



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 <u>bilingual</u> day center in Montreal for people severely <u>physically challenged</u> living <u>below the poverty line</u>

- ➤ 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
 ▶ Founded by the members and the Constance Lethbridge Rehabilitation Centre ▶ Located in a warehouse in Pointe St. Charles ▶ 15 Members 	 ▶ Moved to Ville LaSalle ▶ 1st Soirée was launched for fundraising ▶ Expanded services ▶ 55 Members 	 ▶ 71-140 Members ▶ Expanded sq footage of Centre ▶ Created AC Foundation ▶ Golf tournament & Chair Aware launched 	 ▶ 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







Additional Opportunities

► Tool Box Dental Check-Ups

- McGill University provides three outreach programs per year providing fee dental check-ups, cleaning and minor procedures
- Montreal Neurological Hospital

Advanced Computer Skills

 Members participating in the government Interagir program receive small salary and instruction on the use of various accounting and wordprocessing programs

▶ Eco-Garden Summer Project

 In conjunction with the NutriCentre, members undertake to plant and manage an **organic garden** of vegetables and herbs

Nutritious Meals

Home grown when possible by the members, \$3.00







Additional Opportunities Cont'd

- ▶ Networking with Greater English School Board, Altergo, College CDI, Quebec Correctional System, John Molson School of Business, Concordia University, Gov. work opportunities program
- Speeches at schools children's awareness of people with disabilities
- ► "You Are Loved" Project
- **▶** Members helping members
- Member's slogan "become a member, become a friend, be part of a family"





Member Testimonials

"Before I came to the Action Centre, I was not a very smart ma	an. But, now I know about love."
	- Ronnie Frankel
"We are all the same here –and we all share the same problem	ns in trying to cope with the real
world."	- Seymour Silverman
"I have no family. I was isolated and alone until I came to the	Action Centre."
	- Audrey Hamilton
"I gave serious thought to your question and realized how the rethink my priorities in life. They used to be about earning mo now it's more about my friends and helping others."	
"I like to come here and see my friends, and do things I like ar to the parties and dances."	nd be with people. I enjoy going
	– Yolanda Batista











Centre Action Centre 514.366.6868 www.centreaction.org

2214 Ave Dollard (corner Newman Blvd)
LaSalle, QC H8N 1S6
info@centreaction.org

Canadian Charitable Organization #8848 35026 RR0001