



Orléans-Cumberland
Community
Resource Centre

Newsletter

& the Community Caring Connection

September • October • November 2016

Trends and issues shaping volunteerism

Demand for volunteer's services is growing. Demand for volunteer's services is growing dramatically, with a critical need to expand the volunteer base. Organizations like ours are attempting to meet greater needs with fewer resources. Increasing demands on time, with changing work and leisure patterns, are resulting in people having very limited time to volunteer. One-parent families, both parents working, aging parents, all leave people with little time. Many of today's volunteers are looking for shorter-term assignments.

Volunteers today expect challenging, interesting assignments that involve work they enjoy doing. Volunteers are looking for challenges, giving back to their community, and enrichment in their lives. The Orléans-Cumberland Community Resource Centre is increasingly targeting its recruitment efforts to better reflect the diversity and needs of the communities we served.

"As a nurse, I enjoy helping people and volunteering allows me to continue to have that satisfying feeling of trying to make a small difference by helping others. It gives me a sense of purpose and usefulness in my retirement years." Katie Girard

Unemployed people register for volunteer positions in unprecedented numbers, often bringing excellent skills.

Today, volunteers expect to be treated professionally and be provided with a flexible schedule. Some organizations must alter their volunteer management practices. It is critical to have a clearly defined the volunteers' positions, to provide training, and to support them. Volunteers seek leadership that mobilizes people, and gives them freedom to be creative in finding solutions. The increase in our senior population will continue to dominate both the demand for and the delivery of volunteer services. This group of qualified and skilled people is a rich source of candidates for volunteer positions.

"I like working with people and it is important for me to feel useful. I promised myself that when I retired, I would volunteer in community service. After looking at various options, I contacted OCCRC who offers many interesting programs and I decided to work with them."
A proud volunteer at the OCCRC

We are grateful for the priceless contributions of our volunteers. This past year, 206 volunteers worked at the Centre providing support to our staff in several programs and activities. Our precious volunteers also assisted hundreds of individuals and families who visited our Centre to receive support in one form or another. In all, they have contributed

close to 8500 hours of their time and energy in a collective effort to make our Centre, and our community, a warm and welcoming environment. We acknowledge each volunteer's contribution with great enthusiasm, and acknowledge their great devotion toward our Centre as well as our community. Thank you!

Rosanne Canzanella
Volunteer Program Coordinator

— Our programs and services are free of charge —



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Visit
our website
www.crcoc.ca



Find us on
Facebook

240 Centrum Blvd.
Unit 105
Orléans ON K1E 3J4
T 613-830-4357
info@crcoc.ca

Office Hours

Monday to Friday
8:30am to 4:30pm
Closed noon to 1pm

Centre will be closed

September 5th and
October 10th

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OC Transpo Buses

135, 136, 137
stop near our building
T 613-741-4390

Adults and families

Intake and Intervention Program – Talk to someone about stress, violence, crisis intervention, employment, bereavement, short-term counselling, advocacy, community education, etc. Call us for support and to discuss the resources available in the community.
Info. Tracy or Lisa (613) 830-4357

Contact North – Online education, financial aid options, employment agency referrals and more.
Info. Christina Patterson (613) 830-4357 ext. 301
orleans@contactnorth.ca

Supporting Elders – Offered to elders in Gloucester, Orléans and Cumberland. Day centre open for more services —1515 Tenth Line Rd.
Info. (613) 741-6025

CFSO – Counselling for individuals, couples and families. (service available on a sliding scale)
Info. Carole Barrette (613) 830-4357 ext. 406

Employment Ontario – Your job is out there...and we'll help you find it. We can help you get the training, skills and experience to achieve your goals.
Info. (613) 741-9042

Action Housing – Services for tenants and landlords related to housing, tenants' rights. Get information on your rights and responsibilities in order to avoid difficult situations.
Info. Eddy Francillon (613) 830-4357 ext. 400

Diabetes Program – Information groups offered every month during the day and evening, in English and French. To register, call (613) 233-6655

Francophone Association for Autism – Information offered to individuals with autism and support to their family members. Info. www.sfoautisme.org

Life Enrichment for Senior Adults [L.E.S.A.] – Counselling for adults 55+ experiencing problems with alcohol, medications, other drugs, and gambling – aiming to improve social / physical / psychological / spiritual health. Info. (613) 233-5430

EBO - Financial Education Centre – Offers help on budgeting and work with individuals and their families to achieve financial autonomy.
Info. (613) 830-4357

Doyle Salewski – Offers counselling and solutions to people experiencing financial difficulties. Info. Marc Rouleau (613) 830-4357

Christmas Food Support Program

Registration dates :

October 3rd to November 30th

To register or obtain information, please leave a message at 613-830-4357 ext. 408

Eligibility requirements:

- Resident in the Orléans-Cumberland community
- Low-income individual or family

Babies, children & teens

[Early Years Centre : see middle of newsletter for activities]

La Leche League Canada [LLLC] – Breastfeeding meetings at the OCCRC every 3rd Tuesday of each month 6:30pm to 9pm. The facilitators provide breastfeeding information and encouragement to parents and offer breastfeeding support on a continuing care model from breastfeeding preparation right through to weaning.

First Words – [speech & language services] Focus on prevention, early identification and treatment of speech and language problems in young children. Info. Ottawa Public Health (613) 580-6744 or visit www.firstwords.ca

Dental Screening Clinic – Offered every 3rd Friday of the month at the OCCRC from 9am to noon.

Youth Program [7-13] – Individual counselling to discuss difficult matters at home, at school or in their environment. Bullying prevention workshops, support groups, such as social skills. Other social events as well, contact Hélène for details.
Info. Hélène Leblanc (613) 830-4357 ext. 152

Youth Program [14-18] –

YOUTH DROP-IN – Tuesday nights 4pm–7pm to talk one on one with a Youth Worker about needs and resources.

YOUTH SPACE – Thursday nights 4pm–7 pm where youth can come to meet other youth in their community, share experiences, have fun, discuss their needs.

Info. Tanya Lapointe Harris (613) 830-4357 ext. 140

Youth Services Bureau – Services in areas of mental health, community and housing, employment and information on youth justice.

Info. Marco Falsetti (613) 830-4357 ext. 147

Resources for military families – The MFRC still offers counselling at the OCCRC.

Info. (613) 998-4844 or email at

capp@mfrnc-ncr.org and www.familyforces.ca

Food Bank Information

Individuals and families coming to the food bank

Office Hours:

Tuesday — 4pm - 7pm

Thursday — 1:30pm - 4:30pm

Friday — 9am to noon

***Please come in 30 minutes before closing time.

For donations

Summer Office Hours:

Tuesday — 11:30am - 3pm

Wednesday — 9am to noon

Thursday — 9am - 4pm

Friday — 9am to noon



(closed between noon and 1pm)

Ottawa-Orléans Early Years Centre



Our Early Years has a lot to offer for moms, dads, caregivers — with children 0 to 6 years old

Workshops (registration required) and activities offered once or more times a month. Here are some of our activities: Playgroups

during the week and Saturdays, Playgroup for dads, Breastfeeding support, Toy Lending Library.



Cumberland Drop-in at the R.J. Kennedy Arena in the village of Cumberland every Wednesday mornings.



Follow us on Facebook for last minute news.

Parents and caregivers who register with this program can receive information about other programs and activities offered in the area.

Visit our Satellites



Charlemagne Preschool Resource Centre



*Nut and fragrance free environment

A partnership with Youth Net



Youth Net, in partnership with the OCCRCs Youth Program, is offering **Pens & Paints** to teens this coming fall. This 8-week program will focus on

coping with stress through visual arts and creative writing. Youth complete a variety of activities like



painting, slam poetry, sculpting, and sketching while linking topics like self-esteem, body image, stigma and many more. Visit our website at www.crcoc.ca **Youth Program 14-18** or follow us on our **Facebook** page in September for all the details.

You can also visit the Youth Net website at www.youthnet.on.ca.

The holidays are just around the corner...

Before we know it, there will be snow on the ground and the shopping malls will be filled with busy bees preparing for the festive season.



This year, while you are preparing your family for this joyous occasion, why not also help a family right here in our community. Over 200 families turn to our Centre every year for support during this expensive time. Your kind support will help us ensure that no child or individual goes without

food this holiday season. Join us in spreading the holiday cheer and sponsor an individual or a family in our community. For more information please visit our office at 240 Centrum Blvd., unit 105 or our website at www.crcoc.ca



Do you own or manage a business, or are you part of a community group in Orleans, Cumberland, Navan, Sarsfield, Vars or Carlsbad Springs? Our Angel Tree program can assist you and your customers/ fellow members help all children in our community wake up with gifts under their tree's this holiday season. Please contact Cindy at 613-830-4357 or cmackay@crcoc.ca for more information about this program.

Would you like to...

- Receive our newsletter by email? Write to info@crcoc.ca
- Become a member of our **Community Caring Connection** (CCC)? Call 613-830-4357 x305
- Make a donation to the OCCRC? Please find the form on our website on the "Get Involved" page <http://crcoc.ca/get-involved/donate/>

Thank you to the Paul Rushforth Golf Tournament team!

A record year on the links....

Thank you to the incredible team at Paul Rushforth Real Estate who this past July hosted their 5th annual "Paul Rushforth Charity Golf Tournament" in support of the OCCRC & the Ottawa Senators Foundation. This year this amazing team blew their 2015 total out of the water! Thanks to the incredible support of their more than 35 sponsors, over 40 donors, and 156 golfers they raised over \$36,000 that will directly help our community!



The weather may not have been perfect for a day of golf but the atmosphere, and spirit of those involved helped to make this red carpet, first class event and incredible year! This tournament has now been dubbed the "Must attend charity golf tournament of the summer" by all who attend. If you would like to get involved in their 2017 tournament, please visit their website today at www.paulrushforthgolf.com



Flipping for Charity 1st Annual Pancake Breakfast

Bringing our community together, one "Flip" at a time...

Are you looking for a great affordable event to take the whole family to? One that is fun for all and helps your community too? **Sunday, September 18, 2016** Steve Sicard & the OCCRC are bringing an event that will satisfy the whole family! Introducing, the 1st Annual "Flippin' for Charity" Pancake Breakfast in support of the OCCRC's Food Bank and Youth Program.

Tickets for sale online now and you can log on to our website today at www.crcoc.ca for more information about this amazing community family event.



You can also purchase tickets at our Centre at 240 Centrum Blvd. starting August 25th.

Bids for Change - Auction

Bidding away hunger in our community...

The Orléans-Cumberland Community Resource Centre is proud to announce the return of "Bids for Change" Online Charity Auction beginning Friday, Oct. 14th at 1pm and runs through to Tuesday, Oct. 25th at 1pm.

Do you own or manage a business in our community and would like to be featured in this great community event? For more information, contact us at (613) 830-4357 ext. 305 or email cmackay@crcoc.ca.

This year, we will feature – toys for all ages, jewelry, spa package, and so much more! Please visit our website at www.auction-CRCOC-encan.com to preview some of our auction items.

Don't forget to log on and bid...

with the right bid you could walk away with a few great Christmas gifts for your friends and family OR find that item you have been searching for to pamper yourself!

All proceeds from this event will be used to support our programs and services.



We need your help!

Online Auction needs YOUR help!

This year we are hoping to make our online auction **"Bid for Change"** even more of a success! We are looking for owners or managers of local businesses to get involved in this event or even dedicated employees who feel as though their workplace can make a difference! No matter the size of the sponsorship or donation – every little bit helps in ensuring we get the proper funding for our program and services!

If you feel like you can make a difference and want to get involved in this great community event. You can get more information by contacting us at (613) 830-4357 ext. 305 or email cmackay@crcoc.ca.



School Supplies - thank you -

Appreciating your kind support

The Orleans-Cumberland CRC would like to extend our deepest thanks to Palladium Insurance, Staples Business Depot and Sure Print Orleans for stepping up this year for youth returning to school in our community. Thanks to their very generous support, more than 200 students who come to the OCCRC for assistance in obtaining school supplies for the return to school this September will do so with all the items they need to succeed!



Gift Cards Program

Giving the Gift of Caring

The OCCRCs gift card program is growing... do you own or manage a business that gives gift cards to staff, customers or clients? Why not give some away while giving back to your community at the same time?

Simply log on to the OCCRCs website at www.crcoc.ca click on **Get Involved** and download the form which has over 80 different gift card retailers. You will only pay the face value of the gift cards you choose and a donation of 2-15% of your purchase will be donated to the OCCRC.

Christmas is just around the corner...

We have gift cards for Toys R Us, Best Buy, Walmart and more. Why not get something for the hard to buy for we all know while supporting your community at the same time!



Upcoming Events

September 18 – Flipping for Charity- 1st Annual Pancake Breakfast - Please join us at Proulx Berry Farm for this annual breakfast. Please visit www.crcoc.ca for more information on this exciting new event.

September 23-25 – OutGrow OutPlay's Fall/Winter Consignment Sale – Please join us for their annual fall/winter sale at the Superdome Sports Centre at 1662 Bearbrook Rd. Visit www.orleans.outgrowoutplay.com for more information.

October 14-25 – "Bids for Change" 6th Annual Online Charity Auction – Don't forget to log on and bid! We have over 100 items, from toys to spa visits, to hockey tickets and so much more. Please visit www.auction-crcoc-encan.com

November 5 & 6 – Capital Artisan Guilds 34th Annual Christmas Craft Show – Please join us from 10am-4pm at Sir Wilfrid Laurier High School for this great Christmas Craft Show. Food and monetary donations will be accepted for the OCCRCs Food Bank.

November 2016 – Orleans Christmas Choir Fest
The 30th annual event is being held in late November at the Community Pentecostal Church, 1825 St. Joseph Blvd. The Choirfest brings together choral ensembles from across the east end, including a number of local churches. Admission is free, however, a freewill collection will be taken up during the intermission to benefit both the Gloucester and Orléans-Cumberland food banks.



Our Caring Community Corner...

Are you hosting a "caring" family/community event this fall?
Let us know and we'll post it in in our *Caring Community Corner*.

Many thanks to our great community

We are incredibly thankful for the overwhelming support we receive from our community. We would like to take this opportunity to thank the following organizations who took time **over the last three months** to help collect food and financial support via food drives or community events to ensure the success of our food program.

- Action Housing
- Bahai Orléans'
- Camelot Golf & Country Club
- Cumberland Lions
- Dr. Alan Rosenbloom
- Eglise Baptiste
- Équipe de santé
- GCGH – Bantam One
- Giant Tiger – St. Joseph Blvd.
- Jacob's Full Belly Mission
- Kiwanis Club of Orléans
- Maison fraternité
- Military Family Resource Centre
- Mobile Emissions Testing Inc.
- Nepean, Rideau, Osgoode CRC
- Proulx Maple & Berry Farm
- Redeemers Alliance
- Seven Day Adventist
- Société franco-ontarienne d'autisme
- St. Dominik
- St. Helen & Friends
- St. Mary's Anglican
- St. Peters Catholic Secondary School
- Sri Sathya Sai Baba centre of Ottawa

CCC monthly donor interview

In this portion of our newsletter, we would like to take a moment and chat with one of our incredible supporter who has recently decided to change how they give.

OCCRC: How long have you been supporting the Centre?

Karen: *My husband and his family have been supporting the Centre for more than 25 years. We have lived here for over 27 years and when we heard of the good that the OCCRC was doing within our community, we knew this was an organization we would like to support. It only seemed logical that once we were in a position to start giving back, that we would support this very worthy cause.*

OCCRC: How have you and your family supported the Centre in the past?

Karen: *Seven years ago, we started supporting events that the OCCRC hosted: golf tournament, auction, Christmas program. Two years ago, while chatting with staff member at the Donor Appreciation Night, we learned that the Centre had a program where donors can give on a monthly basis. We knew this was the perfect option for our busy lives. We make these donations online and let the Centre decide in which program or service they wish to invest.*

OCCRC: First, thank you for your continued support, and second, would you recommend this method of giving to other OCCRC supporters?

Karen: *Most definitely! This is a seamless, easy way to ensure that we are supporting our community. The best part is we have a young family and are not necessarily at a stage where we can afford to give a substantial amount every year. This method of giving allows us to give a small amount every month and the Centre still receives continued, reliable support.*

OCCRC: On behalf of the team at the OCCRC, and the community, thank you to you and your family.

Community Caring Connection (CCC)

The CCC is a club where anyone or any organization in the community can register and become a member. The members can become monthly donors or sponsors at different levels (*Friend, Bronze, Silver, Gold, and Platinum*) and receive specific benefits based on their level of membership. See details at www.crcoc.ca.

Twin's Causes wrap-up

A great day on the links...

It was a beautiful day filled with great food, prizes, great golfing and fun. The hard work of Denis Sauve and his twin sister Denise Hoffman was evident. All in attendance agreed that this was a fantastic 1st annual charity golf tournament in support of the OCCRC and the Kelly Project.

Bringing over 120 people together for a day of fun in the sun for a worthy cause is something that Denis and Denise are very proud of.

Thank you to all of the amazing sponsors, donors, golfers and the incredible planning committee who made this incredible day such a great success. We at the OCCRC would also like to extend our deepest thanks to Denis and Denise for including our Centre in their amazing day.

Thank you does not seem enough...

The list below shows many OCCRC supporters who donate food items and financial support to our Centre **on a monthly basis**. Your heartwarming support is what keeps our food bank full for those who need it.

- Dessureault YIG
- Kardish Health Food Centre – Innes Rd.
- Orléans United Church
- Pantry Plus – St. Joseph Blvd.
- Royal Canadian Legion Orléans Branch 632
- Sobeys Orléans
- St. Helen Anglican Church
- Starbucks – Innes Rd.
- Tim Hortons – Innes Rd.
- Tim Hortons – St. Joseph
- Tim Hortons – Place d'Orléans
- United Way of Greater Simcoe County

Thank you all for your very generous support!