

Linking Hands Community Connection

Filling the gaps with Linking Hands

What is Linking Hands?

The short answer: It's a poverty reduction initiative focused on tackling poverty-related issues in Dundas County, from survival concerns, such as hunger, to social concerns, such as isolation.

"At Linking Hands and its parent agency, House of Lazarus, we identify the gaps in resources and services in our area and then, if we feel we need to and if we think we can, we endeavor to fill those gaps," Linking Hands coordinator Sandy Casselman said.

Lunch & Learn is a program that tackles issues of isolation and information dissemination. Each month, the program's organizing committee finds a professional to talk about a subject of interest to attendees. Topics range from pure entertainment to hard-core facts, but more often than not they meet somewhere in the middle, providing information in an entertaining and fun way. This is followed by a free lunch and an opportunity to socialize with the other attendees, the presenter and/or the organizers. Linking Hands also provides free transportation to and from the event for seniors.

The newest Linking Hands project, Places for People, focuses on creating affordable housing in Dundas County. The program will include a mentorship aspect, as well as a savings plan for the tenant. To learn more about this project, see page 2. To learn more about Linking Hands and its many projects, visit our website, follow us on Facebook or contact us directly. Contact information on back.

Exercise your municipal voice: VOTE

Without running for a seat on council, the only way a resident can have their voice heard is by voting.

This year's municipal election is set for Monday, October 22.



September 2018 Lunch & Learn event
at Christ Church United in Chesterville

"Education is the most powerful weapon which you can use to change the world."

- Nelson Mandela



"Let us not look back in anger, nor forward in fear, but around in awareness."

- James Thurber

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Handyman Heroes

Handyman Heroes is part of House of Lazarus (HOL)'s *Neighbours Helping Neighbours* initiative, which was created to help maintain stability in the lives of those in need. The goal is to help with basic needs, such as transportation, housing, and food security.

The *Handyman Heroes* project matches licensed tradespeople with families in need of home renovations or auto repairs that are urgent in nature.

Currently, HOL has a local contractor who has committed to helping two families in 2018 with free labour and the use of his equipment, while HOL provides the materials for the project.

Likewise, a professional mechanic came forward this past summer to volunteer his time and tools to make an HOL food bank client's family car safe to drive. HOL provided the parts.

This project, like most HOL projects, is only possible through the generous contributions of community volunteers, those who volunteer their time, energy and expertise, as well as those who contribute financially.

Recipients of the project are asked to "Pay it Forward" by finding a way to use their skills or talents to help someone in their community.

Other *Neighbours Helping Neighbours* projects include: *Project Warmth* and *Heat for the Holidays*.

Hunger Awareness Challenge

September 2018 marked the second year for a local Hunger Awareness Challenge from two local food banks, Community Food Share and House of Lazarus.

This year, there were 11 volunteers participating in the five-day challenge.

Each champion received the equivalent of what a food bank client would get during a visit to the food bank. The challenge was to use only this food for five days. The exception included permission to spend \$10 for the week and to use five pantry items, such as ketchup.

What the Champions had to say...

ACCESSIBILITY

Mike Barkley said: "I learned that the food bank may not be accessible to people who work late."

FREEDOM

Tony Fraser noted: "My social activities were severely restricted. Some as simple as meeting someone for coffee."

"I realize how little time I generally spend thinking about food and so I'm free to focus my mind and thoughts on other endeavours," Mark vanDelst said.

MORE THAN FOOD

"I see how the food bank plays a vital role beyond supplying a basic need," Mark vanDelst noted. "Food bank staff have the massive role of connecting directly with the clients. Developing trust relationships that are the gateway to transformational change in peoples lives and providing a lifeline to community support

and services."

FOOD: QUALITY AND QUANTITY

"It's certainly eye opening to be so continually aware of your food supply," Barb Tobin said. "Then, contextualize this into an individual's or a family's daily life."

Tanya Phillion said: "With me being diabetic, the quality and quantity of my meals have impacted my energy levels and health significantly."

"Going forward, I will certainly reconsider the type of donations I make to the food bank. And, I will never take for granted that I have so many options," Breckyn Fowler said.

Jonny Parks said: "I'm a HUGE seafood fan, and usually have some sort of fish or seafood for dinner multiple times a week. Being able to get a nice fresh piece of fish is something you forget is a luxury until you can't have it anymore."



2018 Hunger Awareness Champions

Top, from left: Mike Barkley, Maggie Boyer, Breckyn Fowler, Tony Fraser and Matthew Gates.
Bottom, from left: Lois Lannin, Jonny Parks, Tanya Phillion, Kim Sheldrick, Barb Tobin, and Mark vanDelst.

Taking action against hunger



September was Hunger Action Month for the province and the country!

This year, Food Banks Canada joined forces with the Ontario Association of Food Banks to expand the province's week-long focus on Hunger Awareness to a month of Hunger Action activities.

As members of both organizations, Community Food Share and House of

Lazarus participated in several awareness-raising ventures throughout the month, including the 2nd annual Hunger Awareness Challenge. (Page 2)

In addition, House of Lazarus participated in the daily #FeedTheChange social media movement with a daily suggestion on Facebook throughout the month. These included fundraising, reading the 2017 Hunger Report, talking with local politicians at all levels of government, volunteering, and more.

To find out more about hunger and to learn about ways you, too, can take action, visit :

<https://www.houseoflazarus.com/hunger-action-month>
<https://www.foodbankscanada.ca/>
<https://oafb.ca/>

Community Food Share

28 Ottawa Street
Morrisburg
613-543-0065

•

497 May Street
Winchester
613-774-0188

Monday

10 am to 12 pm

Wednesday

7 pm to 9 pm

Thursday

1 pm to 3 pm

~

Food Cupboards are also available in both Finch and Crysler.

For more information, phone 613-774-0188.

"In a world of plenty, no one, not a single person, should go hungry. But almost 1 billion still do not have enough to eat. I want to see and end to hunger everywhere within my lifetime." - Ban Ki-Moon

Building community with dinner

House of Lazarus (HOL) began a weekly free community dinner in May 2017 with the hope of reaching those who might need an extra warm meal, in addition to the hope of bringing neighbours together for a chance to build stronger, happier communities.

Dinner on the House is open to everyone. It takes place every Thursday evening between 4 and 7 pm just a few doors down from HOL, at the Knox Presbyterian Church (2227 Simms Street in Mountain).

In addition to HOL chefs, each week there are a number of community-minded volunteers who help set up, serve, and clean. Some weeks there are even those community groups

who volunteer to prepare the meal!

Dinner on the House has become a true community project. People who may not have met previously now have the chance to sit down and share a meal together. Individuals, groups, businesses have come forward to donate money, food, and time.

Dinner on the House proves that together we can make a difference.

In addition to sharing food, we have the opportunity to make a connection with our neighbours, combatting isolation and separation and reinforcing a shared vision of community.

<https://www.houseoflazarus.com/dinner-on-the-house>

House of Lazarus

2245 Simms Street
Mountain, Ontario
613-989-3830

Monday

9 am to 1 pm

Tuesday

9 am to 1 pm

4 pm to 8 pm

Wednesday

9 am to 1 pm

Thursday

9 am to 1 pm

4 pm to 8 pm

Friday

9 am to 1 pm

Places for People working to fill housing gap

Linking Hands' new affordable rental housing model, Places for People, is on the move.

Aside from limited senior spaces, there is no affordable housing in Dundas County. Linking Hands wants to fill that void by buying properties, renovating them, and then renting them at affordable prices to those who need them.

In addition to providing safe, affordable housing, Places for People will partner each tenant with a mentor who assists them in reaching self-directed goals. Places for People also puts 5% of the rent into a trust account for the tenant.

With roughly a dozen volunteers committed to active participation in this project and many more committed to acting as professional resources, the project is moving ahead quickly. A small group is currently working on a business plan, while others are hard at work formulating policies and guidelines to govern the project.

With a business plan expected to be in place by the end of this calendar year, Places for People's next move is to find funding to assist with the purchase of the first building, which members are hoping to divide into two units, for rent within the next year.

To learn more, email: scasselman@houseoflazarus.com

"The power of one, if fearless and focused, is formidable, but the power of many working together is better." - Gloria Macapagal Arroyo



HEY, DUNDAS COUNTY...

Looking for job search help?

Nos services sont disponibles en français.

JobZONE d'emploi

EMPLOYMENT ONTARIO
Ontario's employment and training network.

This Employment Ontario service is funded in part by the Government of Canada and the Government of Ontario.

530 Fred St., Suite B, Winchester
613-774-JOBS (613-774-5627)

144 Pitt St., Cornwall
613-933-9675

www.jobzonedemploi.ca

Everyone deserves a warm place to live during winter

Did you know that there are individuals and families in Dundas County who don't have heat in the winter months?

It's true. Some have said they wear their outdoor coats, hats, and mitts indoors for the entirety of the winter.

Why? Not everyone can afford to heat their homes and when it comes down to a choice between

heating the house or feeding the family, food wins out.

The issue is a combination of the high cost of heating coupled with inadequately insulated homes.

Linking Hands' *Project Warmth and Heat for the Holidays* are geared toward combatting this issue. To learn more, visit: www.houseoflazarus.com

HOL Advocacy Centre open!

House of Lazarus has opened its Advocacy Centre Tuesdays, 1 to 4 p.m.

The Advocacy Centre is a spot where people can come for help in finding information about available services and resources

in the area. It is also a place to meet with professionals from Cornwall-based agencies here at home in Dundas County, no city travel required.

To learn more, call 613-989-3830.

Exercising your democratic right

There are options for when, where, and how to vote, but the first and most important thing to do is to make certain you're on the voters list.

Once that's done, it's time to find out about the candidates running for council in your municipality. In Dundas County, there are two municipalities, North and South Dundas. For each, voters will elect one mayor, one deputy mayor, and three councillors.

To learn more about the candidates, attend one of the many all-candidates meetings and/or watch coverage of them online through your local news source.

To find out how to vote in your particular area, visit the township website. Here you will also find times and locations for early voting. Voting will take place between October 17 and October 22.

For links to the Voter's Lookup and the municipal websites, visit Linking Hands at: <https://www.linkinghandsdundas.ca/municipal-dundas-county>



North Dundas Candidates

(listed in alphabetical order)

Mayor

Gerry Boyce
Tony Fraser

Deputy Mayor

Allan Armstrong
Brand Pinch

Councillor

Gary Annable
Theresa Bergeron
Frank Fata
Tyler Hoy
John Thompson
Michael David Trolly
Timothy Wasylo

"A true community is not just about being geographically close to someone or part of the same social web network. It's about feeling connected and responsible for what happens. Humanity is our ultimate community, and everyone plays a crucial role." - Yehuda Berg

GFB and the gift of fresh produce

Are you looking for a way to give back this Christmas? local food bank representative.

The Linking Hands *Green Food Box* (GFB) would make a great gift for individuals or families struggling with food insecurity.

If you would like to buy a year's supply of GFB for a food bank client, you can! It's as easy as messaging your

The cost for one-year's worth of monthly GFBs is:

Small—\$120

Large—\$180

For Community Food Share, contact admin@communityfoodshare.ca

For House of Lazarus, contact kmerkley@houseoflazarus.com



South Dundas Candidates

(listed in alphabetical order)

Mayor

Steven Byvelds
Evonne Delegarde

Deputy Mayor

Bill Ewing
Kirsten Gardner
Jim Graham

Councillor

Michael Burton
Del Jones
Joyce Latulippe
Donald William Lewis
Archie Mellan
Lloyd Wells



How to volunteer with us

Becoming a volunteer for Linking Hands is easy!

Anyone can volunteer and all are encouraged to check us out to see if one of our groups, programs, or events might be a 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



2245 Simms Street
Mountain ON K0E 1S0

613-989-3830

scasselman@houseoflazarus.com

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

Help Linking Hands fill the gaps

This fall, Linking Hands will be focusing on activating the Financial Health Working Group, as well as the Mental Health Sub-committee.

Currently, there are seven working groups: Community Connectivity, Financial Health, Healthy Living, Housing, Lunch & Learn, Seniors, and Transportation. Most are active working groups with sub-committees focused on various projects and programs.

The Health Living Working Group is

home to the Green Food Box Sub-committee and will soon be home to the Mental Health Sub-committee.

If you or someone you know is interested in joining one or more of these groups and/or if you're interested in attending the initial set-up meeting for the Financial Health or Mental Health groups, please contact the Linking Hands coordinator, Sandy Casselman via email at scasselman@houseoflazarus.com or by phone at 613-989-3830.

To advertise in Community Connections:
scasselman@houseoflazarus.com
613-989-3830

Communication: How to Break Stereotypes, Stigmas & Taboos

The primary purpose of the Hunger Awareness Challenge is to build awareness around the issues of hunger, including food instability, food banks, and food bank clients.

The September 2018 Challenge, launched by Community Food Share and House of Lazarus, saw 11 people participate in the challenge, including spreading awareness through their experience. To bring the project full circle, some of this year's challengers met with food bank staff and members of the media to discuss not only their experience, but also their revelations.



including one for prostate cancer: "I look at this challenge as the same thing, we as advocates continue to make [hunger] a subject that's not taboo. It's important for us as a community to be able to speak about it."

HOL executive director Cathy Ashby confirmed that many of the stereotypes circulating about food bank clients, including the idea that they might be taking advantage or abusing the system, is just plain

wrong: "We don't see it. We don't see it in our statistics."

Fraser said, "We need to counter those stereotypes and speak about it."

Second-time Hunger Champion, Tony Fraser noted that he's been on several awareness campaigns in the past,

People use food banks because they need to, not because they want to.