

# Teeegatha'Oh Zheh

*"Coming home over the same trail on  
which you left."*

Winter 2012 Newsletter



## Important Dates

Dec. 6<sup>th</sup>  
2:00-4:00pm  
Disability Awareness Open  
House/Website Soft  
Launch at TOZ Building

Dec. 12<sup>th</sup>  
3:30-7:00pm  
Annual Holiday Event at  
the TOZ Building  
  
(Day Programs closed for  
the AM, open at 1pm)

Dec. 24<sup>th</sup>-  
Jan. 1<sup>st</sup>  
Day Programs and Offices  
Closed for the Holidays.  
Reopen on Jan. 2<sup>nd</sup>.



## Greetings from TOZ!

We are excited to introduce to you our new quarterly newsletter! TOZ is dedicated to promoting community inclusion by providing meaningful supports, services, and advocacy for individuals who have developmental disabilities. We believe in the dignity and rights of every human being and their inherent right to full citizenship.

Executive Director, Bobbie Lucas, is leading TOZ towards accreditation standards by redesigning services, policies and procedures, and philosophies.

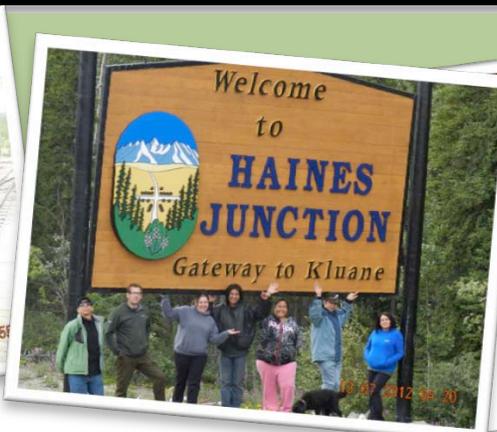
Read on for more updates on our programming and all our exciting steps towards improving our services to better serve the community!

*- Samantha Moore, Editor in Chief*

## ANNUAL HOLIDAY EVENT

**WHEN:** Wed, Dec. 12<sup>th</sup> 3:30pm to 7:00pm **WHERE:** TOZ Building

The evening will include entertainment, appetizers and desserts. All friends and family of TOZ are welcome to attend! We will also be accepting non-perishable food item donations for the food bank. Day Programs will be closed for the morning and open at 1pm. For any questions, please call (867) 668-3427.



## A SUMMER TO REMEMBER!

### Open Doors:

Looking back over our summer and fall at Open Doors, we have enjoyed a wide variety of beneficial activities. Our group was able to take part in local "Freedom Trails" therapeutic riding lessons. Many of our clients enjoyed learning new skills with the horses and improved on their riding abilities.

We were able to go on various day trips that included campgrounds outside of city limits, beaches, and the Carcross Desert to list a few. Each client benefited from these activities in different ways. Many of them learned planning and organizing skills as well as exploring and learning from nature. They enjoyed cooking outdoors and interacting with the community as we shared some public day use areas.

As a group, we were able to take advantage of many local educational sites such as the Yukon College Art Gallery, the Copper Belt Mine, the Beringia Museum, Yukon Tourism, as well as many others. The clients at Open Doors have enjoyed hiking through Canyon City, volunteering in their community, and joining other organizations to work on projects such as performing musically. It was very encouraging to hear the client's feedback on the events they took part in. Their enthusiasm and sense of adventure led to very rich, memorable and educational experiences.

*-Written by Charity Holmes, TOZ Staff*

### In Step:

What a busy summer for the guys at Instep! The season started with Frank, Kenny and Duncan riding at Freedom Trails. They learned the anatomy of the horses, and they did more riding on the trails. The Instep group did various outings including an overnight camping trip to Haines Junction. The guys set up their own tents, and helped get our site ready for the night. In the Junction, we checked out the new Cultural Center, Old Church, and Visitor Information Center with its majestic views of the St Elias Mountains.

We also did some day trips to Marsh Lake, Kusawa Lake and Johnson's Crossing. The big trip this summer was the Sky High Wilderness Ranch. The Program Coordinator, Carole organized an overnight in a rustic cabin. The first day after settling in, a musher who had run the Yukon Quest came and gave a talk about running the Quest. We then went to see the hundred plus dogs living at Sky High. Some of the dogs there had been former Quest dogs. The second day, the group split in two and went for a real trail ride. Duncan told me he liked that the horses at Sky High were not familiar to him. He also said that he liked visiting with all the dogs. Kenny also liked the dogs. A great trip was had by all, and when asked, the group would like to go back again.

Well that's it for of what we've got up to this summer and fall at Instep. Stayed tuned for more exciting adventures from the Instep gang!

*-Written by Linda Lacoste, TOZ Staff*

# PERSON CENTERED PLANNING

TOZ is adopting a new philosophy to better the lives of the people we support



**Person Centered Planning (PCP)** is a set of approaches designed to assist someone to plan their life and supports. It is used most often as a life-planning model to enable requiring support to increase their personal self-determination and provide their own independence.

A central idea behind Person Centered Planning, is that services which are set up to respond to problems of social exclusion, disempowerment, and devaluation, that can unintentionally worsen the situation (i.e. further disempowerment, devalue and exclude people). Person Centered Planning is designed specifically to 'empower' people, to directly support their social inclusion, and find the balance between what is important to and for. One of the benefits of person-centered planning is that it can address the perennial "service problems" of ethnicity, gender, culture and age by starting with planning by or with the person at the centre of their whole lives.

TOZ is in the process of setting up Person Centered Plans for all our clients. Person Centered Plans will help to set goals and track progress as those goals are achieved. It is designed to find a balance between the client's wants and needs, health and safety, and promote community inclusion.

## A Great, Big Thank You!

We would not be able to do what we do without the support & generosity of the following organizations and businesses:

- LOTTERIES YUKON for their generosity in donating winter snowshoeing equipment!
- FREEDOM TRAILS for their generosity and support again this past riding season!
- Webmaster TONY SHAW for creating such a beautiful new website for TOZ!
- UNITED WAY for funding TOZ's "From the Roots Up!" gardening project 2012!
- PENNY BIELOPOTOCKY for volunteering her time and her generosity with the Yukon Theatre!



...And many other local businesses and organizations within the community!

## Update from the Program Coordinator

The TOZ Day Programs are in full swing moving forwards with Person Centered Planning. With this in mind, goals will be based on each client's individualized plan. Whichever goals the client chooses, we will encourage success and growth. Staff continue to train with in-house and out-sourced workshops and courses to better support and encourage clients as individuals in achieving their highest potential in a safe, supportive, and inclusive environment.

Some upcoming recreational and educational activities our clients may want to engage in are snowshoeing, cooking sessions, maintaining physical health, creative arts, volunteering in the community, and developing professional skills to name a few. Along with a "Can Do" attitude, staff will continue to support clients in making informed decisions while maintaining dignity of risk.

*-Carole Dumont*

## Update from the Residential Coordinator

Clients in both homes are well into the winter season of Special Olympics Activities. They are enjoying bowling, soccer and swimming and already looking forward to the summer activities. They are also actively involved in all of the wonderful programming activities at Open Doors. This winter we will be encouraging the clients to try new activities such as snowshoeing, cross-country skiing and down hill skiing.

Teegatha'Oh Zheh residential staff and clients are looking forward to the new and exciting changes that are happening within our organization. Staff will be participating in more PCP training in the New Year. Everyone appears to be enthusiastic about learning more about the process and how to work with the clients to come up with the best possible plans to enhance their quality of life.

We currently have some wonderful staff in each home and have taken the opportunity to move a few staff around so that we can focus on using their strengths to provide the best quality of care possible. We have some wonderful relief staff on board that are filling in when permanent staff need breaks. This makes things run a lot smoother and helps create a nice balance within the homes and we certainly couldn't do it without them.

Teegatha'Oh Zheh is also losing one of our longer-term employees Pat Pelletier who has resigned from her part time position at Team One. We would like to wish Pat all the best in her future endeavors.

Lastly, the residential homes are looking forward to the holiday season and starting to prepare for this special time of year. The clients' social calendars are already filling up with wonderful fun events such as the Special Olympics Gala and many open houses.

*-Sandy Miller*

## **We Are Excited to Introduce our Brand New Website!**

You will now be able to access to information about our programs, organization, upcoming events, resources and more! We will also be posting weather closures and other notices on the homepage. This will make for easier communications on those days when the day programs may need to close.

A very special thank-you to Webmaster, Tony Shaw for his generosity and assistance in making this website happen for TOZ!

**Please visit our new website at [www.teegathaohzheh.org](http://www.teegathaohzheh.org)**

## RESOURCES

Handy-bus.....(867) 668-8394

Adult Services Unit,  
YTG.....(867) 667-5674

Yukon Council on  
Disability.....(867) 668-6703

Fetal Alcohol Syndrome Society of  
Yukon .....(867) 393-4948

Yukon Learn.....(867) 668-6280

Special Olympics, Sport  
Yukon.....(867) 668-6511

Learning Disabilities Association of  
Yukon.....(867) 668-5167

Challenge.....(867) 668-4421

Helping Hands.....(867) 667-7443

Victoria Falkner Women's  
Centre..... (867) 667-2693

Yukon Association for Community  
Living.....(867) 667-4606

Autism Yukon.....(867) 667-6406

Yukon College.....(867) 668-8800

Yukon Human Rights  
Commission.....(867) 667-6226

Service Canada...1-800-622-6232

Workplace Diversity Employment  
Office, YTG.....(867) 667-5898

Salvation Army.....(867) 393-8322

Victim Services.....(867) 667-8500

Council on First  
Nations.....(867) 393-9200

Aboriginal Affairs &  
Northern Development  
Canada.....1-800-567-9604

Whitehorse Health  
Centre.....(867) 667-8864

Canadian Down Syndrome  
Society..... 1-800-883-5608

## UPDATE FROM THE EXECUTIVE DIRECTOR

Hello Everyone!

I am very excited to welcome Teegatha's brand new Newsletter and Website to the world! There are just not enough ways to say thank you to our Program Assistant and Editor in Chief, Samantha Moore, who has put many hours of dedication and enthusiasm into these projects, and to Webmaster Tony Shaw without whose amazing generosity, creativity and skill, the website would not be the splendor that it is. Tony and his family have had a long-standing fondness and connection with Teegatha. Being concerned parents, former Whitehorse residents, and advocates for people with developmental disabilities, the Shaws were involved during the times when Teegatha saw its inception. Now still very active in the field, both sit as Directors for Community Living Associations. Thanks to you both from all of us.

What is happening here at TOZ? Well, I hope you will enjoy reading about our many wonderful programs and initiatives going on here. The staff have been working tirelessly and eagerly on many projects including; Person Centered Planning (PCP), Health & Safety, Policies and Procedure, Individualized programming, and countless activities with the clients ranging from recreation to employment to skill building. It is an honour working with such a dedicated and motivated group of people.

Thanks for reading and I look forward to our second edition!

*-Bobbie Lucas, Executive Director*

## UPDATE FROM THE BOARD OF DIRECTORS

Exciting times at TOZ and the Board is busy! Firstly, let me introduce TOZ's new Board of Directors: President - Chris Almstrom, Vice President - Tess Lawrence, Treasurer - Brian Gillen, Secretary - Ray Marnoch, Directors - Shirley Chua, Richard Zral, Leslie McCrae, and Mona Curtis. A special welcome to Leslie and Mona our newest board members.

For the past year, the Board has been working diligently to find a new location for TOZ. Once we realized the size of the task at hand, a building sub-committee was formed to focus on the project (thank you Chris, Ray, Bobbie, Shirley and Richard). Ray and Tess were successful in their application for a CDF grant which allowed the Board to contract Jim Vautour to assist in the relocation process. We have found a few locations with great potential. We remain focused on finding a safe, central location that meets the needs of TOZ clients, caregivers and staff.

Bobbie and Brian have been working hard on the financials to make sure our budget balances. Thanks to both of them! We have hired the services of McKay accounting to review our books and do the annual audit. The Board has also been working with Bobbie to update the policy and procedures manual in order to clarify expectations for staff and services to clients and their families.

If anyone has any questions, concerns or comments, members of the Board remain available and willing to engage in conversation.

*-Tess Lawrence, Vice President, Board of Directors*

## GET TO KNOW US!

"Open Doors should keep going until the end of time!" -Hayley

"Stay Open Doors! Come here, it's fun!" -Lucky

"I like playing wii with my friends at Open Doors." -Caron

"Teegatha is an awesome place to come and everybody here is supportive." -Duncan

*I'm dreaming of a white Christmas. Family come to Christmas party. Lots of people come to Open Doors!" -Tim*

"I like to come to work."  
-Ernest

"It's too cold outside. I like the staff." -Emma

"Two thumbs up!" - Rachel



## Contact Us!

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