



Let's Connect

Western Ottawa Community Resource Centre | April 2016

Consultation project focuses on rural and senior health

The WOCRC receives funding to evaluate health priorities for seniors in West Carleton



The WOCRC Executive Director Cathy Jordan accepts a cheque from the ROI among members of the West Carleton community at the West Carleton Community Complex on Feb. 9, 2016.

West Carleton has been selected as one of eight rural Ontario project sites for the Rural Ontario Institute's *Measuring Rural Community Vitality Initiative*.

The WOCRC, along with several key community partners, is collaborating with the ROI on a community project in 2016 entitled RCD: Engagement on Health Priorities for Seniors and Caregivers in West Carleton.

"What an opportunity to have conversations with people who care about what is possible and then together make something happen that has the potential to change the lives of people in West Carleton," said Michelle Murray, the WOCRC's Director of Programs and Services.

The ROI support comes in the form of evaluation of the engagement process with rural seniors and caregivers. The WOCRC's and partners' role is to plan several public forums to provide West Carleton residents with the opportunity to talk about health issues related to aging in the rural setting –

from housing to hospice.

Two public consultations were held on March 2 and 12.

"The evaluations have been positive, but more importantly, the energy in the room when the residents get to tell their story – just brilliant," said Julie McKercher, Rural Community Developer. "It is safe to say that there is great concern and care around the issues of caregiving and aging in place, for residents themselves but for their peers as well."

A third and fourth consultation will be held in Constance Bay on April 10 and in Carp on April 16. An open space large community wrap-up is organized for May 6 and 7.

"It seems that communities in West Carleton are ready to rally around ensuring that appropriate services are developed with their community needs and capacities in mind," said McKercher.

For more information: 613-591-3686 ext. 498 or mckercher@wocrc.ca.

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Content, photography and layout by Katrina Guerin, Communications Coordinator for the WOCRC.

What's New?



Twitter

We have entered the Twitterverse. Follow us at @WOCRC_CRCOO.



Walk-In Hours

Our crisis counselling walk-in and phone-in hours are:

Monday: 8:30 a.m. to 12 p.m.*

Tuesday-Friday: 1-4 p.m.**

*Last walk-in is at 11:30 a.m.

** Last walk-in is at 3:30 p.m.



Queerios LGBTQ+* Youth Drop-In

We have launched a new LGBTQ+* youth drop-in called the Queerios. Info at wocrc.ca.



The ZONE – Kanata North

The ZONE Youth Drop-In is now in Kanata North!

Tuesdays from 5-9 p.m. at the Richcraft Recreation Complex.

Info at wocrc.ca

CSS Service Fee Changes

Fees for our Community Support Services are changing on April 1.

Call 613-591-3686, option 3 or find the CSS Brochure online at wocrc.ca to learn more.

Message from the Executive Director of the WOCRC

Spring is a time of new beginnings. As the final traces of winter melt away, I am reminded of the parable about the farmer sowing his seeds. The seeds that fell on the pathway and rocks were eaten by birds, scorched by the sun and just couldn't take root. The seeds that fell on fertile ground flourished and produced a full harvest.

New beginnings and planting seeds in fertile ground summarize the current focus for the Western Ottawa Community Resource Centre.

As the organization closes the door of its 2015-2016 fiscal year, it enters a new one that will bring new beginnings.

New beginnings such as our consultation project in West Carleton, featured on the cover page of this issue of *Let's Connect*, and the opening of a new Adult Day Program at Algonquin College (funded by the Champlain LHIN) mean new opportunities to be innovative in the ways we strive to meet the needs of residents in our community.

The image of planting seeds offers a clear understanding of much of the ongoing work the Centre does for the community, such as offering short-term support that has the potential to help change the course of people's lives. The work could not be done without the support of volunteers and donors. Volunteers work in every aspect of the Centre, whether it be by providing supportive advice to a troubled youth or lending a listening ear to an isolated senior, the impact can change lives and last a life time.

Donors further contribute by providing resources that would not otherwise be available. Chris Long's financial donations helped many youth attend field trips and other events – opportunities that provide invaluable experiences for youth (featured on the facing page). Donations are valuable in all forms, as demonstrated by Kimberly Glover's in-kind donations of makeovers to women who have or are fleeing abuse.

These seeds are planted on further ground. Our community development initiatives



Photo by Danielle Lynn Photography.

share the seeds from the harvests to support and engage communities that have identified growing opportunities, so that they can meet the needs of the members of their community.

It's important to enjoy and share the harvest with others and to also celebrate the diversity and uniqueness of the garden. Embracing the diversity of youth and the LGBTQ+* community led to the creation of a LGBTQ+* youth drop-in called the Queerios. As a seedling, this program can be nurtured by the support of the community to continue to grow sustainably.

Bringing care and community together with new beginnings and a fertile garden mean that our harvest will be plentiful and our community will benefit today and in years to come.

Sincerely,

Cathy Jordan
Executive Director

Donations make a difference – Part 1

Chris Long – Investment Advisor, CIBC Wood Gundy

Chris Long's donations help send The ZONE youth on various outings

"There's more than Chris Long and four walls," says Chris Long, Investment Advisor at CIBC Wood Gundy in Kanata. The statement is defended by Long's continuous contributions to the WOCRC and his community.

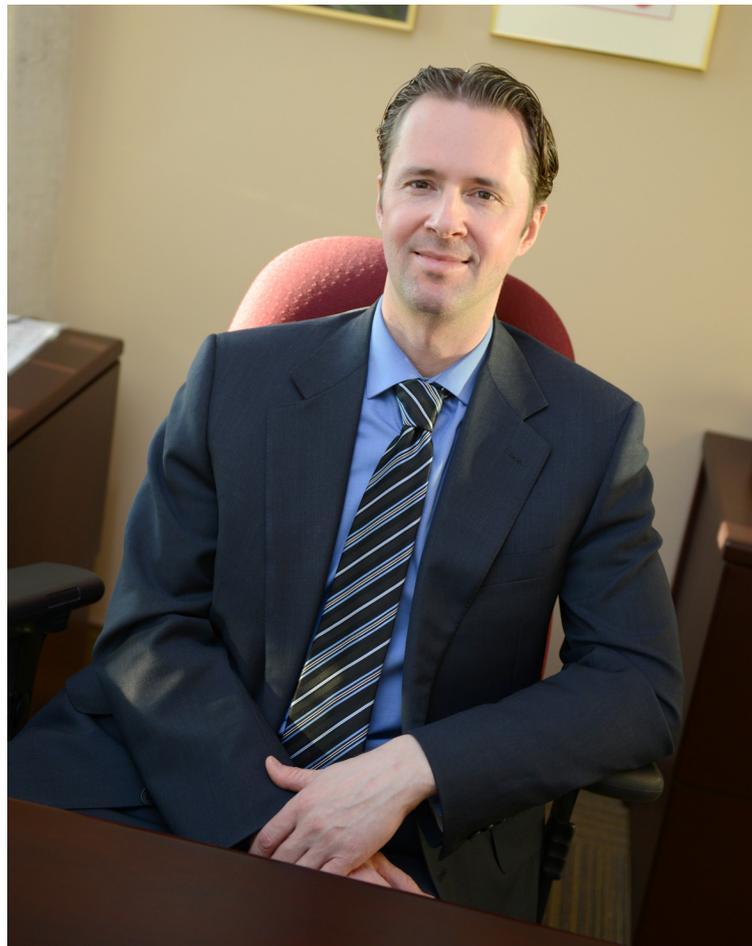
An avid volunteer and donor, Long has made a significant impact on the young people of Kanata. Since 2009, Long has donated his commissions as part of CIBC's Children's Miracle campaign – totalling \$8,774.02 – to The ZONE, the WOCRC's youth drop-in. Every year on the brink of the holidays, Long and his colleagues donate their commissions to various children and youth-related initiatives.

Donating to youth makes him happy, he says. "I feel like it's something everyone should do."

The ZONE feels his support. Manager of Child and Youth Programs Mia Doré says, "The youth wouldn't be able to participate in outings if it weren't for these donations."

In addition to his monetary donations, Long has donated time and energy to The ZONE.

Long says he has always volunteered and is always



Investment Advisor Chris Long invests not only his money but also his time for youth program The ZONE.

seeking opportunities. He's helped with city clean-up initiatives as well as sponsored local hockey teams – most of which are a one-time, yet annual, commitment. He was looking for more recurring opportunities to which he could contribute regularly.

Originally interested in volunteering as a Meals on Wheels driver, Long learned about The ZONE while speaking with Julie McKercher, then Community Youth

Worker, who helped pioneer The ZONE. "[He] was one of the very first volunteers assigned to The ZONE," explains McKercher. "His commitment to the youth even at that time was deep and apparent. He has continued to be such an asset to the organization."

Long volunteered twice a week for about two years but had to stop due to scheduling conflicts. "I could no longer show up at The ZONE

physically," explains Long. "So I asked myself, 'How can I take part in another way?'" Long continued to contribute to The ZONE in the ways he could.

While volunteering, Long took a few courses on youth-related issues, such as youth mental health. "I think I appreciated [volunteering] more," says Long. "I could see certain signs when I came back from the course. The more I became aware, the more I could reach out."

The ZONE, located in Kanata North and Kanata South, is a weekly drop-in for youth aged 12 to 18 to meet new people and get connected to community resources and short-term counselling.

"You get the importance of [The ZONE's] space, that escape," continues Long. "It's a really fun space."

Long's commitment isn't limited to The ZONE. Since 2009, he has helped out at BBQs, set up tables at events and recently served drinks at the WOCRC's last Open House in September 2015.

"We are so appreciative of people like Chris who give so much to their community," says Cathy Jordan, Executive Director of the WOCRC. "Both in terms of their dollars and their precious time."

As for the future, Long hopes to be able to volunteer for The ZONE again. "I want to be in on the action," he says.



Call for Volunteers

Are you looking to lend some of your time and talent to your community?

The WOCRC is always looking for someone like you!

Contact our Volunteer Coordinator today at volunteer@wocrc.ca or 613-591-3686 and learn more about the great ways you can help your community.

Donations make a difference – Part 2

Kimberly Glover – Owner, Its a Wrap Studio & Spa

Its a Wrap Studio & Spa owner donates makeovers to Chrysalis House residents

An unusual yet fortunate connection between a salon and a women's shelter has led to many smiles from shelter residents' faces.

Jennifer, a stylist from Its a Wrap, was completing her placement at Chrysalis House, the WOCRC's women's shelter, while studying social work at Carleton University. Jennifer asked Kimberly Glover, owner of Its a Wrap since June 2014, to host an evening for the women staying at the shelter.

"Absolutely," says Glover. "If [all salon staff are] in, then I'm more than happy to host it here."

Though the evening did not take place due to scheduling conflicts, the idea led the way for a relationship between Its a Wrap and Chrysalis House. For about a year and a half, Glover's team of stylists and estheticians have been donating time, services and materials to shelter residents.

"They are a great team and were all on board," explains Glover. "I wouldn't be able to do it without them. They are a compassionate group."

The Chrysalis House residents are selected by shelter staff based on their availability and need. On average, one woman per month is chosen to receive a service of her choice from the salon.

"If [a resident] wants a pedicure, and that's what's going to make her feel good, then why not?" asks Glover. "They could choose the services within reason."

The women aren't the only ones benefiting from these acts of kindness.

Glover explained that it's empowering for herself as well. The first resident who received services as part of this relationship requested a makeup application. "That's what she wanted and she left feeling totally elated," says Glover. "She was going out that evening to meet some of her friends and she felt really good about herself." Since then, the salon provided services to dozens of shelter residents.

Wanting to make a bigger impact, the salon ambitiously decided to pamper all the residents before Christmas of 2015. Despite being one of the busiest times of the year for that industry, Glover's team provided services to 12 out of 13 residents. "We knew that their focus would be on their kids and family, so we wanted to make them feel good," explains Glover.

Manager of Chrysalis House Martine Dore has seen the impact firsthand. "The other women would wait with anticipation for the lucky woman of the day to return and they would make a fuss over her and let her know how fabulous she looked," says Dore. "While we know that a woman's beauty is on the inside, feeling good about yourself is important to your self-esteem."

Glover can relate to this. Having raised her kids on her own during periods of her life, she knows that many women tend to put themselves last.

She explains, "On airplanes you're instructed to put your mask on first, even before you put it on your child, and as women – as moms – we tend to forget that."

Dore says it's been a significant morale booster for those who received Its a Wrap's services free of charge. "I have seen



Owner of Its a Wrap, Kimberly Glover, says she likes to see the difference she makes in the community.

women who had not had a professional haircut come back from the salon absolutely over the moon with delight in their new look," says Dore. "It has significantly lifted the women's spirits and sparked their feelings of self-worth."

The experience of abuse from an intimate partner or relationship can be devastating to a woman's feelings of self-esteem. Feeling good about how you present yourself to the world can help you face life challenges with more confidence. Dore sees glimpses of confidence in the women when they return from the salon.

"Over and over again, we heard from the residents that they absolutely loved not only their new look, but the entire experience with Kimberly and the Its a Wrap salon," says Dore.

The WOCRC is a non-profit organization and relies on donations so we can continue our work.

Your support can help someone in need, right here in your community!

To donate online, visit wocrc.ca, call our office at 613-591-3686 or email us at donate@wocrc.ca.

Tax receipts are issued for donations over \$10.