



United Way

Sarnia-Lambton

theunitedway.on.ca



FAMILIES



YOUTH



SENIORS

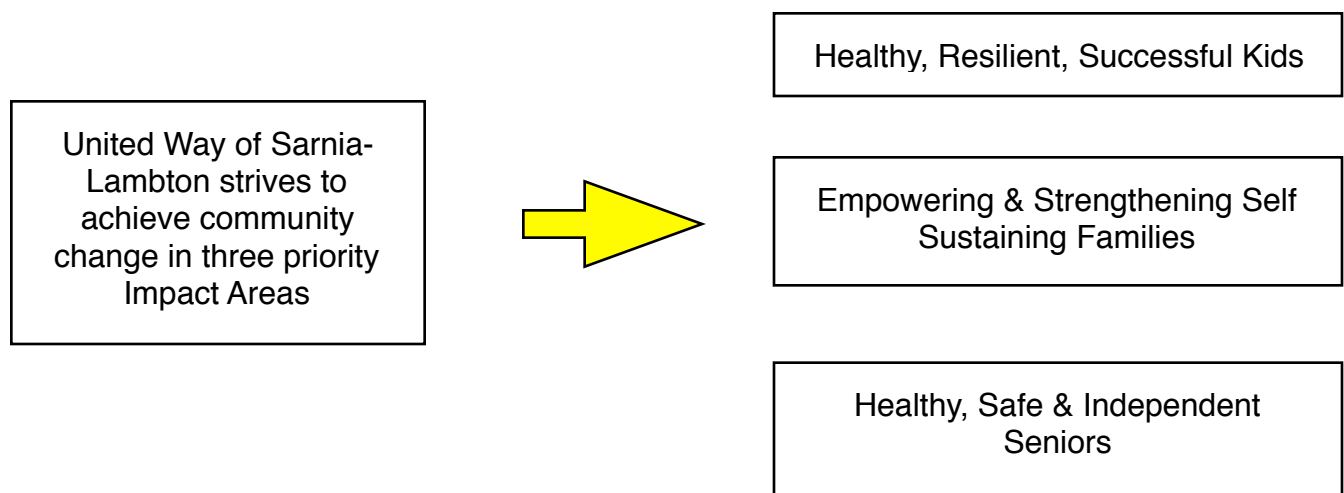
RESULTS!

United Way of Sarnia-Lambton
Community Impact Report
2019-2022

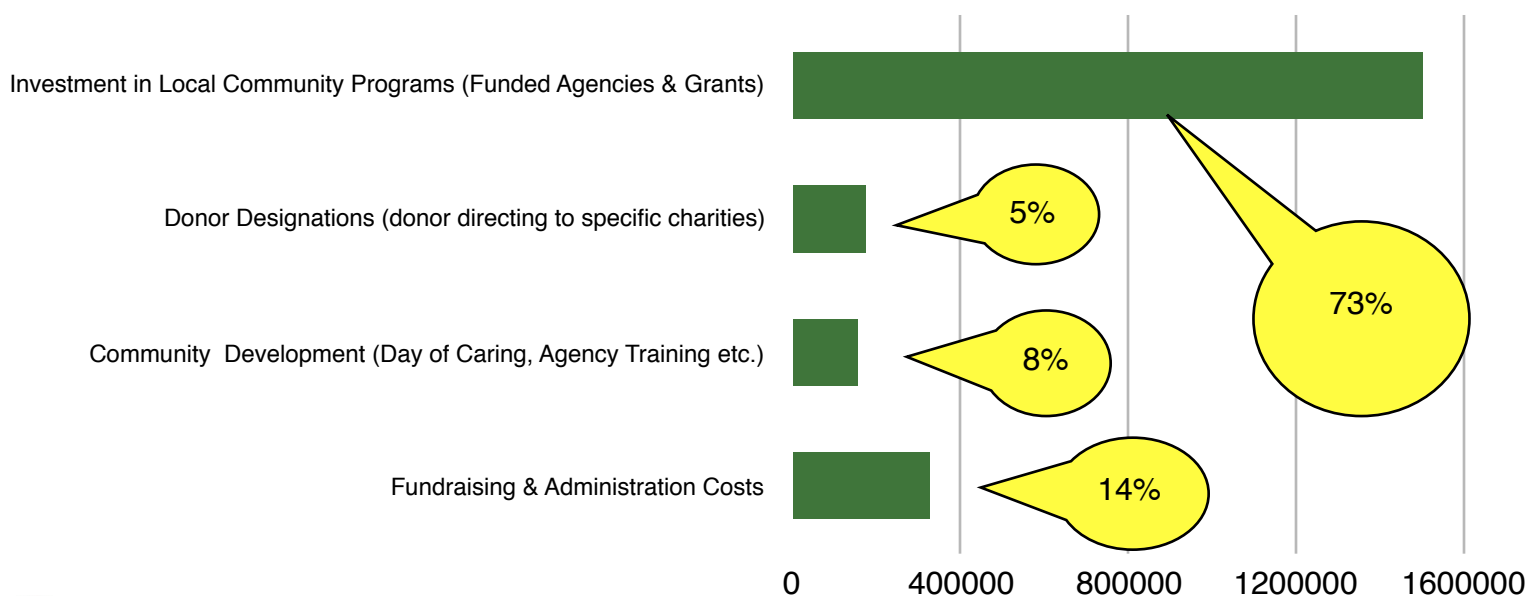
COMMUNITY IMPACT - What does it really mean?

Getting to the root causes of community problems and finding solutions together.

Community Impact means more than just delivering a hot meal. It means equipping people with the skills necessary to become financially stable. It means helping others help themselves. It means more than just skill teaching. It means children enter school healthy and ready to learn. Youth achieve academic success. It means more than just raising money. It means everyone coming together to share interests, share resources, build relationships, utilize talents, expertise, passions and leadership skills to not only improve lives, but also to build a stronger community for everyone in Lambton County.



How dollars raised will be distributed in 2019-20

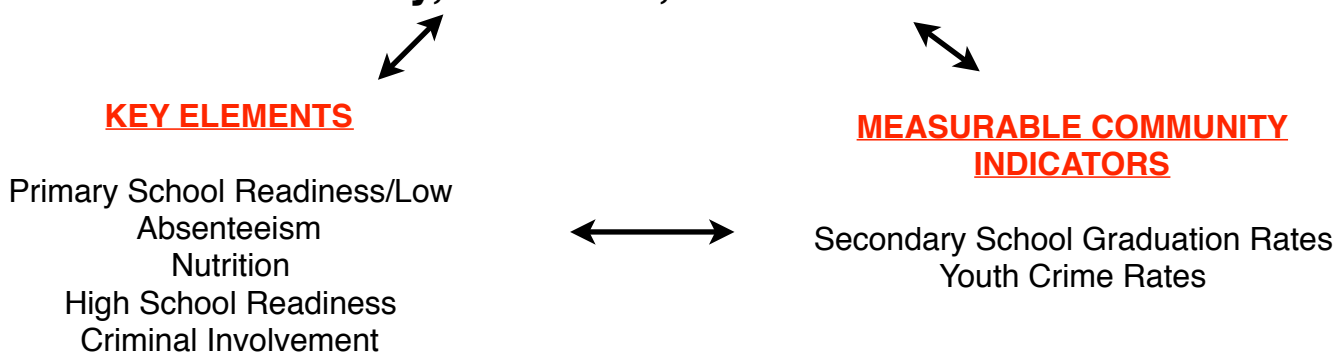




HOW WILL WE MEASURE OUR SUCCESS?

Funding contracts have been awarded to local programs and services that address at least one key element in one of the three Impact areas below. The United Way will measure their success based on the Community Indicators listed in each Impact area. It must be kept in mind that outside influences beyond United Way's control may negatively impact the overall result on our community. It is then up to the United Way and its funded agencies to review their objectives to make sure that programs are still having a positive effect on their clients.

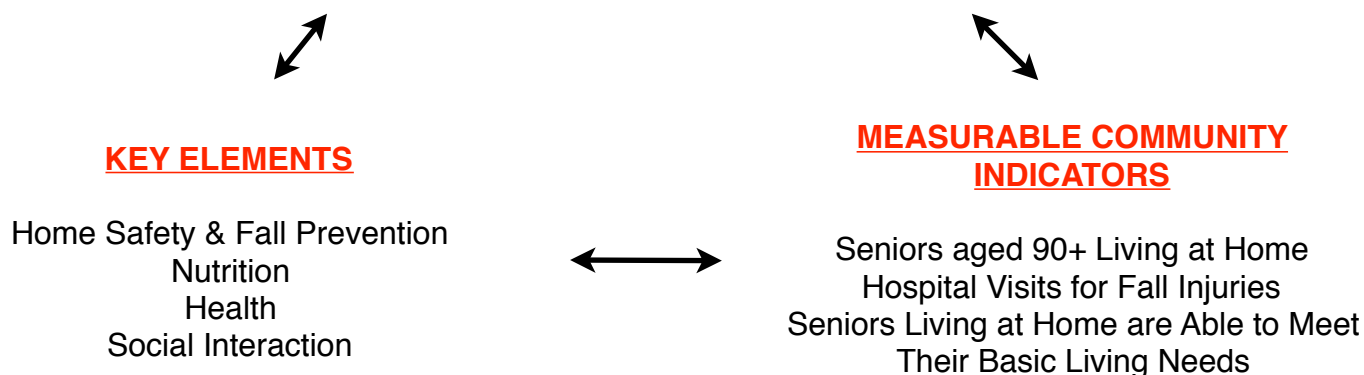
Healthy, Resilient, Successful Kids



Empowering & Strengthening Self Sustaining Families



Healthy, Safe & Independent Seniors





Healthy, Resilient, Successful Kids Funding 2019-2022

Big Brothers Big Sisters	Matching Program	\$258,954
Big Brothers Big Sisters	In School Mentoring Program	\$148,671
Big Brothers Big Sisters	Big Bunch Program	\$ 64,380
Big Brother Big Sisters	Go Girls & Game On Program	\$ 95,031
Boys & Girls Club	After School Program	\$ 79,800
Boys & Girls Club	Drop In Centre	\$165,201
Boys & Girls Club	Summer Program	\$ 37,665
Canadian Mental Health Association	Preventative Education Program	\$119,955
John Howard Society	Youth Life Skills	\$ 67,500
Rebound	Life Choices	\$120,000
Rebound	Choices	\$ 78,000
Rebound	Choices Jr.	\$ 67,500
YMCA	Resource Houses	\$225,000
YMCA	Autism Summer Camp	\$129,000

Empowering & Strengthening Self Sustaining Families 2019-2022

Canadian Mental Health Association	Suicide Prevention Program	\$ 60,000
Community Living	Transitions Facilitator	\$150,000
Family Counselling Centre	Counselling	\$510,600
Financial Fitness	Financial Literacy	\$ 60,000
John Howard Society	Adult Life Skills	\$ 90,000
Lambton County Developmental Ser.	Respite Services	\$142,500
North Lambton Community Health Ctr.	Opening Doors Program	\$180,000
Salvation Army	Rent/Utility Assistance	\$120,000
Salvation Army	Medical & RX Assistance	\$ 30,000

Healthy, Safe & Independent Seniors 2019-2022

Canadian Red Cross	Meals on Wheels	\$ 93,000
Canadian Red Cross	Transportation Program	\$174,000
Canadian Red Cross	Homeward Bound Program	\$ 90,000
CNIB	Peer & Home Based Support	\$ 91,500
Family Counselling Centre	Distress Line / Tel Check	\$174,846
Lambton Elderly Outreach	Transportation Program - Rural	\$174,000
Lambton Elderly Outreach	Meals on Wheels - Rural	\$ 49,800
March of Dimes	Assistive Devices	\$ 61,800
New Beginnings, ABI, Stroke Recovery	Community Integration	\$135,000
Salvation Army	Dental Assistance	\$ 51,000
VON	Charitable Nursing	\$ 60,000
VON	Foot Care	\$ 60,000
VON	Friendly Visiting	\$ 75,000

Healthy, Resilient, Successful Kids



Big Brothers Big Sisters Sarnia-Lambton
10 Lorne Crescent
Dow Center for Youth
Sarnia, ON N7S 1H8
Phone: 519-336-0460
Email: michael.hurry@bigbrothersbigsisters.ca
www.bigbrothersbigsisters.ca/sarnia

In 2019-20, the United Way will invest
\$86,318 in the Matching
Program, **\$49,557** in the In School
Mentoring Program, **\$21,460** in the Big
Bunch Program, and **\$31,677** in the Go
Girls/Game On Programs.

The **Matching program** matches adult volunteers with boys and girls aged 5 to 18 who lack a positive role model in their lives. This role model helps advise and guide them into becoming productive members of society; encourages them to stay in school; complete high school and consider post secondary education options. These role models show them alternatives to life on social assistance and how to break the cycle of poverty.

The **In School Mentoring program** provides children and youth, ages 4-15, with a positive role-model for one hour a week at the child's school, during school hours. Volunteer mentors provide the child with a positive experience in school and encourage their mentee to put their best effort into learning, personal growth and behaviour.

The **Big Bunch program** provides mentoring to children and youth deemed to be "at-risk" between the ages of 5 to 18 in a group setting. The program is for those children waiting to be matched with a Big Brother or Big Sister. Big Bunch gives children & youth an opportunity to get a jumpstart on strengthening their social skills and self-esteem.

The **Go Girls Game On program** is a school based program that offers seven core sessions based around physical activity, healthy eating, self-esteem and communication for adolescents in grades 6 to 8. The program provides the incentive, along with the knowledge and life skill tools allowing the participants to lead a healthy, active lifestyle.

When children become discouraged their interest in school diminishes, becoming at risk of being a potential drop out.

In 2016 in
Canada, the employment rate of young adults aged 25
to 34 with less than a high school diploma was 67% for men and 41%
for women. In 1990, 75% of men and 50% of women in the same educational
category were employed. **GRADUATING HIGH SCHOOL IS
INCREASINGLY IMPORTANT!!**

Healthy, Resilient, Successful Kids



Boys & Girls Clubs of Canada
Clubs Garçons & Filles du Canada

Boys and Girls Club
180 College Ave N.
Sarnia, ON N7T 7X2
Phone: 519-337-3651
Email: dmacleod@bgcsarnia.com
www.bgcsarnia.com

In 2019-20, the United Way will invest
\$55,067 in the Drop In Program,
\$26,600 in the After School Program,
and **\$12,555** in the Summer Program.

The Boys and Girls Club **Drop In program** serves clientele that, in many cases, exhibit social and/or behaviour difficulties. Approximately 69% of members are in the critical development stages between 8 and 14. Focus in on providing environments and relationships that foster and challenge youth and build their competencies while treating them as a resource rather than as a problem that needs to be solved. The program responds to client identified needs and creates opportunities for young people that are personally enhancing rather than 'child-saving' in nature.

The **After School program** provides constructive, affordable after school care in the downtown core area of Sarnia in an informal, relaxed environment designed to provide opportunities to complete homework and engage in learning activities through peer support and mentoring. Participants will develop skills that will encourage personal interests, benefit future learning opportunities and improve attitudes about school.

The **Summer program** provides children and youth with a safe place to spend the summer months, in an environment where they are welcomed and feel a sense of belonging. The program helps youth develop skills and abilities that will allow them to effectively solve problems, overcome disadvantages and positively deal with the challenges in their lives.

Peak times for youth crime are: after school hours for violent & non-violent crimes, early afternoon for drug offences and nighttime for youth traffic violations.

After school programs boost academic performance, reduce risky behaviors, promote physical health, and provide a safe, structured environment for children.



Healthy, Resilient, Successful Kids



Canadian Mental Health Association
Lambton-Kent
210 Lochiel St.
Sarnia, ON N7T 4C7
Phone: 519-337-5411
Crisis Line: 519-336-3445 or
1-800-307-4319
Email: astevenson@cmhalambtonkent.ca
www.lambtonkent.cmha.ca

In 2019-20, the United Way will invest
\$39,985 in the Preventative Education
Program.

The Canadian Mental Health Association **Preventative Education program** addresses both mental health promotion and mental illness prevention. Educational and awareness presentations are delivered to secondary and post secondary school students across Lambton County. The program addresses three key determinants of health that impact mental health: social inclusion; freedom from discrimination and violence and barrier free access to resources. Youth living with a mental illness experience varying levels of disability when they are in the prime of their life and normally most productive. Early onset mental disorders that are left untreated are associated with school failure and unstable employment.



John Howard Society
300 Christina St. N.
Sarnia, ON N7T 5V5
Phone: 519-336-1020
Email: cledrew@johnhowardsarnia.com
www.johnhoward.on.ca/sarnia-lambton/

In 2019-20, the United Way will invest
\$22,500 in the Youth Life Skills
program.



The John Howard Society **Youth Life Skills program** delivers one on one intense Life Skills Coaching and Mentoring to at risk youth in our community, those that may require additional supports that group formatted programming provides. Many of the youth identified as needing additional supports lack the knowledge of social systems, confidence, social skills, and life skills that will lead to their success later in life.



Healthy, Resilient, Successful Kids



Rebound
10 Lorne Cres.
Sarnia, ON N7S 1H8
Phone: 519-344-2841
Email: info@reboundonline.com
www.reboundonline.com

In 2019-20, the United Way will invest
\$40,000 in the Life Choices Program,
\$26,000 in the Choices Program, and
\$22,500 in the Choices Jr. Program.

The Rebound **Life Choices program** works with youth aged 12 to 17 who are at risk of conflict with the law, academic interruption, family conflict or community disengagement. It is a 10 week group program that is delivered three times a year in Sarnia and Lambton County. These youth are more likely to leave the education system early and succumb to peer pressure regarding drugs, alcohol, truancy, unprotected or unwanted sex and criminal activity such as shoplifting, mischief and minor assault. This program helps youth acquire the social skills they will need to help them succeed over the long term in areas such as goal setting, conflict resolution, respect for self and others.

The Rebound **Choices program** is an early intervention/harm reduction and prevention program for young people aged 12 to 17 who are currently experimenting with drugs and alcohol or at-risk of becoming involved with drugs and alcohol. This program is a 10 week comprehensive program that provides information and education on substance use as well as skill building opportunities including drug resistance, social-skills development, and self-management skills. The program is offered in Sarnia and locations in Lambton County providing group learning opportunities as well as one-to-one support.

The Rebound **Choices Jr. program** is an early intervention/harm reduction and prevention program for young people aged 8 to 11 who are currently experimenting with drugs and alcohol or are at-risk of becoming involved. It is a 10 week comprehensive program that provides information and education on substance use as well as skill building opportunities including drug resistance, social-skills development, and self-management skills, providing group learning opportunities as well as one-to-one support. It is also offered in schools throughout Lambton County.

Rate of hospital based opioid events increased by 27% amongst youth aged 15-30 in the last five years in Canada. Rates of opioid related hospitalizations are 2 times higher among lower income households.

Healthy, Resilient, Successful Kids



YMCA
1015 Finch Drive
Sarnia, ON N7S 6G5
Phone: 519-336-9622
Email:
jcebulski@ymcaswo.ca
ttaylor@ymcaswo.ca
www.ymcaswo.ca

In 2019-20, the United Way will invest **\$75,000** in programming at the Resources Houses, and **\$43,000** in the Autism Summer Camp.

The **Resource Houses** are located in three different geared to income neighbourhoods in the City of Sarnia. These houses offer healthy food social interaction and the opportunity to spend time with others. There is particular focus on school-age children who are at risk of failing grades and dropping out of school. Various workshops like parenting, cyber-bullying, employment, active living and others are also offered. Topics vary from house to house depending on the needs expressed by the local residents.

The **Autism Summer program** runs as a structured school day during the summer months. Even though each person with Autism is unique, there are some characteristics common to most individuals: communication/language impairment, social/communication impairment, repetitive behaviours, learning disabilities and sensory processing difficulties. Routine is extremely important to individuals with Autism. This program is essential in the transition planning from school to summer break and back into school. Parents, educational assistants, teachers and resource workers have all found great improvements in the child's ability to transition back into school with little or no behavioural issues which greatly increases their chances of success in school.

4,572 Sarnia-Lambton youth were helped by United Way donations last year!



Empowering and Strengthening Self Sustaining Families



Canadian Mental Health
Association Lambton-Kent
210 Lochiel St.

Sarnia, ON N7T 4C7

Phone: 519-337-5411

Crisis Line: 519-336-3445 or
1-800-307-4319

Email: astevenson@cmhalambtonkent.ca

www.lambtonkent.cmha.ca

In 2019-20, the United Way will invest
\$20,000 in the Suicide Prevention
Program.

The **Sarnia-Lambton Suicide Prevention program** encourages open dialogue about mental illness and suicide to provide individuals and families with the necessary resources to obtain help when they or someone else is struggling. They also provide safeTALK training which teaches participants to recognize when someone may be having thoughts of suicide, how to listen and how to connect them with the appropriate community resources. They also conduct Survivors of Suicide Support Group for those individuals who have been impacted by suicide.



Community Living Sarnia-Lambton

202-551 Exmouth Street

Sarnia, ON N7T 5P6

Phone: 519-332-0560

Email: clsd@communitylivingsarnia.org

www.communitylivingsarnia.org

In 2019-20, the United Way will invest
\$50,000 in the Transitions Facilitator
Program.

The **Transitions Facilitator** program provides families that have dependents with a disability supports to facilitate/navigate community inclusion, activities/opportunities for their dependant to optimize building independence and social skills. The facilitator helps identify opportunities for youth to stay in school and become work-ready by participating in individual support planning and developing strategies to enhance their community participation, social supports, ongoing education, summer programs, skills training and future work objectives. Supports include teaching independent skills, such as budgeting, street safety, transportation, hygiene, self-care, cooking skills and apartment living. The facilitator also assists senior persons, age 55 and older, who have an intellectual, developmental, or autistic challenge. Such older adults often live with aging parents with limited resources. Developing and implementing a plan for leaving home, independent retirement plans, providing resources and supports for seniors with a disability and for the aging parents will achieve optimum independence and personal security.



Empowering and Strengthening Self Sustaining Families



Family Counselling Centre
1086 Modeland Rd.
Building 1030, 2nd Floor
Sarnia, ON N7S 6L2
Phone: 519-336-0120
Email: don.pitt@familycounsellingctr.com
www.familycounsellingctr.com

In 2019-20, the United Way will invest **\$170,200** in the Counselling Program.

Family, Counselling program provides subsidized family, couple and individual counselling to low-income residents of Lambton County with timely, professional services at an affordable, geared to (verified) family income rate. Issues including depression, anxiety, family discord, grief and abuse negatively influence an individual's and/or family's ability to function in and contribute to the community.

The
health burden of mental illness in Ontario is
estimated at 1.5 times the burden of cancer and 7 times the
burden of infectious diseases. This burden is disproportionately
borne by those living in poverty.



Financial Fitness
420 East St. North (Chris Dawson Centre)
Sarnia, ON N7T 6Y5
Phone: 519-542-1130
Email: info@financialfitnesssarnia.ca
www.financialfitnesswindsor.ca

In 2019-20, the United Way will invest **\$20,000** in the Financial Literacy Program.

The **Financial Literacy** program gives clients access to situation appropriate advice, tools, resources and education that will allow them to stabilize and improve their financial well-being. Clients are taught appropriate coping skills such as basic concepts of budgeting and money management, their rights as consumers, how pay day loans work, the risk associated with alternative lenders, how to manage and reduce debt, how to build a good credit history, and how to save and build assets. By learning these skills families will increase their financial capability and be more prepared for economic shocks such as reduction in work hours, lay off or job loss.



Empowering and Strengthening Self Sustaining Families



John Howard Society
300 Christina St. N.
Sarnia, ON N7T 5V5
Phone: 519-336-1020
Email:
cl drew@johnhowardsarnia.com

In 2019-20, the United Way will
invest **\$30,000** in the Adult Life
Skills program.



The John Howard Society **Adult Life Skills program** supports persons with persistent and multiple barriers in their lives, to attain the skills and knowledge they need to make a positive change in their lives. Clients are self referred and therefore, ready to make changes in their lives. Coaches support and empower the client to identify their strengths and utilize these to attain their goals. Focus is on setting practical and attainable goals, prioritizing issues, and making decisions that are planned and purposeful. Through this process, clients develop the skills necessary to make informed decisions in their life and set out on their own path to success.



Lambton County Developmental
Services
339 Centre St.
Petrolia, ON N0N 1R0
Phone: 519-882-0933
Email: nsalaris@lcds.on.ca
www.lcdspetrolia.ca

In 2019-20, the United Way will invest
\$47,500 in Respite Services.



Families caring for a child/children/adult with developmental disabilities can become overwhelmed when they have little or no support services. **Respite Services** provide a bit of a temporary relief or break in order to prevent burn-out and family disintegration. The child/adult with a developmental disability also benefits from respite care, gaining the opportunity to build new relationships and move towards greater independence. The more independent a person with a developmental disability is, the less reliant they will be on paid supports. Respite services can assist in building skills needed for independent living.



Empowering and Strengthening Self Sustaining Families



North Lambton
Community Health Centre

North Lambton Community Health Centre
West Lambton Community Health
Centre
429 Exmouth St.
Sarnia, ON N7T 5P1
Phone: 519-344-3017
Email: bjamieson@nlchc.com
www.nlchc.com

In 2019-20, the United Way will
invest **\$60,000** in the Opening
Doors Program.

Opening Doors is a healthy lifestyle program offered to individuals living with mental illness or seeking mental health support. Using a health equity and harm reduction approach, participants are welcome to join at any time and engage “where they are at”. Social support and a sense of community and belonging is a key determinant of health and an integral component of the Opening Doors program. The program combines, healthy food access through the garden fresh box program, shared meals, hands on cooking sessions (food skills) and food based activities with take home recipes, group exercise, art and music therapy, individual and group goal setting, reflection and feedback that monitors and reinforces progress. This program is offered in two locations; West Lambton Community Health Centre in Sarnia, and North Lambton Community Health Centre in Forest.

**Of the
126,199 residents in Lambton County
approximately 25,239 will experience a mental
illness in their life time which will decrease
their quality of life.**

**Hospitalizations for mental
health and addictions are increasing in
Lambton County. Use of substances as a
coping mechanism for symptoms of mental
illness can hide the early indicators or
exacerbate symptoms of mood disorders
and other mental illnesses.**



Empowering and Strengthening Self Sustaining Families



Salvation Army
970 Confederation St.
Sarnia, ON N7S 1A1
Phone: 519-344-1142
Email: sarnia_fs@cogeco.net
www.salvationarmy.ca

In 2018-19, the United Way will invest **\$40,000** in the Rent/Utility Assistance & **\$10,000** in Medical & RX Assistance.

The **Rent/Utility assistance** program provides low income families and individuals short-term assistance to alleviate their immediate emergency. This assistance keeps the families and individuals housed in a safe and healthy environment vs becoming a financial and/or safety issue to our community and our health system. When an individual has their basic needs met they can then focus on other aspects of their life which could include seeking employment or taking care of their health needs as they are no longer in a state of crisis. Direction in budgeting is also provided to the clients to help improve their circumstances. Situations such as job loss, not qualifying for EI benefits, not being able to wait the 6 to 8 week period before benefits begin, not finding new employment, change in the family household income due to separation, divorce, death or pregnancy leave can all create financial hardships.

The **Medical & RX program** assists low income families and individuals with medical aids, prescriptions and over the counter medications (i.e Head Lice treatment) required. This allows clients to heal properly and have quicker recovery times; prevents clients from self medicating with street drugs to cope; returns children to school more quickly and therefore avoiding more difficult financial stresses.

3,201 Sarnia-Lambton family members were helped by United Way donations last year!



Healthy, Safe and Independent Seniors



Canadian Red Cross
Croix-Rouge canadienne

Canadian Red Cross
416 East St. North
Sarnia, ON N7T 6Y4
Phone: 519-332-6380
Email: Cheryl.Tompkins@redcross.ca
www.redcross.ca

In 2019-20, the United Way will invest
\$58,000 in the Transportation Program,
\$31,000 in the Meals on Wheels
Program, and **\$30,000** in the Homeward
Bound Program.

The **Transportation** program is an affordable service for seniors and individuals with disabilities who are unable to access other means of transportation. Door-to-door travel is offered to and from medical appointments (both in and out of Sarnia), rehabilitation therapy, day programs, social outings, cancer & dialysis treatments etc.

The **Meals on Wheels** program delivers both hot and pre-packaged frozen meals to seniors, chronically ill, disabled, and individuals with financial constraints in Sarnia, Point Edward and Bright's Grove. The program also provides a regular social contact and client check for those who may be housebound and living alone.

The **Homeward Bound** program is for seniors who require assistance to be safely discharged back to their home from hospital and emergency departments, due to a lack of or limited availability of supports, resources, family and/or transportation.

The number of Canadians over the age of 65 is set to double by 2036. The fastest-growing segment of the population is made up of people over 85. As Canadians age, more of us are heading into our senior years financially ill-equipped to adequately support ourselves when our working lives end.

Aging in place at home costs less, is more comfortable, helps slow the advancement of memory loss, strengthens your social network, and provides self-determination.



Healthy, Safe and Independent Seniors



CNIB
749 Baseline Rd. East
London, ON N6C 2R6
Phone: 1-800-265-4127 Ext. 5102
Email: betty.Lesson@cnib.ca
www.cnib.ca

In 2019-20, the United Way will invest
\$30,500 in the CNIB Peer & Home
Based Support Program.

The **Peer & Home Based Support** program provides adults and seniors with support during their adjustment to sight loss; information about eye condition, living with sight loss, CNIB community supports and services; help to develop their confidence and independence skills, and opportunities for social participation and peer relatedness. Vision Mate volunteers provide friendly visiting to individuals with sight loss who lack a support network and assist with tasks such as reading, using the computer, grocery shopping, or organizing the home environment. Leisure Buddies accompany participants to any leisure, recreational, or sports program that they wish to participate in. One-on-one telephone support is provided to individuals who are waiting for the next peer support group to start, not comfortable expressing their feelings in a group or do not have transportation to a peer support group.



Family Counselling Centre
1086 Modeland Rd.
Building 1030, 2nd Floor
Sarnia, ON N7S 6L2
Phone: 519-336-0120
Email: don.pitt@familycounsellingctr.com
www.familycounsellingctr.com

In 2019-20, the United Way will invest
\$58,282 in the Distress Line/Tel Check
Program.

The **Distress Line** offers 24/7 telephone support for seniors, families, and individuals of all ages who may be vulnerable and/or at-risk as they navigate through their day to day life challenges. It offers anonymity for those in crisis, distress, or those making the first tentative steps towards seeking help for a new or ongoing problem. The **Tel-Check** program provides structured support for individuals experiencing situational crisis, seniors living alone, and for persons with disabilities who are identified as in need of additional monitoring or social contact.



Healthy, Safe and Independent Seniors



Lambton Elderly Outreach

4486 London Line

Wyoming, ON N0N 1T0

Phone: 519-845-1353


Toll Free: 1-800-265-0203

Email: bill@lambtonelderlyoutreach.org

www.lambtonelderlyoutreach.org

In 2018-19, the United Way will invest
\$58,000 in the Transportation Program
and **\$16,600** in Meals on Wheels.

The **Transportation** program is a readily accessible transportation service in rural Lambton County. This service can be used for both medical and non-medical trips. Clients are able to maintain their independence, remain part of their community and avoid isolation. This program works in partnership with Sarnia Care-a-Van, Canadian Red Cross and many others to best serve clients of Lambton County in the most efficient manner, particularly when it comes to out of town medical appointments.

 The subsidized **Meals on Wheels** program in rural Lambton County allows seniors with lower income to be able to receive nutritional meals on a regular basis, thereby improving their wellness and potentially decreasing their impact on the health system. During these deliveries, the volunteer is also able to check in on the seniors, to determine if they appear to be taking care of themselves and are safe.



March of Dimes Canada

1086 Modeland Road North,

Building 1050

Sarnia, ON N7S 6L2

Phone: 519-332-4702

Email: anelmes@marchofdimes.ca

www.marchofdimes.ca

In 2018-19, the United Way will invest
\$20,000 in the Assistive Devices
Program.

Adult and seniors with disabilities live on extremely low incomes and often sacrifice basic life necessities (food, shelter, clothing and medical items), as a result of a lack of financial supports available to them. The **Assistive Devices** program provides adults and seniors in Lambton County access to financial assistance to purchase, repair, and maintain a wide variety of mobility or assistive equipment. These individuals require assistive devices in order to increase their mobility, improve the safety of their home environment and ultimately improve the individuals independence, capacity to care for themselves and ability to participate in community activities.



Healthy, Safe and Independent Seniors



New Beginnings, ABI & Stroke Recovery

Association

260 Indian Rd. S.

Sarnia, ON N7T 3W4

Phone: 519-491-2668

Email: sleneve@newbeginnings-cksl.com

www.newbeginnings-cksl.com

In 2018-19, the United Way will invest
\$36,000 in the Community Integration
Program.

The **Community Integration** program supports survivors of a stroke/brain injury and their family/caregivers by offering free adult day programs and support groups. New Beginnings is the transition for people who have had a stroke or acquired brain injury to leave the hospital and reintegrate back into the community. Survivors and their family/caregivers have the opportunity to participate in social experiences such as arts & crafts, exercise, educational opportunities, and other activities/hobbies that help them to continue to recover. Assistance is provided to help the survivor relearn lost physical and mental abilities. These daily programs allow other family members to continue to work, or start to work if that is necessary, in order to provide ongoing financial support for the family.



Salvation Army

970 Confederation St.

Sarnia, ON N7S 1A1

Phone: 519-344-1142

Email:

sarnia_fs@cogeco.net

www.salvationarmy.ca

In 2018-19, the United Way will invest
\$16,500 in Dental Assistance.

The **Dental Assistance** program provides access to dental care for seniors and adults who have no dental benefits and are living on a low fixed income. Many seniors and adults would not be able to receive a new set of dentures or replace their worn out dentures without this assistance. With proper dental care, clients are able to improve their health and wellbeing.



Healthy, Safe and Independent Seniors



VON
1705 London Line
Sarnia, ON N7W 1B2
Phone: 519-542-2310
Email: paula.Vanthournout@von.ca
www.voneriestclair.ca/sarnia-lambton/

In 2018-19, the United Way will invest **\$20,000** in the Friendly Visiting Program, **\$20,000** in the Foot Care Program and **\$16,000** in the Charitable Nursing Program.

The **Friendly Visiting** program is a volunteer based support service that provides companionship, through a regular scheduled visit, to lonely, isolated persons with or without a disability as well as provides support to the caregiver. The visits, which generally occur in the client's home, consists of a friendly visit, telephone call, exercise and falls prevention education.

The **Foot Care** program currently provides 15 clinic locations including Sarnia, Forest, Petrolia, Alvinston, Watford, Corunna, Sombra and Point Edward. The services are targeted to those individuals who cannot do their own foot care due to a variety of factors including; musculoskeletal problems, arthritis, decreased manual dexterity, decreased visual acuity or other health problems that make proper foot care impossible.

The **Charitable Nursing** program is provided by qualified registered nurses. When non-urgent health concerns develop, individuals with private insurance can afford a nursing visit; however those without financial resources are forced to make an unnecessary trip to the overcrowded emergency room to receive non-urgent health services. An assessment visit from a community nurse can determine the nature of the problem and whether physician intervention is necessary. The charitable nurses assess the patients' needs, develop a plan of care in conjunction with the patient or family and determine the frequency of nursing visits required.

**5,293 Sarnia-Lambton
Seniors were helped by
United Way donations
last year!**

