Boyle-McCauley Health Centre

Inner city healing through health care

December 1995

Who are we?
The Boyle-McCauley Health Centre (BMHC) is Edmonton's first street front community health centre providing high quality, primary health services to inner city residents while working to improve overall health and well-being. We are a non-profit registered society.

Why are we here?
We provide inner city residents with effective, appropriate and easily accessible health services and promote well-being in the community. We foster health, and work to prevent illness through our programs and services. Often effective treatment requires much more than a prescription or simple referral.

Who do we serve?
We serve people who live, work or frequent the neighbourhoods of Boyle, McCauley and Norwood. Senior citizens, children, single people, families and people with special health problems come through our doors.

People first
We recognize people's social, economic, educational, spiritual and cultural backgrounds. We develop supportive, personal and long-term relationships with those who use our service.

Qui sommes-nous?
Le Centre de Santé Boyle-McCauley offre le service de santé d'une haute qualité aux résidents du centre-urbain tant qu'à travailler à fin d'augmenter le niveau de santé et bien être. Nous sommes une société bénéficiaire registrée.

Pourquoi existons-nous?
Nous fournissons aux résidents du centre-urbain des services de santé efficaces, appropriés et facilement accessibles ainsi qu'à promouvoir le bien être dans la communauté. À travers nos programs et services, nous appuyons à la santé et travaillons à fin de prévenir la maladie. Souvent, le traitement effectif exige beaucoup plus qu'une ordonnance ou un renvoi.

Que servons-nous?
Nous servons les gens qui habitent, travaillent ou se trouvent souvent dans le coin de Boyle Street, McCauley ou Norwood. Les personnes âgées, les enfants, les célibataires, les familles et ceux et celles qui ont des problèmes de santé spéciaux traversent notre seuil.

Les gens au premier!
Nous reconnaissons les milieux sociaux, économiques, éducatifs et culturels des gens. Nous développons des liens de soutien, personnels et à long terme pour ceux et celles qui s'en servent de nos services.

Appellez ou visitez. Nos services sont pour vous.

How can we help you?
Ask our staff about...

Blood tests
Children's health services
Counselling
Dental services
Flu shots
Foot clinic
Hepatitis B vaccinations
HIV antibody testing

Home visits
Immunization clinic
In-home health check-ups for seniors
Nutrition counselling
Programs for pregnant mothers
Streetworks
TB tests
(See page 4 for more details.)

Aweenik Neenan?

Taniki Ota Kayahyak?

Tansisi Eshipimpietaya?

Tansi isipempataw?
Iseenawak

Aweena Epameehawakik?

Mesewatch Kapitzinaamk, apoi kapitokwanzow, Eskona Kiyawow Kapamihokwak.

Talk to one of our nurse practitioners, Pat, Lois, or Ruth at the Health Centre or Shirley at the Community Nursing Station about...

Flu Shots
Flu shots are available for the chronically ill, health care workers, people at high risk and their families.

Hepatitis B Shots
Tests are available to determine if you need the Hepatitis B vaccine. The vaccine shots are available at the Health Centre at no cost.
Opening Our Doors
A Little Wider
Message from the Boyle-McCauley Health Centre

We do a lot of really good things at the Health Centre.
We treat people who are hurt or sick and help them get well. We talk with people about ways they can prevent illness and discuss what they can do to just generally feel better. We get involved with the community by working with other people and organizations to address issues like housing, jobs, AIDS, mental health and poverty; things that affect the well-being of people and the entire community.
But there’s one thing we need to do better and that’s open our doors a little wider.
That’s going to be our focus over the next while. Our goal is to make sure you feel welcome at the Health Centre and that you get the health services you need.
What will wider open doors mean to you? Here are some exciting possibilities. It could mean extending our hours to serve you better. It might mean providing you with access to more services under our roof such as a pharmacy, a family therapist or an eye clinic. Maybe it will mean providing more home care to people who can’t get to us.

With your help, our way of doing things will continue to grow, expand and change.

It could mean extending our boundaries beyond Boyle Street, McCauley and Norwood and working with more community partners so that together we can give you the types of health services you need. Maybe it will mean we’ll have complementary services provided at the Health Centre such as a massage therapist, a chiropractor or an acupuncturist.
One thing it will mean is that we are committed to making sure that everyone in the community, no matter what language they speak or their income level, feels comfortable walking in our door.
We’re talking among ourselves, with our funders and with groups in the community, but we need to hear from you too.
We need to know how we’re doing from the people who come to the Centre. We need to know what your health needs are and we need to talk about how we can deliver them, or how we can work with other health service partners to provide them.
We also need to hear from people who don’t come to the Centre because we need to know why they don’t come.

Working on opening our doors a little wider will take a bit of time. With your help, our way of doing things will continue to grow, expand and change. Together we are building a community health centre that really makes a difference.

What Keeps People Healthy?
The other day a friend asked, ‘What keeps people healthy?’
There is no simple answer to this question. Some would say that regular checkups with your health care professional, good food, a balanced life, fresh air and lots of sleep would do the trick.
There are others who would agree with this and add safe housing, education, employment, friendship and neighbourhood support to the list.

In this issue of UPDATE a number of community people write about the link between a person’s health and the health of their community. They write about what they think keeps people healthy and happy.

Free! Free! Free! 300 Buttons
just like this one. Simply ask us for one.

Searching for a word?
All of the words listed below are in the puzzle. The words are written up and down, sideways, across and may even be backward. Find the words and circle each letter in the words. The leftover letters spell the word you are searching for. The hidden word has 9 letters. Good luck. The answer appears on page 8 of this Update.

What to do:

Air, action, anybody, anytime, awake, ave, band, Boyle, cloth, damp, dentists, diet, dip, doodle, drop-in, Edmonton, ear, eye, feet, gaps, health, heart, heed, heels, helping hands, hers, him, his, hose, hat, languages, lip, looks, loose, love, many, McCauley, meal, moment, neat, nose, open door, ours, pain, phone, pop, real, RX, sat, shame, sister, smiles, so so, sports, spry, steel, story, street, swab, swap, tea, tests, tie, time, tip, toe, trays, U.I.C., use, very, vote.

Serving the people of Boyle, McCauley, and Norwood areas
Phone: 425-8471 10815A-95 Street

BOYLE McCauley Denture Clinic
Health and Housing in the inner city

Adequate housing is an essential part of a healthy life in the inner city and elsewhere in Edmonton. In the most basic sense, this means housing with adequate heat, ventilation and water. It also means appropriate kitchen and bathroom facilities. Without these basics, it's hard for people to eat well and stay clean. A healthy home means physical security, door locks and good building supervision to reduce dangers from violent neighbors or visitors. Fires are an ever present danger in inner city residences, especially in buildings where minimum fire safety standards have not been met.

Health is more than the physical basics. People need some stability and security in their lives. They need to have a place that can be called home. Where they are not under a continuous threat of eviction because of arbitrary landlord actions or their inability to pay market rents. However, housing is more than a building. It means people and relationships, a sense of community. None of these elements of healthy housing can be taken for granted in the inner city. Over the past 20 years, many neighbourhood individuals and organizations have worked on housing issues. One approach has been to lobby with all three levels of government so that government housing dollars could better address urgent inner city needs. The result is new accommodations with ongoing management (a private corporation).

The role of private sector landlords is very important in a neighbourhood where most residents are renters. Many in the neighbourhood have supported Edmonton's Safe Housing Committee to enforce basic health and safety standards in local rooming houses. Direct community organizing and publicity campaigns have addressed the problems associated with some of the worst buildings. The zoning in the recently passed Area Redevelopment Plan encourages building owners to continue providing safe and healthy low-income accommodation in existing buildings. Area individuals and organizations are continuing to meet and find ways to encourage new construction and renovation of existing buildings so that all neighbourhood residents can live safely and affordably. Past housing successes can be seen on our streets and avenues. However, the large number of run-down and abandoned buildings indicates a continued challenge for 1995.

Boyle-McCauley Health Centre and volunteers have played a role in many of these housing initiatives over the years. The Health Centre continues to be a part of the community process that will bear fruit in new housing initiatives in the years ahead.

Taking Control and Being Healthy

The Boyle-McCauley Health Centre is one of many organizations who are working together to make health a local issue. Last year, the Edmonton Health Care Citizenship Project asked many local groups what feeling good meant to them. People talked about practical things like having a job, getting along in the family, feeling connected to the community, being physically healthy, feeling relaxed, optimistic, powerful and in control of their lives. Over and over again, people talked about the importance of being in control, of feeling that they were able to make decisions and have choices in their lives. What does being in control mean to people? Being in control doesn't mean everything goes your way. As one woman said, "I have a progressive disability, so I can't control what the disease does. But there is a difference between giving up and giving in." Many people said that while on the surface things were okay, underneath they had lots of worries and didn't feel like they could do much about their problems. "It's not necessarily about having money, but about having a decent place to live, and enough food. Now I'm bombarded with bills, and have expectations about things to buy, which makes you worried and unhappy. I'm constantly worried about not having enough."

One new immigrant said that while there are resources here, he found life easier before he came to Canada. "Here I have no control of my money, family, or community. I feel very isolated and lonely." When asked what would improve their wellness, people said they wanted more choice and control and better access to food, shelter and clothing. "Now that I am a senior, I shouldn't have all these worries about food, rent, medicine, taxes, etc. I want a decent life that is worry free. I deserve to be treated better, with respect."

People also wanted real choices in the health care system. "If I have to choose between one day in the hospital and a midwife at home, I would take the midwife. That way I don't have to worry about not having enough attention, getting to the hospital, etc."

Finally, people spoke about the need for more community control over health care dollars, decisions and services. The community should be "mobilized and given the opportunity to develop and implement solutions."

For both individuals and communities, a sense of control seems to be an important sign of health and well-being. In this phase of the Health Care Citizenship Project we are providing financial support to groups that have specific ideas to improve the health of the community. If you have an idea, however small or far-fetched, or are interested in the research report, call Harvey Vogel at 424-9672. We'd like to help you help yourself.
Our Programs & Services respond to people’s needs

Home Visits
- regular home visits provide primary health care, including assessment, education, counselling and referrals as needed.
- the chronically ill, shut-ins, the elderly, and women who are part of the maternal-child care program receive regular visits.
- services offered at: Bissell Centre, Our Place, George Spady Centre, Herb Jamieson Centre, Women's Emergency Accommodation Centre (WEAC), Edmonton People in Need Shelter Society (PNIS), Kindred House, Urban Manor, Sparling Lodge, Salvation Army and Operation Friendship.

Immunization & Well-Child Clinic
- Community Health Nurses assess infants and pre-schoolers on developmental (mental, physical, and social) growth and provide necessary immunization. Mondays 1 - 3:00 pm.

Dental Clinic
- operates on a flexible fee-for-service basis
- teeth cleaning available
- children and adults welcome

Maternal/Childcare
- pre-natal checkups, individual counselling, and home visits as needed
- Health for Two program provides free milk coupons and information binder for pregnant women
- non-threatening parenting education

Streetworks (formerly called Needleworks)
- information on HIV, provides counselling, needle exchange, free condoms, bleach kits, as well as hepatitis and other health related issues
- an outreach van serves the neighbourhood
- needle exchange sites at Boyle Street Community Service Co-op, AIDS Network of Edmonton Society, Boyle-McCaul Health Centre, and Eastwood Health Centre
- Streetworks is a harm reduction program developed in partnership with Boyle

Footcare Clinic
- one of our most popular services - held Wednesday afternoons at the Centre. Held Tuesday mornings at Urban Manor for residents only.

Street Community Services Co-op, AIDS Network of Edmonton Society, Canadian Native Friendship Centre, Capital Health Authority-Public Health Services, Alberta Alcohol and Drug Abuse Commission (AADAC), Catholic Social Services, and Sexually Transmitted Disease Clinic.
- carrying supplies in their knapsacks, Streetworks staff go out into the community on foot on Wednesday, Thursday and Friday afternoons.
- two registered nurses are on the Streetworks staff; they are actively involved in health promotion and disease prevention.
- confidential, hassle-free HIV antibody testing involving pre- and post-test counselling.

Community Nursing Station
- multi-service nursing unit located at Herb Jamieson Centre, 10014-105A Avenue
- 169 bed inner city hostel for men
- 33 bed sick-bay for short term care
- nursing and health care needs for local residents, residents of the hostel, George Spady Centre, and WEAC
- accept referrals from hospitals, inner city agencies, social services and Boyle-McCaul Health Centre

Counselling Programs
- mental health therapist on site
- these services are in cooperation with Alberta Mental Health Service and Provincial Mental Health Board.

Keep up the good work
Measuring the Health of our Community

Our community is changing, and some very exciting things are happening in the Boyle, McCauley and Norwood areas. People have banded together to make a difference and it's working. The health of our community is sunnier because of things like...

1. The Local Employment and Trading System (LETS)

Short on cash? Need a few things? Why not become a member of this Local Employment and Trading System? LETS has over 30 members who trade goods and services totalling over $1000 per month. They share food and friendship while they barter and exchange everything from home-made Kim Chee and frozen yogurt to large appliance and automobile repair.

Consider the benefits of doing business without using traditional cash. Call 426-4835 and “LETS make a deal!”

2. The WECAN Food Buying Club

If your home is like many others, money is tight at the end of the month. The WECAN Food Buying Club recognizes that fact and has found an innovative way to make your food dollar stretch. For example, by the first Friday of the month a member brings in $15 cash. On the third Friday of the same month, that same member goes back to the Food Buying Club and gets about $30 of food to bring home. How does the Club work? WECAN buys food in bulk. Members contribute two hours of time per month re-packaging the rice, fresh fruit and vegetables, chicken and other meat. Memberships are only $5. Interested? Call Sherry at 496-5938.

3. Edmonton's School Lunch Program (ESLP)

This lunch program operates in five inner-city schools (McCauley, Sacred Heart, St. Patrick's, Norwood, St. Francis of Assisi). It provides part-time employment for 12 local people as servers and supervisors. They serve 750 meals/day, 146,000 meals per school term. Besides serving up nutritious hot lunches, ESLP believes in creating local opportunity in the form of training and jobs for local residents, usually parents of students at the school.

4. Four Wonderful New Playgrounds

McCauley, St. Michael's, Alex Taylor and Sacred Heart schools all have new playgrounds. Thanks to volunteers, parents, friends and teachers working together, children are sliding, climbing, swinging and playing to their hearts' delight in their own neighborhood playground.

5. Housing

Thanks to a number of organizations and people, residents of Edmonton's inner-city have new safe and affordable housing. Since 1992, Habitat has built 13 new homes in the inner-city. 3 of which were built in this last year. Their next "build" is scheduled for April/May 1996. If you'd like to participate, call Paul Eastwood at 479-0001.


In February, 1995, Edmonton Inner City Housing Society built 20 townhouses (2-3 bedroom) that house over 100 people. These townhouses are located in the Boyle Street area on 95 street. Two are wheelchair accessible. That same month, they also built 20 single units with full kitchens and bathrooms on 101A avenue.

At 95 street and 104 avenue, Edmonton City Centre Church Corporation opened 17 new bachelor suites for men and women with medical health problems. These suites have been open since December, 1994.

6. Kindred House

Kindred House is a drop-in centre which offers a safe, supportive, non-judgemental atmosphere for people involved in prostitution. The staff and volunteers are there to listen. Every Saturday, the staff, community volunteers and people who use the house, cook and eat a nutritious, tasty meal together. Drop in for a cup of coffee and a chat. Phone no. 424-4091, 9543-103 Avenue. Hours open: Tuesday - Friday 10 a.m. to 11 p.m., Saturday 2 p.m. to 11 p.m.

7. A Quieter, Safer 96 Street

95th, 96th, and 97th Streets have historically had a great number of cars whizzing up and down them. On 96 Street, measures were taken to slow down the speed of the cars and to lessen the daily number of vehicles travelling on it. Local residents wanted to take back the major roadway and return it to a community street. The end result of many years work is that 96 Street is now a calmer, safer road, where fewer cars travel at a slower speed. Children cross the road in safety, and the quieter road gives the community peace of mind.

8. Recreation - Fee Reduction Program

Any individual (or group) with a limited income can apply to this program. Each member is entitled to use a number of the City of Edmonton's recreational and sports facilities for a much reduced fee. For a great deal and more information, call 496-7275.

And that's not all. Next Update we'll tell you more.
Employment
Working in the Community

Corinne Thielmann
at PIN House
(People in Need Shelter Society)
Corinne Thielmann has been working with a pool of 15 men and women since early spring. They do the janitorial work two times a week at the Edmonton Inner City Food Depot (formerly the Mustard Seed Food Bank). Five or six people show up on any day to form a crew.

Mustard Seed Church provides equipment and supplies. PIN residents the labour. There is no pay involved at present; however, incentives have been included, such as coupons from Star’s Restaurant and T-shirts from the Avenue of Nations Business Revitalization Association. Corinne reports that participation is steady because “people enjoy having something to do.”

Boyle Street Community Service Cooperative
At the Boyle Street Community Service Cooperative workers Michael Cairns and Jelle van En find innovative ways to help inner-city people with mental health issues develop their special talents. Their motto: “If you are clear about what you’d like to try, we’ll help find the resources to make it happen.” Results? Dream catchers, beadwork, mandalas, earrings and key chains, knitting and more. Most of it was sold at local summer markets. There’s also a thriving bicycle repair shop getting bikes and people back into circulation. Over the summer months, the COOP lawn care/maintenance crew clears up around the neighbourhood. Kids have something productive to do, and others to do it with. And an income for their efforts. It didn’t take these young entrepreneurs very long to start showing up earlier than their supervisor.

The Mennonite Centre for Newcomers and the Community Planning Office
The Mennonite Centre for Newcomers and the Community Planning Office are collaborators on an innovative education project to train local CED workers in the community. Local residents and community workers will receive first-hand knowledge and skills in business start-up basics and identification. Plus hands on experience in an applied community setting. The project is part of a long-term plan to fight the economic causes of poverty in inner-city neighbourhoods by building economic self-reliance back into the community.

Community Loan Fund
A year ago it was just a dream. Today the Community Loan Fund is a fledgling non-profit society whose members include educators, bankers, community activists and others committed to helping the poor help themselves financially. The group plans to make small loans, the kind banks aren’t interested in because there’s not enough money involved. Lending criteria have been developed. The group hopes to make its first loan by the new year. It might be something as simple as loaning a few hundred or $1,000 dollars to a group of inner-city high school kids to buy lawn mowers to mow lawns for the summer. Or $200 to a woman running a small scale catering operation who needs a little cushion to get ahead of the game. Goals for 1996 include having an investment fund balance of $34,000 by the end of the year.

The Community Planning Office
The Community Planning Office is a community based organization working to foster inner city revitalization and participation in the neighbourhoods of Boyle Street and McCauley. Spearheaded by the BMHC and the Urban Core Support Network, the group’s initial motivation was to develop appropriate community based strategies to address the root causes of poverty. Its first major accomplishment was to successfully redirect the Boyle McCauley Area Redevelopment Plan (ARP) according to community development principles. Some 3,000 residents participated directly in the planning process. The result was a comprehensive blueprint for inner city change in the areas of safe, affordable housing, crime and safety, transportation and physical environment, recreational opportunities and local job creation and retention. The group is currently beginning to form a community economic development organization. Board members, residents, agency workers, business representatives and others are working to identify human and natural/physical resources, checking out the market and local business ventures based on community needs. Join in, you can be part of the adventures.

We take the time
Our doctors and nurses are salaried employees; they are not paid on a fee-for-service basis. This means they take the time to talk with each person to help them understand their illness and what they can do to feel better and be healthier.
A
turn sat on the edge of the
tsaw. He had often
spent Saturday morning watch-
ing people come and go from
the market. There were dogs to
talk to and sometimes people
dropped a quarter or two into
his hand when he got brave
enough to ask. His mother told
him not to mooch, but he liked
having money.

This morning, he brought his
friend Jan with him. Jan was
new to his school to the
community. Her mother and
brother had moved here from
Saskatchewan. Her family lived
in a high-rise public housing
apartment building just six
doors down from his house.
They had become best friends
in just three short weeks. Jan
liked Arturo. She showed her
around and took her home to
meet his sister and Mom. Jan
told Arturo all about life on
a farm in Saskatchewan. It was
such a different life and Jan
was a great storyteller that Arturo
liked listening and asking her
questions.

As they sat on the market steps
this particular Saturday morning
Jan became very
seriously, "Arturo," she said in
a rather timid voice that he had
ever heard before, "My mom
says that this place isn't very
healthy. She says you can tell
it isn't healthy because it doesn't
look very healthy. My Mom
says that living here is all she
can afford right now but that
some day we are going to be
able to live in a real healthy
place when she gets a good job
and we have lots more money.

"Ya," said Arturo, "well me and
my friends, we live here all our
lives and we are healthy.
Look at me, I'm really healthy."
He pulled up his sleeve and
flexed his muscles like the
wrestlers on TV.

"Well," said Jan, "back home,
things were real different from
here. Me and my sister and
my Mom haven't ever lived in a big
city like this. The traffic, the
people, the boarded-up
buildings, all the empty spaces,
are new to me and sometimes
I'm scared here.

"Oh, you'll get over
that once you get to know this
place," said Arturo. "You'll see
how great it is here!"

"Just look - at all
these people walking
by" said Arturo,
pointing to the crowd
of people crossing the
street.

"They look pretty strange
to me," said Jan. "They are so
different."

"There are lots of different
PEO-
PLE here. I think it's totally cool
to have so many different kinds
of people living here. I feel sorry
for people who have to live in
places where everyone is the
same, and where all the houses
look the same. You know like
those adult and retirement
communities - the ones they
talk about on TV.

"Here it is real different. My
friends come from all over the
world. On my street, there are
people who live alone and
people who live in big families;
people who have lots of money
and people who don't have any
money at all. There are old
people and babies; people who
have always lived here and
new people. My Mom and some
of the neighbours help a new
man on our street. He has just
moved here from Alberta
Hospital. He doesn't know
much about living here so they
help him out. A nurse comes to
visit him every day to make
sure he is okay.

"Since I was a kid, Mrs. Heung,
and talk to each other and look
and ask after each other. Sometimes
when there is real spirit, people
might even work together to
make things better."

"Jan was surprised, "You mean I
could find this spirit hanging
around in my neighbourhood
and at places where people
meet?"

"Something like that," said
Arturo wistfully, "This past
summer people here built a
kid's playground. " "My friends
and I helped carry sand. It was
awesome how happy we
felt when we finished."

"And, that's not all. The
lady next door asked me
to help her plant her
garden she keeps behind the
community centre, and Mr. Quong,
who lives over on the next block,
came to talk to my
family about going to a
meeting to help change the
traffic. Our teacher, Miss
Thomas, told us about a group
of people who cook together
and share meals. Come
to think about it, community spirit
has been around a lot this
year.

Jan's eyes brightened, "Wow, I
wouldn't mind being a part of
the cooking group if they make
desserts."

"Talking about food, makes me
hungry. Let's go get a doughnut
from the bakery."

They moved up the street,
talking all the way. "Now" said
Arturo, "I told you why this is
a neat place to live. Why don't
you tell me what you think
helps to make this place
healthy?"

Jan stopped and thought, "Let
me see - I know, I know. My
mom says that some people in
our community don't have
good places to live. If there are
lots of people who don't have a
safe place to live then it
wouldn't be a very healthy
place. I guess everyone needs a
home."

"If people don't have enough
good food to eat then I guess
they won't be healthy. Everyone
needs food to keep them
healthy."

"Especially sticky chocolate
doughnuts," said Arturo with a
glint in his eye.

"You know, the nurse I went to
to see at the health centre when
I had a sore throat told my
Mom that if a person doesn't have
a place to live and enough
healthy food to eat it's almost
impossible to be healthy. I
know I think better what you
were talking about.

"Hey, wouldn't it be fun to
make a game about healthy
community?

Jan agreed. We'd put in houses,
mexican, food, clothes.

They ran up the street, making
up their new game as they went.

"Isn't it funny?" said Jan.

"Before we talked about this I
didn't feel very safe here. Now,
the more I get to know, the
safer I feel. I think I'm going to
like living here. It's not
everywhere that has its own
'spirit'. And people who really
care."

"Good," said Arturo. "Now let's
get back to making our game.
Do you think Alice and
Margaret and Henry might help
us?"

"I'm sure they would," Jan said,
and they ran off to get their
doughnuts and find their
friends.

Support Your Community -
Donate to Your Health Centre Today!

We're a not-for-profit charitable organization, so any donation you make is tax deductible. Every year we must raise money to support our programs and services. It costs approximately $95,000 per month to operate the Boyle-McCauley Health Centre. Your donation is needed; any donation is helpful. These are some of our costs:

- Free phone $40/month
- Bus tickets $16/week
- Taxis to hospital $24/month
- Bandages $8/week
- Laundry supplies for footcare $11/week
- Credo blades for footcare $18/month
- Rubber gloves $28/month
- Batteries for doctors' pagers $10/week
- Plastic bags to dispose of medical waste $11/month

Membership form

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Donation form

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Boyle-McCauley Health Centre, 10628-96 Street, Edmonton, Alberta T3H 2L Phone: 422-7333 Fax: 422-7343
Who says you need lots of money to have fun?

Museums

Rutherford House
Rutherford House, 11153 Saskatchewan Drive by the University of Alberta, is open and free to the public on Sundays. Call 427-3995.

The Provincial Museum
The Provincial Museum offers free admission on Tuesdays. Bring the whole family. 12845-102 Avenue: 427-1786.

The John Walter Museum
The John Walter Museum is free for you and your family on Sundays. Call 496-7275. At Kinsmen Park.

If there's a recreation or leisure activity that you've been dreaming about doing but you're unsure of how to go about doing it, or how to afford it, call Jane Molstad 496-1911. Jane works with The City of Edmonton Parks and Recreation, and would like to help you.

CHRISTMAS TIME SPECIALS!

Free Children's Christmas Party
Hot dogs, pop, a carnival and Santa! Edmonton Bissell Centre and the Community Centre Project are working together to provide the festivities. The Edmonton Christmas Bureau will donate gifts for the kids. The tentative date for the party is December 21. Call Wes at 424-3291 to pre-register and confirm the date.

Free Christmas Bus Ride for Seniors
A free bus ride is being organized for seniors to tour Edmonton's Christmas highlights in December. Candy Cane Lane and other seasonal favorites will be seen. Join us for some fun! Interested? Call Wes at the Community Centre Project, 424-3291.

Legislature Christmas Lights Ceremony
December 10, the Christmas Lights Ceremony will be held at the Legislature, 109 street and 109 avenue. Free hayrides will begin at 2 p.m. and will go until 5 p.m.; all ages welcome. From 3-5 p.m., choirs will sing in the rotunda of the Legislature. For kids, there'll be face painting and clowns in the pedways. Everyone can skate for free from 10 a.m. to 10 p.m. Last but not least, fireworks at 5 p.m. Bring the whole family! Questions? Call 427-7362.

Edmonton's Santa Claus Parade
Edmonton's Santa Claus Parade is completely indoors and free. The December 3 parade begins at 11 a.m. in Edmonton Centre and will wind its merry way through our downtown pedway system, Eaton Centre, Manulife Place, Commerce Place and Scotia Place. Call 424-4085 for details.

Movies! Movies! Movies!

Garneau Theatre shows films at 5 p.m. for $1.25, and at 7 p.m. for $2.50. A nighttime show after 11 p.m. is $5. 8712-109 St.

See a movie at Avenue Theatre for $1-$2. 9030-118 Ave. 477-0952.

Free shows and film presentations. Call Sprucewood Library at 496-7099. 11555-95 St.

Free films. Call Centennial Library 423-2331. 100 St. and 102 Ave.

The Provincial Museum shows free films. Call 427-1786 for more information.

Winter Sports

Free Skating at:
• City Hall, 1 Sir Winston Churchill Square (100 street and 102 avenue)
• Legislative Grounds, 109 Street and 109 Avenue (south of Legislature Dome)
• Victoria Oval, 116 Street and River Valley Road

Tobogganing Sites:
• Emily Murphy Park, Groat Road and Emily Murphy Road.
• Government House Hill, 12845-102 Avenue, Groat Road, north of the North Saskatchewan River.
• Gallagher Hill, 96 Avenue and 96 Street.

Something Different

Attention Jazz music fans!
The Yardbird Suite has $2 Tuesdays. Groovy. 10203 - 86 Ave., 432-0428.

Free Tai Chi and Aerobics
Free Tai Chi and Aerobics are held at McCauley School, 9538-107 Avenue. Daytime and evening classes will be available if 10 or more people sign up for each class. Call Wes at the Community Centre Project 424-3291.

Gym Time

Free Puppet Shows and Story Telling
Free puppet shows and story telling are held at the Centennial Library. 100 Street and 102 Avenue. Call 423-2331 for details.

For Kids - Workout with Athletes
Workout with athletes from the Capital City Track Club! The Good Life Program provides children with the opportunity to participate in sports activities with accomplished athletes. The athletes work with the children at their individual levels to bolster self-esteem and athletic ability. 2 sessions a week. Cost $1 for an eight week program. Call Jane Molstad at 496-1911.

Childrens Swimming Lessons
Swimming lessons for children 6-12 years old are being offered for $3 per child. Price includes eight lessons and bus ride to and from the pool. Call Jane Mostad at 496-1911 for dates and details.

Update
December 1995

This is the second 1995 edition of UPDATE. As an insert to the Boyle McCauley News, this newsletter is being distributed to over 5000 residents living in the NorthEd, Boyle and McCauley neighbourh- wonds. Our goal is to produce an insert two or three times a year to feature information about health and health-related issues. We have many wonderful donors, sponsors, volunteers, staff, Board and Executive Members who contribute money, time, goods and services, expertise, warmth and humor to the Health Centre. We appreciate their contributions, and offer them our sincere thanks. Please watch for their names in our Apr1996 issue of UPDATE.

Members of our Board of Directors include: Phil O'Hara (President), Ewen Nelson (Vice-President), Peggy Robbins (Secretary), Tara Jones (Treasurer), Monika Wickman (Member-at-Large), Leslie Bernecki, Ping Chen, Lynda Fraser, Zeclinghe, Ghebremusse, Mark Holmgren, Cynthia Love, Josephine Pleshau.

Special thanks to the contributors of this December 1995 UPDATE. They are: Robert Atoke, Giuliano Blasco, Rondia Blasco, Anna Bubel, Doris Callan, Marie Carlson, Mark Dutton, Peggy Graham, Laurel Halter, Joan Lindsay, Bob McKean, Dave McQueen, Pasvo Montandon, Native Life Transition Program, Phil O'Hara, Kate Quinn, Leslie Regelous, Sharon Thurston, and Elise Waskahat.

Answer to Searching For A Word from page 2: hidden word is Healthier
BMNews signs recycling deal

by Malcolm Archibald

The BMNews has signed a contract with Allied Paper Savers (APS) which will hopefully provide some financial stability for the newspaper as well as help the environment.

Starting December 11, a green recycling bin will be available behind the newspaper office at 10631 - 96 Street. The bin will be for newspapers and flyers (printed on newsprint) only. The newspaper also plans to implement a free pickup service (call 425-6117).

The bin will be emptied weekly and the BMNews will be credited according to current prices for recycled newsprint. APS sells recycled paper to newsprint plants or uses it to make insulating materials. In either case, a useful material is re-used instead of ending up in a landfill.

(more "Recycled", p. 3)

Planning Office closes, now PIB ponderes future

Special to the BMNews

The Boyle Street McCauley Planning Office closed on December 1 ending an important phase in the community’s self-directed revival.

With current funding resources exhausted, the Planning Implementation Board (PIB) had to close the office and lay off the staff.

By mid-December, staff members Marie Carlson, Ping Chen, Ed Laboucane and Noreen House had all departed.

“The office closing brings an end to the post-Area Redevelopment Plan (ARP) phase,” explained PIB chair Harvey Voogd.

“Of course laying off staff and closing the office is sad, but on the other hand, in life you go through different phases. The ARP phase was a great victory for the community.

“Now PIB needs to reevaluate and reorganize to tackle the priorities identified by the community. Because we weren’t focused as a group on how to best address these issues, it became too difficult to accomplish tasks.”

In the meantime, the Boyle-McCauley Health Centre offered temporary office space to house the project’s files, computer and telephone. People calling the former Planning Office’s telephone number (425-2121) will be redirected.

By March, Voogd anticipates PIB will be restructured and a plan developed to address the community’s priorities.

PIB survey of community priorities - housing, economic development, crime and safety

Recently the Planning Implementation Board (PIB) commissioned a survey of 50 residents and representatives of city departments and social agencies that were involved with the ARP or PIB.

People identified three clear priorities for the community:

Housing - improve rooming houses and promote diverse housing

Economic development - establish a Community Economic Development Corporation and/or start small economic projects

Crime prevention and safety promotion.

As well, many people felt the community needed to do a better job of promoting the active involvement of everyone in the neighbourhood in community life.

Inside

Street lessons on page 3.
Christmas dates on page 5.
Survival Drive on page 6.
Senior’s link-up on page 7.
Recently, I was standing in the checkout lane of a grocery store idly reading the headlines on magazine covers. The one that caught my eye was about cooking on a budget.

I never got very far though because my budget doesn't allow for magazines on how to cook on a budget. But I doubt it would have been relevant to my lifestyle anyway.

I am more interested in cooking on a non-budget. That means cooking what is rather than planning meals.

Cookbooks are a waste of shelf space for me because there are always too many ingredients missing in my cupboards. The average recipe has at least a dozen components and my cupboard usually has only about half of them.

I get out my mixing bowl and when I look at the ingredients, I often realize that the recipe has to be so modified that it's unrecognizable.

That's why I believe in cooking what is.

There is definitely an art to cooking what is. One has to be creative and learn new ways to relate to food.

The last time I got a food hamper, the kind with macaroni and tuna, bread, and a few cans, I was at a loss about how to convert it into a meal.

There was no margarine, or salad dressing and no milk. I managed to make tuna sandwiches, but the dry tuna flakes kept falling out so they had to be handled with care.

"You have to know what to do," a friend explained.

She regularly gets hampers from the food bank so she has more experience.

"You take the macaroni and cheese then throw in the can of tuna for a tuna casserole."

It works, it keeps you alive, and best of all, you don't have to waste creative time and energy thinking up all those innovative and unapetizing new ways to serve food.

There is one small problem when serving a family. The prospect of polishing off a can of kernel corn is decidedly more appealing than trying to down a can of diced beets.

Birthdays at our house are a problem because we've seen too much pastry. I had a fancy decorated cake for my son's birthday and a week later, only one small piece had been eaten. Cakes just aren't a treat.

What kind of cake do we prefer for a birthday? How about lasagna with candles?

**Life's a Drag**

The art of cooking what is

"Oh, so that's what you're supposed to do," I replied, "but what about the loaf of bread?"

"You heat the canned soup and tear apart the bread apart to serve instead of crackers."

Maybe there should be directions in food hampers or maybe I'm just spoiled.

We need a new cookbook that stresses cooking what is.

It should include such innovative ideas as canned beets and lettuce salad, hearty vegetable soup made by combining soup and cans of string beans, pork and beans with macaroni and cheese casseroles, broiled pork and beans served on stale bread, dry cereal served with sugar and cinnamon.

Just thinking about it takes away your appetite so it also helps cut down on your food budget.

Personally, I prefer the can opener and fork approach. You just open the cans and eat until you are finished or you aren't hungry.
Street people to teach church leaders

by John Pater

Christian ministers are invading the Boyle-McCauley neighbourhoods.

No, this isn’t a new outreach by the dozen churches in the area, nor are we seeing an attempt at an old-time revival.

These ministers, priests and pastors are coming to our inner-city neighbourhoods to listen and to learn. It’s a part of a new Urban Pastoral Education program being run out of the Mustard Seed Street Church (96 Street-106th Avenue).

The program is an attempt to confront clergy with the reality facing those who are poorest or most vulnerable amongst us. It’s a collaborative program between many inner-city agencies, seminaries and Mustard Seed.

Clergy (or seminary students and candidates) who take on the program spend one day a week volunteering at various inner-city agencies.

Throughout the fall, the first five “students” in the program have “worked” at the Salvation Army Addiction Centre, the Bissell Centre, the Herb Jamieson Centre and the Mustard Seed Street Church.

“We want to shape clergy to be socially aware and socially astute,” says Phil Zylla, the director of the program.

He says their hope is that if clergy can be influenced to think along social justice lines, then the greater church can be impacted in the long run.

“This is what the church needs. We want to be a catalyst to the greater church.”

Zylla admits that he himself was once on the other side of the fence, a suburban pastor who saw little connection between the gospel and the suffering of those on the margins of society. Exposure to the Mustard Seed Street Church changed his attitude.

The Mustard Seed Street Church is well placed to sponsor such an educational program for clergy. Its food bank serves more people than other foodbank deposits in the city (up to 2800 a month).

Aswell, the church operates a daily soup kitchen and drop-in coffee house and provides counselling for those who have spent time in prison.

Zylla says Mustard Seed simply wants to pass on to ministers, priests and pastors what they themselves have learned from those they serve.

The five “students” who started in the program in September come from various backgrounds. One is an Oblate priest candidate studying at St. Joseph’s Seminary/Newman Theological College. Another is from United Church studying at St. Stephen’s College and three others are studying at the Edmonton Baptist Seminary.

Their work at the various inner-city agencies has mostly involved them being listening ears.

“The agencies are so busy,” says Zylla, “that they (the “students”) could simply be available to people.”

Zylla says he hopes the Urban Pastoral Education program will have more staying power and influence than those churches which “parachute into the inner city” only to leave a few years later.

He says especially in these times of government cuts to social services, the Church has to meet the needs and crisis’ of our time.

Focusing on the clergy is one way to do that, he feels.

Community Briefs

Habitat for Humanity needs a family

Habitat for Humanity is looking for an area family that it can partner with on a new housing project in McCauley early next year.

Habitat is a non-profit organization that helps low income families to own their own homes.

Habitat’s Family Selection Committee looks at these factors: a family’s needs, ability to carry a mortgage and willingness to partner.

For more information, call 479-3566.

Inner City Poetry Night

Inner city poets are invited to present their work at the premier Inner City Poetry Night on Wednesday, January 31 at 7:30 pm at the Flat Iron Building (Gibson Block) 96 Street and Jasper Avenue.

Area agencies, businesses and organizations are sponsoring prizes for various types of submissions.

All residents are invited to attend this evening of readings, coffee and community.

For more information, call Gord at Spare Change (423-2285 extension 27).

RECYCLE TO SUPPORT THE
BOYLE McCauley NEWS

Your old newspapers and flyers can be placed in the green recycling bin behind our office at 10631 96 Street.

Or phone 424-6177 for free pick-up!

Proceeds go to support the Boyle McCauley News

Ironically, it’s the rising cost of newspaper print which has made it impossible for the BMNews to survive on advertising revenue alone. This new venture may allow the BMNews to benefit from increased paper costs as well as engage in a socially useful activity.

Support your community league - it supports you!

Support your Community League - it supports you!

Become a McCauley Community League Member

Please phone Kimo Trent, Community League President, for more information on League meetings and activities as the Community Planning Office is now closed. 429-4050.

McCauley Community League Ice rink now open! Needed - Ice rink volunteers!

Help Eoidal the rink and clear it after snowfalls. Join Larry Brockman, a Community League volunteer and Frank Klemens of Adults For Kids.

Phone Kimo Trent at 429-4050 to volunteer or book the rink.

Watch for news about a hockey team for 6-8 year olds sponsored by Adults For Kids.

The rink will open Dec. 1.

Remember: Free Swims for League members!

You must take your membership card with you.

Eastglen - 11430 68 St.

Sundays: 12 noon - 2:00 pm is the time for members of several northeast community leagues.

Free public swims are also on Sundays: 4:30-6:00 pm
Bits and pieces of gossip and stuff

with Harvey Voogd

My apologies for the lack of a picture with my story last month on Cliff and Rita Brooks. Here is a photo of the happy couple. I trust this brings back happy memories for all of you who remember and ate at the Korner Lunch.

Cliff passes on the following joke.

Mary died and on her way to heaven she met Peter at the Pearly Gates. Peter stopped her and said, Mary, if you can tell me what God’s name is, I’ll let you in.

Well, said Mary, his name is Andy. How did you know that, asked Peter. Well, she said, every Sunday when I go to church we sing, Andy walks with me. Andy talks with me. Andy calls us his own.

Congratulations to all the folks who live in ArtSpace Housing Co-op! ArtSpace is in Boyle Street, overlooking Rowland Road and Riverdale. In November, ArtSpace celebrated its 5th anniversary.

for keeping their sidewalks free of snow. Since Joey got his new snowblower, his neighbours’ sidewalks have been immaculate without them having to lift a finger.

Another riddle from The Hobbit by J.R.R. Tolkien.

This thing all things devours: Birds, beasts, trees, flowers; Graws iron, bites steel; Grinds hard stones to meal; Slays kings, ruins towns, And beats high mountains down.

Happy Birthday to Susan Wissink who turns "how old?" on December 20. Susan is an active member of the McCauley Community League. So you think you’re Wayne Gretzky? If you’re interested in playing shinny hockey (no slapshots & no hitting) every Tuesday night, from 8:30-10:00 p.m. at the McCauley Community League outdoor rink, please call me.

There may be a small fee ($1 or $2) each time to pay for use of the rink lights and facilities.

If you’re got gossip, good news or other stuff you want to share, please call me at 424-9672.

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496-3278 (Tel.)
496-7175 (Fax)

MICHAEL PHAIR
COUNCILLOR WARD FOUR

Your opinions are important to me—please call for assistance with civic issues.

496-8146
CHRISTMAS FAMILY FUN AT ST. MICHAEL’S
by Remy L. Clericuzio, Principal

This year the staff of St. Michael School decided to plan a Christmas act-

ivity that will promote family values within the community. Christmas is an

opportun time to highlight the sharing not only of meals, games and toys, but

also an important resource - TIME.

On December 14 from 6 - 8 pm, our school will be transformed into a Christ-

mas adventure.

When each family arrives they will be greeted and presented with a special

Christmas passport. This passport was used to mark their progress through the

different yule time activities around the school.

The events and activities that are being planned include Christmas crafts,

hot chocolate and treats, sleigh rides around the school yard, a visit with Santa,

family picture taking and an old fashioned Christmas Carol Sing-Along. We believe this is an excellent way to share the Christmas Spirit and promote family values and unity.

CHRISTMAS COMMUNITY CALENDAR

SALVATION ARMY
9611 - 102 Avenue
Christmas Dinner - Thurs. Dec. 14 12:30 - 4 pm - women and children welcome

HOPE MISSION 9908 - 106 Avenue
Christmas Dinner - Wed. Dec. 27 3 - 6 pm - everyone welcome

MCCAULEY SCHOOL 9538 - 107 Ave
Christmas Concert - Wed. Dec. 20 - 7 pm

FAMILY WORSHIP CENTRE
96 Street & 106 Avenue
The True Story of St. Nick (drama) - Wed. & Thurs., Dec. 21 - 22 7 pm
Christmas Eve Candlelight Service - 7 - 8 pm

SACRED HEART PARISH
10821 - 96 St
Christmas Dinner - Mon. Dec. 25th, 11 - 3 pm - Church basement

MUSTARD SEED CHURCH
96 Street & 106A Avenue
Dinner every Sun. in December for 250 people 4 - 6 pm
Tickets available at Mustard Seed

OPERATION FRIENDSHIP
9526 - 106 Ave
NOVA Musical - Tues. Dec. 12 - 7 pm
Kinsman Xmas Dinner - Wed. Dec. 13 1 pm
Steinhauser Church Dinner - Fri. Dec. 15 1 pm

BISSEL CENTRE
10527 - 96 Street
New Year’s Dinner - Mon. Jan. 1996
Noon - 3 pm at Boyle Street Community League, 9515 - 104 Avenue.

EDMONTON INNER CITY HOUSING SOCIETY
"Looking forward to 1996 and beyond, the Board, staff and members of the
Edmonton Inner City Housing Society wish you and yours a safe and
happy New Year."

Edmonton Inner City Housing Society,
#209, 10010 - 107 A Avenue
Edmonton, AB, T5H 4H8.
Telephone: 403-423-1339
Fax: 403-423-1166
by Kate Quinn

At a recent Communities For Controlled Prostitution meeting, Norwood member Lorrie Foster proposed a Christmas drive.

She wants people to support women and girls who survive through prostitution by donating basic items such as baby food and diapers.

She’s concerned about the people who feel they have no options other than prostitution to provide for their families, especially during the festive season.

"Christmas is a time for giving," she says. "Nobody likes not to be able to give gifts at Christmas."

When you love your children and your spouse, you’ll do anything to give.

"It doesn’t have to be anything big. It’s just important to be able to give."

Staff of Crossroads Street Outreach and Catholic Social Services Safe House agree.

"Women are out there working for gifts for their kids and for basic needs like baby food and diapers," says Maureen Reid from Crossroads.

“We want to nurture and support family unity and so we try to support women to meet these needs.”

Both agencies obtain gifts through Santas Anonymous to give out. They also encourage people to apply to the Christmas Bureau for food.

However, there are still other family needs and that’s why people are asked to contribute baby food, diapers, or money.

Constable Jim Smyth of the Eastwood Community Police Station offered to receive the donations at the station.

“Many people bring presents to the station for the police to distribute,” Jim says. “We’ll be happy to work with the community and the outreach agencies in this way as well.”

Please bring your gifts to the Eastwood Police Station at 11845 81 St. The station is open from 9:00 am to 9:00 pm Monday through Saturday and 10:00 am to 6:00 pm on Sunday.

If you wish to donate money, please make your cheque out to Edmonton City Centre Church Corporation and mark it for Crossroads or to Catholic Social Services and mark it for SAFE House.

COMMUNITY CALENDAR

This month, check out the special Christmas Community Calendar on page 5.

MUSTARD SEED CHURCH
96 Street & 106A Avenue
Pancake Breakfast - every Sun. in
Jan. 10 - 2 pm

OPERATION FRIENDSHIP
9526 106 Avenue
Lion’s Senior’s Dance Band - Dec. 18 7 pm, & Jan. 11 7-10 pm
Crenne Country Dance Band - Dec. 22 1 pm & Jan. 24 1pm
Christmas Day Hours - 11-2 pm
Strathcona Church Roast Beef Dinner - Fri. Jan. 12 12:30 pm

MCCAULEY COM. LEAGUE
10604 - 96 Street
Board Meeting - Mon. Jan. 8, 7 pm at
10604 96 Street

3 Lines Free
Community Unclassifieds
(You get 3 lines, absolutely free. Send your ads our way. Call 426-2514.)

Shiny Hockey • every Tues 8:30-10pm • McCauley rink • Call Harvey - 424-9672

Kevin Jennings • will shovel snow • rates negotiable • call 425-8591

St. Stephen’s Anglican Church
10909 - 96 Street, T3H 2K4
422-3240

Traditional Anglican Services
High Mass and Sunday School • Sundays at 10:00 a.m.
Low Mass • Sundays at 8:30 a.m.
Evensong • Sundays at 7:15 p.m.
Mid-week Mass • Tuesday at 12:00 noon
Christmas Eve Mass • December 24 at 11:30 p.m.

Father John Hilton

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Community Connections links seniors to community

by Faye and Heidi

If you are a senior, isolated and lonely, you are not alone. A new program to help you has just begun in the inner city.

The purpose of Community Connections is to reduce isolation and loneliness for seniors. How to do this is a challenge.

This is where the community is important. As people get older, they often experience many life changes that can cause isolation.

A senior may be widowed recently and does not feel comfortable socializing as a single person. Perhaps changes in someone’s health may keep them from getting out of the house.

There are many reasons why seniors are not getting out and enjoying life. We can all help by talking to our senior neighbours who do not get out much or need a helping hand.

We realize that breaking isolation is not easy.

The program’s goal is to connect seniors back into the community. This may mean a friendly visit from another senior or from a neighbour down the street.

Two Community Connections workers will initiate the program by going door to door in the neighbourhood providing information and support and “someone to talk to”.

The two Community Connections workers are Faye and Heidi and the program is housed out of Operation Friendship.

A committee of senior volunteers and agency representatives will offer advice and suggestions.

If you are a senior, or know a senior on your block, who could use a visit, or if you would like to help us, please call us at Operation Friendship 429-2626.

Faye and Heidi connect seniors back into the community.

Wishing all a happy and blessed Christmas and a prosperous New Year

From everyone at

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Established in 1951.

No extra billing for social assistance
"I was an officer in the U.S. Navy and the rules had just changed allowing us to grow beards," remembers Bob. In 25 years you've never been tempted to take it off? "I like it. It's me. It's the way I picture myself. After a quarter century, I won't recognize myself with it off."

Bob's connection with McCauley began through his contact with a house set up here for people to get experience before going overseas to the Third World. "A group of us came from the seminary once a week for dinner, conversation, prayer, meetings, etc. After I left the seminary, I moved into McCauley in February, 1977 because I knew people here. Later that year, Mary and I got married."

Today, Bob and Mary have two daughters, Margaret and Sara. Bob lectures at St. Joseph's College at the University of Alberta and Newman Theological College in St. Albert. He teaches Social Ethics, which he describes as "making sure the poor don't get screwed and the rich don't take it all. It's about doing right by each other and finding ways of sharing."

I asked what kept him here and how the community has changed. "This is an exciting place because really interesting things happen here. It's an extraordinary community. "When I moved here there was no community league, no paper, no lots of things. Over the years, different generations of people have built on each other's work. "Now we have a highly effective community league and a strong political voice. How many neighbourhoods have their own health centre and housing organization?"

...And recently, different groups like the Avenue of Nations, community leagues, churches, schools and agencies worked together on our Area Redevelopment Plan (ARP)."

Bob has always been a faithful reader of the BM News. "Though I've never been on the board, I've written a few articles and our house delivers one block. "My wife Mary has been really involved. For several years, Mary was the backbone who kept the paper going."

When I asked Bob why the BM News is important, he said: "It's our voice to ourselves and the rest of the city. It's a way to know ourselves by telling our stories to ourselves."

"The mainstream media doesn't really tell our stories. They focus on a few problems and sensationalize them. "They miss our strengths, the people and organizations that are active in building and promoting our community. "We also use the paper for mobilizing action. The whole ARP process would not have been possible without the BM News."

He's looking forward to the fundraising campaign, but his wife and daughters have mixed feelings about him shaving his beard. "Maybe they're not sure what it'll be like with a stranger in the house. They've never seen me without a beard."

The BM News needs your support in our goal to raise $7,000. If you have any ideas or comments about this campaign, call Phil O'Hara at 426-2514.