

Spring/Summer 2015

Staying Home

Breaking the barriers to stable housing

Many single women and families in Hamilton face daily struggles to maintain stable housing. Thankfully, Staying Home, a new program at Good Shepherd provides early intervention for people who are at imminent risk of homelessness.

The Staying Home team works in close collaboration with community partners to find the most appropriate strategies for keeping people housed.

Staff aid in the initial crisis and continue to support the clients after they are housed successfully to manage potential issues while maintaining stability and self-sufficiency.

"We're hoping to prevent homelessness by helping tenants transition into a new home or maintain their current housing without going into a shelter," says Program Manager Lorraine Simonds. "Our strategies involve identifying imminent risks and keeping tenants housed."

The program has been running since April and already staff are working with 50 clients at various stages of housing crises.

Staying Home has had a number of successes, including a family of 11 that received an eviction notice because the home in which they were living had been sold. The family secured housing for the beginning of June, but the closing date of their current home was the middle of May. Could the children stay with friends? Could they afford the cost of a hotel? Their financial resources were limited and

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The Staying Home team, from left: Manager Lorraine Simonds; Jennifer McKight, community housing worker; Nicole Verhulp, landlord and tenant navigator; Darria Young, community housing worker.

A lot of heart behind the scenes at the Venture Centre

At first glance, The Market Place at Good Shepherd's Venture Centre, looks like a community grocery store. In reality, it's an innovative program for people in need of emergency food and clothing services.

The Market Place is a bright, accessible and safe space for clients, staff and volunteers. Its design offers a positive and dignified experience. With the help of volunteers, clients push a grocery cart as they stroll the aisles for their food, clothing and personal items.

Newly opened in December 2014, the

Venture Centre on Cannon Street East is focused on improving the health and wellbeing of the Beasley community, which has historical social and economic challenges. The sprawling building at 155 Cannon Street East, Hamilton, has space for future programming and counselling areas where staff can work with clients to help break the cycle of poverty.

Staff and volunteers at the Venture Centre process more than 450,000 kilograms of food per year. The storage and inventory area is fast-paced with volunteers sorting and organizing food and clothing donations, stocking shelves and bagging

groceries.

With limited staff resources, Good Shepherd relies heavily on volunteers to provide the best service and experience for clients. Volunteers work diligently each day so that donated items get on the shelves and into the hands of those who desperately need them.

With all of the work that goes on behind the scenes, the Venture Centre is lucky to have a very special volunteer, Roger Adams, on our side. Roger dedicates three or four days a week to sorting through

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A MESSAGE FROM BROTHER RICHARD

Your gifts benefit real people Join us in helping them

I rarely use this space to appeal to you directly for your financial support. However, over the past months, the demand for Good Shepherd's services has increased while our resources have not kept up. We need your gifts now more than ever.

A decline in donations is not a phenomenon that is exclusive to Good Shepherd. Charitable giving in this country has dropped steadily in past years. In 2012, the most recent year that Statistics Canada has data, Canadians gave only 0.6 percent of their total income to registered charities. This alarming trend is continuing.

Charitable organizations like Good Shepherd fully understand that Canadians are cautious and are guarding their money against an economic downturn. After all, everyone – including our co-workers – is affected by the ups and downs of the economy. What most disturbs the people who work on the front lines of our battle against poverty is the negative impact this uncertainty has on the families and individuals who need our support the most.

In past seasonal appeals, I told you about the people we welcome on a regular basis and have benefited from our services. They are proof that our donors give to real people, not an organization.

Do you remember Jackson, who was featured in our Easter mailing? He came in from the cold and met Brother Terence Aylward and Sister Rita Bohnert, who guided Jackson's journey to wellness. Jackson's life has turned around. He is off the streets,

living in Good Shepherd's supportive housing program. Jackson is now a hopeful person with a bounce in his step and a smile on his face ...

... Or Diane, a single parent, taking care of her daughter Marie and son Michael, who overcame a devastating struggle that threatened to break up her family and force them onto the street. Diane turned to Good Shepherd's Family Centre for help and was welcomed with open arms. The family's stay at the Centre gave her some breathing space while she got back on her feet and gathered resources that would help her avoid falling back into poverty's spiral.

Diane's daughter Marie was so grateful for her positive experience that she promised herself she would give back to Good Shepherd as soon as she could. Her gift was taking a months-long volunteer administrative position. Her act of kindness was unsolicited and unexpected ... but it was greatly appreciated.

These are real people who have benefited from their experience with Good Shepherd. Yet many more endure hardships every moment of their lives. They don't have the luxury of saving for a rainy day. They need our help. They need **your** help.

Your donations help so many people in our community whose circumstances leave them hungry, homeless and alone. You give them the opportunity to build new lives and restore their hope and dignity. Won't you join us in helping them? Please donate today.

Bro. Richard OH

Brother Richard MacPhee, OH
Executive Director

'The goal is to help people in any way we can'

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donations, setting up activities for special groups and doing whatever work is needed that day.

"I do a little bit of everything while I'm here and I work very closely with the staff, which is great. My goal is to make sure the people who come to us for support have access to the things they need," says Roger.

As owners of Hanley's in Ancaster, Roger and his wife Ann have many years of experience in customer service, which he says lends itself to his volunteer position.

"We had been supporting the annual Harvest Dinner event for years and then my wife decided to run a hamper program at the store in support of Good Shepherd," he says. "We had such a positive response from the customers. That's really how I was introduced to the idea of volunteering here."

Roger's warm and calming presence is welcome in the often hectic environment and his endless energy contributes to the success of a number of workshop groups.



ROGER ADAMS

"I do a lot of work with special needs kids and people with disabilities who come in to volunteer. I really enjoy working with them," he says.

Day of Caring is an ideal volunteer program for community and social groups and private companies who are looking for a positive team-building experience that will also help the community. Good Shepherd welcomes groups of two to 30 people to volunteer their time for a part day, half day or full day. Volunteers participate in a variety of activities, behind the scenes and directly helping clients.

Roger is committed to ensuring that volunteer groups have meaningful jobs to complete and leave knowing that they have truly made a difference. On several occasions, Day of Caring groups have written heartfelt notes thanking Roger for his contribution to their positive volunteer experience.

"Good Shepherd is a great place because there is no judgment here. The goal is always to help people in any way that we can and I love that. It's a great team to be a part of."



Former Olympian Silken Laumann (second from left) helps to celebrate the St. Joseph's Mental Health Spirit of Hope Award for Steps to Health's contributions to mental health care. With Silken are Good Shepherd HOMES Director John Lee (far left), Kereena Pezzaniti, Josh Mitchell and Steps to Health Facilitator Michelle Letourneau. The wellness program recently won accolades for its contributions to mental health care.

Taking positive Steps to Health

Good Shepherd's Steps to Health, an acclaimed program dedicated to eliminating lifestyle barriers for psychiatric survivors, was awarded the St. Joseph's Spirit of Hope Award on May 6. The award celebrates an individual, youth or youth group/organization, or group/organization that has overcome mental health concerns or addiction challenges; or has made impactful contributions to the mental health care and/or addiction fields.

Steps to Health has been available to the Hamilton community for eight years. The wellness focused programming helps in prevention and early identification of chronic health risks. It encourages participants to embrace a wellness lifestyle by offering access to a wide variety of nutrition and fitness-based programs.

We've seen headlines like *Obesity Epidemic in North America* or *Health Risks of Eating Fast Food*. We're bombarded with pictures in the media of exaggerated body images achieved through fitness. Fad diets and dozens of fitness devices – both cheap and exorbitantly expensive – claim to help you join that (sometimes imaginary) elite group of physical specimens.

Consider the challenge of maintaining overall health and wellness while living with a mental illness. Under the best of circumstances, making healthier choices and being active can be a mammoth struggle for all of us. For psychiatric survivors, treatments for associated chronic illnesses are often overwhelming and cost prohibitive.

- Clinical studies have shown that some medications prescribed to treat the symptoms of mental illness can increase the risks of cardiac disease and metabolic disorders even further.
- Studies show that people living with mental illness are at higher risk for diabetes, heart disease and stroke.
- People living with mental illness experience extreme stigma and oppression. For example symptoms that are associated with many mental illnesses like isolation and lethargy are quickly explained by labeling a person as "fat and lazy".
- A disproportionate number of people living with mental illness also face conditions of extreme poverty. Poverty creates seemingly immovable barriers to a healthy lifestyle, including access to nutritious foods and healthy activities.

Information sessions for Steps to Health take place once a month. If you would like further information about the program, email michellel@goodshepherdcentres.ca.

Staying Home helps tenants navigate a 'confusing, frustrating' housing system

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English is not their first language. They were struggling to come up with a solution.

The family reached out to Good Shepherd. Their call coincided with the start of the Staying Home program.

Following several discussions, the new owner of the family's residence allowed them to remain in the unit until the end of the month. This meant fewer transition difficulties, including not disrupting the children's routine, having to pay storage, or temporarily splitting up the family.

The Hamilton Housing Help Centre secured last month's rent for their new lease. Staying Home staff also supported the family in establishing a moving plan.

If the Staying Home program had not existed the family likely would have been forced to turn to an emergency shelter. Instead they moved into their new home on June 1.

The program's landlord tenant navigator advocates for tenants while collaborating with their landlords to resolve any issues that could become impediments to future housing.

"Often, tenants have more rights than they know," says Lorraine. "Navigating the housing system is confusing and frustrating. If you're worrying about where you're putting your head down at night, paperwork isn't a high priority."

The program offers single women and families a foundation on which to build stability. It's not just about housing, it's about quality of life.

THE VOLUNTEER Outreach

Volunteers: The Heart of Our Community

Good Shepherd hosted a very special evening this spring to honour the extraordinary care and commitment of our amazing team of volunteers. Without their immeasurable contributions, Good Shepherd could not offer emergency food and clothing services, shelter and mental health programs to people whose personal circumstances put them at risk of homelessness.

The recipients of Good Shepherd's Special Recognition Awards are:

Sylvia Lamont, Volunteer Ambassador
Sylvia never wants to see anyone hurting or going without so she makes it her mission to spread the word about Good Shepherd to people that she encounters.

Hadrian Manufacturing Inc., Fundraising
Over seven years, Hadrian Manufacturing has become one of Good Shepherd's most supportive donors. Now, as Hadrian increases its profit, the company increases its giving to Good Shepherd.

GE Canada, Community Service
The employees at GE Canada have become familiar faces around Good Shepherd. They are extremely generous with their time, serving hot meals to our clients in the Day of Caring program – and showing up en masse for the Christmas Hamper at the Venture Centre.

Ontario Volunteer Service Award
Six Good Shepherd volunteers also were honoured for their dedicated service with an Ontario Volunteer Service Award. A special ceremony was held on April 29 at Liuna Station in Hamilton to recognize the recipients.

The annual awards are given out by the Ontario Ministry of Citizenship, Immigration and International Trade to recognize volunteers for continuous years of commitment and service to an organization. More than six million Ontarians volunteer each year. Last year, Good Shepherd was privileged to boast a team of 5,433 volunteers to help deliver vital services to people in need of support.



Six volunteers from Good Shepherd have received an Ontario Volunteer Service Award to recognize their service. The honourees are (from left): Starleen Miller, Youth Award Recipient; Dorothy Gallant, Team Leader, Sacred Heart Hot Meal Team; Garry Eckert, St. Thomas Waterdown Hot Meal Team; Yvonne Sookoo, Annunciation of Our Lord Hot Meal Team; Julie McIsaac, Venture Centre Market Place (food bank volunteer). Not pictured: Clara Moro.

VOLUNTEERS URGENTLY NEEDED

Women's Services – Female volunteers are needed to assist with food preparation.

Emmanuel House – Volunteers are needed to prepare meals for residents Saturday lunch or Sunday lunch or dinner. Reception volunteers required for Saturday or Sunday.

Venture Centre Market Place (Food Bank) – Volunteers are required to assist with sorting food donations, bagging groceries, stocking shelves and greeting guests. Monday to Friday 8 a.m.-12:30 p.m. and 12:30-4 p.m.

Special Skilled Volunteers – Hairstylists, Yoga Instructors, Fitness Instructors required.

To volunteer:

Call Marilyn or Maggie
905.528.6565 x3333 or x3321



30 YEARS



25 YEARS



20 YEARS



15 YEARS



10 YEARS

Our Years of Service Awards

30 YEARS

Michael Dywelska
Marjorie Hurajt
Angie McNulty

25 YEARS

Bernice Jacobs

20 YEARS

Nina Maljar • Helena Palynchuk

15 YEARS

Beverly Dywelska	Jessie McDonald
Marilyn Dwyer	Campbell McDonald
Joe Garcia	Marjorie Mullen
Margaret Garcia	Dan Novak
Nan Howe	Paul (Duke) O'Sullivan
Monique Lachance	Don Roberts
Patricia Lowartz	Frank Vanderzalm
Dunstan MacDonald	Joyce Webb

10 YEARS

Charmaine Bodi	Darryll Malley
Ed Bodi	Manuel Medeiros
Fran Boisvert	Lourdes Medeiros
Chris Cudmore	Diane McInnes
Christel Cudmore	Lisetta Paron
Mary Davis	John Partito
John Douglas	Barry Purvis
Wilbert D'Souza	Marnie Rawlinson
Mona D'Souza	John Rockx
Terence D'Souza	Denis Ross
Rita Dugas	Kunjamma Scaria
Bernard Dugas	Thomas Schramm
Angela Eng	Dorothy Schramm
Carol Karsten	Kathleen Somers
Helen Laskowski	



Bishop Douglas Crosby brings greetings to Good Shepherd volunteers on behalf of the Roman Catholic Diocese of Hamilton.



**Donate \$2
to help
homeless
youth**

**The
Orange
Door
Project**

**Housing and hope
for homeless youth**



To learn more, visit homedepot.ca/foundation

Give homeless and street-involved young people in our community the housing, support and hope they need to live safe, healthy and productive lives.

The Home Depot Canada Foundation is dedicated to ending youth homelessness in Canada through its Orange Door Project fundraising campaign.

Good Shepherd Youth Services will benefit every time customers at the Ancaster and Hamilton Home Depot stores buy a \$2 paper door until July 2.

The Home Depot – Ancaster
122 Martindale Crescent, Ancaster

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

Online donations are accepted at homedepot.ca/foundation.

To learn more about Good Shepherd Youth Services, visit goodshepherdcentres.ca.



Good Shepherd is proud to be the recipients of generous gifts from people of all ages. Recently, Julia Day Wellwood, an aspiring fundraiser, set up her lemonade stand outside her Toronto home to raise money for the poor. Julia's tenacity and charm brought in \$34.50 for Good Shepherd over two days – and she's promised to keep the lemonade flowing during the summer!



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

905.528.6565 x3309

events@goodshepherdcentres.ca



Megan (left) with Youth Services Director Loretta Hill-Finamore at the Good Shepherd Golf Classic, where she spoke of her life experiences.

Brennan resident is rewarded for her academic achievements

A resident of Good Shepherd's Brennan House has received a significant financial award from the Junior League of Hamilton/Burlington. Megan G. accepted the \$4,000 award, which is presented to a young person who, despite significant barriers, was able to achieve educational goals. The money will allow her to pay for the second year of the Medical Administration Program at Mohawk College. Megan finished her first year with an 80 percent average and is excited to resume her studies in September.

It was a proud moment for Megan and the staff at Good Shepherd Youth Services, who marvel at how far she has come since moving to Brennan House at age 16.



Jolene P. provided information on supports offered through Good Shepherd Women's Services at the Multicultural Wellness Fair.

Spreading the word to the multicultural community

Hundreds of members of Hamilton's multicultural community were invited to St. Patrick's School on May 9 to get vital information on health and wellness services available to the city's diverse communities. The third-annual Multicultural Wellness Fair provided information on a wide variety of community services, including mental health and addictions, counselling services, physical well-being, housing and nutrition.

Good Shepherd and the Hamilton Centre for Civic Inclusion hosted the wellness fair, which was part of Mental Health Week in Hamilton.

Changes coming to Charitable Gift & Estate Planning

Trusts are subject to new federal rules beginning next year

Does your estate plan include creating a trust in your will or are you a trust beneficiary or an estate trustee? If so, you may be affected by the federal government's new legislation to tax certain trusts at the top marginal tax rate rather than the lower graduated tax rates that some trusts currently pay. However, graduated rate estates that contain trusts will be limited to 36 months with the changing legislation.

Since these changes are effective January 1, 2016, you may have just more than a year's time to revisit your will and estate planning to make any adjustments and minimize the impact of these changes.

If you answer **yes** to any of the following questions, you should contact your professional advisor to help ensure your plans will still accomplish your objectives for minimizing taxes and leaving as much as possible to your beneficiaries and/or your charities of choice.

- Do you have a will?
- Does your will create a testamentary trust for the benefit of your spouse or common-law partner or your children?
- Are you now or will you be a beneficiary of a trust?
- Are you a trustee of a trust?
- Are you an executor of an estate?
- Does your will or estate make provisions for charitable gifts?
- Have you established an inter vivos spousal, alter ego or joint partner trust?

For more details about testamentary trust charitable giving please contact your professional advisor to maximize your contribution. If you wish to share any of this information with Good Shepherd, please contact Keith Rutherford, Major Gift & Planned Giving Officer, at 905.528.6565 x3310 or email keithr@goodshepherdcentres.ca.

Information provided by KPMG, Stoney Creek



A MESSAGE FROM CATHY WELLWOOD

I'm sure that you – like me – are looking forward to summer and are enjoying the warmer weather. It's so nice to be working around the house and enjoying the outdoors again.

As you know, home repairs and upkeep never stop. The same is true for Good Shepherd's facilities. We have a variety of buildings around Hamilton and many of them are in need of repair, be they minor or major. For example, Notre Dame House – our emergency youth shelter – requires more than \$100,000 in renovations and upgrades; the Family Centre needs \$180,000 in work; The Good Shepherd Centre – our men's shelter – is awaiting more than \$120,000 in repairs; and almost \$300,000 in upgrades will bring the newly opened Venture Centre to the point that it is fully operational.

Those are just a few of the buildings across our agency that need to be brought up to our standards. The projects may seem mundane, but they are vitally important to the hundreds of people who come to Good Shepherd for support every day. Having safe, comfortable and dignified surroundings are crucial to the well-being of our clients as they try to emerge from the shadows of poverty, homelessness or mental illness.

That is why in the coming weeks we will be reaching out to you, our donors, to support projects that are closest to your hearts. Your contributions have restored hope to the most vulnerable members of our community and we ask that you consider giving to them again.

Our first appeal will be to help the young people at Good Shepherd Youth Services. Our shelters and transitional youth housing need everything from foundation repairs and interior painting to new furniture and appliances. These are places that homeless and street-involved youth come for support and shelter from the streets. Your gifts to Youth Services help us attain our goal: *"We inspire youth to dream, hope and achieve and we strengthen community by believing that no youth stands alone."*

This summer, we will be calling on our supporters of The Good Shepherd Centre and Emmanuel House hospice to help us address the renovations required at their respective buildings.

Please feel free to contact me at 905.528.6565 or CathyWellwood@goodshepherdcentres.ca if you would like to discuss our needs.

If you have a few minutes, I encourage you to tour Good Shepherd's brand new website at www.goodshepherdcentres.ca. It's been completely revamped and upgraded to help our donors, partners and clients navigate our organization quickly and easily. I think you will find the new look refreshing.

God Bless,

Cathy Wellwood
Chief Development Officer

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.

HOW TO REACH US

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