



# NEWSLETTER

## KIWANIS CLUB - OTTAWA WEST - KEY COMMUNITY SUPPORTER

As a community health centre, CCHS provides primary health care and other important services and programs for parents, children, youth, seniors and New Canadians in the Carlington community and its satellite locations.

CCHS is able to provide these services and programs, in part, because of the generous support from organizations like the Kiwanis Club. In particular, the Kiwanis Club - Ottawa West has contributed funds to CCHS programs such as the Annavale Headstart nursery school, Let's Read-Lisons to promote literacy, and for seniors.

This year, the Kiwanis Club gave \$2000 to provide more funds for nutritious snacks at the Annavale Headstart nursery school.

The Festival of Trees fundraising event held in the Westboro community raised \$2500, thanks to organizers Anita MacLean, fundraising committee chairperson, and Germaine Barr. The Club distributed 24," 30" and 36" trees to Westboro merchants for them to decorate. The finished trees went to the highest bidder at an event held at All



CCHS Board President Dilys Buckley-Jones receives a cheque from Germaine Barr and Connie Stinson from the Kiwanis club for the Annavale Headstart Nursery program while Exec. Dir. Michael Birmingham observes.

Saints Anglican Church, attended by M.P.P. Jim Watson. Proceeds went to CCHS for its literacy program.

"It was a fun event for everyone that benefited Carlington's literacy program," said Germaine Barr, the Community Service Chairperson for the Kiwanis Club - Ottawa West.

In the Let's Read-Lisons program, CCHS physicians and nurses distribute books with their treatments and prescriptions to encourage reading between parents and children.

The Kiwanis Club also donated \$1000 for seniors programs run by CCHS.

"Fifty per cent of our funding supports health-related programs focused on the environment, seniors, children and youth. Another 20 per cent supports personal development programs, another 20 percent for education and the remaining 10 per cent for other projects," says Barr.

Besides supporting Carlington Community and Health Services, the Kiwanis Club - Ottawa West sponsors the Kiwanis Music Festival every year in April and gives funds to Dovercourt for its Music in the Park series. Dovercourt Community Centre also received funds that were used to improve playground equipment in  
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Kiwanis Club member Elke McCumber enjoys the Festival of Trees fundraiser.

**JOIN US FOR  
CARLINGTON COMMUNITY & HEALTH SERVICES'  
ANNUAL GENERAL MEETING AND BBQ**

**Tuesday, June 27 at 900 Merivale Road**

**The BBQ will begin at 4:30 p.m. followed by  
registration at 5:30 and the AGM at 6 p.m.**

**Everyone is welcome to attend the AGM, although only members can  
vote. New Board members will be elected.**

**Become a Member  
Today!**

Visit our Web site at  
**[www.carlington.ochc.org](http://www.carlington.ochc.org)**  
or pick up a form at CCHS,  
900 Merivale Rd.  
For information call **722-4000**.

You must be 18 and support  
CCHS values and principles.

## Our Mission

*"We are committed to the well-being of our community. We promote, through a supportive environment, social, economic, physical, mental, and environmental health."*

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McKellar Park to create an all-inclusive play area enjoyed by children with physical challenges.

Executive Director Michael Birmingham applauds the contribution of the Kiwanis Club not only to CCHS but also to many other community programs in Ottawa West. Other projects supported by the Kiwanis Club include the May Court Hospice, the Mission, St. Joseph's Women's Centre, and more.

For information about the Kiwanis Club-Ottawa West, please contact Kevin Kavanagh at 226-1011, ext. 204.

## SPECIAL THANKS

**To all people who directed their United Way contributions to CCHS.**

**Another way to support the centre is by attending Bon Appetit Ottawa - an evening of fine food and entertainment on May 2nd at Lansdowne Park.**  
**For more information, call**

**841-8884**

Carlington Community & Health Services  
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## NEW 5-YEAR STRATEGIC PLAN IN THE WORKS

Elections at last year's Annual General Meeting produced another strong Board of Directors to lead CCHS in responding to community needs.

Board members together decide the focus of future actions. Members decide what are the most important community needs and what actions to take that will best fill those needs, not only for this year but in the years to come.

The process takes time. The strategic planning committee consults with its partners, who include staff, community housing members, hospitals, other social service agencies, and clients. It is expected that the Strategic Plan for 2006 to 2011 will be approved by May of this year in time for the AGM and barbecue in June.

Seniors, youth and new Canadians are just a few CCHS clients to be considered in future programming. Meeting with focus groups helps the Board of Directors get feedback from the community in order to put in place those programs best able to meet the most pressing community needs.

"It's important to hear from the people we work with," says Executive Director Michael Birmingham, "and to listen to what matters to our clients."



**2005-2006 CCHS Board of Directors**

Left to right: Front: Christine Castonguay, Dilys Buckley-Jones, Anne Huot, Thérèse Ladouceur; Middle: Lakshmi Ram, Michelle Meyer; Back: Darleen Turner, Annette Thiessen, Anne Wieler, Greg Clunis, Diana Macintosh and Michael Birmingham.

## New Board Members Invited

Board President Dilys Buckley-Jones says, "We welcome new members to bring their talents and skills to help serve the community."

Any CCHS member can run for the Board and participate on Board committees. You can become a member today by filling out the membership form below and dropping it off at 900 Merivale Road no later than Friday, May 12. Let us know by calling Carlington if you want to nominate yourself or someone else to the 2006-2007 Board. Add your voice to the CCHS team!

New members will be elected to the Board at the Annual General Meeting held on Tuesday, June 27th at the Merivale centre location.

## OUR VISION

At Carlington Community & Health Services,  
*"We strive to build healthy inclusive communities."*

## Membership Form

I would like to be a member of Carlington Community and Health Services. I am over 18 years of age and support the mission and values of CCHS as listed. Please submit my name for membership.

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

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

City: \_\_\_\_\_ Province: \_\_\_\_\_

Postal Code : \_\_\_\_\_ Telephone : \_\_\_\_\_

Please send this form to: Carlington Community and Health Services, 900 Merivale Rd., Ottawa, ON K1Z 5Z8. Questions? Call 722-4000. We safeguard your personal information in accordance with our privacy policy.

**Check out our Web site at [www.carlington.ochc.org](http://www.carlington.ochc.org)  
or the Coalition of Community Health and  
Resource Centres at [www.coalitionottawa.ca](http://www.coalitionottawa.ca)**