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### FRIENDSHIP HOUSE: A PLACE OF BELONGING

A sense of belonging is a human need, just like the need for food and shelter. Feeling that you belong is most important in seeing value in life and in coping with painful emotions. A sense of belonging to a greater community such as Friendship House improves motivation, health, and happiness.

At Friendship House we let go of judgments, as judgments builds walls. We focus on people, abilities and acceptance. We understand that people we serve do not need "fixing." People need compassion, acceptance, and a helping hand. To be a part of Friendship House is to be a part of something special and to know everyone belongs.

### FRIENDSHIP HOUSE

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# Friendship House

## Newsletter

November 2018



### Changing Disabilities into Abilities



Ottawa Friendship House has a simple but profound mission:

***"To improve the quality of life for adults with intellectual and developmental disabilities."***

The vision of Friendship House is to be the premier trusted provider of services for adults with intellectual and developmental disabilities, where all individuals have the opportunity to reach their fullest potential. Friendship House strives to fulfill our mission and lives the vision everyday. With a 24-7 operation of care, we strive to provide superb support, supervision and opportunities for growth and independence. We have a philosophy that the people we serve come first, while providing a family style atmosphere filled with the spirit that everyone belongs and everyone is respected. Understanding that teaching and relationships are a core principle to providing a unique environment built on trust, care and growth.

## TAKE A LOOK INSIDE

P2



**CILA**  
*What is a CILA and how does it relate to the residents and community?*

P2



**A Big Thanks**  
*An organization thrives through support of many special individuals.*

P3



**Our Programs**  
*Unique and essential programs that serves individuals and the community.*

**SCAN ME**



**Program expansion ▶**

Friendship House's newest (CILA) Community Integrated Living Arrangement, is a home for individuals with Intellectual and Developmental Disabilities. These programs are supervised around the clock to support individuals in a loving community home. CILA living better integrates individuals into the community in a house they can call home.



**THANK YOU FOR KNOWING, HELPING, AND SUPPORTING**

**Generous support from our wonderful friends**

When you see a successful organization within your community, look closely at the community itself. The warm embrace of love and support from the community is felt everywhere at Friendship House. The dedication, compassion, and generosity from the board, volunteers, donors, business partners, and family members makes Friendship House strong and vibrant. It is that wonderful support that ensures not only the existence of Friendship House, but enhances the quality of programming and the environment everyday. It is from our hearts that Friendship House says Thank You for your support in the past, present and in the future.

**A MOTHERS LOVE**



**A mothers unwavering love:** Friendship House was conceived out of a mother's love for a son born with a developmental disability. In the 1950s, when such individuals were stigmatized and dismissed, and segregated from society in large institutions, Jane McCormick held an unwavering belief in her son's potential, yet understood no programs existed that would acknowledge, much less nurture, her son's capabilities. She thus worked tirelessly to support Bob's education, growth, and independence, first alone and later with like-minded families who sought fulfilled and self-actualized lives for their loved ones. Their efforts achieved what professionals had not thought possible: productive citizens who were fully integrated into the community.

Today Friendship House celebrates over 50 years of supporting, embracing and enhancing the lives of hundreds of individuals with developmental disabilities. Friendship House's mission and programs continue to be guided by Jane McCormick's fundamental belief in the dignity and worth of all people. We advocate for individual informed choice and self-empowerment. Through our developmental training, employment, and residential programs, we promote growth, achievement, independence, self-sufficiency, and success through training, assistance, and support from loving staff.

Over those decades, expert opinion and societal views have evolved to recognize the rights and capacities of individuals with disabilities. At no other time in history than now, and in no other location on earth than America, does a person born with intellectual and developmental disabilities have the best opportunity for a long, healthy, full and meaningful life. This is a development we celebrate. We know that our programs and our commitment remain essential. Individuals with disabilities continue to experience a fulfilled life. At Friendship House we take pride in not just fulfilling care but fulfilling dreams, goals and comfort in knowing someone is always there and someone always cares. Friendship House is a leader in the care of Individuals with disabilities, because we know it all starts with the people we are privileged to serve.

FRIENDSHIP HOUSE HAS 8 RESIDENTIAL FACILITIES, A DAY PROGRAM & VOCATIONAL TRAINING CENTER SERVING OVER 100 INDIVIDUALS DAY AND NIGHT.



**REASONS TO BE A SUPPORTER OF FRIENDSHIP HOUSE**

1. OUR NUMBER ONE PRIORITY IS AND ALWAYS WILL BE THE PEOPLE WE SERVE
2. WE BELIEVE IN OUR MISSION, VALUES, PEOPLE AND EMPLOYEES
3. WE PUT THE FOCUS ON THE PEOPLE WE SERVE, ENSURING CARE & SUPPORT OVER PROFIT
4. OUR PROGRAMS AND HOMES ARE REMARKABLE, JUST LOOK AROUND
5. EVERYONE SHOULD BE TREATED WITH DIGNITY AND RESPECT ALWAYS
6. WE ARE EXCEPTIONAL STUARDS OF OUR FUNDING TO ENSURE QUALITY PROGRAMMING IN QUALITY ENVIRONMENTS
7. WE LOVE OUR COMMUNITY AND ARE PROUD TO GIVE BACK
8. WE EMBRACE EDUCATION AND PROVIDE A LEARNING ORGANIZATION
9. WE APPRECIATE OUR EMPLOYEES AND THE TREMENDOUS CONTRIBUTIONS THEY MAKE
10. WE WILL NOT GIVE UP ON ANY ONE



OTTAWA FRIENDSHIP HOUSE'S DENTAL CLINIC PROUDLY SERVES HUNDREDS OF INDIVIDUALS ANNUALLY AND PARTNERS WITH OTHER ORGANIZATIONS AS WELL AS THE COMMUNITY



FRESH HOME COOKED MEALS AND DESSERTS FROM MENUS THAT ARE DEVELOPED AND MONITORED BY OUR DIETICIAN



MONITORING THE HEALTH AND WELL-BEING OF OUR RESIDENTS IS A CRITICAL COMPONENT OF OUR PROGRAM



OUR CERTIFIED TRAINING PROGRAMS PREPARE RESIDENTS TO OBTAIN JOBS IN THE COMMUNITY



MEANINGFUL DAY PROGRAM ACTIVITIES IS AN IMPORTANT PART OF OUR PROGRAM PHILOSOPHY



WE ARE PROUD TO WORK FOR MANY LOCAL AND INTERNATIONAL BUSINESSES



STAYING FIT WITH DAILY EXERCISE INCLUDING OUR BIKE PROGRAM IS LOTS OF FUN



BEING ACTIVE IN THE COMMUNITY AND GIVING BACK IS IMPORTANT

