inevitably she would receive new jewellery, hair stuff and clothes and she would be wearing all of it in short order. She had such a lovely and unique character.

Sue was also the official Hillmount greeter as well as the Neighbourhood Watch, we did not need a doorbell.

Hillmount lost a beautiful soul on the day she left, but the beautiful memories we have, and stories we tell, keep her very much alive.

By The Hillmount Team

# Ron Jozwiak



Ron Jozwiak moved to TCE during the closure of Rideau Regional Centre. No one was quite sure what to expect with Ron's move to the community, including Ron, and it took awhile for him to decide.

Ron revealed himself to his roommates and staff team at Anderson House over time to be a funny and fun-loving, strong-minded and salty tongued man who knew what he wanted. Ron participated in the Colonnade Day Program and made some great friends and memories there, enjoying lots of adventures.

In Ron's later years, he moved to his second home on Rosebella Drive due to his deteriorating mobility. Ron loved living at Rosebella, a bungalow with less commotion and only 2 roommates. It gave him time and space to enjoy the simple pleasures of life, a coffee and his favourite past-time, playing cards spread out at the kitchen table.

If you knew Ronnie, you knew that the most important thing, and some would argue, the only thing, Ron loved more than coffee was his playing cards, especially new packs. People often brought Ron new packs from far and wide and he also enjoyed purchasing his own. He would spend all day with his cards. Ron was his own man with a unique character who endeared himself to all those whose path he crossed. The devoted staff members and roommates he leaves behind miss him.

By Karen Belyea



They may no longer be with us, but their memories live on forever



Neil and Claire, old friends and room-



Sue's favorite occasion, Christmas



Richard loved his tricycle



Sylvaine visiting with her brother



## A glimpse into the last two years!



Jane donates her knitting



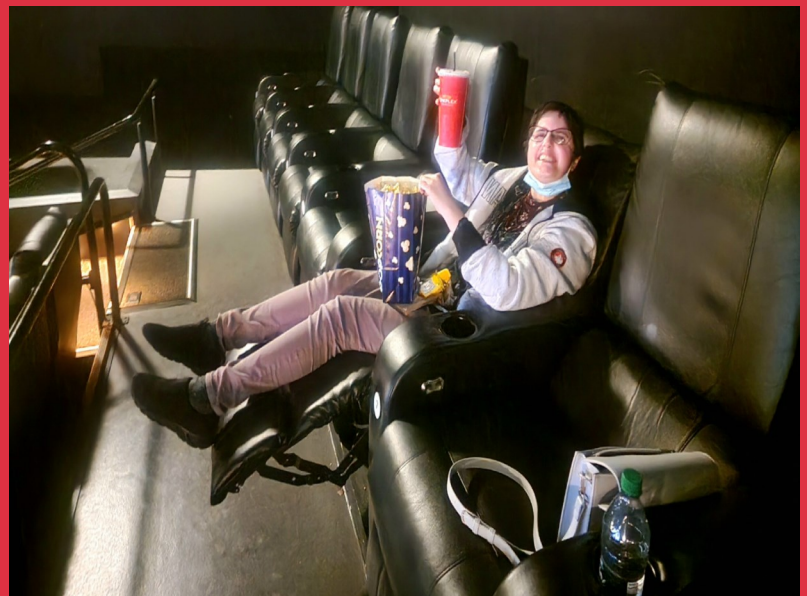
Paul is enjoying his puppy snuggles



Margaret enjoying music with Arlene



Mark excited for his favorite meal



Anna Marie at the movie theatre





Andy Loves Bowling



Laura baking with Saran



Bills Fans Gareth and Wendy





Gavin & Anna Marie hanging out at the Haunted House



Steven loves to stay in contact with his mom



Sherisse's smile shines as bright as the sunflowers



Bruce having coffee with his family



## Special moments between roommates



Kristi and Brenda



Mike and Claire



Mike , Jane, and Peter



Richard, Rob and Dwayne



Thank you to the people who make a difference



### Special People

Over the years, TCE has been fortunate to meet and develop relationships with many wonderful people whom we regularly interact with. These folks are medical receptionists, grocery clerks, bank tellers, dental assistants, people in key positions to make a difference in our day-to-day lives. There is one person everybody at TCE knows and who stands out from all the others, and that is Cathy from Shoppers Drug Mart. Cathy worked in the Pharmacy for many years and was our first line of contact for anything related to medication and blister packs. She was our go-to person whose willingness to help, flexibility and support, has been invaluable over the years. When we received a last-minute prescription or an order for a change in medication, our first call was to Cathy. If there was a problem, call Cathy because she was always willing to do whatever she could to help. It's people like Cathy that enrich our communities and make a difference in our lives. When we learned that she was leaving Shoppers for a position closer to home, we were all so sad to see her go but so thankful for her dedication and long-term service. Thank you, Cathy and all the best in your next chapter.



## Message To The Families

### **Message to TCE Families** **Parents, Siblings, Friends and Residents**

The Family Support Network (FSN) would like to take this opportunity to reconnect with you as we start to get back to some sense of normalcy in our lives. We sincerely hope that your families are doing well following a long two, almost three years, of isolation and restrictions on contact with our loved ones at TCE

On behalf of TCE families and residents, we sincerely thank Coreen Blackburn as outgoing FSN representative on the TCE Board for her many years of commitment and contribution. In her time with TCE, she always showed great enthusiasm and expertise advocating for the people that TCE serves and their families. As the FSN starts to regroup and reconnect, we will continue to be guided by the past vision for the group that Coreen, and those before her, developed and nurtured.

We can't speak of the past vision of the FSN without remembering TCE's founder, Christine Wilson. It is now 3 years since Christine's passing and TCE is in the process of developing a plan to honour her legacy after it was put on hold during the pandemic.

At this time, we would like to invite suggestions and ideas for **"Christine Wilson's Legacy"**, from all FSN members, especially from long-time family members who knew first-hand about Christine's dedication and hard work in ensuring our family members live their best lives.

We are also very aware of Christine's support and commitment to TCE direct support workers and supervisors and invite all of you to provide your suggestions and ideas for "Christine's Legacy".

**Please provide your input by February 28, 2022**, by email to Marge McCabe at [annammccabe@yahoo.ca](mailto:annammccabe@yahoo.ca). Alternatively, you can phone Kristin Tillberg, TCE's Administrator, at (613) 228-0999 ext. 228 and she can put you in touch with Marge. Thanks in advance for your contribution to this dedication, in memory of TCE's founder, Christine Wilson. Look for an announcement in the spring and a kick-off ""Christine's Legacy".

As the times change, we will also explore together how the FSN can best serve all its members going forward. As we plan new ways to connect and communicate, it's a great opportunity to review, renew and revitalize! For example, the TCE website is in the process of being updated to include a Family Forum and this will include a link for siblings interested in becoming more involved in the lives of their loved ones at TCE. There are excellent resources available to support siblings who have become substitute decision makers for their brother or sister and the FSN is eager to support them.

We will be sending out a survey that asks for your ideas about new ways to connect with family members and we would really appreciate it if you took the time to provide your feedback. Look for it in your inboxes in the New Year. Your assistance is greatly appreciated.

## Favorite recipes at Christmas

### Skor Meltaways

#### Ingredients

- 1 cup unsalted butter softened
- 2 tsp vanilla
- 1/2 cup icing sugar
- 1 3/4 cup pastry flour
- 1/2 cup corn starch
- 3/4 tsp baking powder
- 1/4 tsp salt
- 1 cup Skor bits



#### Directions:

Preheat oven to 350 degrees

In a large bowl beat butter and vanilla together until creamy

In a separate bowl combine the icing sugar, flour, corn starch, baking powder and salt. Then gradually stir into butter batter.

Add Skor bits and mix till evenly distributed. Cover with plastic wrap and chill in the fridge for 10-15 minutes.

Line baking sheet with parchment paper. Roll level tablespoons full of batter into balls and place on the baking sheet. Bake for 12-15 minutes or until starting to just turn slightly golden. Let cool on pan for 5 minutes so they won't break apart and then transfer to a cooling rack.



## Favorite recipes

### Spinach cheese dip



#### Ingredients

---

8 ounces cream cheese, softened  
3/4 teaspoon garlic powder  
1/4 cup freshly grated Parmesan cheese  
1 tablespoon freshly grated Romano cheese  
1 tablespoon very finely chopped red bell pepper  
1 green onion, white and green finely chopped  
1/2 package (10 ounce size) frozen chopped spinach, thawed and squeezed dry  
1/2 cup grated medium Cheddar cheese  
1 pinch cayenne pepper  
\* I like to add 1 tbsp of franks red hot sauce for some extra kick

Preheat oven to 400 degrees F.

Combine the cream cheese, garlic powder, Parmesan, and Romano with a hand or stand mixer on medium speed until well mixed.

Add the red bell pepper and green onion and mix on medium-low until just mixed in.

Add the spinach and mix on low.

Transfer the mixture to an ovenproof dish and top with cheddar cheese and cayenne.

Bake at 400 degrees F for 15-18 minutes or until the edges are bubbly.

Remove the dish from the oven and let sit for 5-7 minutes before serving. Serve with fried or baked pita wedges or tortilla chips.

## TCE Newsletter

You are reading the official newsletter of Total Communication Environment (TCE), a registered charitable organization dedicated to supporting individuals with multiple disabilities and special communication needs. If you've received this by mail, please help us to save resources by consenting to receive communication by email.

**TCE Office:** 190 Colonnade Rd., Suite 100, Nepean, ON K2E 7J5

**Phone:** 613-228-0999

**Fax:** 613-228-1402 **TDD:** 613-228-8669

**Email:** tceadmin@tceottawa.org

**Web site:** www.tceottawa.org



## Total Communication Environment Homes and Programs

### Wilson House

5 Eisenhower Cres.  
Nepean, Ontario  
K2J 3Z8  
**(613) 843-7516**

### Hillmount

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

### Anderson Place

42 Leeming Drive  
Nepean, Ontario  
K2H 5P7  
**613-828-2578**

### Baxter Community Program

644 Golden Ave.  
Ottawa, Ontario  
K2A 2G2  
**613-722-4946**

### Baxter House

644 Golden Ave.  
Ottawa, Ontario  
K2A 2G2  
**613-722-4946**

### Kilbarron

12C & 12D Kilbarron Rd.  
Nepean, Ontario  
K2J 5A8  
**613-843-8038 (12C)**  
**613-843-8039 (12D)**

### Riverbend

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

### Wilson House Community Program

5 Eisenhower Cres.  
Nepean, Ontario  
K2J 3Z8  
**(613) 843-7516**

### Eleanor

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

### 46 Clenning St.

Nepean, Ontario  
K2J 5B2  
**613-843-0593**

### Rosebella

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

### Riverbend Community Program

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

### Quinn

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

### Burma

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

### Starwood

75 Starwood Rd.  
Nepean, Ontario  
K2G 1Z4  
**613-723-8222**

### Kirkwood

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

### Wyman

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

### Colonnade Community Program

190 Colonnade Rd. S., Unit 100  
(east side loading dock entrance)  
Nepean, ON K2E 7J5  
**613-233-0129**

**TCE is happy to offer you the option of making a secure online donation through CanadaHelps.**

**Giving is easy:**

1. Go to [www.tceottawa.org](http://www.tceottawa.org)
2. Click on the Donate button

**If mailing your donations, please include the following information:**

Enclosed is my donation of \$ \_\_\_\_\_  
(please make cheque payable to **Total Communication Environment**) or  
Please charge my Visa/MasterCard: Card # \_\_\_\_\_ Expiry Date \_\_\_\_\_  
Name as it appears on Card: \_\_\_\_\_  
Signature \_\_\_\_\_

**Please print name & address as you would like them to appear on your donation receipt:**

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Income tax receipts will be issued for all financial contributions over \$10.00



**Making Connections for Life**