



# INNsights

CONNECTING PEOPLE AND BUILDING RESILIENT **COMMUNITY: It's a two-way street**

Fall 2013

## Feeding Families and the Fall Harvest



### VISION

We envision a Hamilton where people from all walks of life work together to end poverty.

### MISSION

Achieving our vision, we:

- Offer programs to children, adults and seniors that support basic needs, enhance potential, and nurture spiritual life.

- Empower people to develop skills & share their strengths.

Together, we build capacity in individuals and resilience in our community.

The fall harvest has begun! Corn! Potatoes! Apples! Just a few of the healthy food choices that we give out in our food bank. This summer we've seen some changes... The food bank is now upstairs! Moving the food bank has meant better communication with volunteers and community members. By being on one level we are more efficient and there is less confusion. We've seen a greater sense of community with more interaction between community members and volunteers. We've also seen some challenges and heard how tough it is. With school being out over the summer, we've seen more children come with their parents to the food bank. Each year over 10,600 people come to the Welcome Inn food bank.

We met with one family that after 8 years of being able to manage, returned to Welcome Inn for some food to help make ends meet. Another community member that accessed the food bank was a grandmother who came with her 4 small grandchildren who were in her care. The summer can be a challenging time as donations to Welcome Inn slow down. We need your help to keep our food bank funded into the fall and winter months! Please consider a gift as a way to join with us and help keep our food bank running well as a place of support for hungry families.

*Dear Friends,* "Summer has been a wonderful time at Welcome Inn! Camp was a huge success again this year with so many children joining in the fun. The camp counselors and mentors went above and beyond as a great crew! They made sure that all of the kids had a fun and safe camp experience. It was a great year with some good connections made. We had some big changes in the building here at Welcome Inn as well. Thanks to the hard work of our McMaster volunteers, we now have an accessible space for the BizPLAN lab and reconfigured office space. The food bank has also been moved upstairs – a great example of 2-way community as people help one another with their groceries. We're excited for the fall with the return of LAF, Seniors lunches, LEAD and bizPLAN. We can't wait to see how Welcome Inn will continue to grow as a place of community connection this season."



Carly Gaylor  
Executive Director

*Warmly, Carly*



## Marne's Story

This past year has been an extremely difficult one. That is an understatement. With the loss of my son Danny, this year has seen so many hard moments and there have been tough spots. My granddaughter McKayla and I have been grieving Danny and we knew that this summer we would need some help to make sure it was a good one. I knew that Welcome Inn would be there

**"I knew that Welcome Inn would be there for me, as they have been for the past 8 years. "**

**~ Marne**

for me, as they have

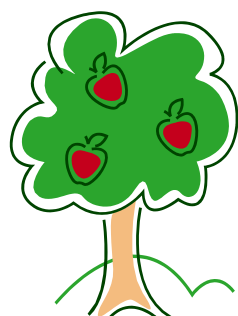
been for the past 8 years. Such warm and truly kind people! McKayla was enrolled in the summer day camp at Welcome Inn and I knew that she would be so well looked after and loved. She would have a 'normal' summer experience with kids. Knowing she was safe there, I could use the time on my own to process and rest. McKayla had such a great time! There was one counselor, Liz, that she connected with really well. She did an amazing job of looking after my granddaughter and making sure she had fun. At first, McKayla was scared of going swimming...but each day there would be a little progress. By the end of camp, she was

**"Welcome Inn has the most caring and kind people. I know that this is a safe and secure place for my granddaughter to come to camp." ~ Marne**

in the water with her life jacket! She loved her time at the day camp.



Camp this year was an amazing experience! We had a super crew of counselors including Liz who did an amazing job this summer. "I am so proud of how much she has grown and matured during camp. Looking after McKayla has really helped her grow and she did such a great job." said Gladys, Camp Director. "Liz totally stepped up and drawing on her own experiences was able to relate to McKayla. Liz also offered guidance to her peers about handling situations and became quite a leader." Camp made such an impression on Liz that she said she is now thinking of becoming a child and youth worker after she finishes high school. Way to go Liz!



## New Horizons Thrift Store

New Horizons is the place to be for all your Back-to-School needs: We have backpacks and binders, shoes and sweaters, uniforms, sports equipment, lunch boxes and more! Interested in some treasure hunting this fall? Our volunteer team would be happy to serve you. We have amazing deals on a huge selection of unique items!!

Mon-Sat 10—5pm

*Please drop off donations during store hours.*

[www.newhorizons.welcomeinn.ca](http://www.newhorizons.welcomeinn.ca)



We all have something of value to share and receive. All our lives, we are all in need and we all have something to give. We call forth the good in all people and strive to be a place where everyone can give and receive equally.



Student teams from McMaster have been visiting Welcome Inn this summer helping to spruce up the place! On 3 occasions a team of eager gave of their time to help reconfigure the community centre's space. The team that arrived on August 6th were super keen and help to relocate Carly's office to the loft in the sanctuary. This allowed us to move the computer lab and BizPLAN incubation room to an area that is accessible. They were a great example of showing that everyone has something of value to give and receive.

We are all responsible to ourselves and to eachother. As a community, we hold ourselves accountable for our actions, choices and responsibilities.

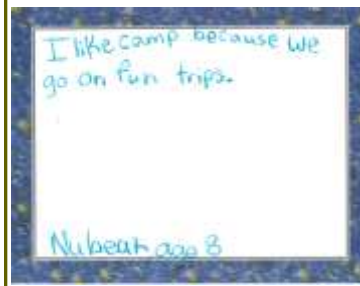


In a random act of kindness, some of the camp staff left encouraging notes all over Welcome Inn. What a treat to come into a space covered with fun post-its!

Join us for our Fall BBQ!!



Friday  
Sept 20  
6-8pm



One of the strengths of the bizPLAN program has always been its ability to forge connections between people who otherwise wouldn't meet. In the past several months, there's been a lot of cross-program connecting, with participants in bizPLAN. Like Tony, who is volunteering to share his gifts with others. Tony is a bizPLAN graduate who is an active participant in the incubation workshops, and also shares his musical skills with Welcome Inn at seniors lunches, during volunteer appreciation, and at art crawl. So inspiring!



The big, white truck art installation at Art Crawl on James St. N each month invites members of the neighbourhood to donate food and paint a message to our community.

Some of the Food Bank volunteers having some fun while packing boxes for families.



# A Message from the Board

On behalf of the Board of Directors of Welcome Inn, I would like to welcome everyone back from their summer activities. While the pace of life slows for some of us, in the summer the activities of Welcome Inn continue during these months. Our seniors continue to have their tea and socialization every week. Our youngest participants have enjoyed day activities with our camp counselors and their friends.



Our different groups that share our building continue to meet in the summer. The Food Bank operates for those who need it.

It always seems to me that the start of the school year is a renewing time for us all. The weather becomes cooler; children attend school. A new sense of purpose starts again. We have been busy as a Board, thinking about bringing Welcome Inn to the future. You are aware of our new logo – “It’s a Two-Way Street”. This reflects our belief we all contribute in our own personal way to the community that is Welcome Inn.

We as a Board wish to move forward with new programs, move towards fundraising for improving our physical infrastructure and serving our community where it is needed most. You will hear about our outreach to our community, and new fundraising endeavors throughout the year. We have listened to you and your goals for us when we met with you this year. We look forward to meeting you and saying hello.

From all of our staff, volunteers and the Board, thank you and we look forward to serving our community in the coming months.

## Board of Directors 2013

Bob Charko - Chair, Teresa Bendo - Treasurer & Vice-Chair, Gale Payne - Secretary, Art Heidebrecht - Past Chair, Tim Epp, Margaret Kneulman, Eva Jackson, Theresa Picone, Sarah Lawson, Leah Schwenger

Get to know our board members and read their bios at [WelcomeInn.ca](http://WelcomeInn.ca)

# Donor Corner



The LAF (Learning & Fun) After School Program is sponsored in many ways: snack donations, private and corporate donations, and grants. For several years the United Way of Burlington & Greater Hamilton has been a great supporter of the program. **Thank You, United Way!**

The Bargains Group gave us 70 cases of bottled water and summer survival kits!



This meant that our campers and people waiting in the food bank were able to



stay hydrated during the heat emergency in July. The summer kits contained sunscreen, first aid items, a hat and white t-shirt so that our camp staff were prepared for the heat!

## *How can I make a donation?*

Donations can be made by returning the enclosed self-addressed envelope with a cheque to Welcome Inn, or online at [www.canadahelps.org](http://www.canadahelps.org) - **Thank You!!**



Join the conversation! [@WelcomeInnCC.ca](https://twitter.com/WelcomeInnCC)

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