

Spring 2014

Working for a better future

Good Shepherd Works social enterprise: breaking barriers to employment

Steven Greenaway is a success story in the making.

Steven, 44, and a resident in Good Shepherd's HOMES program for more than two years, has participated in the Good Shepherd Works (GSW) employment program for 10 months. His skills are valuable to the organization and have been used in a wide variety of projects. He is now leader of the GSW painting crew.

The experience he is gaining from GSW is the catalyst for change in his world. It's motivation for tearing down the personal barriers that have confronted him for much of his life.

"Ever since I've become involved with Good Shepherd, only good things have happened in my life," says Steven. "I'm really fortunate to benefit from their support."

Good Shepherd Works is an innovative social enterprise that helps people to gain the confidence they need to find a permanent job, and break down barriers that block them from becoming employed.

A native of Hamilton, Steven attended vocational school due to a learning disability. He didn't earn all his required credits but he has never given up his dream to attain his high school diploma.

He credits a compassionate social worker for connecting him with Good Shepherd and helping turn his life around.

"She got me into the program quite quickly and at a time in my life when I really needed it," he explains.

With the support of GSW and HOMES, he has been provided with the opportunity to set and pursue his own goals, which go well beyond his association with Good Shepherd.

He is optimistic about his future and is on a career path that he mapped out on his own.

"I'm working on getting my high school credits so I can graduate then I want to go to Mohawk College to become a Personal Support Worker," Steven says.



Steven Greenaway, 44, has worked for Good Shepherd Works for 10 months and has been instrumental in the renovations that have heralded to opening of the Jeanne Scott Parent & Child Resource Centre and the Venture Centre.

GSW participants have been instrumental in the renovations leading to the openings of both the Venture Centre, on Cannon Street East, and the Jeanne Scott Parent & Child Resource Centre, on Barton Street East. Both centres have benefited from the work that is being undertaken by GSW and soon will provide services to vulnerable and at-risk members of our community.

"We're running a program that treats our participants like em-

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A MESSAGE FROM BROTHER RICHARD

Good Shepherd's outreach helps marginalized people access important resources

Since Good Shepherd opened its doors in 1961, we have developed a widespread reputation for innovative programs that welcome vulnerable and at-risk members of our community, without judgment and with open arms.

In fact, our mission states that everyone who is associated with Good Shepherd strives "to enhance the quality of life for all who seek assistance and support." It's the reason for which our organization was established and forms the basis of the work we undertake.

Just as crucial are Good Shepherd's ongoing efforts to reach out to marginalized people – those who are without the knowledge or resources to take advantage of all that we can provide to them. These are the people who are falling through society's proverbial cracks. Their inability to access adequate support systems places them in harm's way, regardless of their social or economic status.

This is why we embraced the chance to develop the Good Shepherd Seniors Support Services Assisted Living program. We recognized an opportunity to reach a segment of the population

that too often becomes "invisible" for so many reasons.

The program offers:

- Showering/bathing, dressing/undressing, personal hygiene, medication reminders, toileting and other routine activities;
- Security checks and reassuring visits;
- Light homemaking services, including doing laundry and preparing meals.

Through this program, personal support workers employed by Good Shepherd can keep an eye on seniors who may need our help – day or night – so they can remain safe and healthy at home. Currently, we are serving seniors who live in the western part of lower Hamilton. As is the case with all Good Shepherd services, there is no cost to our clients.

It is our goal to keep seniors living in their own homes for as long as possible. After all, independent living is key to a higher quality of life and a greater sense of dignity, one of the main tenets of Good Shepherd's values.

Your continued support of Good Shepherd allows us to develop and deliver services that restore hope to thousands of residents in the Greater Hamilton Area.

On behalf of our staff, volunteers and clients, thank you.

Brother Richard MacPhee, BGS
Executive Director

Save us money and save some trees

Help Good Shepherd save postage and printing costs! Send us your email address and we'll deliver our newsletter to your computer – as soon as it's ready.

And watch for news about our user-friendly and interactive website, coming soon. It will be updated regularly with news on what's happening at Good Shepherd.

To receive your newsletter in a PDF file instead of printed format, email kristac@goodshepherdcentres.ca.

Got An Old Bike gathering dust and taking up space?

Donate it to the
Good Shepherd Works Bicycle Repair Shop

We repair bikes and give them to adults and children
who can't afford to buy their own.

*By donating, you help someone get the skills and training
needed to secure future employment.*

To donate, please call
905.523.6479 x2227

OUR COMMITMENT TO YOU

The Shepherd Newsletter is published three times a year. It is our way of sharing Good Shepherd news and events. You will also receive greetings from the Brothers and Staff of Good Shepherd at Easter, Thanksgiving and Christmas.

Each Good Shepherd mailing is accompanied by a reply card and a return envelope for your convenience. Although your support is vital, we understand that not everyone can make a donation in response to each mailing.

If you prefer fewer mailings, or none at all, let us know. We also invite you to use the reply envelope enclosed to communicate with us. Please tell us how we're doing and inform us of changes in your mailing information.

Good Shepherd subscribes to the Association of Fundraising Professionals Donor Bill of Rights. We value our donors and take your privacy seriously. We do not share, trade, or sell any donor information that we have collected.

GSW gives 'real-world experience'

Continued from page 1 ...

ployees in a business," says Andy Skrypnia, Director of GSW. "We're trying to give them real-world experience; we have the same expectations as they would be required to fulfill at any job, but we're here to help them if they fail."

Andy emphasizes that "the well-being of our participants takes priority. If a person feels that he or she can't work on a given day, we send them home to recuperate and we'll bring someone else in. We don't cancel jobs that we have booked."

Currently, there are 100 participants in the program, all of whom are Good Shepherd clients. Throughout their time at GSW, they earn a wage, are coached and mentored so they learn to face workforce challenges while gaining confidence in their own abilities.

"We encourage the participants and enable them to recognize their skills," explains Cecile Couroux, Good Shepherd's job coach.

Her responsibilities in the program are to follow the participants while they perform their duties, and help them improve their skills and social interactions.

"I will be with them as long as they need me to be," she says.

GSW provides services to programs within the Good Shepherd organization as well as to private companies, individuals and institutions.

Unlike private employers, GSW staff monitor the success of participants with a view toward having them leave to program for permanent jobs.

"If we're running a well-oiled machine, it means some of the participants may be ready to move on," says Andy.

When participants are identified as being ready to enter the workforce, they meet with Good Shepherd vocational coordinator Al Palin.

Al works with successful participants to develop job search techniques, such as resume writing and interviewing skills, and to help determine the direction they want to go to take advantage of their skills.

"Our goal is to help them find a job that they really like doing," says Al. "It's important that people begin to move toward independence."



Good Shepherd Works provides job experiences to individuals who face barriers to employment and require supports on their road to success. On-the-job coaching and mentoring ensure participants in the program have a positive work experience.

Good Shepherd Works participants are available to perform tasks at companies and private residences. The following services are available:

- Residential lawn mowing
- General labour
- Decluttering & disposal
- Property cleanup
- General cleaning

To learn more about Good Shepherd Works, or to arrange for our services, please call or email us:

905.523.6479

gsw@goodshepherdcentres.ca



The dedicated and generous members of the **Junior League of Hamilton-Burlington** recently delivered 80 hand-assembled gift baskets to Angela's Place to support young mothers.

Their hard work and donations to Good Shepherd symbolize the club's 80 years of "building better communities".

The gift baskets will be given to residents of Angela's Place. The young mothers and their children often have very little to help them begin their new lives.

Good Shepherd is grateful for the generosity of the Junior League of Hamilton-Burlington.

VOLUNTEER Outreach

Celebrating the energy and dedication of our volunteers

This spring, Good Shepherd hosted a special evening to honour the care and commitment of our exceptional team of over 4,700 volunteers. The Board and staff of Good Shepherd are grateful for the dedication of all the volunteers who generously donated their time in the past year so that we can continue to demonstrate our core values – availability, hospitality, flexibility, adaptability and dignity – to our clients and the community.

The Community Service Award was given to BISH, who recently transitioned their volunteering to the Good Shepherd Venture Centre after eight years of working in the Warehouse. BISH reflects the spirit of community service by supporting Good Shepherd in a variety of ways, including sorting clothing and food donations.

In addition to Years of Service recognition, volunteers were selected from each program area to receive the Volunteer of the Year award.

Debbie Morin-Farraway was selected as Women's Services Volunteer of the Year for her work in preparing meals for our clients.

"It is a good feeling to know that you are giving something back," said Debbie. "The women can be so grateful for the smallest gesture like making coffee for them. I don't know what their circumstances are but if I am able to make them feel special even for a few minutes than I am grateful to be a volunteer."

That same enthusiasm is evident in John Birkby who was awarded as the Youth Services Volunteer of the Year for his dedication in preparing nutritious breakfasts at Notre Dame House once a week. John says he is inspired by the compassion of the Good Shepherd staff and he encourages others to get involved.

"Every little bit helps," said John. "Volunteer at whatever commitment level you can, and you'll see that you can make a difference."

Special thanks to Carmen's Banquet Hall and Aulward Graphics for their continuing support of our Volunteer Night.

Good Shepherd boasts seven Ontario Volunteer Service Award Recipients

A special ceremony was held on April 1 at Liuna Station to recognize recipients of the Ontario Volunteer Service Awards. Good Shepherd's honourees are (from left): Beth Horyn, Margaret Enright, Vera Bennett, Tom Murdock and Ken Buist. Not pictured are Bernice Lezon and Helen Anderson.



VOLUNTEERS OF THE YEAR

Thank you and congratulations to Good Shepherd's Volunteers of the Year for 2014. With Executive Director Brother Richard MacPhee (far left) and Board Chair Duke O'Sullivan (far right) are, from left: Debbie Morin-Farraway, Women's Services; Jesse and Mike Burke-Gaffney, Food Bank; Tania Saha, Family Centre; Lillian Scibetta, Administration; Debby Russ, Ambassador; Steve Grzenda, Hot Meal Program; Mark Filion, Clothing Room; and John Birkby, Youth Services. Missing from the photo are Angela Davis, Barrett Centre and Emmanuel House; William MacKinnon, Fundraising; Damien Lothringen, The Good Shepherd Centre; Westdale Secondary School Graduated Support Senior Class, Warehouse.



BISH: COMMUNITY SERVICE AWARD





30 YEARS



25 YEARS



20 YEARS



15 YEARS



10 YEARS

Our Years of Service Awards

30 YEARS

Nellie Belluz
Camille Soo Lum

25 YEARS

Don Collins • Joan Collins • Ann Hewitt
Yvonne Sookoo • Erna Willem

20 YEARS

Helen Anderson • Beth Horyn
Clara Moro • Maureen Walsh

15 YEARS

Vera Bennett • William Fegan • Mark Fillion
Dorothy Gallant • Albert Galletti
Theresa Goliboski • Terence Molloy

10 YEARS

Nicholas Barber	Marie MacDonald
Marion Barber	Griffith Marshall
Jim Benvenuti	Diane Morelli
Donna Brown	Donald Morelli
Dymphna Browne	Bernard Prevost
Donald Clark	Nelson Ruiz-Blanco
Gayle Dean	Anthony Salis
Valorie Grisdale	John St. Martin
Roma Hodgson	Elizabeth Toke
Peter Hilbert	Leo Topolniski
Irene Krawchuk	Pat Topolniski
John Labreche	Kathy Wallace

VOLUNTEERS URGENTLY NEEDED

Child Minding – Volunteers are required for child minding, Monday-Saturday, 9:30 a.m.-noon; 1-4 p.m. or 5:30-8 p.m.

Hair Stylists – Volunteers needed at various centres.

Emmanuel House – Volunteers are required for evening reception from 5-7:30 p.m. and weekend reception from 9 a.m.-noon; noon-3 p.m.; and 3-6 p.m. Volunteers are also required for dinner preparation on Sunday and lunch every second Tuesday of the month.

Food Bank – Volunteers are required to assist with bagging groceries, stocking shelves and greeting guests, Monday to Friday, 8 a.m.-12:30 p.m.

Family Centre – Volunteers needed to lead children's craft groups.

Victory Garden – Volunteers are required to assist with preparing and maintaining the gardens.

Yoga Instructor – Volunteer is required to teach yoga to adults during the day or evenings.

To volunteer:

Call Marilyn or Maggie
905.528.6565 x3333 or x3321



Hitting a high note in the fight against homelessness

Mark your calendars! The curtain will rise on the next Good Shepherd Jazz Up the Winter Blues on March 2, 2015, at the Ancaster Mill.

A star-studded lineup, featuring some of Canada's most celebrated jazz and blues musicians, took to stages in the beautiful surrounding of the renowned Ancaster Mill last March. More than 300 people enjoyed the artists, gourmet food and beverages while supporting Good Shepherd's efforts to fight homelessness in the Greater Hamilton Area.

Please watch our website at goodshepherdcentres.ca for more information about tickets and sponsorship.



Good Shepherd & Mental Health Week

Good Shepherd was in the community to support Mental Health Awareness Week in May. Shalini Singh (above) of the Barrett Centre for Crisis Support was on hand at the Multicultural Wellness Fair on May 10 to provide information on health and wellness services available to Hamilton's diverse cultural communities. Good Shepherd's Steps to Health program sponsored a wellness fair on May 8 (below). Steps to Health is designed to prevent illness or reduce the effects of disease by focusing on all aspects of health through exercise, nutrition and smoking management programs.



Buy an Orange Door and help give local youth housing and hope

The Home Depot Canada Foundation is dedicated to taking action to put an end to youth homelessness in Canada through the Orange Door Project fundraising campaign.

Until July 2, customers at the Ancaster and Hamilton Home Depot stores can buy a \$2 paper door to benefit Good Shepherd Youth Services. You can also make an online donation at homedepot.ca/foundation and give

Donate \$2
to help
homeless
youth

The
Orange
Door
Project

Housing and hope
for homeless youth



vulnerable and at-risk young people in our community the housing, support and hope they need to live safe, healthy and productive lives.

The Home Depot – Ancaster
122 Martindale Crescent, Ancaster

The Home Depot – Hamilton
1775 Stone Church Road East, Stoney Creek

Good Shepherd & Friends Community Events



Cram-a-Truck Food Drives

Help us re-stock our food bank shelves. We'll be at area supermarkets this summer.

June 21: Sobeys, Golf Links Road, Ancaster

July 26: Longos, Fairview Street, Burlington

Aug 16: Fortinos, Upper Centennial Pkwy,
Stoney Creek

Sept 20: Fortinos, Dundurn Street, Hamilton

Sept 11 *Good Shepherd Golf Classic*

Heron Point Golf Links

www.goodshepherdgolf.ca

Sept 20 *Miles for Smiles Ride*

Charity Auction & Party, September 18

www.milesforsmilesride.ca

Oct 16 *16th-Annual Good Shepherd Harvest Dinner*

Carmen's Banquet Centre

www.harvestdinner.ca

Dec 14 *Christmas Wonderland*

Hamilton Convention Centre

March 2 *Jazz Up the Winter Blues*

Ancaster Mill

GOOD SHEPHERD SUMMER FOOD DRIVE

*Looking forward to your
Summer Vacation?*

**HUNGER
DOESN'T
TAKE A
HOLIDAY**



Our most-needed items

Canned Pasta • Pasta Sauce
Peanut Butter • Canned Tuna
Pork & Beans • Powdered Milk
Instant Coffee • Cereal
Instant Oatmeal (Individual Packs)
Feminine Hygiene Products
Healthy Snacks (Peanut Free)
Baby Formula • Baby Food
Diapers (Sizes 5 & 6) • Pull-ups



GET INVOLVED

We're grateful for the support of our community. Good Shepherd's clients always benefit from your generosity.

Friends of Good Shepherd, including individuals, groups, schools, sports teams and businesses, organize events to support our people who use our services.

Events staff in the Good Shepherd Development Office can guide you in the planning of your special event.

To find out how we can help, please contact us.

Good Shepherd Development Office

Events Department

905.572.6435

events@goodshepherdcentres.ca

Saying goodbye with dignity

My personal journey at Emmanuel House

I want to share with you my journey with a dear friend who was diagnosed with cancer and had no one to care for her. Jeanne had no close family – no mom, no dad, no brothers or sisters and no children. She had lots of acquaintances and only one distant relative in the southern U.S. These are supposed to be the people who support you when you are dying or can't help yourself anymore. She had no one to take care of her at this crucial time of her life.

I decided to step in since she has been a friend over 20 years. I loved this lady as if she were a close member of my family so I wanted to make sure she was well taken care of.

I brought her into Good Shepherd's Emmanuel House hospice, on Stinson Street in Hamilton. Even as an employee of Good Shepherd, I was not fully aware of the breadth of care that takes place within the house. I do now and I am so proud of the hospice and the people who work there.

Bringing Jeanne to our loving, caring hospice was not only a great experience for her but for me as well. Jeanne was able to walk in – unlike most of our guests – with some of her furniture, clothing and special items that were close to her heart. We made her room like her own bedroom, hanging pictures, positioning knick-knacks where she wanted them, having fresh flowers for the smell of outdoors ... Jeanne thought she was there for a long time, however, it was just one day short of a month from the time she walked through the doors of Emmanuel House until she was taken from us.

Jeanne loved music and loved to sing. She sang in the Geritol Follies for many years. At the end of our visits, I would put on her classical music and let the music permeate the room which I believe gave her peace.

I know without a shadow of a doubt, that the compassionate staff at Emmanuel House made Jeanne's final days comfortable and dignified. The nurses, the personal support workers, the administration staff, the doctors and pastoral ministers are very special people.

It was obvious that Jeanne was not the only recipient of this extraordinary care. I have never met such caring, loving and attentive people. They live for the residents and their loved ones, and try continually to take away the pain, discomfort and grief that are experienced during the process of leaving this earth.

Each day I would visit my friend – first thing in the morning before I went to work and then on my way home. Each

A MESSAGE FROM CATHY WELLWOOD



time I felt so happy to know that even though I was not there holding Jeanne's hand and talking to her, the staff were present for her.

A few days before Jeanne passed away, Kerry Ann and Pat explained that the end was near and made sure that I was okay. The night she passed, I called Emmanuel House around 9:00 and one of the nurses said "Jeanne is okay, get some sleep. If anything happens I will call you." Well, at 12:05 a.m., that dreaded call came. Feeling sad and helpless, I asked, "Now what?" Donna suggested that I come and say goodbye. She said one of our pastoral ministers had been called and would meet me at the hospice.

When I arrived at 12:30, two nurses greeted and hugged me. They offered me tea but I just wanted to go to Jeanne.

There she was, so peaceful. As promised, pastoral minister Pat Finnigan was sitting beside her with a candle burning. Jeanne had her rosary in her hand along with photos of loved ones who had passed a long time ago. It was Holy Thursday.

Despite my personal grief, I left Emmanuel House feeling happy for Jeanne. Her last days at Emmanuel House were pleasant and comfortable.

Still, I miss her very much ...

I want to send my heartfelt thanks to everyone at Emmanuel House – all the personal support workers; nurses Karen, Brad, Pam and others who I didn't meet personally; administration staff Wilma, Loretta, Angie and Pat; and Dr. Tony Kerigan, Kerry Ann Bracewell and Mary Beer, who are members of the Palliative Care Outreach Team.

I am blessed to be given this page to express my feelings and my appreciation to the people of Emmanuel House; not everyone can say thank you in this way. But please know that the families and friends of those who were lucky enough to know you and experience your love will be forever grateful that you made their journey easier.

Cathy Wellwood
Chief Development Officer

If you need to bring a loved one to Emmanuel House, do not hesitate to contact us at 905.308.8401, any time of day.

HOW TO REACH US

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 youtube.com/goodshepherdhamilton

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