



Case Statement for the Physically Challenged Living Under the Poverty Line

****Being Revised for 2011****

*“There are 2 worlds – one inside the Action Centre and one outside.
You have to be in a wheelchair to understand this.”*

Daniel Jarry, C.A. Member

What We Do

“Promote Independence – Reduce Isolation”

Mr. Charest’s Mandate for 2010

Our Mission is to:

- ▶ Improve **self confidence** and **independence**
- ▶ Teach members to be **proactive** in taking care of their **health**
- ▶ Promote **mutual support, trust** and **acceptance**
- ▶ Enhance **self-esteem** and **reduce risk of depression**
- ▶ Offer **hope** for a **better future**

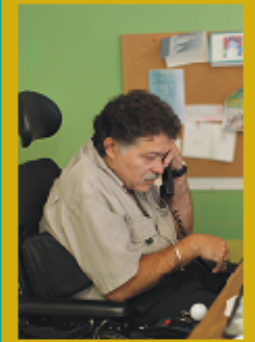
Our Vision is to:

- ▶ Assist members in **re-integrating** into society through **philanthropy** and **education**
- ▶ Encourage members to **learn** and **achieve** to the best of their ability
- ▶ Create **public awareness** about the needs of disabled people living below the poverty line
- ▶ Become **role models** for other people with disabilities

What makes Us Unique and Essential

The only **bilingual** day center in Montreal for people severely **physically challenged** living **below the poverty line**

- ▶ A safe day center, in operation since 1998, accommodating 170 of the most vulnerable in Montreal
- ▶ The Action Centre allows you to keep fit, keep the mind active and restores interest in life
- ▶ Education and social programs geared towards healthy lifestyles and quality of life
- ▶ Government housing, along with caregivers do not offer our level or variety of educational and recreational services
- ▶ 96% of our members must meet their needs with a disability pension of \$10,400 annually or \$872 per month
- ▶ Some of our members are rewarded by performing useful work for the Center which enhances their self-esteem



History of the Action Centre

1998	2002	2003-2008	2009-2010
<ul style="list-style-type: none"> ▶ Founded by the members and the Constance Lethbridge Rehabilitation Centre ▶ Located in a warehouse in Pointe St. Charles ▶ 15 Members 	<ul style="list-style-type: none"> ▶ Moved to Ville LaSalle ▶ 1st Soirée was launched for fundraising ▶ Expanded services ▶ 55 Members 	<ul style="list-style-type: none"> ▶ 71-140 Members ▶ Expanded sq footage of Centre ▶ Created AC Foundation ▶ Golf tournament & Chair Aware launched 	<ul style="list-style-type: none"> ▶ 170 members ▶ Recognized by LaSalle as non-profit organization ▶ Launch of “You are Loved” program ▶ Bank of Nova Scotia Walk launched

We provide - Members thrive

Educational Services

- ▶ French language classes
- ▶ Music appreciation
- ▶ Nutritious cooking and safety cooking classes
- ▶ Writing & photography lessons
- ▶ Basic and adv. computer courses
- ▶ Arts & crafts-release of creativity
- ▶ Exercise, co-ordination & meditation
- ▶ Geography - world travel without a ticket
- ▶ Preventive disease- taking responsibility, information procedures, education

Fun Events

- ▶ Science Centre outings
- ▶ Trips to the Biodôme, the Montreal Museum of Fine Arts
- ▶ Games night - Bingo, Scrabble etc.
- ▶ Dances & parties to celebrate life
- ▶ Thursday bowling
- ▶ Sailing, Downhill skiing
- ▶ Weekly outdoor BBQs at the Centre
- ▶ Opportunities for members to fundraise for the Action Centre
- ▶ Giving back to the Montreal Community



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