

Edited - April 18, 2007

Causeway Connection - Issue No. 19 Spring, 2007

Foundation activities:

Annual Friends Campaign

The Foundation has launched its 2007 "Friends of Causeway" campaign with a direct mail appeal to present and former Friends. At a time when adequate government funding is in question, Causeway genuinely needs each and every one of its Friends. If you have received your campaign letter, please respond today by renewing your membership. Haven't received a letter? Would like to become a new Friend? Please contact Amie Gibson at 613-725-3494 ext.28. Money raised from this annual campaign supports Causeway's unique community services including skills development, employment programs and wellness services to those with mental illness and other disabilities.

Funding disbursements (small pie-chart)

The Foundation recently disbursed a total of **\$63,534.39** to Causeway Work Centre. Of that total, 2006 fundraising and donation revenues accounted for **\$24,542.99**. The Wellness Program received **\$15,447.39** to continue efforts assisting the physical well being of those suffering mental illness and other disabilities. The balance of **\$9,095.60** from donations became part of Causeway Work Centre's grant from the Foundation along with a further **\$38,991.40**, approved by Foundation Directors.

Roger Crosby nominated for Courage award (photo of Roger)

Causeway has nominated Roger Crosby for CAMH's 2007 "Courage To Come Back Award". Roger, a long-time Causeway consumer has turned his life around following mental illness and will graduate from Algonquin College's Culinary Program this year. Since 1993, the Centre for Addiction and Mental Health (CAMH) has presented the annual Courage awards to "recognize the achievements of seven individuals across Ontario who have shown courage and determination in the face of mental illness and addiction." Although Roger was not among the announced 2007 award recipients, he's still very much a winner to us.

ING Ottawa Race Weekend (photos from 2006, photo of Wellness participants)

Causeway Foundation's spring fundraising activities will focus on the Ottawa Race Weekend May 26-27 with runners and walkers carrying Causeway pledges in various events. Nicholas Galambos, a long-time Causeway supporter and Co-Executive Director Don Palmer have entered the marathon to be held on Sunday, May 27th. There are currently eight members of the Work Centre's Wellness Program entered into the 2K Family Walk. The Foundation's Dianne Breton and Amie Gibson will be hosting separate groups. Amie's gang has entered Saturday's 10K Run; Foundation President Dianne Breton along with various Foundation and Work Centre Directors and friends will be collecting pledges for the 5K Run/Walk also on Saturday. Race Weekend activities will be kicked-off with a Pep Rally to be held in the Cafeteria at 22 O'Meara Street on Thursday, May 24th between 5:30PM and 7:30 PM. Please help us fund Causeway's important community programs by pledging support to our runners and walkers by using the Pledge Form included at the bottom of this newsletter.

Work Centre Activities

Jeff Lindsay - a Causeway survivor (photo of Jeff)

Jeff first learned about Causeway back in November 1999 from his CMHA caseworker. That was back in the Clubhouse days, Jeff was living at the YMCA and Causeway was a place to go where he could meet people and socialize with others. He still comes to Causeway, but he's a lot busier now what with work and his hobbies. For the past six years, Jeff has been employed by Zellers at Billings Bridge Plaza. When he started, he worked in the store stocking shelves, helping with customer carry-outs and retrieving shopping carts. Then three years ago, Jeff moved to the Zellers Diner where he works in the kitchen. He likes that better – mopping floors, washing dishes, cleaning up and other general kitchen duties. He works four-hour shifts normally three or four days each week.

In his spare time, Jeff keeps very busy carefully building plastic model kits. He's just finished three StarTrek ships. They will be added to his extensive collection of car models, tractor-trailers, pickup trucks, vans and NASCAR racers that he's already built. He recently brought some of his collection to Causeway and set up a really interesting display. Way to go Jeff!

SPP update

The official unveiling of the area's new Social Purchasing Portal (SPP) took place at Ottawa City Hall on March 1st. SPP is an interactive association of enterprises within a community whereby organizations purchase products and services from businesses that promote employment for those who are hard to employ. Purchasers gain access to quality products and services at competitive prices while channeling their purchasing to those firms that create employment opportunities for persons who are disabled/disadvantaged. Saint Paul University has signed up as an active SPP purchasing organization and will act as a "Champion". Members belonging to the Vanier Business Improvement Association (BIA) will become suppliers under the auspices of SPP. For more information visit the SPP web site: www.spp-pcsottawa.ca

What's new with Krackers (photo of Emma Woodman)

Emma Woodman has joined Causeway as the Community Economic Development Coordinator with responsibility for Krackers Katering and Casual Jobs. Emma, a McMaster University Commerce graduate, brings four years experience in the hospitality industry to her new post. We can report that Krackers has enjoyed a steady business schedule of late, fulfilling catering contracts for clients such as the City of Ottawa, Eli Lily and Company, the Canadian Mental Health Association and the Humane Society of Ottawa-Carleton. Catering clients will be pleased to learn that Krackers will soon be releasing a new Summer Menu that offers seasonal variations and warm-weather fare that will complement their existing menu items. You can check out all their menu items, old and new, by visiting www.causewayworkcentre.org then scrolling down to the Krackers Katering heading or by calling 613-792-4954.

Casual Jobs now offers landscaping

A full range of landscaping services is now offered through Causeway's Casual Jobs enterprise. This initiative provides Work Centre clients with temporary community work, mainly of a seasonal nature, performing odd jobs for the City of Ottawa, seniors' organizations and the general public. If you require property maintenance, please consider Causeway and help our consumers work for brighter futures. A flyer describing these landscaping services is enclosed with this mailing.

'Depression and Work Impairment'

Some 500,000 Canadian workers experience depression and most acknowledge the symptoms interfere with their work, according to a study released by Statistics Canada earlier this year. In fact, 79% of those who had experienced depression in the year prior to being interviewed, reported this interfered with their work performance – 19% reported a very severe degree of interference. The study found that a number of job-related factors, such as shift work, hours of work, work stress and occupation, were associated with depression.

Mental illness costs Canadian business some \$33 billion annually in lost productivity, according to the Global Business and Economic Roundtable on Addiction and Mental Health

How You Can Help

▶ Make a donation and become a “Friend of Causeway”. Contact Amie Gibson, Causeway Foundation’s Director of Development at 613-725-3493 ext.28.

▶ Consider Krackers Katering for food service at your next event. Call: 613-792-4954

▶ Make a pledge to support Causeway participants in the ING Ottawa Race Weekend activities. 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 R0001.

Convenient online donations

You may wish to donate online by visiting www.causewayfoundation.org then click the “CanadaHelps.org” link on the main page for secure online charitable donations.

I have removed the donor box ... please use the one you have prepared

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 R0001.

What is Causeway?

Causeway Work Centre has assisted people with chronic mental illness and other disabilities for more than 31 years. Causeway services include: Pre-employment and skills development; Computer Training; a comprehensive Youth Pre-employment program; various Supported Employment programs; Casual Jobs enterprise, a Wellness program and Community Kitchen; an Outreach serving those with mental illness and/or concurrent disorders; and Krackers Katering, an entrepreneurial business, run by and employing Causeway clients.

Causeway Foundation was established in 1998 “To raise and distribute funds to support Causeway Work Centre programs and services to further the well-being of persons with mental illness and other disabilities.” It is managed by an nine-member Board of Directors: Dianne Breton, President; Robert Petrie, Treasurer; Carole Piette, Secretary; Directors Jill Mutzeneek, Leah Eustace, Peter Woollings, Don Palmer, Len Leeks and Bruce Hiney.

www.causewayfoundation.org