



# One Day in "The Way"

## A Snapshot of United Way Perth-Huron

**United Way  
Perth-Huron**

**Change starts here.**



[www.perthhuron.unitedway.ca](http://www.perthhuron.unitedway.ca)

519-271-7730 | 1-877-818-8867

*"Never doubt that a small group of thoughtful, committed people can change the world. Indeed, it is the only thing that ever has."*

*~ Margaret Meade*

When I survey the activity of the United Way of Perth-Huron and its many partners, I'm overwhelmed by the good they are doing. These many small groups of thoughtful and committed people are changing our world as Margaret Meade aptly points out.

Read on, be inspired, and support our efforts to change our part of the world.

*~ Ryan Erb, Executive Director*



Bob Fisher, a client of CNIB and Jessica Morrow, Campaign Assistant of United Way Perth-Huron, enjoying a chat at the Campaign photoshoot.

### **CNIB Lions Low Vision Clinics in Perth-Huron**

**At The United Centre in Statford from 10:00 am to 2:00 pm - 4th Wednesday of each month**

**At Suncoast Mall in Goderich 10:00 am to 2:00 pm - 2nd Thursday of every 2nd month (next in Jan.)**

These clinics offer the opportunity for anyone affected by vision loss to receive information about CNIB, vision loss and to try out various consumer products. CNIB specialists from CNIB's Low Vision Services, Independent Living Skills, and Orientation and Mobility programs are available to answer questions.



*"93 year year old Harold Jones has been receiving weekly visits from VON Palliative Care Program volunteer, Mariette Bilcke, since 2004, after the death of his beloved wife. Now that Harold is facing age related health concerns he resides in a Long Term Care home. Mariette and Harold have shared many memories together over the years. As a palliative care volunteer Mariette is able to offer compassionate support to enhance Harold's quality of life."*



VON Perth-Huron  
Harold Jones, Client,  
and Mariette Bilcke  
VON Palliative Care Program Volunteer



### **Emily Murphy Centre A Snapshot of the Children's Worker Schedule:**

**3:00 to 4:00 pm – After school appointment with 6 year old girl who witnessed violence**

**4:00 to 5:00 pm – Play group for 3 kids, aged 3 to 9, so Mom can attend her art therapy session**

**5:00 to 6:30 pm – Group counselling with 8 kids, aged 3 years to 12 years, while moms learn similar curriculum in another room**

**6:30 to 7:00 pm – Scheduling return phone calls, calls to schedule appointments, answer emails**

**7:00 to 8:00 pm – Moms Group to discuss parenting strategies, coping skills and child development**



\* The photo was taken by photographer John Benson, the people in the image are not clients of the Emily Murphy Centre. Identities of actual clients are strictly confidential to ensure their safety.

# Member Agencies: Making every day count for everyday people



United Way funded Educational Assistant, Miss Dawn Bender, is doing puzzles with students during Avon Co-operative Nursery School's morning program.

**Educational Assistant, Miss Dawn Bender**



**8:00 am to noon - Educational Assistant** assists teachers with children ages 2 1/2 to 5 years old.

## A Snapshot of the Community Outreach Volunteer Schedule

### 6:00 am to 12:30 pm - Volunteer Driver

Pick up a 65 year old man and take him to a dialysis appointment in Stratford and return him back home

### 8:30 am to 2:00 pm - Accessible Transportation

Drive a 50 year old woman, in a wheelchair, along with her family to medical appointments in London using accessible transportation

### 1:30 - 3:00 pm - Seniors' Day Out

Take residents from Country Meadows or Knollcrest Lodge to go out shopping, for coffee or bowling to keep them connected with their communities

### 12:00 - 2:00 pm - Meals On Wheels

Deliver a meal to an 83 year old woman to help her meet her nutritional needs and stay at home independently



*"Apparently there is nothing that cannot happen today." ~ Mark Twain*



Member Agencies of  
**United Way**  
Perth-Huron



## Big Brothers Big Sisters of South Huron

### 6:00 - 8:00 pm – BIG BUNCH

Group activity night for all of the kids who are on the waiting list for a Big Brother or Big Sister and "Bigs" and "Littles" who are matched.

Last Tuesday they made Christmas and Thank You cards to send to Canadian Soldiers.



## Huron Hospice

### 7:00 pm – Grief Recovery Outreach Program

Volunteer facilitated grief recovery program in Goderich and Wingham (at the Museum).

*"I wish more people would take this course. It has been most helpful and healing."*

*"This course has changed my thinking about how I deal with losses. It has been life-changing for me."*

*"It is good to know that I am not alone when I have a loss, others experience the same things too. I am not going crazy."*

*"This course has been a life-changing teaching. I can now use the tools I learned in other relationships in my life."*

### 11:30 am - 5:30 pm

Pick up client in Stratford and take to dialysis in London, return pickup at 5:30 pm for trip home.



## A Snapshot of Chris Morris' Schedule

### 9:00 to 11:30 am - Individual Counselling

Chris meets individually with prisoners in the Stratford Jail at their request. He provides them with counselling, advocacy and discharge planning so they can successfully deal with the problems and issues that led to their incarceration and successfully return to the community with out reoffending.

### 12:30 to 2:00 pm - Co-facilitate Group

Chris works with an Addictions Counsellor from Choices for Change in the Stratford Jail. They work with up to 6 prisoners and teach them about the different types of treatment programs and services that are available to them in the community and how to access these services in the community.



John Howard Society of London and District  
Location: The Stratford Jail  
Staff: Chris Morris, Social Worker

# Youth United Council: empowering youth as advocates of their own interests



**4:00 pm Fridays - Cooking Lessons**  
Dalyce Knight and John Wrightson Jr. of the Stratford YMCA Youth Centre concentrate as they learn about healthy eating on a budget, through the program "Twice The Meal".

This program is funded in part by a grant from United Way of Perth-Huron's Youth United Council.



*"The only way that we can live, is if we grow. The only way that we can grow is if we change. The only way that we can change is if we learn. The only way we can learn is if we are exposed. And the only way that we can become exposed is if we throw ourselves out into the open. Do it. Throw yourself."*  
~ C. JoyBell C.

## Projects of United Way: providing employment solutions for Perth-Huron



*"I learned more at PF Solutions in my first 5 days than I did at my previous 6 week internship."*  
~ Heather Cook  
Now employed as HR Assistant to the Director of Goodwill Industries.



**Every Tuesday at 10:00 am - Out of Work?** Office work experience program information sessions held weekly, each Tuesday at PF Solutions, 75 Waterloo St. S. Suite #202.

Positions available in Accounting, Tech Support, Human Resources, Marketing and CSR/Administration.  
To register call **519-271-2978** or go to [www.pf-solutions.ca](http://www.pf-solutions.ca).  
**PRACTICE MAKES PERFECT!**

**9:00 am - 4:00 pm - Matching Jobs to People**  
Reviewing websites and job postings to find the right job for the right person both locally and in surrounding communities. Contacting clients with these job opportunities and providing support with resumes and cover letters when clients are applying.

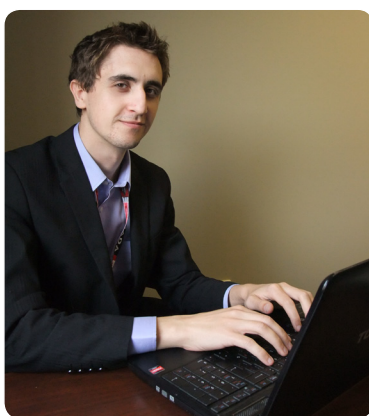
**9:00 am - 11:00 am - Motivational Speaker**  
Providing the education needed for employment success

## Our Tenant Agencies: affordable rent, shared resources, tools to make a difference



**11:30 am** - Chelsey Gordon of Habitat for Humanity reviews house plans for the 2013 Build in Stratford in her office at the United Centre.

**8:30 am daily** - eagerly reviewing applications and looking for one more partner family. Visit their website [www.habitatstratfordperth.ca](http://www.habitatstratfordperth.ca) to see if your family qualifies for a new home!



**2:00 pm** - Sean Catania (Coordinator of Events, Marketing & Membership) of Stratford City Centre is posting event information.



**7:00 - 9:00 pm - Blanket For Canada Group Meets**  
On Wednesdays group meets at the United Centre to stitch, knit, crochet, make squares and finish blankets that are being donated to "Anyone in Need of Warmth" in our community.



**11:00 am** - Katia Maxwell of Rogers T.V. edits a feature on Remembrance Day in her office at the United Centre.



**11:15 am** - Sue Dohaney of United Way Perth-Huron greets people at reception.

More of our tenant agencies:



**United Centre**

In addition to low-cost rental space we also provide these resources to non-profit agencies:

- Bookkeeping
- Mentoring
- Administrative Support
- Reception
- Meeting Space
- Use of Fax
- Office Equipment
- Tele-conferencing
- Marketing Support

**Contact: 519-271-7730**  
to ask how we can help your non-profit agency.

## Our Member Agencies

 <p><b>Avon Cooperative Nursery School</b> Serving Stratford and Area 519-271-6400</p>	 <p><b>Community Outreach Services</b> Serving Perth County 519-595-8755</p>
 <p><b>Big Brothers Big Sisters of Listowel and District</b> Serving Listowel and Area 519-291-6762</p>	 <p><b>Emily Murphy Centre</b> Serving Perth County 1-888-826-8117</p>
 <p><b>Big Brothers Big Sisters of North Huron</b> Serving Central and North Huron 519-524-4361</p>	 <p><b>Epilepsy Huron-Perth-Bruce-Grey</b> Serving Huron and Perth 1-877-427-0033</p>
 <p><b>Big Brothers Big Sisters of South Huron</b> Serving Exeter and South Huron 519-524-4361</p>	 <p><b>Family Services Perth-Huron</b> Serving Huron and Perth 1-800-268-0903</p>
 <p><b>Big Brothers Big Sisters of Stratford and District</b> Serving Stratford and Area 519-271-7133</p>	 <p><b>Huron County Food Bank Distribution Centre</b> Serving Huron County 519-913-2362</p>
 <p><b>CNIB</b> Serving Huron and Perth 1-800-265-4127</p>	 <p><b>Huron Hospice</b> Serving Huron County 519-527-0655</p>
 <p><b>Huron Safe Homes For Youth</b> Serving Huron County 1-800-361-1640</p>	 <p><b>St. John Ambulance</b> Serving St. Marys and Area 519-284-0600</p>
 <p><b>Huron Women's Shelter</b> Serving Huron County 519-524-5333</p>	 <p><b>St. John Ambulance</b> Serving Stratford and Area 519-271-2290</p>
 <p><b>John Howard Society of London and District</b> Serving Huron and Perth 519-438-4168</p>	 <p><b>St. John's Cooperative Preschool</b> Serving Stratford and Area 519-271-3683</p>
 <p><b>One Care</b> Serving Huron and Perth 1-877-502-8277</p>	 <p><b>St. Marys Youth Centre</b> Serving St. Marys 519-284-9965</p>
 <p><b>Partners in Employment</b> Serving Huron and Perth 1-888-729-9675</p>	 <p><b>VON Perth-Huron</b> Serving Huron and Perth 519-271-7991</p>
 <p><b>Shelterlink</b> Serving Perth County 519-272-2294</p>	 <p><b>YMCA Stratford-Perth</b> Serving Perth County 519-271-0480</p>

## Our Divisions

**211**  
When you don't know where to turn.  
24 hours a day, 7 days a week, confidential answers to all your questions about social and community services. Call 211 for free.

Meeting spaces are available to rent 7 days a week.  
**United Centre**  
Call 519-271-7730 to book your space today.

**The Local**  
Community Food Centre  
5:00 - 6:30 pm Mondays Drop-In Dinner  
We serve hot, healthy meals, free of charge.

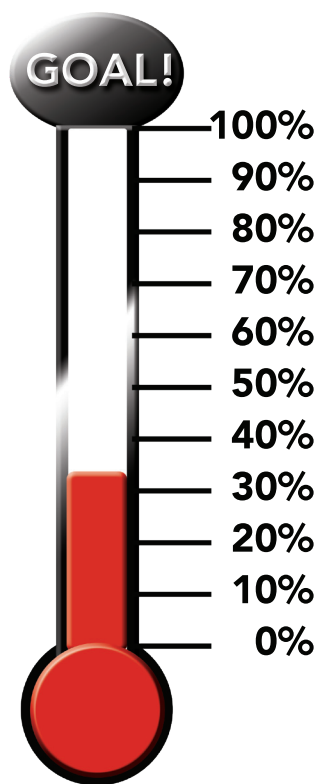
An online resource for posting and finding volunteer opportunities in your community.  
**Give Help. Get Help.**  
VolunteerConnection.ca

**Social Research & Planning Council**  
1:00 - 3:30 pm Meets monthly to discuss social issues in the community and research projects.

Meets at 4:30 every 3rd Wed. For more info contact:  
**YOUTH UNITED COUNCIL**  
uwphyouth@perthhuron.unitedway.ca

We need your help to reach our goal of **\$1,082,012.**

Please give to **United Way Perth-Huron.**



**Give. Volunteer. Act.**



**United Way Perth-Huron**

Change starts here.

The United Centre  
32 Erie Street,  
Stratford ON N5A2M4

519-271-7730  
877-818-8867  
www.perthhuron.unitedway.ca

### Giving Form

Please complete and return to United Way of Perth-Huron

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

Address \_\_\_\_\_

Phone (h) \_\_\_\_\_ (b) \_\_\_\_\_

Company (if applicable) \_\_\_\_\_

E-mail \_\_\_\_\_

Combine with my spouses's gift - Name \_\_\_\_\_  
Spouse's Workplace \_\_\_\_\_

Please publish my gift as follows \_\_\_\_\_

I wish to remain anonymous

Would you like to receive monthly newsletters?

We are committed to protecting the privacy and confidentiality of your personal information. United Way Perth-Huron does not buy or sell donor lists. For complete details about our privacy policy, please visit our website at [www.perthhuron.unitedway.ca](http://www.perthhuron.unitedway.ca) or contact us at 1-877-818-8867 or 519-271-7730.

Charitable Registration # 119278414RR0001



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My total gift for this year is \$ \_\_\_\_\_.

### Giving Options:

Cash     Cheque     Credit Card     Bank Withdrawals

Card #: \_\_\_\_\_

Expiry Date: \_\_\_\_\_ Signature: \_\_\_\_\_

One-time gift in the amount of \$ \_\_\_\_\_

Monthly gift in the amount of \$ \_\_\_\_\_  
(12 consecutive months beginning \_\_\_\_\_)

For pre-authorized withdrawals, please attach a void cheque.

### Please Direct My Gift to:

UWPH: donations will be distributed where it will be needed most within Perth and Huron Counties including: member agencies, demonstration and development grants, divisions, and projects.

Another United Way: \_\_\_\_\_

Other: \_\_\_\_\_

