



FIVE-O-SEVEN NEWS

Centre 507 • Safe haven, stepping stone • Serving Ottawa's disadvantaged since 1983
507 Bank St., Ottawa K2P 1Z5 • (613) 233-5626 • Housed in McLeod-Stewarton United Church

GOOD AND GOOD FOR YOU: 507 HEALTH FAIR

From diabetes to literacy, Centre 507's health fair gave more than 200 participants a chance to find out about valuable local social services.

Twenty-one agencies set up at last June's fair, which featured a barbecue and prizes to add fun and flair to the day. Once on site, participants explored ways to improve not only their physical health but also their general well-being — steps toward turning lives around.

To enter the draw for a bicycle, participants completed a bingo card, answering questions specific to the services provided by the agencies.

"Participants had to go around and talk to the agencies to find out the answers," said Centre 507 Life Management Skills Worker Margaret Johnson, who organized the fair. "The agencies said the bingo cards encouraged much more interaction with participants than normally happens at such events."

Organizations at the fair ranged from the Canadian Mental Health Association and Alcoholics Anonymous, to the Elizabeth Fry Society and the John Howard Society.

"We really want to reach people who need the service. This is ideal," said Maureen McGovern of the Ottawa Community Coalition for Literacy.

"I had three people admit that they have some difficulty [with reading and writing], which is good, because often people won't admit that. Once people get to a program, they're usually fine. They realize there are others like them."

Dental hygienists from the clinic at Algonquin College handed out toothbrushes, toothpaste and information on getting financial help for dental care.

"Promoting healthy gums and teeth can save a lot in the long term — dentistry,

pain, even heart disease," said Janna Leblanc. There is mounting evidence that bacteria shed by chronic oral infections can spread to the bloodstream and contribute to heart disease.

Taking steps now to prevent worse problems later was also one of the messages at the Centretown Community Health Centre booth, where participants could be tested on the spot for diabetes or high blood pressure.

"A lot of people don't have a regular GP to check for diabetes or high blood pressure," said Charlene Sayre, the diabetes program nurse at the booth. "If you test positive, there are steps you can take."

Copies of all handouts given away at the fair are kept at Centre 507, so staff can continue to help participants connect with the services they need.



Janna Leblanc and Justine Burnie
gave tips on keeping teeth healthy.
More Health Fair photos on next page.

PARTICIPANT PROFILE

GRANT BOURGAIZE



Centre 507 participant Grant Bourgaize

In his darkest days, Centre 507 participant Grant Bourgaize was in and out of jail, mostly for breaking and entering.

He regrets those days. At about age 40, he reached a turning point and

began to tame his anger. He says he simply decided that he had “nobody to blame but himself” and that it was time to “grow up.”

Today he is not without challenges but on a straighter path. It’s thanks in part to Centre 507, where he finds friendship, volunteer work and paid work experience as a cleaner and cook.

Grant’s recent work at Centre 507 complements experience as a short-order cook that dates back to his early 20s. His skills were a bit rusty at first, but he says he’s already getting faster with a kitchen knife.

He’d like to work in a restaurant again and is interested in a training program offered by The Mission.

Grant is also preparing for the workforce by seeking an official pardon that would wipe out his criminal record.

One of the things Grant likes about Centre 507 is the chance to see others learn from his experience. For example,

he hopes to help others sort out the red tape involved in applying for a pardon.

A computer enthusiast “since the days of Commodore 64,” Grant has helped other participants set up e-mail accounts, use a CV template and figure out what Internet sources to trust. He hopes to help set up a weekly computer workshop.

Early in the mornings, before Centre 507 opens, Grant relaxes at a nearby coffee shop, reading the newspaper, doing crossword puzzles and chatting. Afternoons and evenings, he frequents the library and the centre.

Grant appreciates the staff at Centre 507. He sees them as straight shooters, who also “really listen. They’re there for you when you need help and point you in the right direction.”

Last spring, Grant was elected as one of three participant members of the centre’s board of directors. Volunteering is very important to Grant. “The centre is run by staff,” he says. “But it belongs to participants.”

A COMPUTER ENTHUSIAST

“SINCE THE DAYS OF COMMODORE 64,” GRANT

HAS HELPED OTHER

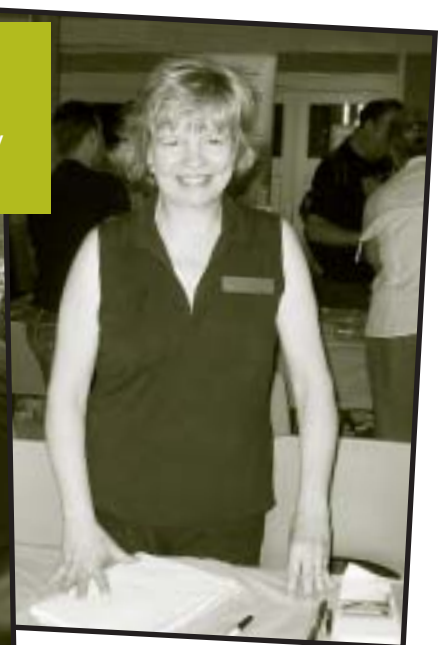
PARTICIPANTS SET UP

E-MAIL ACCOUNTS

507 HEALTH FAIR

Below: About 200 hamburgers and 150 hot dogs were served at the health fair barbecue.

Right: Maureen McGovern from the Ottawa Community Coalition for Literacy.



FRESH PAINT

Centre 507 got a make-over this fall. Participant workers from the 507 Job Bank did the painting prep work, and then were joined by staff and 11 volunteers from Nortel for a fun and productive day of painting. Sherwin-Williams donated all the paint and offered 50 per cent off all the painting supplies.



CENTRE 507: SAFE HAVEN, STEPPING STONE

Centre 507 is a drop-in centre that is open to all who seek a safe, friendly and supportive environment. Centre 507 participants are members of our community who may be disadvantaged either economically or socially. Homelessness, mental illness, addictions, health concerns, poverty, unstable housing, unemployment or loneliness are examples of issues faced by our participants.

Free services offered at Centre 507:

Supportive listening/counselling • Advocacy & referrals • Crisis intervention • Information on community resources • Community outreach workers from other agencies • Life management skills program • In-Centre chaplain • Hot food, snacks, coffee • Clothing & toiletries • Access to telephones, computers, fax & Internet • Needle exchange • Foot care clinic, barber, sewing/clothing repair • Recreational events and special outings • Thanksgiving & Christmas luncheons

CENTRE 507'S WISH LIST

In addition to financial contributions and the ongoing need for hygiene supplies (disposable razors, shampoo, toothbrushes, toothpaste, deodorant, etc.), Centre 507's wish list includes:

- guitar(s), guitar stand
- backpacks, duffle bags
- aprons for the kitchen
- gently used running shoes and winter boots
- work boots, tool belts (construction quality) – some of our guys are finding work opportunities but don't have the necessary gear to get started!
- Canadian Tire money
- socks, gloves, hats and long underwear
- warm coats, blankets and sleeping bags

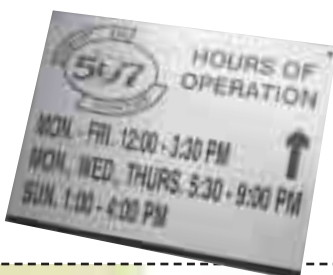
THANK YOU TO OUR FUNDERS AND DONORS...

Centre 507 would like to thank the numerous individuals who have made financial contributions to our work. Without these donations, many of our services could not be offered. Out of respect for privacy, we have not listed names of individual donors – but please know that individual donations are very much appreciated and needed.

Centre 507 gratefully receives ongoing funding from the City of Ottawa, the United Church of Canada, and the Ottawa Presbytery of the United Church of Canada for the Day and Evening Program. Provincial Homelessness Initiatives Funding supports the Street Outreach Program, and the Supporting Community Partnerships Initiative funds the Life Management Skills Program.

We would also like to thank the following congregations and organizations for their generous donations and contributions to the work of Centre 507 since our last newsletter in the spring of 2006:

Centretown Emergency Food Centre
 Dominion Chalmers United Church
 Emmanuel United Church
 Fallowfield United Church
 Glebe-St. James United Church
 McLeod-Stewarton United Church
 Nortel
 Orleans United Church
 Queenswood United Church
 Riverside United Church
 Rogers Cable Internet Service
 Sherwin-Williams Paint
 Shoppers Drug Mart, 702 Bank St.
 Southminster United Church
 St. Peter's Lutheran Church
 The Ottawa Food Bank
 United Way campaign pledges
 Volunteer Ottawa
 Westminster Presbyterian Church
 Woodroffe United Church



HOW TO SUPPORT CENTRE 507

Make a financial contribution

Any contributions are gratefully accepted. Cheques should be made payable to Centre 507. Income tax receipts are provided for donations over \$10. Donors to Centre 507 now have the option of making monthly donations as an automatic transaction from their bank accounts. If you would like to donate using this convenient method, please call 233-5626 to ask that a Pre-Authorized Remittance form be sent to you.

Hire 507 Job Bank workers

507 Job Bank workers are available to do odd jobs around your home or business. Contact Margaret at the Centre.

Volunteer

From our board of directors to individuals who volunteer to serve holiday luncheons, Centre 507 relies on volunteer time and energy to offer many of our services.

This newsletter is written, edited and designed by volunteers. Grateful acknowledgement is offered to Chisholm Communications for layout and design work. For more information, contact Centre 507.



Design & Electronic Publishing

CENTRE 507 STAFF

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 Caroline Ann Giekes, Centre Manager
 Margaret Johnson, Life Mgmt. Skills Worker
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 Jonathan Lorch, Street Outreach Worker

Many dedicated relief staff and enthusiastic placement students

Board of Directors as of Dec. 1, 2006

Roy Maddocks, Co-Chair
 Betty Gross, Co-Chair
 Bill Giggie, Vice Chair
 Allan Porter, Treasurer
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Matthew Bonsall, Grant Bougazie,
 Gilbert Brooker, Susan Mailer,
 Joe McKendy, Phil Normand,
 John O'Brian, Ted Pert, Ron Scharfe,
 Richard Slocombe



YES!

I would like to contribute to the work of Centre 507.
 Please find enclosed my donation of :

\$25 \$50 \$100 Other amount: \$ _____

Income tax receipts are provided for donations over \$10. Please fill out the following to receive a tax receipt:

Name: _____

Address: _____

City/town: _____ Postal Code: _____

Telephone number: _____

(This information will not be sold or shared in any way.)

Please make your cheque payable to Centre 507.

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