



Orléans-Cumberland
Community
Resource Centre

Newsletter

& the Community Caring Connection

June • July • August 2016



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Visit
our website
www.croc.ca



Find us on
Facebook

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

Summer Hours

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

Centre will be closed

July 1st and August 1st

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OC Transpo Buses

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

New Community Partnerships

New Horizons — The Orléans-Cumberland Community Resource Centre is a bilingual multiservice centre that promotes and contributes to the health and welfare of the Orléans-Cumberland residents.

The Centre plays an important role in offering a variety of services meeting the needs of our community. To achieve this, we actively seek out partnership opportunities that will complement the services we currently offer.

As part of the New Horizons program, we received a grant of \$ 24,000 to provide a mentoring program. This program will be offered in collaboration with le Rendez-vous des aînés francophones d'Ottawa and Employment Ontario. It will provide opportunities for seniors to mentor unemployed individuals. They will do this by using expertise acquired within their respective profession in an effort to promote career advancement and prospects to the unemployed individuals.

About Sexual Health — We are developing a new partnership with Somerset west Community Health Centre and Eastern Ottawa Community Resource Centre, to provide more resources and information on sexual health for resident in the East end of Ottawa.

Soon we will have two monthly community clinics that will offer information about sexual health, distribute condoms, lube, and other resources. These clinics will also offer anonymous rapid HIV testing, confidential syphilis testing, and collect urine samples for chlamydia and gonorrhea testing.

We are very happy to welcome this new program. Over the next few months, we will consult with community members to gain a better understand their needs. The east end definitely needs more resources and information about sexual health.

We invite you to visit our website and follow us on Facebook for more details.

Financial Literacy — We are pleased and enthusiastic to welcome a new partner - EBO Financial Education Centre.

EBO Financial Education Centre is a recognized community leader in the area of financial literacy and poverty reduction. With over 35 years of experience providing one-on-one and group-based support to the Ottawa region's most vulnerable people, they are a natural fit for partnership with our community and resource centre.

EBO will deliver three different component included in the Financial Empowerment and Problem Solving (FEPS); Individual Problem Solving, Financial Literacy Workshops and Tax Clinics. The Orléans-Cumberland Community Resource Centre has benefitted from EBO Financial Education Centre capacity and expertise on many occasions, having referred many individuals to them for individual budget counselling sessions and group workshops. Their approach, customized to each client's reality, and their genuine compassion and commitment are evident in every interaction they have with our residents as well as with their own.

For more information visit www.centre-ebo.com

— Our programs and services are free of charge —

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 over the age of 55 experiencing problems with alcohol, medications, other drugs, and gambling – aiming to improve social / physical / psychological / spiritual health.
Info. (613) 233-5430

Food Bank Information

Individuals and families coming to the food bank
Summer Office Hours:

Tuesday — 3:30pm - 6:30pm
Thursday — 1:30pm - 4pm
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)



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. Social gatherings as well.
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 – Saturday Time Away (respite child care) at the Early Years Centre (EYC) at the OCCRC. Registration in advance (613) 998-4888. Drop-in Orléans on Wednesdays 9:30am to 11:30am in the EYC.
Info. (613) 998-4844 or email at capp@mfrcc-ncr.org and www.familyforces.ca

Autism: special activities

The francophone organization "Société franco-ontarienne de l'autisme" dedicated to work with people who have autism is offering three camps this summer for children, adults, and families.

- Camp Autour du monde
- Camp Été fou
- Programme estival de l'avenir

Please visit their website at sfoautisme.org for details and registration.

Annual General Meeting 2016 Monday June 20th at the OCCRC

If you are interested in joining us, please call 613-830-4357 ext. 209 for details.

If you are interested in joining our Board of Directors, please submit your nomination in writing at info@crcoc.ca or at reception at 240 Centrum Blvd. – Unit 105, Orléans.

Info: <http://crcoc.ca/about-us/board-of-directors/>

My volunteer work at the Orléans-Cumberland Food Bank

What motivates you to be a volunteer in this organization?

"I moved to Ottawa 5 years ago and wanted to get involved in the community. I have always been a supporter of food banks during my working life, so I contacted the CRC to ask about the potential of volunteering."

What is your role at the Food Bank?

"My role has expanded since I started with the food bank almost 4 years ago. Although I still work sorting food and assisting families on the actual days the food bank is open to the public, I now have been trained to use our new data base. I take information from families new to the food bank as well as register visits from individuals and families who use the service on a regular basis. I feel I have the best of both worlds - one-to-one with families and group interaction with volunteers and staff members."

What do you like most about your volunteer work?

"There are many things about the service that I like. Food banks offer a concrete way to assist families in need. Our food bank is well organized and recipients are treated with respect and given support when needed. Staff members and volunteers are friendly and positive about the food bank."

Has this volunteer position changed anything in your life?

"I appreciate the international flavour of our food bank. This was a surprise to me initially. I get a glimpse at how services are organized in our community and the kinds of supports available for persons who need them."



Mary MacKay, a volunteer since 2012

Thank you for volunteering your time

Good news for the rural area

Market Mobile Ottawa

Fresh and affordable food rolling into a community near you!

Ottawa's Poverty and Hunger Working Group had a dream of creating a mobile market that would bring healthy, affordable, and culturally appropriate foods to Ottawa neighbourhoods. The grocery-store on wheels became known as the MarketMobile.

The project is led by the Poverty and Hunger Working Group, in collaboration with multiple public, private and community partners including: Rideau-Rockcliffe Community Resource Centre, Ottawa Public Health, Ottawa Community Housing, Loblaws, Cibo Food, Coalition of Community Health and Resource Centres, Ottawa Poverty Reduction Network, Community Development Framework and countless engaged and passionate community members.

The MarketMobile operates two days per week at 7 different locations, year-round, with a truck and retrofitted trailer.

It carries a selection of over 30 different items each week based on the requests of individuals in the communities it visits. The prices are kept low by purchasing food items in bulk and selling them not-for-profit (on average, 40% less than in retail grocery stores).



Everyone is invited to shop and visit the MarketMobile regardless of income or place of residence. For more information on the MarketMobile or to check out when we will be rolling into Vars, visit www.marketmobileottawa.ca or www.crcoc.ca.

Hope to see you there soon!

Alcide Trudeau Park – 5715 Rockdale Road, Vars

— Saturdays 10:45 am – 12:15 pm —

March 19 / April 2, 16, 30 / May 14, 28 / June 11, 25 / July 16 / August 13, 27 / September 10, 24

***Cash only! Please bring your own bag

For our full schedule, visit MARKETMOBILEOTTAWA.CA 613-745-0073 ext. 122



Drive 4UR Community



Bids for Change Online Auction



Calling all businesses owners...

The OCCRC is proud to announce the return of our annual **"Bids for Change" Online Charity Auction Oct. 14th- 24th, 2016** in support of the many programs & services here at the OCCRC.

This event is made possible thanks to the many businesses who generously donate items that can be featured in our 11 day online auction. As well, the success of this event through advertising is completely thanks to our incredible event sponsors.

If you would like to have your business featured as one of our event sponsors, please contact us today cmackay@crcoc.ca or call 613-830-4357 ext. 305

We would like to thank the **Kiwaniis Club of Orleans, Jim Keay Ford Orleans, & Ford Canada** for choosing the Orleans-Cumberland Food Bank as the recipients for their **2016 Drive 4UR Community event** that will be held in the OCCRC parking lot on **Saturday, June 11th from 9am-3pm**. Drivers will be able to test drive one of 6 Ford vehicles for free and with no pressure/ obligation to buy AND Ford Canada will donate \$20 per driver (one per house hold) to the OCCRC!!! There will be food, vehicles and lots of family/ community fun, so please join us as we **"Test Drive Away Hunger"** in our community! Visit our website for more information.

It's Barbecue & Garage sale season

Are you hosting a "caring" family/community event this summer?



If you answered yes to the above question, please help us turn all family BBQ's, garage sales, car washes & birthday parties this summer into **caring community events!** The OCCRC is looking for anyone who is looking to give back to their community but does not know where to start. We want to make it easy for you to host your very own community event where you can collect food donations and/or funds in support of the Orleans-Cumberland Community Resource Centre's many programs and services.



Simply contact us today and let us know what kind of event you will be hosting, we will provide you boxes to collect food, posters, social media advertising (on our Centre's Facebook page & website), information on our Centre for those that attend your event, cash donation bins and more. Your event could even be featured in our **"Caring Community Corner"** section of our quarterly newsletter (see page 6).

Are you part of a community association or community group that will be hosting a community BBQ/ garage sale/ car wash this summer? We would love the opportunity to join you at your event to let those within your community know about all the amazing FREE programs and services that are available to them here in Orleans, Cumberland, Sarsfield, Vars, Navan & Carlsbad Spring.



If you would like more information on how you can help to make our community a **"Community that Cares"**, contact us today 613-830-HELP (4357) / cmackay@crcoc.ca

"Together we are creating a Supportive, Caring Community"



Walking away Hunger



On Saturday May 6th the amazing Ottawa Voyageurs Walking Club (OVWC) hosted their 18th annual **"Move your Feet so Kids can EAT!"** charity walk-a-thon in support of the Orleans-Cumberland Food Bank. It was a beautiful sunny day that saw over 60 walkers helped to raise over \$1,400 that will greatly help in the fight against hunger in our community.



Walkers began their day at the Shenkman Arts Centre at 10:30am. They traveled along the well-marked routes throughout the beautiful Orleans community of Convent Glen. We would like to thank the many volunteers that assisted walkers by keeping them on course throughout their either 5km or 10km walk.

We would also like to thank the incredible team from the OVWC who has been organizing all aspects of this enjoyable community event for almost 2 decades. With the kind support of businesses like Subway-Centrum Plaza Orleans, River Pizza, Avalon Massage Therapy & the Shenkman Arts Centre we are certain that we will watch this event grow in success even more in the years to come. If you would like to find out more information about the Ottawa Voyageurs Walking Club please visit www.ottawa-voyageurs.wikidot.com.



It may be summer but school is always on our mind...

We know that the summer has just begun, but we at the OCCRC are already planning for back to school. Particularly, we are looking to find local businesses that would like to help students in our community return to school this fall will all the items necessary for success.



If you are a business owner or manager and would like to have your businesses featured as a OCCRC **Back to School Ambassador**, please contact us today!

With your help, all students in our community will go back to school this September with full backpacks, ready to learn!



The Sun is shining...

And we are ready to GOLF!!

The Golfing season is here and on July 8th, 2016 the team from Paul Rushforth Real Estate will once again host their annual charity golf tournament in support of the OCCRC & the Ottawa Senators Foundation.



The tournament is sold out, but we still need your help



We are now looking to community businesses who would like to have their businesses/products featured at this red carpet, celebrity clad event. If you would like to donate an item that we could feature in our events live or silent auction, please contact us today.

www.paulrushforthgolf.com



Upcoming Events

June 11, 2016 – Test Drive for Hunger – Please join us on Saturday, June 11th in the OCCRC parking lot, as the Kiwanis Club of Orleans and Jim Keay Ford team together to bring our community this grand event. Drivers can test drive various Ford Products at no cost and no obligation to buy and for every driver that participates, Ford Canada will donate \$20 to the OCCRC! So, please join us and help to *Test Drive Away Hunger* in our community. Visit our Facebook or website today for more information.

June 20, 2016 – OCCRCs Annual General Meeting – We invite you to join us, please RSVP by June 12th at jbelanger@crroc.ca or call 613-830-4357 ext. 209

July 8, 2016 – Paul Rushforth 5th Annual Chariry Golf Tournament– Golfing season has returned and the amazing team at Paul Rushforth Realty will once again host their red carpet, celebrity clad event in support of the OCCRC & the Ottawa Senators Foundation. If you would like to donate an

item that could be featured at this year's grand event, please contact Cindy MacKay today. www.paulrushforthgolf.com

July 1, 2016 – Councillor Bob Monette's 7th Annual Canada Day Seniors Bingo – Join Councillor Bob Monette in celebrating Canada's Birthday with a fun filled day that included game of Seniors Bingo at the Royal 22e Regiment Seniors Park (315 Centrum Blvd Orleans) from 9am to 12pm. There will be prizes, food and refreshments. Food donation will be collected for the Orleans-Cumberland Food Bank. for more information please visit www.bobmonette.ca

August 26, 2016 – "Twins' Causes" 1st Annual Charity Golf Tournament - Denis Sauvé and his twin sister Denise Hoffman will be hosting this event at the Hammond Golf Club in support of the OCCRC & Kelly Project. If you are interested in golfing, donating an auction item or be a sponsor at this event, please contact Denise at denise.hoffman@outlook.com

Every dollar counts

Donating you spare change can help in more ways than you know!



The OCCRC's **Coins that Care - Coin Box program** is growing... do you own or manage a business and would like to make a difference in your community with zero risk or cost? Then this program is perfect for you. We ask that participating businesses host one of the OCCRC's coin boxes on their counter giving their customers the opportunity to donate their spare change to the **Orleans-Cumberland Food Bank**.

This program is designed to be as trouble-free for the business owner as possible. The only thing we ask is that the coin box be clearly visible to the public to encourage donations.

For more information on how you can get involved, please call us at 613-830-4357 ext. 305.

Would you like to visit one of the amazing businesses that are already participating in this program to donate your spare change? Check out the list below.

Thank you to all participating businesses!

- Beausejour Pharmacy - 1220 Place D'Orleans Dr.
- Booster Juice - 1675 Tenth Line Rd.
- BioPed Orleans - 1224 Place D'Orleans Dr.
- Café Latte Chino - 2020 Tenth Line Rd.
- Cora's Orleans - 1971 St. Joseph Blvd.
- Crown Floral Boutique - 900 Waters Rd.
- Crown Point Pharmacy - 900 Waters Rd.
- For the Love of Chocolate - 2866 St. Joseph Blvd.
- Frasers Cleaners - 2866 St. Joseph Blvd.
- Jeanne D'Arc Pharmacy - 1887 St. Joseph Blvd.
- Pantry Plus - 2433 St. Joseph Blvd.
- Salon Alta Moda - 2866C St. Joseph Blvd.
- St. Mary Health Centre Pharmacy - 2010 Trim Rd.
- Sunshine Auto Parts - 2104 Dunning Rd.
- Top of the Hill Bakery - 385 Tompkins Ave.
- Toptek Automotive - 3003 St. Joseph Blvd.



Our Caring Community Corner...

Are you hosting a "caring" family/community event? Let us know so we can feature your event in our "Caring Community Corner. In this edition we would like to thank and highlight two amazing families who are going above and beyond for their community.

Humbled by our communities' support

Here at the OCCRC, we are incredibly humbled every day by the overwhelming support we receive from our community. We would like to take this opportunity to thank all those who took time out of their lives **over the last three months** to help collect food and financial support via food drives or community events to ensure the success of the OCCRC's food program. You are all heroes in our minds!

- 1st Navan Girl Guides
- Bahai Orleans'
- Fallingbrook Public School
- Giant Tiger – Waters Rd.
- Gloucester North Lions Club
- Kiwanis Club of Orleans
- Mobile Emissions Testing Inc.
- Navan Women's Institute
- Ottawa Mommy Club
- Rotary Club of Orleans
- Gloucester Community Concert Band
- St. Peters Catholic Secondary school
- St. Theresa Catholic public school
- Our Lady of Wisdom Catholic School
- OutGrow OutPlay Consignment sale
- 34th Girl Guides
- Chevalier De Colomb
- Giant Tiger – St. Joseph Blvd.
- Good Life Fitness
- Hot Tots Consignment Sale
- Knox Presbyterian
- Mr. Lube
- Orleans Myers
- Robertson Rental
- The Box Store

Twins' Causes



Les causes des jumeaux

We at the OCCRC are humbled by the incredible act of kindness from twin brother and sister Denis Sauvé & Denise Hoffman of Orleans. These two amazing souls are currently planning their 1st annual **"Twins' Causes Charity Golf tournament"** in support of the **OCCRC** & the **Kelly Project** ~ an organization started by one of their sisters, Diane, Denis' first wife who lost her battle with breast cancer over 10 years ago. The Kelly Project supplies women who undergo a mastectomy with a post-op camisole that is very much needed and not covered by insurance.

This event will take place on **Friday August 26th** at the beautiful **Hammond Golf Course**. *"The cost of the tournament is \$95 per golfer ...why so little? We want it to be affordable...and would love a full course of 144 golfers!"* says Denise. *"This event is our way to give back to OUR community. We wanted something that could bring people together for a great cause and have fun doing it"* comments Denise.

If you would like to be involved in this community event, please contact Denise at denise.hoffman@hotmail.com

"Twins' Causes"

Chipping away at Hunger in our community...

"Jacob's Full Belly Mission"

Challenging all youth to give instead of receive...

Meet Jacob, a 5 year old philanthropist who is working hard to change the world - one birthday party at a time. He has been featured on CTV nightly news and in the Orleans Star newspaper. Jacob hopes to connect with all students in the Ottawa area to challenge them to host their very own "Caring Birthday Party" where instead of receiving gifts from their friends, they collect food and financial donations for the Food Bank in their community.

This amazing young man plans to continue his mission for many years to come and with your help, he will! Lets Help END hunger in our community!

For more information on how you to can join **Jacob's Full Belly Mission** visit his Facebook page - [JacobsFull Belly-Mission](https://www.facebook.com/JacobsFullBellyMission) or email Fullbellymission@gmail.com today!



Thank you does not seem enough...

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

- Kardish Health Food Centre – Innes Rd.
- Royal Canadian Legion Orleans Branch 632
- Good Shepherd Catholic Parish
- Queenswood United Church
- Pantry Plus – St. Joseph Blvd.
- Divine Infant Catholic School
- Redeemer Alliance Church
- Navan-Vars United Church
- St. Mary's Anglican Church
- Giant Tiger St. Joseph Blvd.
- St. Marks Anglican Church
- St. Helen Anglican Church
- Your Independent Grocer
- Starbucks – Innes Rd.
- Sobeys Orleans
- Orleans United Church

Thank you all for your very generous support!

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://croc.ca/get-involved/donate/>