

Spoon and Fork: Combining life skills and socializing

Every second Tuesday, a group of women gather in the Wellness Room at Women's Services for a cooking class called *Spoon and Fork*. It's an opportunity to learn about cooking and meal planning and to create a sense of community among women who have experienced trauma as a result of abuse, poverty or homelessness.

Wellness facilitator Cathy leads *Spoon and Fork*, which is open to clients of Martha House and Mary's Place, as well as to women in the community.

"We make a meal together and then talk about how to make cheap meals, how to cook seasonally, where to find the bargains, when is the best time to shop," says Cathy. "I've demonstrated how to cut up a whole chicken and discussed how many meals you can get out of it rather than buying the boneless breast of chicken, which is expensive."

Offering an opportunity for social interaction is a key ingredient in the program's success.

"The social aspect of *Spoon and Fork* is important, because the women tend to be isolated because of abuse or homelessness," explains Cathy. "We take a holistic view. It's not just about shelter or counselling, it's about the healing process of the whole being – physical, emotional, spiritual, mental."

Debbie has been coming to *Spoon and Fork* for four years and says she's found the experience to be educational and inspiring.

"I have learned to try new ideas, realizing that each dish you prepare is your own creation and that there are no mistakes," says Debbie. "I now use my own kitchen utensils more than ever before, not to mention the fact that I now make affordable and nutritious meals at home instead of dining out or eating take-out food."

Spoon and Fork is just one of the programs at Women's Services that equip women with life skills to help re-establish their independence and rebuild their lives.

"Many of the women we work with have experienced chronic homelessness, they've experienced abuse and sometimes with those experiences, life skills erode," says Yolisa DeJager, director of Good Shep-



Cathy (centre) leads Good Shepherd Women's Services clients in *Spoon and Fork*, a life skills program to help women re-establish their independence.

herd Women's Services. "In a sense, this is inviting women to re-learn these skills to increase their independence and their capabilities. With groups like *Spoon and Fork*, it's more than just food or life skills, it's about increasing independence and building confidence."

In addition to formal programs like *Spoon and Fork*, Women's Services staff work one-on-one with women to help them prepare to transition

Continued on Page 2 ...

A MESSAGE FROM
BROTHER RICHARD

Emmanuel House gets modernized



I am extremely proud and happy to announce that Good Shepherd's Emmanuel House Hospice, which has been undergoing extensive renovations since last October, has reopened its doors.

We knew that Emmanuel House was due to be updated, but a change in the province's fire regulations prompted us to accelerate our plans.

In an excellent display of community partnerships working for the betterment of citizens of our city, St. Joseph's Healthcare arranged to set up temporary hospice care at the hospital's West 5th Campus. We were with them for eight months.

The renovations at Emmanuel House were wide-ranging and complicated. The exceptionally skilled craftspeople who were retained for the project spent months modernizing the building. Their work was meticulous; they wanted to ensure that the finished product reflected the peaceful environment that we required. I believe it's what we have achieved. State-of-the-art equipment, modern furniture and cheerful décor have restored our hospice to one in which residents can be comfortable as they face their life-limiting illness in the company of friends and family.

This work could not have been completed without the kindness of the community.

Individual donors and foundations pitched in to help us fund the essential equipment needed to furnish the hospice rooms. As well, wonderful volunteers who are part of Emmanuel House residents' final journey have been patient and understanding as we awaited our return to Stinson Street.

With the re-opening of Emmanuel House, we welcome Maria Bau-Coote, who has accepted the position of Director of Hospice and Palliative Care at Good Shepherd. Maria has a deep commitment to hospice and palliative care and will continue enhancing our reputation for exceptional care and support.

We have had the privilege to get to know many wonderful people while we cared for them during their final days. In a way, they haven't left us and never will. Our memories of their stay at Emmanuel House have become part of the continuing legacy of the hospice. We celebrate their lives and will honour them forever.

We will be celebrating the grand re-opening of our hospice in late October. We'll let you know when plans are finalized. We hope to see you there.

God bless you

Bro. Richard OH
Brother Richard MacPhee, OH
Executive Director

Building Life Skills

'It's not enough just to meet immediate needs'

... Continued from Page 1

to permanent housing in the community.

A big part of that preparation is financial literacy. Many women who experience partner violence don't have control over their finances and need to learn basic skills, such as how to set up a bank account or pay a bill.

"Sometimes the whole picture of running a household financially can be overwhelming. It can be very daunting in terms of managing household bills, household maintenance, purchasing food and daycare costs," says Yolisa. "This is where our workers come in – to break it down into manageable pieces and help women understand money flowing in, money flowing out, so she gets to a place

where she can make empowered decisions about how she is going to use her resources, leading to more sustainable and independent living."

Helping people live independent, dignified lives is a guiding philosophy at Good Shepherd. Programs and services that prepare people to live independently are offered at all our centres.

"It's not enough just to meet people's immediate needs for food and shelter," says Brother Richard MacPhee, Good Shepherd's executive director. "As a human services and community health agency, we work with them to ensure they have the skills and resources that they require to enjoy happier, healthier, more stable lives."



Helping people live stable, independent and dignified lives in the community is Good Shepherd's goal.



Students from the Jeanne Scott Parent & Child Resource Centre and Notre Dame House School are accompanied by staff from Good Shepherd and the Hamilton Wentworth Catholic District School Board as they gather for a photograph prior to Good Shepherd's annual graduation and accomplishment ceremony.

'We have the world at our fingertips'

14 new high school graduates are ready to take on life's challenges

Fourteen young people whose lives have been challenging overcame the obstacles and earned their high school graduation diplomas in June.

Good Shepherd, in partnership with the Hamilton Wentworth Catholic District School Board, hosts two alternative education programs – at Notre Dame House School in downtown Hamilton and the Jeanne Scott Parent & Child Resource Centre in east Hamilton. The programs help to break down barriers to post-secondary education and employment caused by poverty, homelessness, family issues and mental illness.

The day was emotional for the graduates, their families and supporters. Their pride and sense of accomplishment were summed up by valedictorians Caitlin Coates and Marie Sinclair.

Caitlin, who plans to enroll in Humber College's Police Foundation program, felt scared and alone when she found out she was pregnant.

"I was in no place to have a child. School was something I had never thought about,

but for my daughter, I knew I had to better myself," Caitlin told the audience.

"As young mothers, we are often told we will never amount to anything; we face a lot of stereotypes," she said. "We are told we will never finish high school, that we will always live in poverty ... We have the odds stacked against us, but we don't have to be another statistic ... I know that many



Proud graduate and valedictorian Caitlin Coates cuddles with her daughter. Caitlin plans to enroll in the Police Foundations program at Humber College.

of us have only just started our journeys, but we have the world at our fingertips; we can accomplish anything."

Marie Sinclair found Notre Dame House when her life was riddled with road blocks.

"It means the world to me that I am here with the Notre Dame/Angela's Place graduating class of 2017. It has been a long journey getting here. There have been so many times when I have given up on myself completely ... Having a network of people that love me and believe in me has been an imperative part in balancing out that negativity," Marie said. "That's what I have found at Notre Dame. Notre Dame House set to work on trying to meet my basic needs. Over the past five years I was able to find stable housing, repair the relationship with my family, stabilize my mental health and go back to school."

Miles for Smiles, a generous group of Hamilton lawyers supporting Good Shepherd Youth Services, presented \$500 bursaries to six graduates who plan to attend a post-secondary institution. All 14 graduates received a \$50 cash gift from Miles for Smiles and Good Shepherd.

THE VOLUNTEER Outreach

Jake's learned valuable lessons about poverty while volunteering at The Good Shepherd Centre

It's a sunny Saturday morning and 19-year-old Jake Poirier is mixing salad in the kitchen of The Good Shepherd Centre.

He's part of a dedicated team of volunteers that helps prepare meals for the Hot Meal Program, which last year, served 69,818 meals to people in need.

Jake has been volunteering at The Centre for five years. He decided he wanted make a difference in the community when he was just 14.

"I live a privileged life. I was raised by amazing parents and have a great family support system. Through that experience, I've had an interest in giving back," says Jake. "I did some research and learned about Good Shepherd."

When Jake started volunteering at The Good Shepherd Centre, on Mary Street in Hamilton, he was the youngest member of the food prep team. He was nervous at first but quickly felt right at home.

"I was extremely young when I started and the other volunteers were much older than me," he says. "They all accepted me and treated me as one of their own."

For the first two years, Jake's parents made the 30-minute drive to and from The Centre every second Saturday. When he got his driver's licence, he volunteered every Saturday in food prep and every second Wednesday evening in the laundry.

Jake finds both of his volunteer assignments very rewarding but says he particularly enjoys the face-to-face interaction with clients when he's working in the laundry.

"I usually bring a book or music with me, but I never get the chance to touch them because I'm talking to the men, getting to know them, and they're getting to know me," he says. "I can either do their laundry for them, or I can share that knowledge with them and help them do it."

Volunteering at The Centre has had a profound impact on Jake's outlook on life. He says he's learned never to judge a book by its cover and that poverty can happen to anyone.

"A couple of years ago, when I was helping serve food, I saw a guy in a suit eating at one of the tables," remembers Jake. "It didn't click in my head why a guy in a suit would be there. I later found out that he had just been laid off and he and his wife had separated. He had no house – just a car – and the only outfits he had were suits from work. It was a very humbling experience."



Jake Poirier, 19, has been a volunteer at The Good Shepherd Centre since he was 14. His work – and the people he meets – have had a profound impact on his outlook on life.

Jake balances his volunteer work with a summer job with the Ministry of Community and Social Services. In September, he returns to Wilfrid Laurier University in Brantford, where he is entering his second year of the Bachelor of Social Work program. Once he graduates, he wants to work as a social worker for a couple of years and then apply to become a police officer.

Whatever path he chooses, there's little doubt that this young man is going to make his mark and help create a more compassionate and welcoming community for people in need.

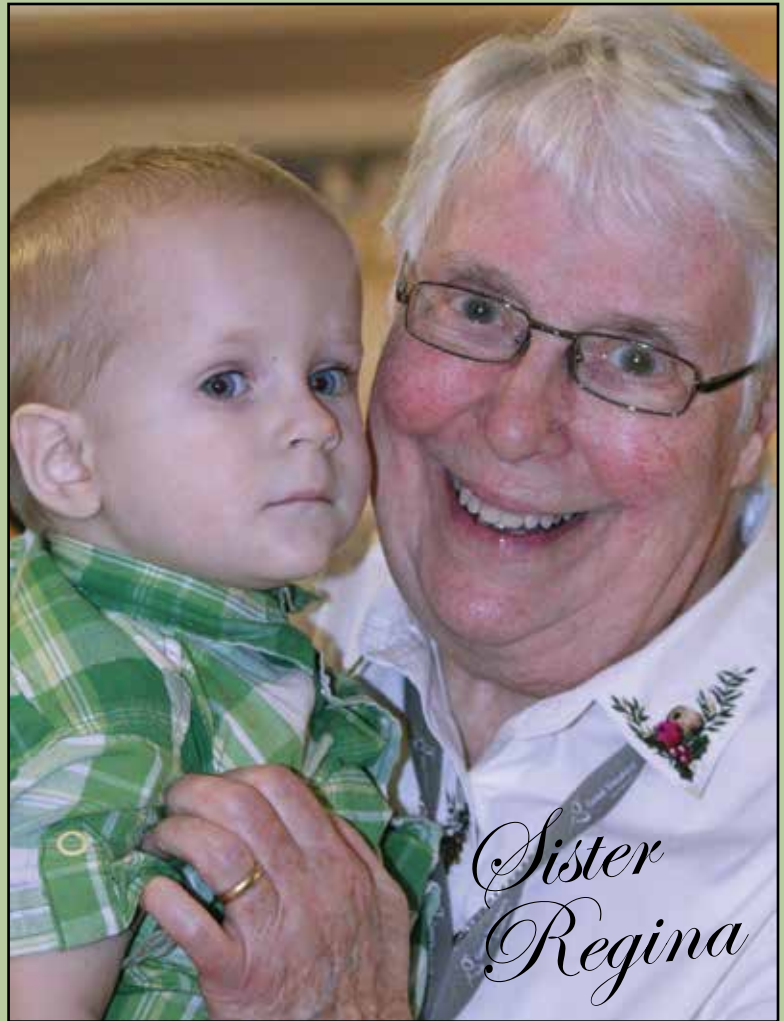
Sister Regina's beautiful life is immortalized in the best way

The life and spirit of the late Sister Regina Brunelle will live on at Good Shepherd. The "Grandmother" of Angela's Place and the Jeanne Scott Parent & Child Resource Centre, who passed away late last year, is being celebrated by changing the name of Angela's Place to Regina's Place.

Renaming the home is a fitting tribute to a mentor, friend, teacher and advocate for hundreds of young moms and their children. Their lives – and the lives of Sister Regina's co-workers – are far better for having been in her presence.

Brother Justin Howson, Provincial Superior of the Hospitaller Order of St. John of God – Province of the Good Shepherd in North America, made the announcement at the Youth Services graduation ceremony in June. This year, 11 young mothers successfully completed their high school studies and received their graduation diploma.

The honour was preceded earlier this year by the dedication of the Sister Regina Centre for Education, an alternative education setting at the Jeanne Scott Centre, located adjacent to Regina's Place. The classroom dedication was led by Loretta Hill-Finamore, director of Good Shepherd Youth Services, and honoured all that Sister Regina gave to her community. Good Shepherd co-workers, along with the young people she touched along the way, shared memories and poetry at the memorial service. A plaque in Sister Regina's honour now hangs on the classroom wall.



VOLUNTEERS URGENTLY NEEDED

Emmanuel House – Volunteers required for hospice reception weekdays from 8:30 am-noon, noon-3 pm or 4:30-7 pm; also weekends 3-6 pm. Volunteers needed to prepare lunch or dinner during the week or on weekends.

Child Minding – Volunteers required Monday to Friday 9 am-noon and 1-3 pm, or Wednesday 4-6 pm, as well as evenings or weekends. High school students welcome.

Youth Services – Volunteers needed to help with office duties, as well as to help serve lunch or dinner to youth.

Seniors Activation Maintenance Program – Program Activity volunteers needed to assist staff from 9 am-noon. Kitchen Aid volunteers required daily from 9 am until noon or 2 pm.

Hot Meal Program – Food preparation volunteers needed on Wednesdays, Fridays and alternate Thursday mornings, 9:30-noon; also Saturdays and Sundays 1-4 pm.

The Good Shepherd Centre – Night shelter assistants needed to help the men at the shelter with laundry alternate Tuesdays, alternate Saturdays and alternate Sundays 6-9 pm.

The Good Shepherd Centre – Weekend reception volunteers needed at the men's shelter alternate Sundays 9 am-noon and alternate Sundays noon-3 pm.

The Venture Centre – Food bank volunteers needed Monday to Friday 8 am-12:30 pm or 12:30-4 pm.

The Venture Centre – Warehouse volunteers needed Monday through Friday 9-12 or 1-4

Plus

Special Skilled Volunteers – Hairstylists, tai chi instructors, low-impact fitness instructor, macramé instructor, manicurist

To volunteer:

Call Marilyn or Maggie

905.528.6565 x3333 or x3321 • volunteer@gsch.ca

Emmanuel House hospice re-opens its doors

Donors' generosity plays a big role in modernizing our community hospice

Good Shepherd's iconic Emmanuel House on Stinson Street, Hamilton, has re-opened its doors to palliative care patients and their families following eight months of renovations and modernization.

"We realized last year that it was time to refresh our architectural jewel," says Katherine Kalinowski, assistant executive director of programs.

Emmanuel House now has new amenities to enhance the comfort of residents and their guests. Our hospice rooms are brightly painted and have new furniture, including state-of-the-art hospital beds, over-the-bed tables, televisions and lounge chairs.

"We've made it into a more hospitable environment than it already was. Everything we did was with an eye to support residents' comfort and provide them with the highest level of care," says Katherine. "It's a beautiful and peaceful setting for the residents, their families and friends. We want to work with them so they are able to write their own scripts as they face their life-limiting illnesses."

Much of the renovations were made possible by the generosity of Good Shepherd's donors who, when asked, readily designated their gifts to the hospice improvements. More than \$136,000 was raised from our donors.

Renovations on the building were so essential and complicated that we could not perform clinical care while the work was being undertaken. Thanks to community partnerships, Emmanuel House's palliative care services were operated in a self-contained unit at St. Joseph Healthcare Hamilton's West 5th Campus from October 18 to June 27. During our stay at St. Joe's we cared for 27 residents as they experienced their end-of-life journey with dignity.

Emmanuel House is one part of Good Shepherd's continuum of care in the Greater Hamilton Area, which includes emergency food and clothing services; emergency shelter for men, youth, women and children, and families; mental health crisis support; transitional and supportive housing programs; seniors support services; and hospice palliative care.

Do you or a loved on need Emmanuel House's palliative care services?

- Call Emmanuel House at 905.308.8401 and we can guide you through the referral process.
- Talk to your health professional or community healthcare agency about a referral to Emmanuel House.
- If you feel Emmanuel House's palliative care services are appropriate for you or someone close to you, call us and we can arrange a tour.



Brother Justin Howson helps to prepare one of Emmanuel House's new hospital beds as we prepare to welcome residents and their families to the hospice.



Bright rooms with state-of-the-art hospital beds and tables provide a peaceful environment for residents and their families.



The Family Lounge is a comfortable gathering spot.

Coming Events!



Putting Women & Youth on Par

Supporting Good Shepherd Youth Services & Women's Services

**Heron Point Golf Links
September 14, 2017**

**REGISTER
NOW!**

905.528.6565
x3308

events@gsch.ca



Good Shepherd
Faith in people.



BREAKFAST WITH

Bro. Richard

We invite you to join us for a delicious breakfast overlooking the beautiful Hamilton Harbour, hosted by Brother Richard MacPhee, Executive Director of Good Shepherd Hamilton.

Brother Richard will talk about Good Shepherd's programs & services, and highlight plans for the future.



Tuesday, November 14 • 8-9:30 am
Waterfront Centre, 155 Bay Street North, Hamilton

Seats are limited. Please RSVP by Friday, November 3.
905.528.6565 x3308 • MJakab@gsch.ca



Good Shepherd
Faith in people.



We can't wait to see you!

19TH ANNUAL

**GOOD SHEPHERD
HARVEST DINNER**

THURSDAY, OCTOBER 12, 2017
CARMEN'S BANQUET CENTRE



To reserve tickets for this premier event, contact us:
905.528.6565 x3308 • events@gsch.ca



Here's another challenge to combat hunger

Once again, we are celebrating the creativity and generosity of our donors, one of whom is looking ahead to the harsh winter months in an effort to ensure that people living in poverty receive nutritious food all year.

We have a strong network of donors and suppliers who provide everything from fresh produce and meat to canned and frozen goods. Although we can always use more, we currently have a good supply of fresh fruit and vegetables, especially with the help of our donors and Hamilton Victory Gardens. Yet, fresh produce, as always, will be in short supply during the winter. So one of our donors, who contributes \$500 monthly, has issued another challenge to us: Find a generous member of the community who is willing to match their monthly gift over the next six months.

"I suspect that there are donors out there, such as myself, who would be happy to donate \$100, \$300, \$500 a month to such a worthy and a successful venture," our donor told me.

Your donation can help guarantee a measure of stability to the Venture Centre, home to Good Shepherd's emergency food and clothing program. It's much easier for us to provide nourishment to people in the community when we can forecast the quantities of goods that we can obtain on a monthly basis. Give me a call and we can talk about how you can help us.

And finally, please allow me a Proud Grandma Moment: Recently, my granddaughter Julia, 8 – she's on the left of this photo – and my grandson Kingsley, 5, along with their friend Abby, 8, held their third-annual lemonade sale at their home in Toronto.

Once again, they handed over their money to Grandma so we can help the people who come to Good Shepherd. This year these enterprising youngsters raised \$35. That means they've raised more than \$100 for us over the last three summers.

Thanks, kids! Grandma's proud of you!

God Bless,

Cathy Wellwood
Chief Development Officer



GOOD SHEPHERD'S 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

goodshepherdcentres.ca
 facebook.com/goodshepherdhamilton
 twitter.com/goodshepherdham
 youtube.com/goodshepherdhamilton

General Inquiries:

10 Delaware Avenue
Hamilton ON L8M 1T3
Phone: 905.528.6565
info@gsch.ca

Donation Inquiries:

Phone: 905.572.6435 (905.57.ANGEL)
Fax: 905.528.6967
donations@gsch.ca
goodshepherdcentres.ca/donate