



INN sights

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

Fall 2016

50 YEARS OF CREATING COMMUNITY!

START UP DATES

Seniors Diner Club

Sept 13th

Every Tuesday, 12 to 2 pm

LEAD Youth Drop-In Program

Sept. 7th

Every Wednesday, 6 -9 pm

LAF After School Program

Sept. 26th

Mon- Fri , 3pm to 5:00 pm

Join us for our
50TH Anniversary
Street Party on
Sept 24th 2-7 pm
PWYC

50th Anniversary
Worship Gathering
Sept 25th
12:30pm potluck,
followed by a
worship gathering
at Welcome Inn.

Dear Friends,

The fall has arrived and with it the return to a different rhythm here at Welcome Inn. Free back to school backpacks and haircuts helped our families get ready for the changing season. Soon our kids will be in the LAF program, learning about financial literacy, eating healthy food from the harvest and making friends with their mentors who help them with homework. Our food access program has been very busy over the summer as we teach about and give away healthy produce in our food literacy project. It was so wonderful to be able to offer healthy foods like eggs, milk, meat, berries, apples, peaches, corn, carrots and to teach about unknown foods (Kale anyone?!) to families who accessed Welcome Inn for food supports. I recall one young mom who came in tears—her child benefit dollars had been stolen from the stroller while she was out shopping for diapers for her baby. She wasn't sure what to do, but *she knew that she could come to Welcome Inn*. We were able to get her the diapers she needed, and get her the groceries to see her through the week while she waited on a replacement cheque. The biggest worry wasn't about the missing money—but that she was afraid this somehow meant she wasn't a good mom. Reassuring her that advocating for her baby by asking for help when it was needed, meant that she was a good mom. A strong mom. We invited her to be part of the reciprocity here at Welcome Inn by sharing her story with others and bringing us some of the smaller sized diapers that she had left over from the newborn days. For 50 years Welcome Inn has been a place of belonging, welcome, help and reciprocity. A place of hope, connection and community for all people. Thank you for being part of our family and continuing to support us. I hope you can join us at our 50th Anniversary celebrations. We'll be having a street party on Saturday Sept 24th from 2-7pm, and a potluck & worship gathering on Sunday Sept 25th at 12:30pm. To RSVP or to find out more information, please email 50years@welcomeinn.ca or give us a call at 905.525.5824. I hope you can join us in celebrating 50 years of building reciprocal community in the North End of Hamilton.



Jennifer Kellner
Executive Director



Nicky and Becky are seven year old twin sisters who joined Welcome Inn Day Camp for the first time last summer. When their mother Michelle first enrolled her daughters, she was very hesitant about what their summer experience might be like after a difficult year at home and school. Welcome Inn Day Camp was suggested to her by a friend who heard it was an affordable alternative to other options. Part of the complication was that Nicky is diagnosed as having a 2 year speech and cognitive delay as well as being prone to severe anxiety. She struggled with remembering to use the washroom and routine hygiene. Her mom feared being put into a new environment, even one with her sister at her side, would prove too stressful for her. Both girls also had an intense fear of water and struggled to feel safe at the pool. However, after patient and consistent care from camp staff, everyone was overjoyed at the progress made by the twins. This year, they returned and were enrolled for all 4 weeks at



Campers enjoying nature and cooling off in the shade during a hot day!



camp! The girls were happy to be back, but started their first day off with a bit of hesitation. Many of the counsellors were new and would have to earn their trust. It was a challenge for the twins, but after a fun arts and crafts time that first day they were laughing and showing off their handmade masks to everyone! Their counsellors made them feel comfortable and included which allowed them to have fun and express their personalities. As camp progressed, Nicky and Becky continued to enthusiastically participate in camp activities that they previously seemed reluctant to take part in. They were swimming and riding on mats in the pool, singing camp songs on the bus, and running around in the gym. They even played independently during park time – something that was previously difficult for them to do. This newfound confidence and eagerness to participate were beautiful to see as the kids became more comfortable at camp. Nicky and Becky’s success is why our camp program exists—to help kids find joy and their place of connection while growing into the wonderful people they can become! Through heat and exhaustion, our camp counselors strive to meet each child’s emotional needs. Counsellors went above and beyond sharing their gifts with so many of our camp families! They also were pushing their own growing edges to become better leaders and realizing that they are a part of this incredible reciprocal community. **Names changed.*



Cranksgiving is part bike ride, part food drive, part scavenger hunt held annually on the Saturday of Thanksgiving. Bring a bike, a bag, a lock, and at least \$25 to buy groceries. Find out more at www.facebook.com/cranksgivinghamilton Saturday Oct 8, 2016

We are responsible to ourselves and each other
As a community, we hold one another accountable for our actions, choices and responsibilities

Free Hair Cuts!!

Cathy came and gave some free haircuts to kids and community members to get ready for back to school. Another donor dropped off backpacks filled with school supplies which we were able to share with our families. People loved getting all spruced up! One person had a job interview the next day, and felt that boost of confidence from his fresh look.



A New Beginning for Gladys



We are thrilled to let you know that Gladys is going to be a mom! She will be taking a one year maternity leave starting October 2016 for the birth of her first child. *"I have been overwhelmed by the amount of love and support I've received from the Welcome Inn community and I am excited to come back to visit and introduce my little one to the entire W.I.C.C. family"* says Gladys. In light of this happy news, we are also thrilled

to welcome Tom Wittreich as our new Children's Programs Coordinator here at Welcome Inn starting at the end of September. Tom has a long history as being part of the family here. He comes to us with years of experience as our former Food Bank Coordinator, a Learning And Fun After School Program volunteer and substitute coordinator, and is currently our Teen LEAD Program Coordinator. As a teacher, his passion is for working with kids and we know that our LAFers, Summer Campers, LEADers, volunteers and staff are all thrilled with the news that he will be taking over during Gladys' parental leave. Tom graduated from McMaster University and also holds a teaching degree in Primary/Junior education from Brock University. Please join us in welcoming Tom to his new position and wishing Gladys all the best in this part of her journey.



Tom with some of our teens at Wonderland for their summer trip - earned through volunteering with LEAD.

Seniors Summer Cruisin'

45 of our seniors went on an adventure on the Grand River! A wonderful day was had by all as they cruised along the river, enjoying the breeze and company of friends made at the senior's dining club. This is the highlight of the summer for many of our seniors who love being outdoors, but don't often have the opportunity. It was beautiful to see how the community took care of each other—making sure that everyone was able to go by helping with walkers, providing a "buddy" for the day and going out of the way to ensure people were included. A trip that will be remembered for years to come!



New Horizons Thrift Store

Save on Fall Essentials

Mon-Sat 10am - 5pm

Send your kids to school ready to learn! Stretch your budget and get more for your money. 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 are seeking fall and winter clothing—so keep us in mind as you tidy your closet & please drop off donations during store hours.



www.newhorizons.welcomeinn.ca



Saturdays From Supercrawl! Sept 9th until our 50th Anniversary Party Saturday Sept 24th

GREAT DEALS AT NEW HORIZONS!!!

520 James Street North 10am-5pm

Buy One, Get One Free Thrift Store Sale

* Saturdays with this Coupon In Store only

www.welcomeinn.ca/newhorizons

A Message from the Board



Sarah McDonald

Hello All!

To start, I am very excited to be a part of the Welcome Inn Board and am looking forward to working with the team and the Welcome Inn! I am born and raised in Hamilton and have a great love for this city. I've seen the city grow tremendously and am excited to work with everyone to continue to make this a fantastic city to be in. I've lived in various cities throughout southern Ontario over

the past 15 years – Ottawa, Toronto, Kitchener and Guelph; but am happy to be back settled again in Hamilton. Being closer to my family and friends is such an important part of my life. I work in the East end and live in the West end – and always love seeing new parts of the city—especially the North End now! I have a Bachelor of Commerce from the University of Ottawa, with a major in Human Resources and a minor in Accounting. I was a part of the French Immersion program during my schooling in Hamilton – however, without much French these days, it's a little rusty. I look forward to attending events through the Welcome Inn and meeting many new faces throughout the community.

Thank you for having me!

Sarah McDonald, CHRL

Board of Directors 2016

Leah Schwenger – *Chair*, Bob Charko - *Past Chair*, Sarah Lawson - *Treasurer*, Gale Payne , Sarah McDonald - *Secretary*, Keston Roberts

Get to know our board members and read their bios at WelcomeInn.ca

Thank You!!



Many thanks to all of our donors—we couldn't do this important work without you!



ArcelorMittal

What a delicious brunch!!



On Tuesday mornings during the summer months of July and August, our seniors got together to enjoy each other's company over brunch with a cup of coffee, tea and a delicious meal. What a great way to start a day!

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

www.facebook.com/WelcomeInnCC



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