



# MISSION POSSIBLE

THE UNITED CHURCH DOWNTOWN MISSION NEWSLETTER Winter 2008

*Come to me, all you who are weary and burdened...*

*Matthew 11:28*

## Member's Christmas Party Pg. 3



200 members attend Christmas party



368 Homeless off the street

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Downtown Mission  
664 Victoria Ave.,  
Windsor, On. N9A 4N2

The Newsletter is also available on our website.  
[www.downtownmission.com](http://www.downtownmission.com)

**Royal Windsor Pharmacy**   
90 Park Street West, Windsor 519-256-1600

*presents*

*The Downtown Mission's 17th Annual*

# POLAR BEAR DIP!



Polar Central  
Casa's 2477 Dougall Ave.

CarlsonWagonlit  
Downtown 1206 Ouellette  
A chance to win a trip to the Mayan Riviera

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

First Student



RBC Royal Bank



## Unit 7 - Homeless Drop In Moves to Mission Pg. 2



Unit 7's Joe Findlay hands out a sleeping bag

## Unit 7 - Homeless Drop In Centre Moves to the Mission



Unit 7 is a Homeless Drop In Centre operated by staff and volunteers who have themselves been homeless. For the last nine years they have operated from a store front offering coffee, cable TV and internet access on their computers.

Due to potential changes in Ontario grant funding and possible program cuts Unit 7 has moved their afternoon program into the Mission. They will occupy the space vacated by the Teen Health Centre. Unit 7 already offered two services in the Mission including Safe Storage for the Homeless and a Homeless advocate.

### Unit 7 - New services at the Mission:

- hygiene products
- distribution of sleeping bags & back packs
- computers to search the internet for jobs, apartments or for contacting family
- street patrols to reach out to the Homeless
- drop - in 1:00pm to 6:00pm
- cable TV & recreational activities
- assistance with resume writing

## Teen Health Centre Moves

Long time partner Teen Health Centre has vacated their space at the Mission. For the last nine years the Teen Health Centre's Street Health Program has offered hygiene products, shoes, a public health nurse and laundry services at the Mission.

Teen Health has moved these programs to an office on Pellisier Street, a short walk across the parking lot from the Mission.

We thank the Teen Health Centre for their continued efforts to assist the members who walk through our doors.

## Empire Building - NOT at the Mission

One of the unfortunate characteristics of some non-profits and social services agencies is their tendency to add multiple layers of bureaucracy. As agencies grow and add services they often add supervisors and supervisors to monitor the supervisors. We are proud to say that this has not happened at the Mission.

When I was hired 20 years ago as director the Mission I was one of two senior staff responsible for supervision, public relations and finances. Since that time the Mission has expanded from three basic services providing, food pacs, meals and clothing to over eleven different services. During that time demand for meals has gone from 90 to 150 per day. Many of the services we added by offering space to other agencies including Mental Health, A.A., Teen Health, Legal Aid and Unit 7.

We have added an administrative assistant to handle increased donations and to keep up with more stringent government financial and record keeping regulations. A food room co-ordinator was needed to keep up with increased demand for food. More casual staff were added to the kitchen and floor. The addition, two years ago, of our night time sanctuary program added two full time staff and four casual staff to cover weekends and vacations. Despite this we have not added one supervisory position.

### **60% of the time there are is no supervisor**

Saturday and Sunday there is no on-site supervisor. The same is true of the Sanctuary which operates from 10:30pm to 7:00am. What makes it all work is the fact that we hired people who come into the Mission. Six of our members are part time staff working in the kitchen, the drop in and the Sanctuary. They have a direct investment in making it work.

We have opted to handle our growth by taking a team approach, involving staff in decision making and involving our members as staff and volunteers.

It would be easier to hire supervisors for various programs. The team approach is sometimes chaotic, messy and stressful. But, it is also more hands-on and responsive to the member's needs. This means that resources are used to provide direct services not to feed a bureaucratic empire.

Barry Furlonger,  
Director,  
Downtown Mission

## Statistics 2008

### Lunch Meals

October Average.....150 Meals per day

### Food Paks

October Totals....342 Food Paks Distributed  
257 Children Served

### Sanctuary Stats October

Male.....37.....Ages.....16 - 24.....6

25 - 35.....12

Female.....6

36 - 50.....19

51 - 65.....6

Average Per Night.....11

Total Bed Nights.....367

## Selling Donor Lists

Recently we received complaints by some of our donors who received mail from the Salvation Army asking for a donation. Their concern was that we were sharing their names with other charities.

Two of our staff also received a donation letter from the same national charity. How do other charities get your name? Their names were apparently sold by a Wildlife magazine and Readers Digest. Magazines and other companies sell their lists to national charities.

We **Do Not** sell or share names with any other organization.

**The Downtown Mission does not buy or sell lists.**

## CHRISTMAS PARTY AT THE MISSION



On December 18th over 200 Members will enjoy our annual Christmas party. Tickets are issued to people who come into the Mission on a regular basis.

Highlights of the day include, Christmas carols, a Christmas choir performance and of course a traditional Christmas meal. The party ends with the arrival of Santa who will pass out gifts to all who attend. The Mission also serves a Christmas meal on Christmas Day. We are also open on Boxing Day.

## Homeless Seek Sanctuary

In November of 2006 the Mission took a leap of faith by opening the Sanctuary. We believed the homeless when they said an alternative shelter was needed to serve them. We believed our donors would help us pay the bills. By the end of November 2008 **368** different individuals have sought sanctuary from the street.

## 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 368 HOMELESS OUT OF THE COLD**  
my Gift on my  
Credit Card

Card #.....

Exp. Date:.....

Signature:.....

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

## The True Meaning of Christmas



A group of men and women huddled together under the courtyard canopy seeking shelter from the cold. Their breath froze in the night air, creating a white cloud that drifted above their heads. The Sanctuary door opened early because it was a special night; Christmas Eve. On this holiest of nights, when Mary and Joseph sought shelter, the Mission's doors opened to provide Sanctuary to the homeless. Staff welcomed nine people. Christmas greetings were exchanged. The lights out at 11:30 rule was waived and staff served pizza that they bought with their own money. A Christmas movie was shown. Every guest received a gift, a backpack containing toiletries, socks, gloves and candies.

To be homeless on Christmas night must surely be a very depressing feeling. But on this night smiles, laughter and good cheer were present; and so was the true meaning of Christmas. (reprinted from Mission Possible Spring 2007)

## Upcoming Events

**Polar Bear Dip - Dec. 7**  
**Member's Christmas Party - Dec. 18**

**St. Mathews Anglican Church Christmas Concert - Dec. 21 (7:00pm)**

**Christmas Dinner - Dec. 25**  
**Open Boxing Day - Dec. 26**

## Organizing a Food Drive ?

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

- Canned Meats
- Children's Snacks
- Side Kicks
- Jellos/Puddings
- Canned Fruits
- Hamburger Helper
- Mustard
- Kids School Snacks
- Cookies
- Cake Mixes

**Call us for a current list of food bank needs and set a date for your drive. 519-973- 5573**

## Ask Your Community Pharmacist

### EVERYONE NEEDS SOME OF THE SUNSHINE VITAMIN

**Q:** I will be turning 51 this year. I have heard that I should start taking a vitamin D supplement.

**A:** Vitamin D has long been called the sunshine vitamin because it is produced in the skin when it is exposed to UV B rays. Vitamin D's major role is to keep calcium and phosphate levels needed for good bone health. People with higher levels of vitamin D tend to have fewer fractures and falls and increased muscle strength. Insufficient vitamin D intake can lead to osteoporosis in adults.

While it is recommended to get your vitamins and minerals from food, the current Canada's Food Guide doesn't supply enough dietary vitamin D for people over 50 years of age. Health Canada advises Canadians over the age of 50 take a vitamin D supplement that provides an additional 10 ug (400 IU). It is still important to eat foods that are good sources of vitamin D such as salmon, mackerel, sardines and tuna, egg yolks and beef.

An advertisement for Royal Windsor Pharmacy. It features a photograph of Rocco D'Angelo, the Pharmacist/Owner, standing in a pharmacy setting. He is wearing a white lab coat and a tie. The background shows shelves of medicine. Text on the ad includes "Royal Windsor Pharmacy" with a crown logo, "All Drug Plans Accepted" in a starburst, "Trust Rocco D'Angelo Pharmacist/Owner", and the contact information "90 Park St. W. Windsor 519-256-1600" and "email:royalwindsorpharmacy@hotmail.com".

## Giving Back...

The Downtown Mission cares about its friends, supporters and their families and wants to help them through one of life's more difficult events.

As a result, we are pleased to announce participation in a unique program offered by the Dignity Memorial Network.

For more information, see the enclosed insert or contact Barry Furlonger at (519) 991-6042

