



# INNsights

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

Fall 2017

**Good Food. Deep Community. Empowerment.**



## START UP DATES

**SENIORS Diner Club**

Sept 12th

Every Tuesday, 12 to 2 pm

**LEAD Youth Drop-In Program**

Sept. 6th

Every Wednesday, 6 -9 pm

**LAF After School Program**

Sept. 25th

Mon- Fri , 3pm to 5:00 pm

**Join us for a BBQ**

**Picnic on**

**September 22nd**

**Valens Conservation**

**Buses provided so we**

**can all enjoy nature**

**together.**

*Dear Friends,*

The fall has arrived and with it the return to a different rhythm here at Welcome Inn. As we prepare for autumn, we can't help but wonder—where did the summer go? We were busy helping our families get ready for the changing season by supplying *Good Food* through our food access and literacy program. 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 (kohlrabi anyone?!) to families who accessed Welcome Inn for food supports. 4 weeks of summer camp went by full of hilarity and *Deep Community* building. The thrift store saw many hot days as students and volunteers worked together to *Empower* our community with clothing at a low cost. 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.

It was a season of grief and loss for us as well. We said farewell to long time community members Marg Savoie and Annie Barker. Journeying with people through their last days of life is an honour that is tough, but shows the great beauty of Deep Community that is so needed in our city. Marg was known as 'Miss Welcome Inn' and the loss of her presence around the place is felt everyday. A feisty, generous woman who had many struggles in life, she was able to find peace and connection through the Welcome Inn community.

We are a place of hope, connection and community for all people. Thank you for being part of our family and continuing to support us. On September 22nd (a PD Day) we'll be heading out to Valens for one last summer outing. We will be busing out to the conservation area to enjoy nature, eat delicious food, and have some good old fashioned fun. For more details, give us a shout at 905.525.5824 to find out how you can join with us in creating healthy community together.

In Peace & Love,

*Jennifer Kellner*

Executive Director





This year 48 campers enjoyed the Welcome Inn summer camp! With 19 volunteers giving over 1700 hours, they made sure that every child had a great summer full of laughter and good memories. Enduring friendships were formed and everyone grew—both campers and mentors! This year was a pivotal step for 10-year-old Amy\* as she demonstrated tremendous growth and maturation. Having come to the Welcome Inn summer camp in the past, Amy has always been an enthusiastic camper. This year, she took on a new role as a leader. Amy was placed as a “helper” in a group with other girls around her age, and used her experience and outgoing personality to thrive. She was always first to volunteer to demonstrate a task or lend a helping hand to a younger camper. Amy was especially helpful during our walks to Pier 4 and Bayfront Park, as she held younger campers’ hands to keep them safe. She even took it upon herself to pair up with some of the younger campers during games and activities, such as when she helped 6-year-old Sarah\* with her sidewalk chalk drawings. The two became great friends and would often play together during park time as well. Truly a time of learning about responsibility to our community.

Modelling the idea of reciprocity means that each camper had the opportunity to shine and received whatever support they needed. The creation of this deep community was a wonderful, fun time for all.

*\*names changed*



Campers having some laughs as they eat lunch together. Our great camp staff did an amazing job with the kids—making good memories and friendships that will last. The children’s smiling faces were pure joy.



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](http://www.facebook.com/cranksgivinghamilton) Saturday Oct 7, 2017

# 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!!

For 2 days this September Cathy is coming to give some free haircuts to kids and community members to get ready for back to school. People loved getting all spruced up! Whether for a job interview, first day of school, or a needed pick me up, everyone will walk away with a fresh look and a needed boost of confidence.



## To the Theatre!

A favourite memory from this summer, for many Welcome Inn Seniors, was our road trip to Port Dover. Together, forty-one of us visited the Lighthouse Theatre to see the play *The Numbers Game*. What a treat it was to get out of the city, relax, kick up our heels - or in some cases our walkers - and have some fun. It was good to laugh at this delightful romantic comedy, and enjoy each other's company in such a beautiful summer setting.

## Walking with Marg



We lost a dear friend this year. Marg Savoie had been part of Welcome Inn since 1975. She was a remarkable woman born looking for love and acceptance which she found in her latter years at Welcome Inn and then extended that same love to those she met. Marg had the ability to gather people around her who cared

deeply and with her blunt honesty shared her view with the world. Through all the doctor's appointments, in home care and finally hospital stay—we kept hearing the same thing—thank God that Welcome Inn was there to help her through. We say, thank God for Marg and all that she brought to our community. Hearing that encourages us to keep on journeying with people through the difficult times and reminds us of how many people face these challenges alone. We are grateful for the deep community that means we all have someone to walk home with.

**“I came to Hamilton to find love. And I found it at The Welcome Inn and Hamilton Mennonite Church. It didn't look like I thought it would, but it was love.”**

- Marg Savoie



## New Horizons Thrift, Vintage & Collectibles 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](http://www.newhorizons.welcomeinn.ca)

[Suzanne@welcomeinn.ca](mailto:Suzanne@welcomeinn.ca)

# A Message from the Board

Meet our newest board member—Donna Tweedell.



*Donna Tweedell*

Our family was drawn to Hamilton 30 years ago by the presence of good friends, available work and walkable neighbourhoods.

I recently retired from a career in nursing, primarily in clinical practice and teaching at McMaster and Mohawk College programmes. I have previously served on two boards in the mental health sector.

Welcome Inn Community Centre embodies the mission and values that also inspire me personally and enable me to hopefully contribute as I feel that Hamilton has much to offer in many sectors.

I look forward to contributing to the board of Welcome Inn to ensure that all people can access the available benefits of our community.

## Board of Directors 2017

Leah Schwenger – *Chair*, Matt Carson—*vice chair*, David Dutchak—*Treasurer*, Gale Payne, Sarah McDonald - *Secretary*, Peggy Savage, Donna Tweedell, Matt Thompson

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



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

## *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

[www.facebook.com/WelcomeInnCC](http://www.facebook.com/WelcomeInnCC)



# Thank You!!



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



ArcelorMittal

## Our Dear Annie Barker

This summer we lost a dear community member, Annie. In our last newsletter, we shared the joy of her 99th Birthday celebration. Annie was our baker. Our Mrs. Claus. Our example to keep on going and keep making friendships. We miss you Annie!



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