

Linking Hands Community Connection

Crowds brave storm to attend EXPO 2018

The second annual Linking Hands EXPO and Maple Ridge Family Fun Day saw close to 300 people brave the snowy weather. This year's EXPO was a two-day event with a special Sensory Sensitivity Day booked for the afternoon of March 13, followed by a larger scale full-on fun zone full-day event March 14.

In addition to Vanderlaand the Barnyard Zoo, Tribeck Inflatables, and Maple Ridge's Glow Party Room, Linking Hands welcomed several agencies that also provided lots of fun activities for children, including Community Living Dundas County, Glengarry Inter-Agency Group's Early ON, Happy Face Nursery School, and SDG Library. Other exhibitors included Eastern Ontario Health Unit, Jambel Cuisine, Job Zone, Knowledge First Financial, Maison Interlude House, Naomi's Family Resource Centre, Victim Services of SDG & Akwesasne.



Above: The event's biggest hit was a Junkyard Symphony performance on March 14. This was sponsored by Winchester's Main Street Clothing.

Bringing affordable housing to Dundas County

The Linking Hands Housing Working Group has introduced Dundas County to a new affordable rental housing model, Places for People, which the group hopes to see operational in the very near future.

The group hosted two back-to-back information sessions June 11 and June 12, one in each of the county's two townships, to showcase the model, which is currently being used successfully in Haliburton County. Fay Martin, vice-president of the Haliburton initiative, presented at both sessions.

What makes this model stand out is the personal investment made by both the tenant and the landlord. In addition to providing safe, affordable housing, Places for People partners each tenant with a mentor who assists the tenant in reaching his/her self-directed goals, small or large. And, Places for People puts 5% of the rent into a trust account for the tenant.

"The primary factors that shape the health of Canadians are not medical treatments or lifestyle choices, but rather the living conditions they experience."
- *the Canadian Facts*

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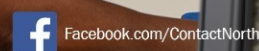
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Linking Hands Steering Committee Partners

Linking Hands is guided by a Steering Committee made up of members of various community agencies/ organizations.

Members include:

- Canadian Mental Health Association
- Champlain East Health Links
- Community Food Share
- Community Living Dundas County
- Eastern Ontario Health Unit
- Glengarry Inter-Agency Group
- Happy Face Nursery School
- House of Lazarus
- Job Zone d'Emploi
- Naomi's Family Resource Centre
- Ontario Works
- SDG Library
- SDG Legal Clinic
- TR Leger School (UCDSB)

Eastern Ontario Health Unit news update

"The Eastern Ontario Health Unit (EOHU)'s Winchester, Alexandria, Rockland and Hawkesbury offices have changed their physical structure as a cost saving measure to ensure services and programming are maintained and enhanced while undergoing fiscal pressures.

These physical downsizes will not decrease the level of local services offered, which will, in fact, be increased.

The newly mandated 2018 Ontario Public Health standards have added components of mental health, bullying, sleep and concussion awareness/prevention, as well as an increase in responsibility relat-

ed to electronic cigarettes, nalox-one distribution and opioid crisis monitoring. These programs, along with the Patients First legislation and cannabis legalization will certainly increase our presence and service offerings in the community.

Hence, our operational structure is being transformed into a mobile, flexible workforce to optimize our services and programs to the population that we collectively serve throughout all areas of the five counties.

Thank you for your understanding and support."

- a message from EOHU

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scasselman@houseoflazarus.com

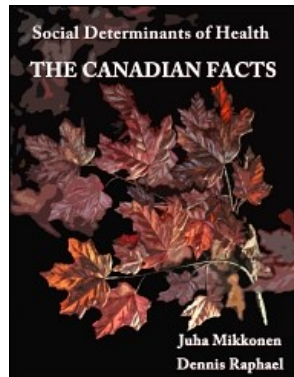
613-989-3830

What are the Social Determinants of Health?

Social Determinants of Health: The Canadian Facts by Juha Mikkonen and Dennis Raphael is a 63-page public health primer every Canadian should read.

The primer is available for download via its official website, thecanadian-facts.org, which states that:

"The primary factors that shape the health of Canadians are not medical treatments or lifestyle choices, but rather the living conditions they experience. These conditions have come to be known as the social determinants of health. This information—based



on decades of research and hundreds of studies in Canada and elsewhere—is unfamiliar to most Canadians.

Canadians are largely unaware that our health is shaped by how income and wealth is distributed, whether or not we are employed and, if so, the working conditions we experience. Our

health is also determined by the health and social services we receive, and our ability to obtain quality education, food and housing, among other factors."

Social Determinants of Health: the Canadian Facts

1. Income and Income Distribution
2. Education
3. Unemployment and Job Security
4. Employment and Working Conditions
5. Early Childhood Development
6. Food Insecurity
7. Housing
8. Social Exclusion
9. Social Safety Network
10. Health Services
11. Aboriginal Status
12. Gender
13. Race
14. Disability

"With unusual clarity and insight, this informative resource (pictured above) will help change the way readers think about health... Solutions, it reminds us, lie not in new medical advances or even 'right choices' but in the political arena."

- Larry Adelman

Green Food Box: fresh produce, fresh prices

The Dundas County Green Food Box (GFB) program offers a multi-buyer cost-sharing opportunity for purchasing fresh fruits and vegetables. We buy direct from the wholesaler.

There are two bag sizes: small (\$10) and large (\$15). There are two opportunities each month to purchase a GFB, once in South Dundas and once in North Dundas.

To learn more about the Green Food Box program, including how/ where to order, and where to pick up, please visit our website: linkinghandsdundas.ca/green-food-box.

We are also on Facebook, where we share recipes and post reminders! Please follow us on Facebook: facebook.com/GreenFoodBoxDundasCounty/

North Dundas GFB set to change in September!

Beginning September 2018, the North Dundas Green Food Box will move from the last Friday of the month to the fourth Wednesday of the month.

In addition, the main pick up location will move from the Joel Steele Community Centre in Winchester to Community Food Share in Winchester.

More information will follow in our fall newsletter!



Join the healthy eating movement in Dundas County!
Order your Green Food Box today!
www.linkinghandsdundas.ca • [www.facebook.com/linkinghandsdundas/](https://facebook.com/linkinghandsdundas/)
rpulfer@houseoflazarus.com • scasselman@houseoflazarus.com
613-989-3830

Early ON updates

The Early ON child and family centres are open all summer long in Winchester, Morrisburg, and Iroquois.

Beach days in South Dundas (12:30 to 2:30 pm) are set for Friday, July 13 in Morrisburg and Friday, August 10 in Iroquois. Beach days include games, tug of war contests, arts and crafts, and volcanoes in the sand.

For more information: facebook.com/OntarioEarlyYearsDundas/



Early ON at Linking Hands EXPO

In addition to lots of fun floor games, Glengarry Inter-Agency Group's Early ON Dundas brought loads of Arts & Crafts activities for visitors to the 2018 Linking Hands EXPO. Glengarry Inter-Agency Group is one of the many agencies that sit on the Linking Hands Steering Committee.

"Building community is to the collective as spiritual practice is to the individual." - Grace Lee Boggs



We offer "play and Learn" Drop in's, Baby afternoons, Triple P and much more.

For parents/childcare providers with children newborn to age 6.

On offre des matins "Apprendre en jouant", des programmes pour bébés et bien d'autres...

Pour parents/Responsables de garde avec enfant nouveau né à 6 ans.

All services are FREE.
Tous nos services sont gratuits.

613-774-5487  Ontario

530 rue Fred street, Winchester

HEY, DUNDAS COUNTY...



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House of Lazarus'



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

More about Places for People Dundas County

Aside from limited senior spaces, there is no affordable housing in Dundas County.

Linking Hands wants to see Places for People fill that void where possible, doing so by buying properties, renovating them, and then renting them at affordable prices to those that need them. To do this, community involvement is needed.

Places for People Dundas County is looking for:

- **Steering Committee** members
- **Resource List** of people with skills who can help
- **Funding** (monetary & in-kind)

For more information, contact scasselman@houseoflazarus.com or visit linkinghandsdundas.ca.

"As you discover what strength you can draw from your community in this world from which it stands apart, look outward as well as inward. Build bridges instead of walls." - Sonia Sotomayor

Lunch & Learn: breaking for the summer

The last Lunch & Learn event before summer was held June 18 at the Morrisburg Waterfront with local author Marnie Fossitt sharing stories from her book, *Is Zat You Myrtle: The Life and Times of Annie McKee*.

The monthly program will break for the summer and return Monday, September 17 at 11 am at Christ Church United in Chesterville. Lynn Kenney from the Ontario Heart & Stroke Foundation will be speaking on women's heart health. To learn more, please visit our website.



Above: Author Marnie Fossitt during the June 18 Lunch & Learn.

SDG Homeless Enumeration

Why it's important: It will provide area-specific data that can be used in obtaining housing-related support for our area.

What you can do: If you fall into one of the categories listed below, please attend a session OR, if you know someone who qualifies, please share this information.

Note: All participants will receive a \$10 Tim Horton's Gift Card. AND, names will not be recorded.

Categories:

- Unsheltered or Absolutely Homeless (ex: living outdoors, in car, shack, or tent)
- Emergency Sheltered (ex: living in shelter, hospital, jail)
- Provisionally Accommodated (ex: couch surfing, staying with family/ friends, sub-standard living conditions, living with more than one family – doubling/ tripling up)
- At Risk of Becoming Homeless (ex: living pay to pay)

Session Dates & Locations:

- July 18 (9 to 11 am) at House of Lazarus
- July 18 (7 to 9 pm) at Morrisburg Food Share
- July 19 (1 to 3 pm) at Finch Food Share
- July 20 (9 to 11 am) at House of Lazarus
- July 23 (10 am to 12 pm) at Morrisburg Food Share
- July 23 (10 am to 12 pm) at Winchester Food Share

Addresses available at:

<https://www.houseoflazarus.com/homeless-enumeration>



How to volunteer with us

Becoming a volunteer for Linking Hands is easy!

Anyone can volunteer and all are encouraged learn more about the initiative to see where they might be a good fit.

Contact our volunteer coordinator, Vicki Cane:

vcane@houseoflazarus.com
613-989-3830

Volunteer opportunities

Other than the coordinator, all Linking Hands positions are volunteer-based.

They include:

- Steering Committee
- Working Groups
- Green Food Box
- Lunch & Learn
- Welcome Dundas
- Specialty Events & More



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

Check out UNICEF's 'One Youth' campaign

"Canada ranks 25 out of 41 rich countries on overall child and youth well-being, according to UNICEF's Index of Child Well-being. We have the research and data. Children across the country have been telling us they're not doing well enough. We haven't improved our ranking in over a decade."

The One Youth initiative (hosted and powered by UNICEF Canada) is spreading awareness and encourag-

ing Canadians to demand a better life for all children and youth, it's a "universal call to action to end poverty, protect the planet and ensure that all people enjoy peace and prosperity."

"The 2017 UNICEF Report Card revealed that we are not as safe, clean and healthy as some believe."

For more information, visit: linkinghandsdundas.ca/one-youth-unicef/



One in five children live in poverty in SD&SG

"In the lead up to Canada's first federal Poverty Reduction Strategy, Campaign 2000 reveals a disturbing picture of the magnitude of child poverty in every federal riding."

-<https://campaign2000.ca/child-poverty-by-federal-ridings/>

Campaign 2000's data shows this area—Stormont, Dundas, and South Glengarry—at 19.9% child poverty. That means 1 in every 5 children is living in poverty.

This may seem surprising, as rural poverty, like rural homelessness, is often hidden and not easily recognizable. It is evidenced, however, by the growing need for food banks, school breakfast and lunch programs, and thrift store options.

In Dundas County, we have people of all ages living in poverty, including

children and seniors.

At Linking Hands, we believe any amount of poverty higher than zero is too much, regardless of age.

What can we do? House of Lazarus was instrumental in creating an SDG Poverty Reduction Strategy several years ago. Currently, however; there is no Poverty Reduction Strategy specific to either the Township of North Dundas or the Municipality of South Dundas.

To learn more about Poverty Reduction Strategies, including the SDG strategy, the current Ontario strategy and the currently-under-construction federal strategy, visit our website:

<https://www.linkinghandsdundas.ca/poverty-reduction-strategies>