

# Let's Connect

**FALL 2007**

## **The WOCRC is Going Green!** - *Annie Muldoon*

Over the last year, the WOCRC has begun to make some changes in the hopes of reducing waste and increasing environmental awareness. Some changes we have made include:

- Double-sided printing from four of five printers on-site
- Signs that alert staff to energy saving options (on electronic equipment/photo copiers, etc.)
- Reuse of materials in the Adult Day Program
- "Green Tips" distributed over email about changes that staff can make at work and at home



We have also formed an Environmental Committee, and have spent the last couple of months putting together an Environmental Action Plan for the WOCRC. We are very excited to begin implementing new activities this fall.

## **New TTY at WOCRC and Chrysalis House**

Western Ottawa Community Resource Centre counsellors and Chrysalis House staff can better communicate with clients who are deaf, deafened or hard of hearing, thanks to a new TTY telephone system. Having this TTY will assist in eliminating communication barriers and will help clients in receiving counselling, information and referral services.

A TTY is an electronic device with a keyboard and a small screen that lets deaf, deafened, hard of hearing and hearing people use the telephone to communicate. If both the caller and the receiver have a TTY, the call can take place directly person to person.

**The new WOCRC TTY number is: 613-591-0484.**

It is available during regular business hours.

Monday to Friday, 8:30 – 4:30 (8:30 – 4:00, June to August).

**The new Chrysalis House TTY number is 613-591-8912.**

It is available 24 hours a day, 7 days a week.

## **WOCRC receives a Partial French Language Designation**

The Western Ottawa Community Resource Centre was one of eight non-profit community groups that were recognized with designation under the French Language Services Act, Francophone Affairs Minister Madeleine Meilleur announced July 12.

The WOCRC will receive a partial designation for its Violence Against Women Program and Early Years Centre Program. The designation as Public Service Agencies under the French Language Services Act officially recognized that the WOCRC is able to serve Francophone clients in their language.



Receiving a partial designation for the WOCRC's Violence Against Women Program and Early Years Centre Program under the French Language Services Act is part of fulfilling our strategic direction for increasing accessibility and inclusiveness of all WOCRC programs. The WOCRC partners with others to develop, provide and coordinate accessible community, health and social services for all members of our diverse communities.

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## Summer at the WOCRC



Chrysalis House really is a place of learning, laughter and acceptance. While I was there I was encouraged to use my creativity in planning activities for the children and youth. I was welcomed into all aspects of life at Chrysalis House whether it was cooking with Juanita, helping to organize donations with Kerri or participate in Creative Expressions with Breanna.

At Chrysalis House, I learned that an organization is successful not only by its philosophy but by how its team members are welcomed, supported and respected.

Chrysalis House creates a safe place for people to work, live and learn. I feel truly blessed to have been given the opportunity to work with and learn from such caring and experienced Women's Advocates and Child and Youth Workers.

I was able to work within a well organized and innovative organization that was both well structured yet flexible enough to allow for creativity.

I was able to meet and form relationships with some of the most courageous women and children I have had the pleasure to meet. I was able to watch children and youth grow as a result of their stay here. I was able to share their journey with them from uncertainty to safety.

I will take my summer experiences here at Chrysalis with me throughout my professional and personal life. It's sad leaving but I know that the relationships I made here will be with me throughout my journey. Chrysalis House is not a destination but rather an oasis for people making their way to a life of empowerment and choice.

- Krista Helena Arnold

### Did you know...

The Community Support Program offers a variety of services to assist you, your family members and your friends? Call the Western Ottawa Community Resource Centre (WOCRC) at 613-591-3686 for more information services such as the **Adult Day Program** - A day of activity for adults experiencing dementia related illnesses providing respite care for the main caregiver, **Meals on Wheels** - Nutritious hot and frozen meals are delivered to the home, at a reasonable cost, by friendly volunteers to those who are elderly, disabled or convalescing,

**Diners' Club** - Volunteers help in hosting a hot catered lunch, social and educational gathering for older adults who are feeling housebound, **Home Maintenance/Help** - This service matches screened workers with seniors and adults with physical disabilities requiring assistance with routine housekeeping tasks, general home or yard maintenance.

### Best Deal in Town, Community on the Go! - Colleen Caldwell

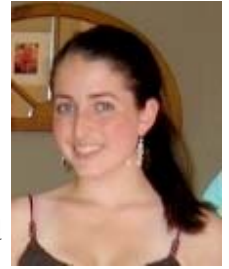
The Western Ottawa Community Resource Centre is offering a service to seniors and adults with physical disabilities who need transportation to non-medical appointments such as shopping, banking and hair appointments. A normal fee is charged to offset the cost of mileage. If you would like to join our van service, or drive one-on-one with a volunteer, please call us at 613-591-3686. This service is available in English only.

This past summer, I had the privilege of being a part of the Adult Day Program and Community Support team as a summer student. I cannot say enough how fortunate I feel to have been given this experience as it has really opened my eyes to the world of those living with dementia.

I enjoyed every day working in the program with Keitha and Brenda, (even those really busy weeks!) due not only to the challenges I faced and learned to solve day-to-day, but also the friendships I made along the way with co-workers, volunteers, and clients alike. It has to be said as well that my days are thrown off now without my tea and pumpkin muffin in the morning!

I want to take this time to express my thanks to everyone on the Community Support Team, as well as all other staff I was able to meet during my time in the Centre, for their kindness and support throughout the summer.

- Amy Macdonald



We would like to thank all of our summer staff at Chrysalis House and the WOCRC. Your dedication, commitment and energy are greatly appreciated.

Best wishes in all your future endeavors. Your help will definitely be missed.

### **Mark Your Calendars!** - *Maureen & Vivienne*

An Art Exhibition called 'Breaking Down the Walls of Silence' has tentatively been set for November 7<sup>th</sup> from 4.30 p.m. until 7 p.m. in the 2<sup>nd</sup> floor Boardroom. The public is invited to come and see creative expressions such as writing, poetry and vision boards, which have been created by clients. November is Woman Abuse Awareness Month. To highlight this fact and to raise awareness of abuse, the Child Witness and Violence Against Women Programs are collaborating in presenting this art exhibition. All women and children who have used our services in both programs, are being invited to contribute any form of expression on the violence and / or the healing process. This will serve to give women and their children a voice, be it anonymously or not.



### **VAW CAS Collaboration Agreement** - *Jessica Sauv -Griffin*

Ministry funded Violence Against Women (VAW) agencies in Ottawa have been working for the past few years on a collaborative service delivery model between this sector and the Children's Aid Society (CAS). Currently, we are in the beginning process of the implementation of a collaborative model of service delivery which provides services to women and children in families where the children are in need of protection resulting from their exposure to woman abuse. A process in which the WOCRC is the lead agency.

This new and exciting service delivery model is founded on current best practice and includes joint intervention, case consultation and training. The project will be guided by the principles outlined in the VAW CAS Collaboration Agreement signed by both sectors in 2003. The model establishes a co-located team of VAW and CAS service providers who will work together to provide in-home and in-office counselling. Families will be referred by the CAS Intake Team according to a set of predetermined criteria.

### **City of Ottawa funding used to build a Healthier Community for Seniors** - *Carol Diguier*

We are very happy to announce that the Rideau Seniors' Centre has received funding from the City of Ottawa for a one year project increasing access to community support and recreational services for seniors and adults with physical disabilities living within communities of North Gower and Richmond. This project will enable the Rideau Seniors' Centre and Western Ottawa Community Resource Centre to plan and promote services and to improve access to programs and services provided in the community. A staff member of the Rideau Seniors' Centre will be available at the new office, Cornerstone Wesleyan Church in North Gower, on Wednesday and Thursday from 10 a.m. to 2 p.m. We will be recruiting volunteers to help us with this project in the very near future. Anyone interested in volunteering please contact Carol Diguier at 613-591-3686.

This is a very exciting project and both Agencies are looking forward to working together to build a healthier community.

### **Intergenerational activities at the WOCRC** - *Susan Wheat*

Seniors in the Adult Day Program are now getting the opportunity to exercise their hands by making play-doh for the children of the Ontario Early Years Centre—Carleton.

Play-doh requires lots of kneading after it's cooked and there's nothing more soothing for stiff joints than to work with the warm balls of play-doh. This summer, they made red, yellow and blue play-doh for the children of the "A-OK for JK" School Readiness Program. The children were then able to conduct experiments with the different colours, learning that red + yellow = orange, blue + red = purple, and blue + yellow = green.

To express their thanks to the seniors, the children visited them to sing songs such as *Head & Shoulders*, *Eency-weency spider*, etc. The seniors joined in with the singing and actions and the children loved having such an appreciative audience.

With drop-ins beginning again in the fall, the seniors will resume their monthly visits to Rhyme Time at the Little Crawlers' drop-in, where they join with the parents and babies for more sing-alongs.



## A Day Away - Lindsay Hayes

Alzheimer disease is a progressive, degenerative illness of the brain and caring for a person with this disease at home is a difficult task and can become overwhelming at times. Each day brings a new challenge as the caregiver copes with a loved one's loss of memory, judgment and reasoning, changes in mood, behaviour and communication abilities.

Since 1999, the Western Ottawa Community Resource Centre (WOCRC) has offered adults experiencing Alzheimer disease or other dementia-related illnesses a day program in a comfortable, stimulating environment.



Clients are provided with lunch, snacks and refreshments as well as cards, board games, music, crafts and other activities. For \$20 a day, the program also includes day trips such as pontoon boat rides and picnics in the park, as scheduled for the month of August.

Run by two qualified staff and a team of screened and trained volunteers; the program begins at 9 a.m., Monday through Thursday and is open to all Ottawa residents. Round trip transportation is available Tuesday, Wednesday and Thursday for clients within the Goulbourn, Kanata and West Carleton area.

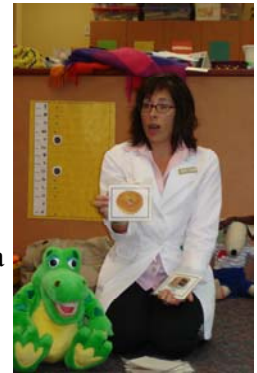
Currently, there are program openings on Monday. Please call the WOCRC's intake office at 613-591-3686, for further information regarding services available to meet the needs of persons with disabilities.

### A Day Away ~ Reg.

A day away has been good for me and I always look forward every Wednesday from Nine to Three. The driver comes at 8:30 am to pick me up and Barb and Jim to participate in the "Adult Day" program. We chat and we talk and laugh a lot, at the subjects we discuss are broad and HOT!

## School Readiness Program - Susan Wheat

Once again this summer, staff at the Ontario Early Years Centre—Carleton offered a school readiness program for children registered for Junior Kindergarten. The program is available, in part, thanks to a generous donation from Dr. Kersta Peterson, Beaverbrook Dental Health Clinic. Children learn best through play; as well, they became accustomed to routines, separating from parents, and becoming more independent. Lisa, a dental hygienist from Dr. Peterson's office, and Rania, a dental student from McGill and aunt of one of the students, both visited the program to teach the children about the importance of dental health. We took a field trip to the woods nearby and another trip to Pizza Hut to learn how a restaurant operates. Our summer school ended happily with a day for the families to come together to celebrate their children's accomplishments. The children sang some songs for the parents and received certificates of achievement.



## Popcorn and Movie Night - Colleen A. Taylor



At 6 years old, a major life transformation happens in a child's life. Children head off to school full time, spend long periods of time without their parents and face challenges such as homework, making friends, getting to the bus on time and much more all in their first 6 years. How do our children handle all of this? Some get along fine and others find it more of a challenge. The Popcorn and Movie Night will offer parents a comfortable and supportive way to find out information on various issues and topics on everyday concerns like homework, sibling rivalry, daily chores and behaviour. Most evenings will include a short video on a specific topic followed by a discussion and of course popcorn! Details are not yet finalized and we encourage you to contact either Colleen A. Taylor or Angela Lorusso towards the end of September for more details. Our plan is to offer a monthly evening meeting from 7:00-8:30 starting in October.

**Take a Hike!** - *Jessica Ripley*

The Youth program partnered with Youth Net to offer "Take a Hike" for the second consecutive summer and it was a big success. This 8 week outdoor program offers youth healthy and alternative ways of coping with stress through physical activity, social interaction, and skill development. The program was full with 10 participants from our community between the ages of 13 and 17. The youth enjoyed hiking on local trails as well as in Gatineau, kayaking/canoeing, caving, ice cream stops, BBQ, and a final outing to Mt-Cascades! At only \$8 for the summer, this program is very accessible to the youth. Many thanks to Youth Net for all their hard work. We are hoping to have this program return again next year!



**Help us bring Care and Community Together**

The WOCRC is requesting your help in completing a Needs Assessment regarding services related to children ages 6-12 and youth ages 13-18.

Please visit [www.communityresourcecentre.ca](http://www.communityresourcecentre.ca) and complete the online survey in order to help identify current priority areas for children and youth services. Your response will help guide future decisions regarding planning for programs, services and resources.

For further information, please contact Colleen A Taylor, Children's Community Developer, at (613) 591-3686 or by email at [taylor@communityresourcecentre.ca](mailto:taylor@communityresourcecentre.ca).

**A-OK for JK graduate Gives back to Community** - *Lynn Stocker (mother of Liam)*

August 30th was Liam's last day of his kindergarten readiness program called "A-OK for JK" at the Ontario Early Years Centre - Carleton. While attending the program he achieved independence, patience and listening skills while making new friends. All summer Liam had dreamt of having a lemonade stand, and I thought it would be a great experience for him to learn in giving back to his community. His hard work selling lemonade finally paid off when Liam proudly presented his teachers with his proceeds. The lemonade stand was a great success and he was extremely happy to know that he was helping others with his donation!



**Make a Donation**

I would like to make a donation to the Western Ottawa Community Resource Centre (WOCRC):

\$50     \$100     \$250     \$\_\_\_\_\_

I would like to receive more information on the WOCRC and its programs or volunteer at WOCRC.

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ Postal Code: \_\_\_\_\_

VISA     M/C     Amex     Cheque \*enclosed

Account #: \_\_\_\_\_ Expiry: \_\_\_\_/\_\_\_\_

Signature: \_\_\_\_\_

\* Payable to: Western Ottawa Community Resource Centre. Mail to: 2 MacNeil Court, Kanata, ON, K2L 4H7

All donations are tax deductible. Do you require a receipt?     Yes     No

B.N. 12821 9201RR0001

Please put my donation to use in this specific program or department (optional): \_\_\_\_\_