



INNsights

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

Christmas 2016



Upcoming Events

Chicken Pick Up

Pick up of the pre-purchased chickens is on Friday Nov 25th 2-5pm

Christmas Open House
Dec 16 5-7pm

All are welcome for Holiday fun with crafts, food, music, family photo & Christmas movie

Christmas Breakfast
Dec 25 9:00am
A Christmas morning tradition continues .
RSVP if interested in attending as space is limited.

Merry Christmas!

Dear Friends, Christmas is a wonderful time of year. The lights. The carols. The smell of delicious cookies baking in the oven! The time spent with family and friends connecting over the joy of a good meal together. For some, this season is one filled with difficulty...memories of lost loved ones and reminders of financial challenges.

As the season quickly approaches, I would encourage you to remember the many people among us who experience a sense of isolation and longing. For some, Christmas is not a time of peace on earth, but can be a time of deep loneliness as the loss of loved ones is deeply felt. Each year, we host special events to bring people together to share good food, stories and laughter as well as providing extra support to people for the season.

As you reflect on the many gifts in your life and those you share with others this Christmas season, please consider a financial gift to Welcome Inn Community Centre. Know that it will provide essential support for kids, families, adults and seniors who live in poverty in our community. This year, consider giving a gift that will connect kids and youth to caring mentors, provide opportunities for seniors to build friendships over a home cooked meal, provide job placements for people looking to get back into the workforce, supply food to individuals and families to help make ends meet, and much more. As always, a tax receipt will be issued for all gifts over \$10.

Maybe, you want to provide a more "hands on" gift? Food-drives and collections of school supplies and used clothing and household items are always needed throughout the year. Some are participating in a reverse advent and donating an item per day as we count down to Christmas. Volunteering in one of our many programs and services is an excellent way to give the gift of time.

Thank you for your continuing generosity - the gifts of time and treasure that you give. Join with us in helping to build capacity in people and resilience in our community. Thank you for being part of our extended family here at Welcome Inn Community Centre and I wish all the blessings of the season upon you and your family.

With Peace and Joy,

Jennifer Kellner
Executive Director



Food Literacy - new recipes and good food for all!



Through our Food Access program, we have been helping to make good food go a little bit farther. Each week as people wait for their groceries, community members are shown how to create a meal using the ingredients commonly found at the food bank. Delicious samples and recipes are given out to help folks learn what to do with some of the more mundane or unknown food items. Recently we received a huge amount of shredded wheat. So nutritious, but hard to convince kids to eat it!! Volunteers worked together to fine tune a recipe to transform the wheat into easy breakfast bars that can be cooked in the microwave with simple to find ingredients. The result is a delicious, nutritious breakfast that can be made with the food given out through the food bank. On another occasion, people were shown what they could do with a baked chicken. Community members said **"I didn't know you could do so much with one chicken" "I love buying rotisserie chicken and now I know how to make it stretch."** Thank you for helping us teach these skills and help to make food more healthy and affordable for all!

Pasta Sauce from tomatoes is prepared for people as they wait for groceries. Delicious!!



North End
Method
Art in the
Neighbourhood

"I come to meet new people and get better at art. I really like it." – John*, 11

The NEM program began 12 years ago as the Adventures in Art program, and has been growing and developing ever since its inception – most recently with the name change. We continue to break barriers, challenges ideas, and ultimately inspire youth aged 10-16 to help them explore the finer arts and develop their artistic strengths. Our youth have the opportunity to be empowered through showcasing their talents...the Art Crawl in April at Art Forms, was the debut of the #FOODie exhibit. The kids were thrilled that they even SOLD some of their pieces! After this exhibition, the next project was at the McMaster Innovation Park where the youth displayed a richer installation of the #FOODie project, that even included sculpture and photography- as well as the original paintings. Over 300 people viewed the art during the open house alone! For the next 3 months, their art continued to inspire the community. We are so proud of our youth who continue to shine and share their talents with all of Hamilton.

"I come because I'm really bad at art but it helps to learn different activities."

~Helen*, 11

"I come because it's fun. I like to learn new art techniques." – Emily*, 11

"I love art. It's always a good atmosphere here. The kids are always excited and there's always something new to do." – Shah*, 20

"I came throughout elementary school since grade 6 and I still really enjoy it." – Ana*, 14

"I like working with Selina because she's sweet." – Heather*, 13

"I like the bonds that I form with the kids. I like art myself and it's nice to get to share that with them." – Rose*, 19

We all have something of value to share and receive

All of 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.



SPA DAY!

We held a spa day for our seniors to do some self-care. Flu shots, massages, guided meditation, fruit juices, colouring and hand

treatments were all available to help us learn how to manage stress in different ways. Almost 70 seniors participated in this spa day! Caring for ourselves during stressful times and

“I didn’t realize how stressed I was feeling... I’m so glad that we had time today to take care of our health and pause in this busy season - A senior enjoying spa day and the guided meditation



reaching out to break isolation is so important as the days become shorter and turn colder. We are ensuring that we are able to keep connected and healthy at any age in our community!

We are so thankful to everyone who came out to celebrate 50 years of Welcome Inn! What a great weekend together!



Join us for our Christmas Open House
Friday Dec 16 from 5-7 pm
Holiday fun with games, food, music, Christmas movie and family photo! Bring the whole family for some fun as we celebrate Christmas together!



Welcome to baby John Carlos Flores-Buesink! We are pleased to announce that Gladys’ son John arrived a little bit later than expected-in true Gladys fashion- on November 8, 2016. At 10lbs 1 oz, and 22.5 inches, John safely arrived at St. Joseph’s Hospital. During the baby shower, held earlier at



Welcome Inn, Gladys was blind-folded and selected the name John—the very one they had been planning on naming him!



Welcome to the Welcome Inn family!

Meet the Board

I am truly pleased to join the Welcome Inn Board. The work that the Centre does is impressive on so many fronts and our city is fortunate to have this valuable resource in its midst. As a lifelong Hamiltonian I can honestly say I have never been more enthused about this city and the people who call it home. I have worked as a freelance writer for the Hamilton Spectator and various other



publications. I am the author of a history book, published in 1990, which commemorates the 100th anniversary of St. Joseph's Hospital. Nine years as the marketing director of a local retirement home has enriched my understanding of the issues and concerns faced by our senior population. I hold a Bachelor of Arts degree in both English Literature and Classical Studies from McMaster University. Over the years my volunteer commitments have included working with Big Brothers/Big Sisters, United Way, West Hamilton Wraparound, the Hamilton Council on Aging and McMaster's Department of Family Medicine Tapestry Program. I look forward to meeting the Welcome Inn community and working with its board and staff. My goal is to make a positive contribution to the work that we all do and I wish everyone a warm season full of connection at Welcome Inn. *Peggy Savage*

BOARD OF DIRECTORS

Bob Charko - Past Chair, Leah Schwenger -Chair, Gale Payne - Sarah Lawson- treasurer, Sarah McDonald -Secretary, Peggy Savage

New Horizons Thrift Store

Mon-Sat 10—5pm



December is a time for celebration and warmth. You will find both when you shop at New Horizons this month. Friendly neighbours, Warm Winter Coats, boots, scarves, mittens, hats, sweaters, blankets...

Holiday decorations, cards, wrapping paper, creative gift ideas.....

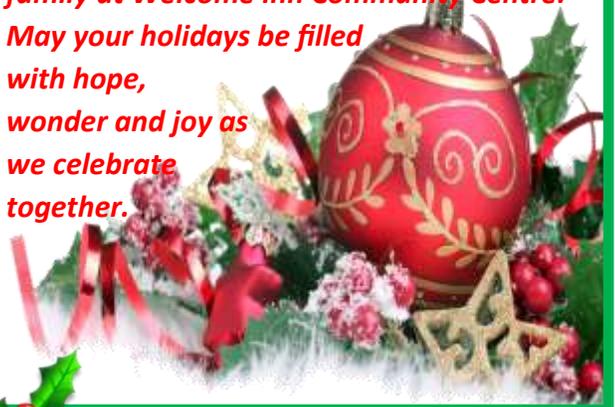
Take the stress out of your holiday season, by finding simple, creative, cost-effective ways to stay warm and enjoy fun celebrations! Our volunteer team will welcome you and help you find those hidden gems!

Please drop off donations during store hours.

www.newhorizons.welcomeinn.ca
905-529-6891

520 James St N, Hamilton

Best wishes for a Merry Christmas and a Happy New Year to all of our friends and family at Welcome Inn Community Centre. May your holidays be filled with hope, wonder and joy as we celebrate together.



THANK YOU

B and T Steel
McMaster University
Hamilton Mennonite Church
John Street Tattoo Studio
Cranksgiving Food Drive
Y108 Children's Fund
City of Hamilton
Hamilton Community Foundation

United Way of Hamilton
Burlington
Mayberry Family Fund
Grandads
Thank you to the many Individuals who generously support Welcome Inn Community Centre!!

A great excursion to the fall mum show was enjoyed by all! We ran into some familiar faces. Experiencing the fall beauty, what a great way to connect with old friends.



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 - Thank You!!

Join the conversation! @WelcomeInnCC.ca



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