

COMMUNITY SUPPORT CENTRE

Winter/Spring 2011



THE SUNSHINE NEWS

Our mission is to serve the Community responsibly by providing information about and access to Health, Government and Community Support Services.

Community Support Centre

**Did You Know....
That Lakeshore Community Services
is now known as
The Community Support Centre?**

Same great quality services
Same wonderful, pleasant staff
New name!

We look forward to a continued
relationship with our clients, partners,
and the community for years to come.

COORDINATED DIALYSIS TRANSPORTATION SERVICES

The Community Support Centre is pleased to announce that we now offer a specialized service in providing transportation for patients to dialysis treatments.

This valuable service provides county wide door to door transportation seven days a week and is aimed to meet the needs of our clients.

Transportation will be provided using both CSC vehicles and volunteer drivers. The subsidized cost will vary depending on your location.

See page two for more information on becoming a volunteer driver.

Contact the Community Support for more information.



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POLAR SPLASH 2010

The 2010 Polar Splash was a tremendous success!

Thank you to all the volunteers who collected pledges and bravely took the splash. This year the number of participants increased to a record 42 people.

A special thank you to all our generous sponsors and pledge donors who contributed to making the second annual Polar Splash a success.

Together we were able to raise \$8,939.71.

We look forward to the third annual Polar Splash and hope that you will join us in 2011.



CONTACT US

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Email: lcs@lakeshorecommunity.net

Visit us online:

www.communitysupportcentre.ca



MEALS ON WHEELS

Are you a senior or living with a disability?
Diabetic meals available.
CALL NOW TO REQUEST A MEAL!!
Only \$4.50 per meal.

Proudly Serving

Tecumseh, Essex and all communities of Lakeshore including Belle River, Comber, Emeryville, Lighthouse Cove, Maidstone, Puce, St. Joachim, Stoney Point and Woodslee.

For more information call Rachel at 519-728-1435

Congregate Dining

Lakeshore Community Services is pleased to offer Congregate Dining. The Diners Club is hosted by the Essex Retires Center located at 32 Russell Street in Essex.

Join friends for lunch at 12 noon on Wednesdays and for soup on Fridays.

For more information call 519-776-6689.

LAKESHORE FOOD BANK

Thanks to the partnership of CAW Local 444 and Pinnacle Chrysler, the Community Support Centre has been able to purchase its new food bank vehicle a 2010 Chrysler Mini Van. The van will be dedicated to meet the needs of the Lakeshore Community Food Bank and will be used primarily for food donation pickups.



Do you need help?

The Lakeshore Community Food Bank operates Tuesday and Thursday mornings by appointment only. Contact the Community Support Centre to determine your eligibility.

Christmas Wish Program

The 2010 Christmas Wish Program was a success thanks to the local businesses and individuals who opened their hearts and sponsored a family. Your kindness was truly appreciated by the families that received your gifts. On their behalf and from us thank you for your generosity.

FOOT CARE CLINIC

Did you know that healthy feet can help you maintain your active & independent lifestyle?

A trained RPN can provide toe nail cutting, callus care and more! This service is available for all seniors as well as anyone who is unable to properly care for their feet.

Our Foot Care Clinic has expanded and we now offer an increased availability of services.

Welcome!

Ruth Polegato, Foot Care Nurse

Office Visits: \$18

Home Visits: \$25

Call Elizabeth at 519-728-1435 for more details or to schedule your appointment.



VOLUNTEER DRIVERS NEEDED

The Community Support Centre is in need of volunteers to transport clients to their dialysis treatments. Volunteer drivers are responsible for ensuring safe arrival to and from the dialysis appointment. Use of your own roadworthy and reliable vehicle is required. Your mileage will be reimbursed at the approximate rate of .40 per km driven per round trip.

Contact Richelle at 519-728-1435 for more information.

COATS FOR KIDS UPDATE

This year the annual Coats For Kids campaign was a huge success! We distributed 70 coats, 45 hats and 7 pairs of leggings to our local children and parents. Thank you to all those who donated items to help keep our fellow community members warm this winter.

JOG 4 JOE

The second annual Jog 4 Joe event was held on November 14, 2010. The organized run from the Windsor Regional Cancer Center to the Lakeshore Community Food Bank raised both dollars and can goods.

The event is organized by Brad Byrne in memory of his father Joe Byrne who lost his battle with cancer.

Thank you to everyone who came out to support this memorable event. Together we were able to make a difference. Please join us in 2011 for the third annual Jog 4 Joe event.

FREE COMPUTER LESSONS

The Community Support Centre offers **FREE** basic computer training at our office. Lessons are taught in one hour sessions on a one on one basis. This service is available for adults and seniors by appointment only. For more information please call the Community Support Centre.

TRANSIT BUS

Did you know that you may be eligible to ride our Bus?

- 55+, limiting medical conditions, CPP disability, WSIB, ODSP, referrals.
All are encouraged to apply.
- Door to Door Service
- Wheelchair Accessible
- Round trip fees \$5-\$14 (depending on pickup and travel area)

Lakeshore pickups:

Emeryville/Puce Area,
Belle River/Woodslee Area,
Stoney Point/Comber/St. Joachim Area,
Lighthouse Cove Area

Tecumseh pickups:

Tecumseh Area
Purchase a bus pass for \$100 and receive 1 free ride

Special Bus Trip Available

Call Karen for details at 519-728-1435

FALLS PREVENTION

Did you know there are almost 180,000 injurious falls annually in the Canadian population over 65?

A fall of an older adult can have a devastating impact resulting in serious injury, reduced quality of life and in severe cases death.

Forty four percent of falls are caused by a slip or trip on any surface.

You can greatly reduce your risk of falls by having grab bars installed on the wall next to the bathtub, shower and toilet.

Grab bar installation is now available through our Home Maintenance and Repair Program. This service is available to all seniors 55 and over with a referral from an occupational therapist at the Windsor Essex County Health Centre.

Contact the Community Support Centre for more information.

VOLUNTEERS NEEDED

The Community Support Centre is always in need of volunteers for the many services we offer. If you have spare time and want to do something truly fulfilling we have just the right area for you. We will provide the necessary training and will work around your schedule of availability.

- Meals on Wheels
- Food Bank
- Friendly Visiting
- Teaching Basic Computer Skills
- Dialysis Driver
- Security Reassurance

Contact Rachel for more information on becoming a volunteer.

Community Support Centre
Please Donate Kindly

Now more than ever, the Community Support Centre relies on the support and partnership of individual donors like you! Your donations allow us to continue to provide essential services to the community. Please help by donating generously. Thank you for your support.

- Cash
- Cheque
- Other

FULL NAME: _____

ADDRESS: _____

PHONE: _____

EMAIL: _____

All donations \$20 and above will receive a tax deductible receipt

BACKPACK DONATION

This fall Bell Aliant made a big difference in the lives of local children. Bell Aliant employees adopt backpacks donated by the company, then filled them with their own donation of school supplies. The backpacks were then donated to the Community Support Centre to be given to local children.

Without this generous donation many kids would have lacked the basic supplies they require to succeed in school.

Thank you to Bell Aliant of making back to school and student success an annual donation.



INCOME TAX CLINIC

March-April Free Income Tax Clinic

The Community Support Centre will be offering a free income tax clinic for individuals who need assistance to complete their 2010 income tax return. Our volunteers are recruited through the Canada Revenue Agency and are authorized to complete tax returns electronically using CRA approved software. To see if you are eligible to use this service please call the Community support Centre at 519-728-1435. **Spaces are limited and returns are completed by appointment only.**

A Sincere Thank You to our 2010 Food & Monetary Donors and Sponsors!

July 16, 2010 to December 31, 2010

Allied Reclamation Services Inc.
AV Graham School
Bell Aliant-Essex County Group
Belle River 99's Pee Wee Minor Travel
Belle River & District Horticultural society
Belle River Canadiens
Belle River High School
Belle River Food Land
Belle River Legion Branch 399
Belle River Lions Club
Belle River Minor Baseball
Belle River Minor Soccer
Belle River United Church
Blackburn Radio
Bottom Line Bookkeeping Service
Business Observers Inc.
Campeau's Vegetables
Canadian Auto Workers Local 200
Canadian Auto worker Local 444
Central Ohio Chapter of Muskies Inc.
CIBC
Comber Chapter IODE
Dennis Dion Dental
Dunn Paving Limited
FACCA Incorporated
Friends of Greater Comber
Friends of Woodslee
H & E comfort Controls LTD
J. Addison Builder LTD
Knights of Columbus-Council 2775
Knights of Columbus-Council 4555
Lakeshore Community Policing Committee
Lakeshore Karate
Lakeshore St. Andrew's Church
Lanoue Insurance Brokers
Little Sweets Bakery
MCB Electrical Controls LTD
Moe Mailloux Financial
Nation Bank of Canada-BR Branch
Northshore Community Church
Paul Davis Systems
Puce Sports & Leisure Centre
Quality Safety Systems
Rene G Roy & Sons
Rezults Marketing
Salon Rouge
St. Mary's K of C
St. Gregory School
St. John the Evangelist Church
St. John the Evangelist CWL
St. Marks By The Lake
St. Simon & St. Jude CWL
St. Simon & St. Jude Mission Card Club
Stuff The Bus
Tecumseh Animal Hospital
The Burke Group
The Good Shepherd Circle 3331
Topps Group-Belle River
Town of Lakeshore EIS
Windsor Quilt Guild
Windsor Wall & Ceiling Association

Thank you to all schools, businesses, service groups and individuals who generously donated food in support of the Lakeshore Community Food Bank. The various food items donated will help to keep the shelves of the food bank full. Monetary donations to the food bank are used to purchase much needed fresh food items like, milk, eggs, bread and more!

The Community Support Centre now more than ever relies on the donations of individuals. Without the support of individuals like you, we would be unable to meet the needs of our community.

Adam, Elizabethrh
Adams, D
Anderson, Lori
Apolohio, Frank
Austin, Catherine
Austin, Eileen
Baggio, Eugene
Bailey, Tracey & William
Baillargeon, Brad
Baillargeon, Heidi
Baillargeon, Jean-Paul
Baillargeon, Judy
Bain, David
Bain, Tom
Banwell, Maryanne
Barrette, Rodger
Beaudoin, J.
Beaulieu, Sue
Belanger, G.
Belleau, T.
Bennett, Maria
Bernick, Mark
Beska, H.
Bessey, Vel
Bevan, Kelly
Bially, Pat
Bissonette, Denis
Boakes, Jeff
Boggs, Gary
Bracken, Don
Bracken, Frank & Wende
Bracken, Julie
Bracken, Ryan
Bracken, Steven
Bracken, Theresa
Branquet, Maddie
Bouillard, Yvon
Brown, David & Gavriela
Butler, Christine
Butler, G.
Byrne, Anne
Byrne, Audrey
Byrne, Darren
Byrne, Robert & Diane
Calvert, Bev
Campeau, Ann
Caputo, John
Cavers, Lisa
Chauvin, M
Chauvin, Wayne
Chevalier, Colleen
Chevalier, Jim
Chow, Anthony
Cincurne, L.
Clark, Bonnie
Clements, Bill
Clermont, Theresa
Collins, John
Cook, Nancy
Cooper, Gary
Costaris, Marian
Cote, Stan & Margaret
Crawford, Sherry
Croft, Jim
Dagleish, D.
Damphouse, Larry
Dean, B.
Delaurier, Dan
Demoe, L.

Denoe, Randy
Denomey, Kay
Desrosier, Moira
Diemer, Diane
Dietrich, B
Doner, Phil
Dorner, Janice
Dozois, Chrales
Ducharme, Simon
Dufour, Andrien
Dunlop, Keeley
Dunlop, Tom
Dunn, Cathy
Dunn, Irene
Dunn, Jim
Dupuis, Diana & Bruce
Edwards, Gord
Emery, Yvonne
Father, Dave
Father, Paul
Ferrari, Brenda
Ferris, Chad
Flood, Randy
Forfitt, M.
Fox, Laurie
Gammon, Cathy
Gammon, James
Gateau, B.
Gignac, Ken
Gilhuly, Monica & Gary
Gillis, Jamie
Giroux, J
Glaser, Kristine
Glowa, Nick
Goddard, S.
Gorchinski, Jen
Graham, Bill
Greene, vanessa
Grylls, Sheila
Guilbeault, Marcella
Guilbeault, Phil
Hackett, Jeff
Hagarth, J.
Hamilton, B.
Hamilton, C.
Harcus, Dan
Havens, Linda
Hayes, Christine
Hayes, Joanne
Hayes, Pat & RC
Henze, Pat
Hunter, Brenda
Hutchinson, M.
Janisse, Louis
Jessop, Mary
Jobin, Norm
John, Brad
Johnston, Colin
Jones, Lily
Jubenville, Bev
Kennette, Gary
Kime, Chris
Klokman, R.
Lachance, Edward & Janet
Lachine, G.
Ladouceur, Daniel & Pam
Ladouceur, Wes
Lajolie, Yvonne
Lalonde, Ray & Patricia
Lalonde, Roland
Landry, Diane
Langois, C.
Lanoue, Janice
Lanoue, Marie-Therese
Lariviere, C.
Lausch, Brian & Diana
Lavin, Mike
Leblanc, Janine
Lecours, Anne

Leonard, Amanda
Leroux, Rhonda
Lesperance, Cecile
Levack, Jennifer
Li Wan Po, Micheline
Licul, Ivan & Branka
Loch, Eveline
Loebach, L.
Loma, Bill
Lucier, Pat & Jim
Lumley, Daniel
Macquarri, C.
Mailloux, Jocelyn
Malenfant, Sharron
Manchuredk, Jenny
Marchand, Dave
Marchand, Loe
Marchand, Lynn
Marentette, Colette
Marentette, Jamie
Market, Nick
Martin, Louis
Marvin, George
Masse, Cathy
Masse, M&P
Matte, Louis Jr.
Matte, Louis
Matte, Maloue
Matte,-Miller, Julie
McCracken, George
McGuire, Gertrude
McGuire, Mike
MCLean, Charles
McPhee, Basil & Patricia
Medwid, I.
Meloche, Dave & Debbie
Meloche, John
Milivojevic, M
Miller, S.
Misiewicz, J.
Moison, Pat
Moore, V.
Morris, Lyle
Morrison, Yvonne
Mosey, T.
Mousseau, Tim
Muirhead, Robert & Judith
Mullins, Rosemond
Munro, Russell
Nabbout, E.
Nelsone, Denise
Nicoletti, Kirsten
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Prieduls, Karen
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Quenneville, Marc
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Renaud, Mariette
Renaud, Pat
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Rock, Mike

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Roy, Rene & Pauline
Ryall, Brenda
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Slunch, Edna
Smith, Corey
Spague, Kelly & Rob
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Staminler, Janis
Stammner, Nancy
Stevens, Cathy
Strong, Jack
Struhar, Sylvia
Tayles, David
Taylor, Ada Marie
Teiford, Lara
Tetreault, M.
Thompson, Becky
Tokins, Ron
Tracey, Cecile
Tracey, Joe
Tracey, John
Tracey, Peggy
Tracey, Sandy
Trepanier, C.
Trepanier, Pamela
Trudell, Armand
Vickerd, Dan & Yvonne
Vigneux, Shawn
Walesiak, Laurie
Wharf, Keith
White, Beverly
Williamson, Dorothy
Wilson, Michael & Nancy
Wood, Jeff
Woodiwiss, Elysia
Young, Sonia
Zivanov, Lisa
Zurczak, Patricia

Thank You to our funders!

