

Linking Hands Community Connection



Ralph Pulfer (left), Lietta Tousaw, and South Dundas Mayor Evonne Delegarde March 6.

Lietta Tousaw named 2017 Good Neighbour

Linking Hands' 2017 Good Neighbour Award winner for South Dundas is Lietta Tousaw. The Iroquois resident received her award during South Dundas' March 6 council meeting. Lietta, who has racked up a lifetime of good deeds and volunteer work experience, was nominated by Ralph Pulfer.

For years, Lietta has been putting in one full day each month for the North Dundas Green Food Box program. She has worked every Tuesday morning in HOL's children's clothing room. She also volunteers at her local Legion, taxis neighbours to medical appointments, delivers food for Meals on Wheels, and more!

EXPO 2018 hits Maple Ridge this March Break

The second annual *Linking Hands EXPO and Maple Ridge Family Fun Day* is set for Wednesday, March 14 from 10 a.m. to 3 p.m. at the Maple Ridge Centre. There is no registration for this event. The cost is \$5 per person aged 3 and up.

This year, we are introducing a Sensory Sensitivity Day the afternoon prior (12 to 3 p.m. Tuesday, March 13). This scaled-down event requires registration, as the number of attendees will be limited. The cost is the same.

Have your say: vote in June's provincial election

The Ontario Provincial Election is set for June 7. Don't miss your chance 'to be heard' by voting for our next Member of Provincial Parliament (MPP).

"Overcoming poverty is not a gesture of charity. It is the protection of a fundamental human right, the right to dignity and a decent life."
- Nelson Mandela

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Linking Hands Working Groups

Linking Hands is guided by a Steering Committee. It is divided into seven working groups and this is where the majority of the work is completed.

The groups include:

- Community Connectivity
- Financial Health
- Healthy Living
- Housing
- Lunch & Learn
- Seniors
- Transportation

Home Sweet Home: an all-things housing event

Linking Hands' first housing event, *Home Sweet Home*, is coming soon.

Focus will be on information, services and resources connected to housing, including renting an apartment or house, buying and owning a home, becoming a landlord, affordable housing, social housing, financial aid programs for home upgrades, utilities, finances and budgeting, and more.

Homeless Enumeration Project

The provincial government has taken an interest in determining the state of homelessness in our communities. In Stormont, Dundas and Glengarry

(SDG), this data-collecting project will take place the final week of May.

Various agencies will work together with the Social Housing Division of the City of Cornwall to survey residents of the area in an effort to quantify the number of people whose living situation could be categorized as homeless. This includes, but is not limited to: the homeless in plain sight; the hidden homeless, such as couch surfers; the temporarily housed; those with insecure housing; those living in unsafe and/or unsanitary conditions.

"Poverty is not a character failing or a lack of motivation. Poverty is a shortage of money." - Barbara Ehrenreich, author of Nickel and Dimed

Linking Hands

A voice for poverty reduction in Dundas County.

Goals:

- Advocating for the needs of rural people living in poverty to all three levels of government
- Identifying gaps that affect the rural poor and starting projects that reduce poverty in our communities
- Informing the community about available services
- Linking people living in poverty with each other and their community
- Providing opportunities for people in poverty to come together for mutual support

Welcome Dundas initiative has been launched

This initiative will focus on ensuring newcomers to Dundas County feel welcome. It will provide information to help families and individuals navigate easily in their new location, thus contributing to a feeling of home.

Professionals interested in distributing bags to new-to-Dundas clients, please contact Linking Hands coordinator Sandy Casselman at scasselman@houseoflazarus.com or 613-989-3830.

Happy Face Nursery School sponsored the creation and purchase of 250 bags for the Welcome Dundas project.

Pictured: Linking Hands coordinator Sandy Casselman (left) and Happy Face executive director Cheryl Firlotte.





Through Heat for the Holidays, six volunteers delivered eight loads of Eco-Energy Logs December 20, 2017 to eight Dundas County food bank families. Pictured: Winchester BMR owner Ken Boje (top, left) and House of Lazarus (HOL) volunteer David Carkner. Bottom: HOL employee Jacob Gagnon (left), BMR employee Steve Dejong, and Community Food Share volunteer John Legate.

Project Warmth & Heat for the Holidays

Linking Hands, along with its partner agencies and Winchester BMR, ran two housing programs in 2017/18.

Project Warmth: A program offering free window insulation kits to those in need through House of Lazarus and Community Food Share food banks, Canadian Mental Health Association, and Upper Canada Health Link. There were 180 single kits and 58 multi kits

distributed, serving roughly 100 homes.

Heat for the Holidays: A program offering 84 boxes of Eco-Energy Logs to 8 food bank families from both House of Lazarus and Community Food Share. Each 24-pound box contained eight 100% hardwood logs.

BMR was a large contributor and key partner for both programs.

Lunch & Learn—What's Happening

Lunch & Learn is a free two-hour monthly event that runs from 11 am to 1 pm and it's open to everyone. It includes a presentation and lunch.

March 19: Iroquois Civic Centre—John and Margaret Carruthers will be doing a “show and tell” style history talk with local artifacts.

April 17: Chesterville's Gathering House—WDMH diabetes experts will talk about the glycemic index.

May 14: location to be determined—NDDHS students will work with attendees to transplant a variety of plants; Lorna Driscoll will talk about creating a butterfly garden.

Green Food Box: FAQs

Do I need to be a Dundas County resident?

No, where you live is not a determinant for eligibility.

Is this for low-income only?

No, the program is open to everyone regardless of annual income.

Am I limited to one bag?

No, you may purchase as many bags as you like. Buying power increases with the number of bags ordered.

Can I buy from more than one GFB program?

Yes. There are no limits.

What determines contents?

There are two main things which determine the contents of your bag: the number of orders placed (money we have for the purchase) and, seasonal availability.

What's the difference between a \$10 and \$15 bag?

The \$10 bag has between 7-10 different varieties of produce, whereas the \$15 bag contains 12-15 different varieties. (For example: the \$10 bag may contain four bananas, but this counts as only one variety.)

Where is the produce purchased?

We purchase our produce from a wholesaler.

How much of the bag fee is used to buy the produce?

As close to 100% as possible.



GREEN FOOD BOX

Join the healthy eating movement in Dundas County!

Order your Green Food Box today!

www.linkinghandsdundas.ca • www.facebook.com/linkinghandsdundas/
rpulfer@houseoflazarus.com • scasselman@houseoflazarus.com
613-989-3830

\$10

WEEKLY BOX

\$15

WEEKLY BOX

House of Lazarus Outreach Programming

In addition to its Food Bank, House of Lazarus (HOL) offers a myriad of programming options, including, but not limited to:

Dinner ON the House

HOL's weekly community meal is free and open to everyone. It takes place every Thursday evening between 4 and 7 pm at Knox Presbyterian Church in Mountain. Visit the website and Facebook page for menus.

CRA Tax Program

HOL, through the federal government, is authorized to provide free Tax Return Filing assistance to people with basic (simple) returns. Guidelines are available on our website. Call for an appointment.

Back-to-Work program

HOL's Back-to-Work program provides free interview-friendly attire for low-income individuals. (Items depend on what's in stock.)

Starting Over Program

HOL's Starting Over program helps fire victims and victims of domestic abuse. (Items available depend on what's in stock.)

Contact Information

613-989-3830
houseoflazarus.com
hol@houseoflazarus.com
Facebook.com/
HouseofLazarus1/

HEY, DUNDAS COUNTY...



Looking for job search help?

Nos services sont disponibles en français.



**EMPLOYMENT
ONTARIO**

Ontario's employment and training network.

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613-774-JOBS (613-774-5627)

144 Pitt St., Cornwall
613-933-9675

www.jobzonedemploi.ca

To advertise in Community Connections:

scasselman@houseoflazarus.com

613-989-3830

Steering Committee guides Linking Hands

The Linking Hands Steering Committee is comprised of representatives from various community agencies, as well as members of the general public.

Recognizing that real change will only come through partnerships and collaboration, Linking Hands was formed as a multi-agency-led initiative, incorporating the ideas and expertise from several different sectors within our communities. Together, this group determines the focus for programs and projects.

The committee includes:

- Canadian Mental Health Association
- Community Food Share
- Community Living Dundas
- Eastern Ontario Health Unit
- Glengarry Inter-Agency Group
- Happy Face Nursery School
- House of Lazarus
- Job Zone
- Naomi's Family Resource Centre
- Ontario Works
- SDG County Library
- SDG Legal Clinic
- Upper Canada Health Link



Community Living Dundas

Community Living Dundas County (CLDC) advocates for the inclusion of people with an intellectual disability, providing training and resources for families and self-advocates.

To learn more about CLDC, visit www.cldc.ca or contact them directly: phone 613-543-3737 or email cldc@cldc.ca

Follow them on Facebook at www.facebook.com/communitylivingdundas/

"People are a community's greatest asset. By working together, they can bring about real change." - Paul Born, Tamarack Institute



Dinner on the House

These free community meals happen
every Thursday evening from 4 to 7 pm
at Knox Presbyterian Church, 2227 Simms St., Mountain
**Sorry, no take out*

houseoflazarus.com • 613-989-3830 • kmerkley@houseoflazarus.com



Need help with your CRA Tax Return?

•

Book your appointment now!
rpulfer@houseoflazarus.com
613-989-3830
or
admin@communityfoodshare.ca
613-898-0781

www.houseoflazarus.com/cra-tax-program/

April is Volunteer Month

As with many community service initiatives, Linking Hands and its many programs, projects, and events are made possible by the generosity of its many volunteers.

From its Steering Committee and Working Groups to individual programs and projects, such as Green Food Box, Lunch & Learn, EXPO, and Heat for the Holidays, volunteers are what keep Linking Hands moving forward.

**THANK YOU to
ALL of our VOLUNTEERS!**

To volunteer, phone 613-989-3830 or email the Linking Hands coordinator at scasselman@houseoflazarus.com.

Stormont, Dundas, and South Glengarry Provincial Candidates

Locally, in Dundas County, all eligible voters will be voting for the next Member of Provincial Parliament (MPP) for Stormont, Dundas, and South Glengarry (SD&SG).

Information about the various candidates was unavailable at the time of this newsletter's printing.

To keep up-to-date on candidates, candidate debates, and other voting-related information, visit the Linking Hands website: www.linkinghandsdundas.ca/election-talk/

While we do not endorse any one party or candidate, we do strongly encourage voters to get informed and to vote.



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613-989-3830

scasselman@houseoflazarus.com

www.linkinghandsdundas.ca
Like & Follow us on Facebook!



Be a voice for your community: VOTE

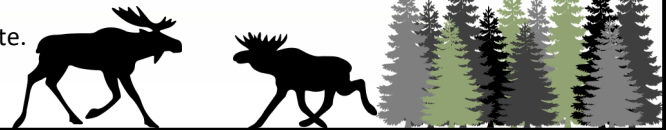
"The world is a dangerous place, not because of those who do evil, but because of those who look on and do nothing." - Albert Einstein

Every time there's an election, we hear the same old refrain, "If you don't vote, you can't complain." Many people simply brush it off and go about their business, thinking they don't need to vote because it won't make a difference in the greater scheme of things.

It's just one vote. How can one vote change anything?

Votes add up. And, because they add up, every vote counts. Not voting can lead to a nation of people wishing they had taken the time to vote. Not voting can lead to a world of regret. Not voting can lead to the realization that you've let yourself, your family, your friends, your neighbours, and your community down. It's time to stand up and be counted.

Get informed, and vote.



Are you registered to vote?

March is Voter Registration Month!

The Ontario Provincial Election is set for June 7 and to make sure you're registered to vote, visit: <https://eregistration.elections.on.ca/en/home>



Just for fun: Canadian Citizenship test quiz

How well do you know Canada?
Enough to pass the Canadian Citizenship test?

Well let's find out! It's fun and it's an opportunity to learn more about our country.

With plenty of online quizzes available, including timed tests, here is an 8-question sampling of the kinds of questions you might be faced with:

- Which province was split into two at Confederation?
- What is the population of Canada?
- What is the name of the Governor General?
- When is Remembrance Day celebrated?
- What does the word "Inuit" mean?
- Why is the battle of Vimy Ridge important?
- How is a Cabinet Minister chosen?
- Which province was the first to grant voting rights to women?

For more quiz fun, try:

www.citizenshipcounts.ca or www.yourlibrary.ca/citizenship/