



LINKING HANDS

# COMMUNITY CONNECTION

Linking Hands Dundas County Newsletter—Volume 6

Winter 2016-2017

## Neighbours helping neighbours

Communities are only as welcoming and “homey” as their residents make it.

In Dundas County, there are many people—of all ages and walks of life—who make a point of being an active member of their communities.

Some do this by attending events, including such staples as Dairyfest in Winchester, Art on the Waterfront in Chesterville, Tubiefest in Morrisburg, or the Bluegrass Festival in Iroquois.

Others participate by being behind the scenes at

events, organizing, planning, and making them happen.

2016

**Dundas County  
Good Neighbour  
Award Winners**



**Mike Barkley**  
North Dundas

**Chad deJong**  
South Dundas

These people are often the same ones who volunteer regularly through the local Lions Club, Rotary Club, Oddfellows Club, Royal

Canadian Legions, and other service organizations. And, these are often the same people who are seen helping out at the food bank or participating (possibly even starting) various fundraisers for charities at home (locally) and abroad (globally).

Each year, Linking Hands likes to recognize those neighbours who are often the “unsung heroes” of our communities. This year, our Dundas County Good Neighbour Award winners are Mike Barkley (North Dundas) and Chad deJong (South Dundas).



Lois Lannin is pictured volunteering at September's Lunch and Learn.

*“Obviously, you would give your life for your children, or give them the last biscuit on the plate. But to me, the trick in life is to take that sense of generosity between kin, make it apply to the extended family and to your neighbour, your village and beyond.” - Tom Stoppard*

## Introducing Welcome Dundas

Linking Hands' Community Connectivity Working Group has always focused on finding ways to bring people and communities together.

Since its early days, the group has focused on activities that support a monthly theme, anything from caring, sharing, and remembering, to being active or education.

In 2017, rather than changing themes monthly, the group will focus on one theme for the entire year, planning activities, projects, programs, and events around it.

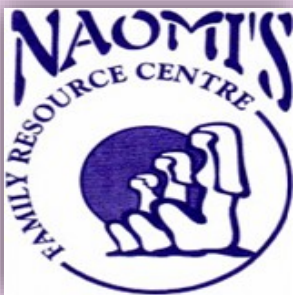
Welcome is the theme for 2017. Welcome to newcomers who are just visiting Dundas County, welcome to those relocating here, and a retroactive welcome

to all those who are already residents.

The group's first project is setting up a “Welcome Dundas” initiative whereby every newcomer will receive a welcome package filled with information on services, activities, businesses, and more. This project will require many community partners to work together. Volunteers are welcome!

### In This Issue

- Partner Spotlight: Naomi's Family Resource Centre
- 2017 schedules for Lunch and Learn and the Green Food Box
- Updates on the exciting new projects and initiatives being planned in our seniors, housing, and transportation working groups
- Editorial—“Title will go here”



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## Shelter Services available in the Community



*With such a wide range of services offered in our community, it can often be difficult to remember all of the resources that we have access to.*

At Naomi's Family Resource Centre in Winchester, safe and secure living is provided to women over the age of 16, with or without children, who are fleeing from physical, emotional, psychological, verbal, financial and sexual abuse. Naomi's has been present in the community since 1987 and the Centre provides free, temporary accommodations to women in need.

November was Woman Abuse Prevention Month and Naomi's recognized this by participating in three awareness campaigns:

16 Days of Activism,  
Wrapped in Courage, and  
Shine the Light.

### WE SUPPORT



**HELP BREAK THE  
CYCLE OF VIOLENCE**

Domestic violence is a prevalent issue in our society and Naomi's wants women to know that they are not alone.

Leaving a violent situation can be extremely difficult and dangerous, but we provide confidential services that can lead to a safer and brighter future.

Naomi's offers information regarding financial, housing and child care options, as well as pathways to other services like women's support groups. Crisis counselling services are available for women, and a Child and Youth Program is available.

Naomi's understands that violence against women can take many forms. According to the Canadian Women's Foundation, half of all women in Canada have experienced at least one incident of sexual or physical violence since the age of 16. The Foundation also notes that on any given day in Canada, more than 3,300 women and 3,000 children seek refuge in an emergency shelter to escape domestic violence and abuse.

## Lunch & Learn 2017

The Linking Hands Lunch and Learn program is already being planned for 2017 with lots of fun, new and exciting topics.

January's Lunch and Learn is already set. The day's focus will be the therapeutic benefits of art with hands-on fun!

The January event is scheduled for:

**Mon., Jan. 16, 2017  
11 am to 1 pm  
Hope Springs United  
Church  
Winchester Springs**

Throughout the year, participants have opportunities to hear from a variety of speakers on a number of relevant topics, from dealing with diabetes to managing chronic pain to identifying the legal requirements behind estate planning.

There will also be plenty of fun, including such things as a fashion show, a picnic, crafts, and a field trip!

# Building Linking Hands' new housing committee

Linking Hands' most recent working group to become active is the Housing group.

In October, Linking Hands and the House of Lazarus hosted a Housing Forum.

Fay Martin, a project manager for The Rural Institute of Ontario's "Hidden Homelessness in Rural Ontario" initiative, led the morning-long discussion, which included representatives from agencies throughout Stormont, Dundas, and Glengarry, as well as several community members.

Those who attended the October forum were invited to attend the first Linking Hands Housing Working Group meeting on November 18 at the SDG County Library in Winchester. Ten people were in attendance and another nine have indicated they would also like to be part of the group.

The first meeting focused on compiling a list of housing-related issues that need to be addressed in Dundas County. Also, a list of what's already available is being compiled. A database will be made available on our website in the new year.

Laurelle Avery, a guest from Leeds & Grenville's Community Involvement Legacy Homes, spoke about a housing project she's involved in. She shared information and tips on planning, finding partners and pitfalls to avoid.

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## PONDER THIS...

"The average family earning minimum wage spends 141 per cent of their income struggling to meet basic needs—food, shelter, clothing."

—Sherrod Brown, U.S. Senator

# Sharing with Dundas seniors

Linking Hands Seniors Working Group became active in June 2016, just in time for Seniors' Month.

Since then, the group has met a handful of times, identifying a number of issues and items that need to be addressed to improve the lives of seniors living in

Dundas County.

The group is compiling a list of all supports, services, and resources currently available for seniors in North and South Dundas. From this, they will pinpoint the existing gaps, identify potential projects, and then, move forward with one or more specific initiatives.

tives.

In addition to this, the group is working toward a monthly afternoon gathering, Tea and Talk, that will present seniors with an opportunity to socialize, have fun, have some refreshments, and maybe, depending on the topic, learn something new.



Marjorie Lougheed (left), Muriel Milne, and Dianne Fawcett volunteered at the November 50+ Wellness Day event.

## Transportation working group moving ahead

Linking Hands' Transportation Working Group has been focused on finding out what services are currently available in Dundas County and what services are still needed.

In November, the group began distributing a survey to all those agencies and businesses in the county that may already provide or have some sort of transportation system/service in place and to all those who may need such services for their clientele.

The survey, which will continue throughout December, will assist the working group in knowing where to go from here.

Is there something that can be done to address the obvious transportation service gaps?

To learn more, contact us!



# Green Food Box available to everyone in Dundas County, twice per month

The Dundas County Green Food Box, a project of Linking Hands, is available to everyone twice a month, once in North and once in South Dundas with both locations open to all.

We offer the Green Food Box all year round as a service to everyone in the community regardless of income. There is no limit to the number of bags someone can

order.

There are two sizes of Green Food Boxes available in both townships, a small (\$10) and a large (\$15) bag. The variety and the quantity of produce varies each month.

We have had some people tell us the bags are too large. To this, we suggest buying a bag with a friend and splitting the contents. For those who

may prefer one item to another, we have added a swap table where those who wish can exchange items with others. This service, however, depends completely on client involvement. We can't guarantee there will be extra items you want.

With a focus on providing the best value for our clients, we are continuously open to feedback.



Volunteers Marilyn Astley (left) and Colleen Brock with South Dundas Green Food Box

## Contact Us



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Volunteers Steve Simser (left) and Lynden Casselman with South Dundas Green Food Box

## Ponder this...

"If you walk down the street and see someone in a box, you have a choice. That person is either the other and you're fearful of them, or that person is an extension of your family."

- Susan Sarandon

SOUTH DUNDAS			NORTH DUNDAS		
JANUARY	Wednesday, January 4	Wednesday, January 11	JANUARY	Friday, January 20	Friday, January 27
FEBRUARY	Wednesday, February 1	Wednesday, February 8	FEBRUARY	Friday, February 17	Friday, February 24
MARCH	Wednesday, March 1	Wednesday, March 8	MARCH	Friday, March 24	Friday, March 31
APRIL	Wednesday, April 5	Wednesday, April 12	APRIL	Friday, April 21	Friday, April 28
MAY	Wednesday, May 3	Wednesday, May 10	MAY	Friday, May 19	Friday, May 26
JUNE	Wednesday, June 7	Wednesday, June 14	JUNE	Friday, June 23	Friday, June 30
JULY	Wednesday, July 5	Wednesday, July 12	JULY	Friday, July 21	Friday, July 28
AUGUST	Wednesday, August 2	Wednesday, August 9	AUGUST	Friday, August 18	Friday, August 25
SEPTEMBER	Wednesday, September 6	Wednesday, September 13	SEPTEMBER	Friday, September 22	Friday, September 29
OCTOBER	Wednesday, October 4	Wednesday, October 11	OCTOBER	Friday, October 20	Friday, October 27
NOVEMBER	Wednesday, November 1	Wednesday, November 8	NOVEMBER	Friday, November 17	Friday, November 24
DECEMBER	Wednesday, December 6	Wednesday, December 13	DECEMBER	Friday, December 15	Friday, December 22

## Act with love and compassion

*"Sometimes it's easy to walk by because we know we can't change someone's whole life in a single afternoon. But what we fail to realize is that simple kindness can go a long way toward encouraging someone who is stuck in a desolate place."* - Mike Yankoski

One of the things I've come to learn over the years is that life isn't black and white, it's gray...many shades of gray.

You can't determine if someone is "good" or "bad" based on their most recent behavior. In all likelihood, they are probably a little bit of both—just like the rest of us. There are

times when we do good, whether intentionally or unintentionally, and there are times when we do bad because, hopefully, we've made a

mistake that we will learn from and not repeat. At Christmas time, a lot of "good" people get a bit confused about what it means to be

loving and compassionate. Giving—donating time, money, food, toys, or clothes—is commendable and very much appreciated by the recipients and those who support them.

But, what about daily minute-to-minute attitudes, behavior, and perspective? Are we showing love and compassion to everyone we

meet? Will you help the person without access to food because they've just lost their job? What about the person who can't keep a job because of an addiction or mental

health issue? Judgement won't change someone's behavior or situation, but it's possible that showing love and compassion just might.