



Changing Times

Lo-Se-Ca Foundation

February, March, April 2013

Lo-Se-Ca left Speechless By PM's Award



Writer
Erica Burdzy
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In mid 2012, members of LoSeCa's administration team were called together by our Executive Director for a meeting, a pretty common occurrence, but the news we had just received was anything but ordinary. Marie shared with the group that she had just received a call telling her that LoSeCa was a recipient of one of the first ever Prime Ministers Volunteer Award for Social Innovation.

LoSeCa was nominated for the award by St. Albert MP Brent Rathgeber and his colleague Joe Becigneul. Once nominated, Marie had run around for days gathering information and filling out application forms. Once all of our information was submitted we heard nothing for months, so when the call finally came telling us that we had won, we were shocked and thrilled! But there was one catch, until the Prime Minister's office issued their official press release; we were not allowed to say a word. We waited & waited but no press release came. Finally in June, some information; Marie would be traveling to Ottawa to accept our award! But still no press release, we still were not allowed to say anything, we didn't even know when the awards ceremony would be. More waiting... Finally we were notified that the ceremony would be held in Ottawa in December. Travel plans were made and Marie, Ron and Bernie were excitedly preparing for their trip, but still no press release. The three quietly left for Ottawa, only the rest of LoSeCa's administration team knowing exactly why they were going.

Finally in Ottawa on December 14, Marie accepted the Social Innovation award from Prime Minister Stephen Harper in a ceremony at parliament in Ottawa, a press release was sent out and we were able to share our good news!

In January of 2011, Stephen Harper announced the creation of the creation of the Prime Ministers Volunteer Awards in an effort to recognize businesses, individuals and not-for-profit organizations making positive changes in their communities and enriching the lives of others. The awards recognize 15 individuals, businesses and not-for-profit organizations in five regions across Canada in three categories: Community Leader, Business Leader and Social Innovator; as well as two national recipients one for lifelong achievement and one for emerging leaders. Recipients of the PMVA's are managed through a nationally administered call for nominations and a three step assessment process which takes months to narrow down the finalists. This assessment process includes an eligibility screening by the PMVA Secretariat, a regional review and a National Advisory Committee assessment of top-ranked nominations.



Executive Director, Marie Renaud accepts award on behalf of Lo-Se-Ca Foundation

Story Continued

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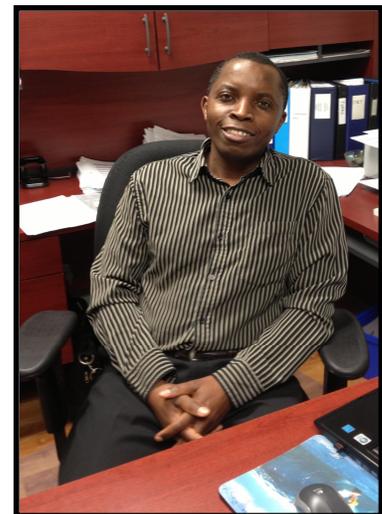
Training Calendar

February	March	April
<p><u>FIRST AID/CPR – RECERT</u> Sat. Feb. 2 9am-5pm</p> <p><u>AGENCY ORIENTATION</u> Mon. Feb. 4 5pm-8pm</p> <p><u>MEDICATION ADMINISTRATION</u> Tues. Feb. 12 5pm-9pm</p> <p><u>PERSONAL CARE</u> Thurs. Feb. 21 5pm-8pm</p> <p><u>RESTRICTIVE PROCEDURES</u> Sat. Feb. 23 9am-3pm</p>	<p><u>NCI (Behaviour Management)</u> Sat. Mar. 9 9am-5pm</p> <p><u>FOOD SAFETY</u> Thurs. Mar. 14 5pm-7pm</p> <p><u>ABUSE PROTOCOL</u> Wed. Mar. 20 5pm-8pm</p> <p>(All staff are required to complete the study guide prior to the training date and bring it with them to the course)</p>	<p><u>FIRST AID/CPR – RECERT</u> Wed. April 3 9am-5pm</p> <p><u>AGENCY ORIENTATION</u> Mon. Apr. 8 5pm-8pm</p> <p><u>PERSONAL CARE</u> Thurs. Apr. 11 5pm-8pm</p> <p><u>RESTRICTIVE PROCEDURES</u> Thurs. Apr. 18 9am-3pm</p> <p><u>MEDICATION ADMINISTRATION</u> Tues. Apr. 23 5pm-9pm</p>

Staff Profile: *Raymond Nkorerimana – Program Manager – Employed 2007*

Name:
Raymond Nkorerimana
Home Town:
Burundi / Ngozi
Black or Cream and Sugar:
Double Double
Twitter or Facebook:
Facebook
Jerry Springer or Oprah:
Jerry Springer
Phone Call or Text Message:
Phone Call
Favorite Local Team:
Oilers & Edmonton Rush
If they could bottle your personality what would the label read:
“Sympathetic”
My theme song is:
“Heal the World”
If I were a super hero, I would be:
Falcon
Something I said I’d never do but did anyway was:
Eating Frog Meat. Frog legs are delicious!!
Two things I can’t live without are:
My Family and Tunes

It’s Sunday morning at 10 a.m. If I’m not sleeping, I’m:
Sipping Tea
The best thing about St. Albert is:
Small nice community
My favorite physical activity is:
Endurance running
One thing I love that everyone else dislikes is:
Brussel sprouts. Many people don’t like them, but I sure enjoy them.
If I could have a dinner party and invite any four people, dead or alive, the guest list would be:
Mandela, Mohandas Gandhi, Martin Luther King Jr. and George W Bush
If I could change one thing about the world, it would be:
Eliminate the political business behind professional licensure
One thing people are surprised to find out about me is:
The meaning of my name. Raymond: Fench: Council, mighty Protector. American: Guards wisely. German: Wise protector. Nkorerimana: Nkore = work, Imana = good



My favorite thing about being part of Lo-Se-Ca is:
The amazingly organized team where all of us work together and support one another to ensure the people we care for got the best service they deserve. I feel Lo-Se-Ca is my second family.

VOLUNTEERING / THIRFT STORE



*Volunteer Profile –
Sharen Degner*



Name: Sharen Degner
Volunteer Since: 2010
Volunteer Day: Thursday PM
Partners in Crime: June M & Barb L

We were so grateful at our 2012 Silent Auction to have Sharen's song company provide us with a gold level sponsorship.
A huge thank you to Degner Construction.



I'm Unique Thrift Store

Be sure to shop our winter clearance,
February 1 - 28.
All clothing will be on sale for just
\$1.00.

We are rolling out the spring & summer stock beginning March 1; make sure to stop in to take advantage of our weekly color specials.

Top 10 Fun & Unique Things to Do In Edmonton or St. Albert on Valentine's Day

1. Go to a spa together and have a couples massage.
2. Play Laser Tag....it's a blast and it's safe.
3. Outdoor skating at Man Made Lake (weather permitting) then go grab a coffee or some yummy dessert.
4. Take your sweetie rock climbing at Vertically Inclined Rock Gym.
5. Have an outdoor fire in the backyard and have a wiener and marshmallow roast...top it off with hot chocolate and Bailey's.
6. Bundle up, grab some coffee and enjoy an evening stroll at the Alberta Legislature grounds.
7. Walk the pavilions of the Muttart Conservatory.
8. Grab your cross country skis or snow shoes and head out to Riverlot 56.
9. Head out to Banff for a romantic weekend, don't forget to visit the Hot Springs.
10. Take a road trip to any one of Alberta's small towns with giant statues. Plan the trip and pack your favourite snacks and a playlist of your favourite tunes & check out Vegreville's giant pysanka, Edson's giant squirrel Eddie, Wabamun's giant dragonfly, and more!

"We must all make peace so that we can all live in peace."

- Jean-Bertrand Aristide

**FUNDRAISING &
SPECIAL EVENTS**



Contact:
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February:

Corporate Challenge Blood Donor Challenge: Lo-Se-Ca has registered for the Corporate Challenge Blood Donor Challenge. This challenge runs from February 11th to May 31st. Anyone affiliated with Lo-Se-Ca can participate (staff, friends, family, acquaintances, etc).

By participating in the Blood Donor Challenge you are not only helping Lo-Se-Ca earn Corporate Challenge points but you are helping to save lives.

How to participate: Anytime you donate blood during the challenge make sure to complete the Corporate Challenge Donation Form on the laptop located in the refreshment area at each blood clinic. Even if you are turned away, Lo-Se-Ca will still receive participation points.

March:

Brain Freeze: The kick off to Corporate Challenge is an event called BRAIN FREEZE.

Is your brain filled with seemingly useless trivia? Well, now is your chance to put that knowledge to good use! Grab three equally trivia gifted co workers and join Brain Freeze 2013. Registration sheets can be found at Program. Date: March 13 2013

Annual General Meeting: Lo-Se-Ca's AGM will be held Thursday March 28th at 6:00pm. Memberships will be available for sale at the door for \$10.00 each. Light refreshments will be served.

Did you know that each blood donation has the ability to save or improve the lives of up to three hospital patients in need? Just think of what an impact we as a team can make!

Where can I donate: Canadian blood services main blood donor clinic is located just south of the University Hospital, conveniently located beside the Heath Science LRT station. Canadian Blood Services also offers mobile blood donor clinics at location in and around Edmonton. Call 1.888.2.DONATE or visit www.blood.ca to find a mobile clinic near you.



Team Einstein Crew at Brain Freeze 2011

PROGRAMING:



Writer
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The January, February deep freeze usually sucks not only the moisture from our pale skin but it often feels like it sucks the happy out of the short Alberta days. Not so this year at Lo-Se-Ca!

The start of 2013 is full of promise, excitement and a lot of happy.

Earlier in January, we had a large group travel to Los Angeles so that they could embark on a 7 day Mexican Cruise. What was so great about this particular trip was that it was the first time that a number of our people traveled. As always, the staff supporting the men and women on this trip were AWESOME, always focused on doing everything in their power to ensure people were enjoying themselves.

Smiling faces dressed up for dinner, intense faces belting out a Karaoke tune, the wonder and joy on faces looking at a dolphin close up, the goofy grin underneath an enormous sombrero the pictures said it all. Like us on Facebook to see the photos.

I have no doubt that within a few months, a few people will once again ask what is next and the process of organizing another adventure will begin.

**Want to help? We're collecting donations for the children Bangwe House. Feel free to drop off during business hours 8am – 4pm M - F
New: children socks, underwear, toiletries first aid supplies, school supplies, Used: books, soccer balls, etc**

Another really great thing about February 2013 is that March 2013 immediately follows. On March 4th, a group of 19 people leave Africa. This group, made up of staff, men and women receiving supports and family members, will be climbing Mt. Kilimanjaro to raise funds for Bangwe House in Kigoma, Tanzania. Once the climb is over, this group will travel by bus from Kilimanjaro to Kigoma and volunteer with the Brothers of Charity for a week. Bangwe House is a special place that provides care, shelter and a future for children with disabilities in that area.

While we are in Kigoma we will complete a number of construction projects and share some of our skills and knowledge. I have no doubt that what we will learn from this experience will far exceed what we teach.

As if these projects were not enough we are nearing completion on a couple of local projects that we are very excited about and you will no doubt hear more about over the next few months. We are finally ready to launch our brand new day program for seniors with developmental disabilities. We have been very aware of the growing need for quite a while and so being this close to launching is both rewarding and exciting.

We are finally, finally, finally replacing one of our longest rentals Lester house. The lovely ladies of Lester and their staff are busy preparing for the move. We will be sure to encourage an open house once everyone is settled.

From all of us at Lo-Se-Ca Stay warm, be safe, enjoy and thank you for all that you do to make this organization the dynamic, inclusive, adventurous one that it is.



“Every mountain top is within reach if you just keep climbing.”

— [Barry Finlay, Kilimanjaro and Beyond](#)



Staff and individuals gear up for a practice hike in Jasper.

Lo-Se-Ca Speechless Continued:

Nominees are assessed according to six criteria:

1: The role the nominee plays to make its community stronger. 2: The impact the nominee's contribution has had on their community. 3: The reach or breadth of the nominee's contribution and who benefits from it. 4: How the nominee engaged others in their efforts to make a difference in their community. 5: How the nominee has overcome challenges to make a contribution in the community. 6 How the nominee has inspired others or become a role model within the community.

LoSeCa received our award for Social Innovation in the Prairie region. Nominees in this category are not-for-profit organizations that use innovative ideas and approaches to improve their ability to respond to social challenges. Social innovators are organizations that develop new ideas or use existing ideas in new ways to address complex social challenges and help build stronger communities. These innovations take many forms: implementing creative approaches to programs and services, developing and delivering resources, and building relationships.

Love. Service. Care. These values define our vibrant organization in name and in aim. Prime Minister Harper singled out LoSeCa in his speech saying "The LoSeCa Foundation began with a single community residence in St. Albert in 1992 in order to provide support for people with developmental disabilities. Since then its faithful service has been so valued that there are now 23 such homes in St. Albert and Edmonton. The LoSeCa Foundation shows how a not-for-profit organization can help foster a thriving community."

If you haven't already done so, please come check out our medal and get your picture taken with it for our wall of fame.



Sharon, Ray, Ron, Marie, Erica, and Bernie pose with Award

LoSeCa helps foster vital links between individuals and the larger community, connecting our individuals with volunteer and paid positions in local businesses. We also provide the entire city with opportunities for volunteerism and engagement through our programming, residences and our I'm Unique Thrift Store. Nationally, LoSeCa was instrumental in St. Albert's successful bid to host the Special Olympics Winter Games in 2012. And soon, a group of LoSeCa individuals, family members and staff will travel to Tanzania to climb Mount Kilimanjaro, raising funds and awareness, and sharing resources and best practices with a like-minded local charity.

LoSeCa fosters the twin values of independence and involvement. By modeling life skills and providing low cost housing, LoSeCa helps persons with disabilities create caring and supportive communities of their own. We then enable them to find meaningful involvement within the wider community such as taking fitness classes, visiting the farmer's market or putting in a good day's work at a job. The LoSeCa Foundation truly does show that, by empowering individuals, a not-for-profit organization can foster a thriving community.



Writer
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Lo-Se-Ca Focuses on Cultural Diversity

What is cultural diversity?

Cultural diversity is the sum of attitudes, customs, and beliefs that distinguishes one group of people from another. Culture is transmitted, through language, material objects, ritual, institutions, and art, from one generation to the next.

LoSeCa Foundation Cultural Diversity:

LoSeCa has employees from more than 22 countries. Within Canada, staff are from 5 provinces.



Diversity Focus group:

To better deal with all the challenges arising from different cultures, LoSeCa Foundation started the training on cultural diversity in 2010. In late 2012, a cultural diversity focus group was introduced. This focus group includes 7 staff from different parts of the globe, different gender and different positions.

Objectives of this focus group.

- Understand the challenges encountered by different cultures at our workplace
- What can be done to get our staff from different cultures understand the workplace expectations.
- To get all cultures strive for the same goals
- understand and increase the motivations at workplace regardless the cultures barriers.

The focus group had issued intercultural questionnaire to all staff. All the information received is valuable. We take the opportunity to thank to all the staff who took their time to complete the questionnaire. The focus group will review all the information provided and will work from there.



“Two heads are better than one.”

“Many hands make light work.”



Cultural shock!!!

One staff member moved to Canada a decade ago. They taught him to call 911 if he encounters an abnormal situation. One day, he bought milk. When he realized that the milk is expired, he took it back to the store which refused to take the milk container. He followed what he was taught and called 911!!!!

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