

Issue #9 - Autumn, 2004

## Holiday Greeting Cards



Package A: Holiday Lights



Package B: Children in Winter

Here's an alternative to ho-hum greeting cards. Cards that are unique, appealing yet inexpensive. There's more. Would you like the money you spend on greeting cards to go towards helping persons with mental illness and other disabilities? Causeway Foundation's 2004 cards are the answer. They come in two themes: Children in Winter from original paintings by well-known local artist Linda Wright of Chelsea and Holiday Lights featuring Ottawa winter scenes created by Foundation President Dianne Breton. These attractive eight-card packs sell for just \$10.00 each. Order 10 or more packs and we will print the cards with your logo and/or personalized message absolutely free. This is a win-win opportunity. Distinctive greeting cards for you, which will help fund the purchase of a much-needed van for Causeway. Use the enclosed form to order your cards today. Delivery is free of charge in the Ottawa-Gatineau area.

## Causeway's Wellness Program

Good news! This autumn, Causeway has been able to expand the Wellness Program from two to four fitness sessions per week plus an evening yoga class. Fitness professional, Cathy Viner, works with a group of 14 clients who participate on a regular basis using facilities in the lower level of the Causeway building. The program began last December thanks to a \$9,200 grant from the Ontario Ministry of Tourism and Recreation and a \$6,000 donation from the Causeway Foundation. The program is based on Causeway's commitment to provide recovery services on a more "holistic" basis to persons with disabilities. Because mental and physical health are linked; to support the mental health of our clients, we must also support their physical well being. To this end, Causeway is presently seeking funding from the Trillium Foundation for the project as a "provincial demonstration model" in partnership with other mental health agencies.



### Equipment Needed

Causeway would welcome donations of exercise bikes, elliptical machines and treadmills. If you can help, please call (613) 725-3494 ext. 23 and we will arrange for pick-up.

## Open House

Causeway's annual Open House was held on Monday, October 4. This year, the focus was on Krackers Katering, the agency-sponsored entrepreneurial business employing persons with severe and persistent mental illness. A standing-room only crowd watched four celebrity chefs perform culinary magic in the newly renovated Krackers kitchen.



The Open House celebrity chefs, clockwise from upper left: Gay Cook and assistant; Chef David Coyne; Executive Chef Frederic Filliodeau with Krackers manager Sujin Quan; Chef Sandra Cruz of Krackers.

Presenters were Frederic Filliodeau, Executive Chef – Signatures, Le Cordon Bleu, Paris, Ottawa; Gay Cook, Food Columnist, The Ottawa Citizen; David Coyne, Head Chef – Loblaws Cooking School; and Krackers Head Chef Sandra Cruz. The added bonus for Open House visitors was sampling the work of these masters.

To sample the fine fare offered by Krackers Katering whether lunches, dinners, meetings and other private or corporate functions, call them at (613) 792-4954.

[www.krackerskatering.com](http://www.krackerskatering.com)

## What is Causeway?

Causeway Work Centre is an agency that has been assisting people with chronic mental illness and other disabilities for more than 25 years. Causeway offers a number of important programs to the community: a Clubhouse rehabilitation program; an Outreach program serving persons who are mentally ill and people with a concurrent disorder; a variety of Supported Employment Programs, and a catering enterprise (Krackers Katering) run by Causeway clients.

The Causeway Foundation was established in 1999 with a mission: *To raise and distribute funds to support Causeway Work Centre's programs and services to further the well-being of persons with a mental illness and other disabilities.* It is managed by an eight-member Board of Directors: Dianne Breton, President; John McNeice, Treasurer; Eleanor Meier, Secretary; Directors Jill Mutzeneek, Peter Woollings, Donna Campbell, Bruce Hiney and Don Palmer.

## Meals for Members



The Clubhouse cafeteria presently serves breakfast and lunch to members Monday through Friday and supper every Tuesday, Wednesday and Thursday - some 260 breakfasts, 790 lunches, and 270 suppers (1,320 meals per month). Of course there are special occasions that require extra effort; like the recent Thanksgiving lunch, that was served to more than 80 members. With the holiday season fast approaching, Causeway expects to prepare meals for about 140 clients and friends at their annual Christmas dinner on December 9th.

## Job Quest Grant Renewed

Causeway's supported employment program for the homeless and at-risk has just received funding for a further five months (until March, 2005) from Human Resources and Skills Development Canada. In the past six months, Job Quest has provided jobs for more than 50 clients in our community. Many of these individuals are still working and Causeway staff continues to provide them with necessary employment supports.

## Spirit 2004 - Ultimate Charity Tournament

The second annual, Ultimate charity tournament took place on Saturday, September 18. Despite a dreary forecast, Saturday dawned bright, sunny and cool – perfect Ultimate weather. 38 teams turned out for the competition, fellowship, food, refreshments and live music. As costs and pledges have not all been tallied yet, the amount raised is not known, however proceeds will benefit three area mental health agencies: Anxiety Disorders Association of Ontario, Ottawa Salus and Causeway Work Centre. Special thanks go out to all the players, sponsors and volunteers who made the day so successful.



## Winter Clothing Needed

Every year, there are Causeway clients who need warm winter clothing. The mobile outreach team and the Clubhouse are looking for donations of coats, boots, hats, mitts, gloves, scarves and the like. If you can help, please call Jamie Grimes at (613) 880-9640

## Specify where your United Way dollars go

When you make a pledge to the United Way, you can specify how a portion of your donation is allocated. When pledging, please consider the Causeway Foundation. The process is simple - indicate on your United Way pledge card that you would like Causeway Foundation to be a beneficiary. By doing this, your United Way donation will help fund Causeway Work Centre programs and services. Thank you.

## Prefer an Electronic Newsletter?

At present your *Causeway Connection* comes through the mail; however, we will happily send it to you electronically. By using e-mail, you help us save all the printing, paper and postage costs. To opt for our electronic newsletter, please contact us at:

[info@causewayfoundation.org](mailto:info@causewayfoundation.org)

## Don't Want the Newsletter?

We don't want to clutter your mailbox with unwanted material, so if *Causeway Connection* is not of interest, please let us know. Call 613-725-3493 ext.28 and we will remove your name from our mailing list immediately.

## Foundation Website

Click here for more info:  
[www.causewayfoundation.org](http://www.causewayfoundation.org)

### Four ways you can help:

1. Develop a relationship between your community group or church and Causeway.
2. Join the Causeway Foundation Fundraising Committee as a volunteer.
3. Become a "Friend of Causeway Foundation" and support Causeway Work Centre programs and services.

The Causeway Foundation is presently raising funds for a much needed van for Causeway Work Centre.

Comments and contributions to the newsletter are welcome. Please email [info@causewayfoundation.org](mailto:info@causewayfoundation.org)

## To Donate

Please forward your cheque (payable to *Causeway Foundation*) to: Causeway Foundation, 22 O'Meara Street, Ottawa, ON K1Y 4N6. A tax receipt will follow.  
Charitable No. 87254 0844 RR0001

Yes. I would like to support Causeway with my donation of:

\$ \_\_\_\_\_

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

Address: \_\_\_\_\_

Tel.: \_\_\_\_\_ Email: \_\_\_\_\_

*Note: The personal information you provide is used to issue tax receipts and maintain contact with you. Causeway does not sell, trade or otherwise share this information with anyone. If you wish to be removed from this mailing list, please call the Foundation Office at (613) 725-3494 ext. 28.*