

MISSION POSSIBLE

THE UNITED CHURCH DOWNTOWN MISSION NEWSLETTER Fall 2008

GEORGE ROMERO/JOHN RUSSO CLASSIC FILM

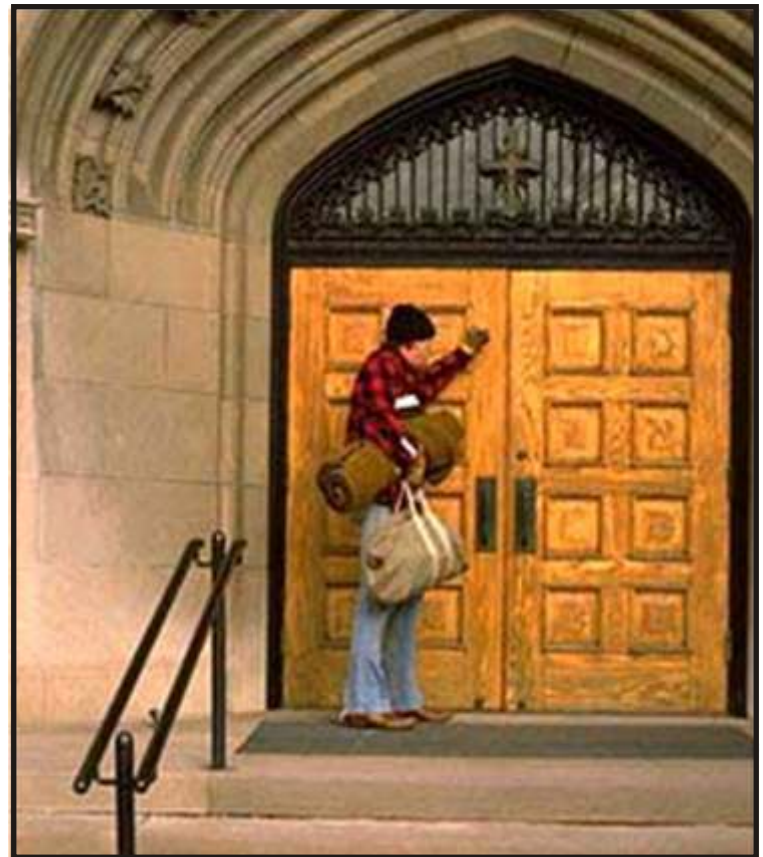
NIGHT OF THE LIVING DEAD

BY LORI ALLEN OHM

**Mission Theatre 664 Victoria Avenue
October 23,24,25.
Doors open at 7:30pm with shows at 8:00pm
Special Midnight Show Fri. Oct. 24**

**For tickets call Susan Allen 519-252-3244 or 519-874-9232
Or the Mission 519-973-5573 Mon - Fri 8:30am - 3:00pm
General Seating \$20 V.I.P. \$24**

New Program for the Homeless



Safe Storage for the Homeless see pg. 2

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(tips on quitting smoking)**

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It's Coming!!!

The Downtown Mission's 17 th Annual

POLAR BEAR DIP!



**TAKE THE PLUNGE
Sunday December 7, 2008**

**Polar Central
Casa's 2477 Dougall**

**YOU MUST REGISTER TO JOIN THE FUN
CALL 973-5573**

Safe Storage for the Homeless

Joe charged through the Mission doors. Usually a quiet, passive guy, he was obviously agitated. Muttering under his breath, he couldn't contain himself any longer. Almost shouting he blurted out "I lost everything." Being homeless, he kept all of his clothes and possessions in a large duffel bag. Tiring of carrying it around all day he hid it in what he thought was a safe place. Either someone stole it or a property owner threw it away.

"This is the third time I've lost everything."

"This is the third time I've lost everything. Once someone stole my stuff off my bunk at a shelter while I was in the shower. The last time I left my stuff at a friend's apartment. He moved out, didn't tell me and the landlord threw it out. I lost a letter of recommendation from my old boss and rent receipts to prove I'm a good tenant." For the homeless losing all of their personal possessions is a common story. Losing personal papers and I.D. becomes a major hurdle when the homeless try to get a job, rent a room or obtain government assistance.

One of our Partnering Agencies, Unit 7 obtained a grant from Green Shield to start a pilot project called **SAFE STORAGE FOR THE HOMELESS.**



From Left: C.J., Virginia Waseierski, Christine Wilson

Become a Polar Dip Sponsor

If your business is looking for a unique event to support, consider the Downtown Mission's Polar Bear Dip. Held every December, it always garners extensive newspaper and television coverage. In a sea of advertising flyers and multiple media channels the Polar Bear Dip is just crazy and wacky enough to stick in people's minds. Combine this with the fact that you are helping an agency that assists the hungry, lonely and homeless and you've got a winner! **Sponsorship rates begin at just \$250.00.**

**Our next Dip splashes down on Sunday, December 7. Interested in becoming a sponsor?
Call Barry Furlonger at 519-991-6042.**

Unit 7's administrator Christine Wilson spent three years on the streets as a homeless kid. She ran away from a foster home where she was being molested.. She trusted a girl she knew from the street to hold a box of her personal possessions; school mementoes, track and field pins, jewelry and a few family photos. A few weeks later the "friend" denied she ever had the box. A few of her friends were wearing Christine's jewelry.

"You begin to lose hope."

"Losing the last mementoes of the few good times in your life is like being raped. You feel like things will never get any better, You begin to lose hope". Tired of hearing homeless people tell her similar stories, Christine wrote a proposal that Green Shield found compelling.

Unit 7's small drop-in/coffee shop lacked storage space. The Mission was the logical place for the project. The Mission offered the space; Unit 7 provides the staff, volunteers and office equipment. From Monday to Friday the homeless have access to a locked room where they are issued their own large plastic storage bin to store their belongings.

**Special thanks to Canadian Tire - Walker Road
for donating the storage bins.**

Homeless Services at the Mission

- Noon Hour - Full course meal
- Sanctuary 10:30pm - 7:00am
- Homeless Advocate Mon - Fri (Unit 7 - Street Help)
- Shower (7 days a week)*
- Laundry & Toiletries Mon - Thurs (Teen Health Centre)
- Safe Storage Mon - Fri * (Unit 7 - Street Help)
- Clothing (free) Thurs am
- Access to phone

*New Program 2008



Statistics 2008

Food Bank

| | |
|-------------------------|------|
| Food "Paks" Distributed | 3086 |
| Adults Served | 3925 |
| Children Accessed | 2317 |
| New Clients | 676 |

384 more Food "Paks" than 2006
Increase of 14%

Lunch Meals

52683 Served

Sanctuary

Individuals Accessed -250
More Than 3,100 Bed Nights Provided

VITALE
HEATING AND COOLING

WINTER TUNE UP SPECIAL **\$59.99**

WINTER/SUMMER TUNE UPS - GAS LINE INSTALLATIONS
SERVICE FURNACES - WATER TANKS AND A/C

Lowest Prices In Town

Phone: 519-903-1771 (ask for Tony)

A donation of \$100.00 will be made to the Downtown Mission with purchase of furnace, water tank or air conditioner

Most Vulnerable Homeless Seek Sanctuary

The number of Homeless using the Sanctuary has not decreased in the summer. In August we had an average of twelve guests sleeping in the Sanctuary. Out of a total of fifty four individuals sleeping in the Sanctuary twenty were first time guests. Twelve guests were sixteen to twenty four years of age. Seven were women. Nine people using the Sanctuary were over fifty years of age. Over 50% of our Sanctuary guests were the most vulnerable homeless – youth, women and people over fifty years of age.

Cult Classic - "Night of the Living Dead"

Radiation from a satellite probe shot to Venus returns to Earth carrying a mysterious new radiation that transforms un-buried dead into flesh eating zombies. Seven people trapped in an isolated farm house held hostage by ravenous ghouls begin to turn on each other as the dead encroach. A gripping horror filled monochromatic play that brings all the fright of the cult classic to life. This thrilling horror laced with touches of black humour envelopes the audience and unfolds into a shocking theatrical ending

**Theatre
Intrigue**

.....A terror - ific triumph!
.....Review From Meadville Tribune

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For tickets call Susan Allen 519-252-3244 or 519-874-9232.
Or the Mission Mon - Fri 8:30am-3:00pm
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You Can Help Provide Sanctuary From The Street

- A night of Sanctuary: \$22.00
- A weekend of Sanctuary: \$44.00
- A week of Sanctuary: \$154.00
- Cheque enclosed \$ _____



Please Print Clearly

Name:.....

Address:.....

City:.....Prov:.....P.Code:.....



Please Charge **OVER 200 HOMELESS OUT OF THE COLD**
my Gift on my
Credit Card

Card #.....

Exp. Date:.....

Signature:.....

Phone:.....(.....).....

Organizing a Food Drive ?

The Food Bank at the Downtown Mission is in Need of:

- Children's Snacks
- Assorted Soups
- Small Peanut Butter
- Small Jams
- Salad Dressing
- Cereals
- Infant Formula

Call us for a current list of food bank needs and set a date for your drive. 519-973-5573
e-mail: foodroom@downtownmission.com

NEW MISSION FOOD DEPOT Convenient Drop Off

Manning Road Animal Hospital
1630 Manning Road

If you live on the east side of Windsor Drop off
Your Food Donations (non perishable) at
Manning Road Animal Hospital
Mon. - Fri. 9am - 4pm Sat. 9am - 11am

Upcoming Events

- Volunteer Picnic - Sep 4
- Thanksgiving Dinner - Oct 13
- Hallowe'en Dance - Oct 30
- Bus to Lions Game - Nov 27
(Call Heather 519-252-2334)
- Polar Bear Dip - Dec. 7
- Christmas Party & Dinner - Dec 18
- Christmas Dinner - Dec 25

Komedy Korner

Marriage is really tough because you have to deal with feelings and lawyers.

Richard Pryor

I'm a marvelous housekeeper. Every time I leave a man I keep the house.

Zsa Zsa Gabor

When you are in love with someone you want to be near him all the time, except when you are out buying things and charging them to him.

Miss Piggy

Some people stay longer in an hour than others do in a month.

William Dean Howells



Ask Your Community Pharmacist

Q: Can you share some ideas on quitting smoking?

A:Smokers who want to quit smoking have a variety of different options that may double or even triple their chances of quitting. The approach of medication is to quell the cravings for nicotine which is a very addictive drug. A few tips to help quit:

Know the enemy. Make a list of all the hazards of smoking - write them down - this helps you understand why you should quit.

Make a date to quit and prepare yourself by figuring out how you will deal with the cravings. The day before, throw away all cigarettes, ashtrays and lighters. Do not get caught in the old trap of "using up" what I have.

Talk with your doctor or pharmacist. Quitting smoking can change the way your body processes medications and even vitamins. If you need medications there are alternatives. Ask about nicotine replacement (patches, gum, lozenges and inhalers) drugs that ease cravings (wellbutrin, zyban) and nicotine site blockers in the brain (champix).

Avoid temptation. Avoid social places that you associate with smoking - bars, restaurants, Timmy's etc.

Find alternatives. Start exercising and other ways to relax - yoga, meditation.

Never quit trying to quit. In order to succeed you have to be ready and wanting to quit. If you are not fully committed then wait until you are and try again.

To your good health!

Rocco D'Angelo
Your Community Pharmacist.

I want to thank everyone for their questions. For anyone wanting some answers to other questions by mail or e-mail see the addresses on my coupon. (below)



ROYAL WINDSOR PHARMACY
Buy 1 bottle of Super Concentrate Omega-3 & get 1 bottle of Vitamin D 1000 I.U. **FREE!**

Call (519) 256-1600 for your free MedsCheck today!
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fax: 519-256-9622 phone: 519-256-1600
(Present coupon for your discount)