

Linking Hands Community Connection

ACLCO names Linking Hands 2019 Community Champion



Pictured: Roy McMurtry Legal Clinic representative Robert Coulombe (left) is with Linking Hands coordinator Sandy Casselman.

Linking Hands took home this year's Association of Community Legal Clinics of Ontario (ACLCO) Community Champion Award.

The award was presented during the ACLCO Annual General Meeting in downtown Toronto on April 26. Linking Hands coordinator Sandy Casselman accepted the award from Robert Coulombe

of the Roy McMurtry Legal Clinic in Cornwall.

"We had no idea our local legal clinic colleagues had nominated us for this award," Casselman said. "I am grateful, honoured and overwhelmed by the recognition for the Linking Hands initiative. Like the ACLCO, Linking Hands believes we are stronger when we work together as a community. Together, we can do more, say more, and have a much larger impact on the social justice issues, including poverty, that plague our communities. The Roy McMurtry Legal Clinic is just one of Linking Hands' many amazing agency partners and we are grateful for the connection."

"Poverty is not a lack of character.

Poverty is a lack of cash."

- Rutger Bregman

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"Poverty is not a character failing

or a lack of motivation.

Poverty is a shortage of money."

- Barbara Ehrenreich

Inside this issue

Homelessness Maze	2
Homelessness Maze	3
Poverty & Mental Health ...	3
LH Drop-In Centres	3
Food Insecurity	4
Financial Health	5
HOL Annual Report	5
Good Neighbour Award	5
Editorial on Poverty	6



Linking Hands & Friends Host Homelessness Maze

What's it like to be homeless, jobless and without food in Dundas County? Linking Hands hosted a Homelessness Maze on April 12 at the Joel Steele Community Centre in Winchester.

were asked to navigate the system to secure food, housing and finances.

Snelgrove led a debrief giving participants an opportunity to discuss their feelings.

- continued on page 3



"What an amazing experience today presented!"

Mark Snelgrove (pictured), a representative from the local branch of the Canadian Mental Health Association (CMHA), facilitated the event.

Roughly 80 people attended. Participants were provided a "real" scenario and

"It felt very real. It was very humbling. It was eye opening."

More than 15 agencies representing local services and resources were in attendance providing a realistic experience for participants. Following the maze activity,

"Every politician should be required to participate in workshops like this one so they can understand where the need is, where we fall short and that these services are vastly underfunded, ultimately tying the hands of service providers with red tape."

"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

Lessons from Maze Need to be Remembered

-continued from page 2

The intent was to create awareness around the issues people face when they attempt to secure services. The maze did this, but what had the most impact was the debrief session. Participants were able to talk freely about their feelings.

Some asked why local politicians weren't present, as they're better positioned to fight for change.

"How easy it is to give up."



be for those who do.

The most important lesson?

People in these very difficult life situations are pushed to their limits. Many maze attendees discovered they were

"Throughout I would experience frustration, anger, loss of hope."

Awareness is key.

Those who are lucky enough to never need help must understand how difficult it can

willing to lie, cheat, or get arrested if it meant a warm safe place to sleep and/or a hot meal. Add in a family and the willingness to do almost anything increases exponentially.

"The test of our progress is not whether we add more to the abundance of those who have much; it is whether we provide enough for those who have too little."

- Franklin D. Roosevelt

Linking Hands Drop-In Centres Coming Soon

Beginning this fall, Linking Hands is set to introduce a weekly morning Drop-In Centre in Morrisburg and Winchester. An initiative of the Healthy Living Working Group, the drop-ins will be free and open to everyone in Dundas County. Trained staff and volunteers will be on hand to serve breakfast,

chat, and link people with services/ resources if a person desires.

"The intent is simple—we want everyone to have a place to come where they can hang out," Linking Hands coordinator Sandy Casselman said. "We want this to be a safe space

where our community members feel welcome and at home."

Board games and other activities will also be available. More information will be available later this summer. Follow Linking Hands Dundas on Facebook or visit: hol.community

Agencies join to fight food insecurity together

Linking Hands, along with House of Lazarus, has joined a Food Insecurity Collaborative Partnership consisting of various agencies, groups, and interested partners from Akwesasne, Cornwall, and the United Counties of Stormont, Dundas, and Glengarry.

Still in its initial stages, the group is working on its mission and goals going forward. “We’ve joined this group because together we can have a greater impact on the larger issues surrounding food insecurity,” Linking Hands coordinator Sandy Casselman said.

The following is from an Eastern Ontario Health Unit presentation: Food insecurity is an “inadequate or inse-

cure access to food due to financial constraint,” which in plain terms means there’s not enough money to buy food.

In Eastern Ontario (excluding Akwesasne) 13.5% of households are food insecure.

(Canadian Community Health Survey, 2014)

Three levels of food insecurity have been identified:

Marginal—worry about running out of food an/or limited food selection due to a lack of money for food.

Moderate—compromise in quality and/or quantity of food due to a lack of money for food.

Severe—miss meals, reduce food intake, and at the most extreme go day(s) without food.

(Tarasuk, V., Mitchell, A. and Dachner, N. (2016). Household food insecurity in Canada, 2014. Toronto: Research to identify policy options to reduce food insecurity (PROOF). Retrieved from <https://proof.utoronto.ca/>)



Small Bags \$10

Green Food Box Dundas County

South Dundas
Pick-up Day
2nd Wednesday

•

North Dundas
Pick-up Day
4th Wednesday

Follow us on Facebook!

Large Bags \$15

“When a person dies of hunger, it has not happened because God did not take care of him or her. It has happened because neither you nor I wanted to give that person what he or she needed.” - Mother Teresa

Good Neighbour Award to return in September

The Linking Hands Dundas County Good Neighbour Award will be back this fall. are good neighbours. Be ready to submit your nominations this fall.

Start noticing the adults and youth around you who Follow us on Facebook for more information.

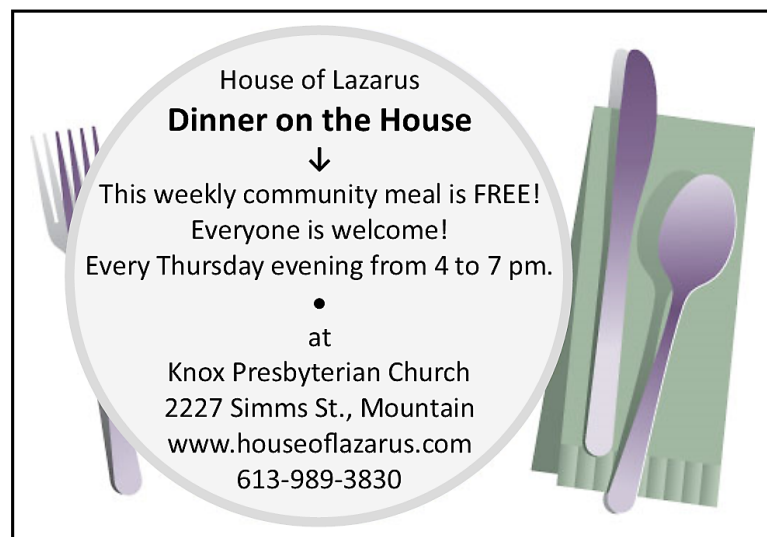
Why is financial health important?

Answer: *"Like physical health, financial health is fundamentally key to leading a happy and successful life. Creating a sound financial present does more than alleviate current stress—it lays the foundation to a stable and secure financial future."*

Linking Hands' Financial Health Working Group is up and running and members are currently looking at ways this group can make a positive difference in the lives of our neighbours. To start, the group has identified four areas to concentrate on:

1. financial literacy
2. education and public awareness
3. advocacy and community development
4. employee rights

Stay on top of news from this group, follow us on Facebook!



"Our lives begin and end the day we become silent about things that matter."

- Martin Luther King Jr.

HOL Annual Report: April 1, 2018 to March 31, 2019

Did you know...

- House of Lazarus (HOL) Food Bank use increased by 14%.
- HOL pays roughly \$10,000 each year to send non-usable items to the landfill.
- 71% of HOL's Food Bank clients' annual income is less than \$18,000.
- HOL is not government funded.
- HOL stores provide the main source (57%) of income for the mission and its programming. The remainder is made up of donations, grants, recycle sales, and fundraising.

The full report is available online at hol.community OR you can pick up a hard copy at House of Lazarus, 2245 Simms Street in Mountain.



How to volunteer with us

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

2245 Simms Street
Mountain ON K0E 1S0

613-989-3830
scasselmann@houseoflazarus.com

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



***"An imbalance
between rich
and poor is the
oldest and most
fatal ailment of
all republics."***

- Plutarch

Poverty is not a choice.

Have you ever heard a child say "when I grow up I want to be poor?" Poverty is not a choice. Poverty is a lack of financial resources. And, poverty can happen to anyone.

Generational poverty is exactly what it says—poverty that goes from one generation to the next. It is not easy to get yourself out of this type of poverty, as there are many contributing factors.

Society is set up to help those who *have*, while making things more difficult for those who *have not*. Higher education might help raise a person out of poverty, but where does the money come from to go to college or university? Buying a car (or almost anything) is easier for people with money, as they receive lower interest rates and better deals. Being sick is not an option for most people who work minimum wage jobs, as they aren't paid for those days; having a severe bout of flu for one week can set a family back for months! These are just a few examples; there are many!

Circles, an initiative born from Bridges Out of Poverty and Getting Ahead, is just one of many ways we can break down the barriers poverty creates between the *haves* and the *have nots*. Linking Hands is one of several groups uniting to bring Circles Canada to the area. To learn more about this initiative, visit: <http://circlescanada.com/> and/or follow us on Facebook; we'll keep you in the know!

House of Lazarus

Advocacy Centre

Do you need help?

Are you looking for information?

Do you need access to local resources?

Call or visit us at HOL's Advocacy Centre.

Monday afternoons from 1 to 4 pm

2245 Simms St., Mountain
rpulfer@houseoflazarus.com
613-989-3830

