

### NOVEMBER 2022

November 5 - 11  
Veterans' Week

November 20 - 26  
Canada History Week

November 25 - December 10  
16 Days of Activism Against  
Gender Violence

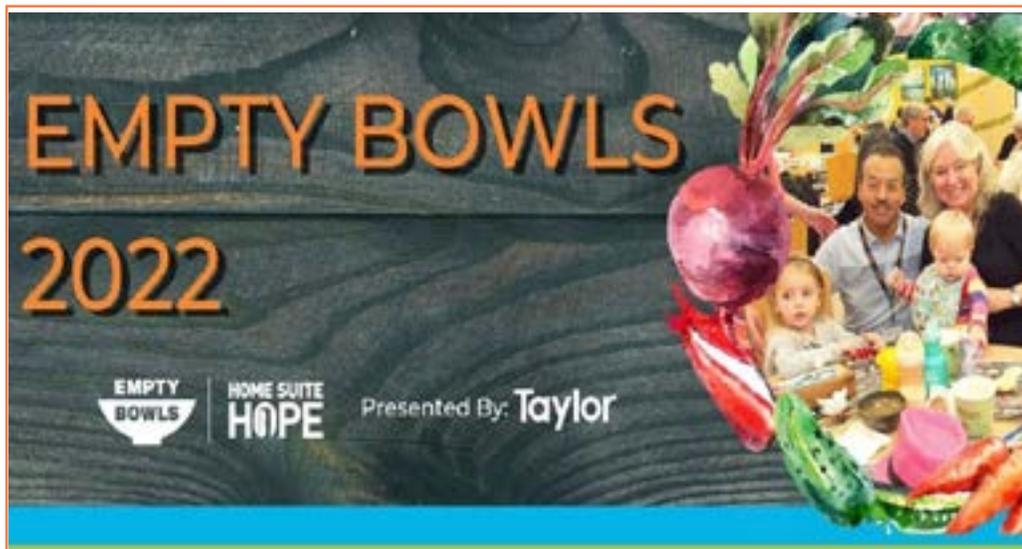
Nov. 8 - Indigenous Veterans  
Day

Nov. 11 - Remembrance Day

Nov. 20 - National Child  
Day; Transgender Day of  
Remembrance

Nov. 26 - Holodomor  
Memorial Day

Nov. 29 - #GivingTuesday



## EMPTY BOWLS IS NOV. 6

**E**mpy Bowls, presented by The Taylor Group, is back as an in-person event Sunday, Nov. 6 at St. Mildred's-Lightbourn School in Oakville.

Tickets are selling fast! There are many soups to sample in a hand-painted ceramic bowl - with bread from COBS Bread Lakeshore on the side.

*See inside for details.*

## OUR MAIL-OUT CAMPAIGN: ROBIN'S STORY

**H**ome Suite Hope families are **Running on Empty**. Our inaugural mail-out campaign continues the fundraiser we launched in the spring and features the story of our single parent participant **Robin** and her daughter. We are fundraising for our programming and to give Robin the boost she needs to access funds and community support to obtain an accessible vehicle for her daughter.

*See inside for more.*



# PARTICIPANT UPDATES

## MELISSA: EMPTY BOWLS VOLUNTEER COORDINATOR

Hello, my name is **Melissa Filice** and I am happy to introduce myself to you as the **Volunteer Coordinator** for this year's annual HSH (Home Suite Hope) fundraiser, **Empty Bowls**.



I am a recent graduate of the HSH program myself and I do not know where my son and I would be today if it were not for the support and guidance I have received from HSH over these past few years. I joined HSH in August 2019, almost three months after I had given birth to my son. I remember then not knowing how I was going to sufficiently support my son alone; it was a very isolating and uncertain time for me, but my son gave me every reason I needed to want to find an answer. Home Suite Hope was our answer.

Since joining HSH my son and I quickly found our own apartment, I learned of community supports we could access, and I attended various life skill workshops, as well as was granted a full scholarship to Sheridan College for the Human Resources diploma program. I graduated with

Honors in April and completed extra courses this past summer to qualify to write the CHRP exam. I have now also graduated from being a participant of HSH and am working in the service industry while I look for employment in my field, HR. Moving forward I hope to obtain my CHRP designation and secure a full-time HR entry level job, perhaps in an HR generalist or recruitment position as I am passionate about the areas of organizational behaviour and total rewards.

If it was not for HSH and all its supports, I would have never been in a position to financially support my son and go back to school, as it is just us, we have no other outside support.

HSH gave us the chance at a fresh start, which is why I could not have been happier to accept this position with them now as the volunteer coordinator for Empty Bowls. It allows me to use some skills I have developed through my studies, such as managing the data for all volunteers, and to give back to a program that has given my son and I so much. I plan to always give back to HSH moving forward and help other single moms get their fresh start as we work hard to overcome intergenerational hardships and give our children the best possible future that they deserve.

# PARTICIPANT UPDATES

## SOCIAL FEATURES BOWL PAINTING FOR EMPTY BOWLS

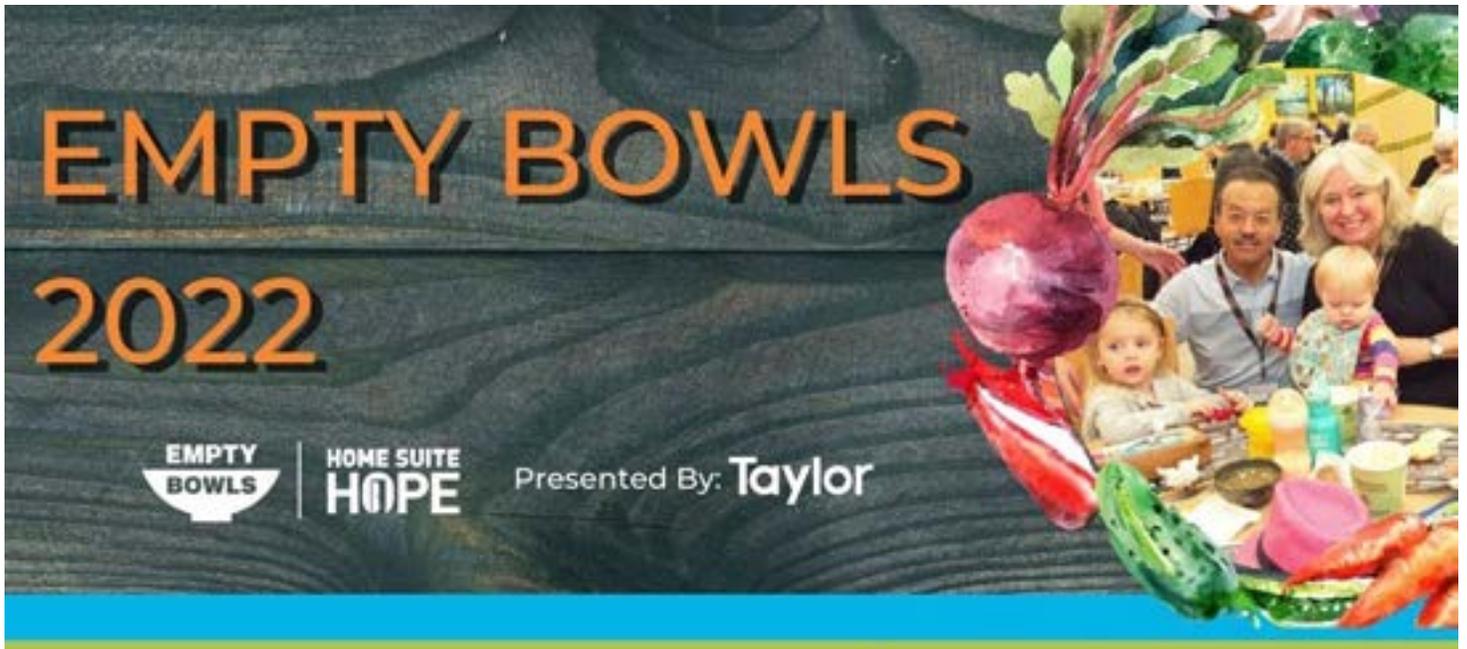
**H**ome Suite Hope Interim Case Manager **Nikkian Hanson** and intern **Emma Abramowitz** hosted an in-person luncheon social for Homeward Bound Halton participants recently.

The get-together saw everyone involved pick up a paintbrush and set to work on some bowls for Home Suite Hope's upcoming Nov. 6 Empty Bowls fundraiser.

**TICKETS:** [https://fnd.us/empty-bowls-2022?ref=sh\\_dBUPwf](https://fnd.us/empty-bowls-2022?ref=sh_dBUPwf)



# EMPTY BOWLS IS NOV. 6



## IN PERSON AT ST. MILDRED'S-LIGHTBOURN SCHOOL

**E**mpy Bowls, presented by **The Taylor Group**, is **Sunday, Nov. 6**.

Back as an in-person event this year, Empty Bowls 2022 will be held at **St. Mildred's-Lightbourn School** in Oakville.

This event that replicates the soup kitchen experience is Home Suite Hope's annual signature fundraising event with all proceeds going to HSH's wraparound supports.

You will receive soups prepared by local chefs, bread from COBS Bread Lakeshore for dipping, a dessert and a hand-painted ceramic bowl\* if you choose.

*\*With purchase of Single Admission + Bowl*

**TICKETS: [https://fnd.us/empty-bowls-2022?ref=sh\\_dBUPwf](https://fnd.us/empty-bowls-2022?ref=sh_dBUPwf)**



**ST. MILDRED'S-LIGHTBOURN SCHOOL**  
INSPIRED GIRLS. EMPOWERED WOMEN.

# EMPTY BOWLS - THANK YOU



## EVENT SPONSORS

Empty Bowls is back and we are grateful to those who have stepped up as sponsors:

**The Taylor Group - Presenting Sponsor**  
**Bell - Gold**

**Cogeco Connexion, Fiera Capital - Silver**  
**Detail Guys, Capstick McCollum & Associates, Rina DiRiso Team, Royal LePage Real Estate Services Ltd., Schiavone Diamond - Bronze**



## SOUP SPONSORS

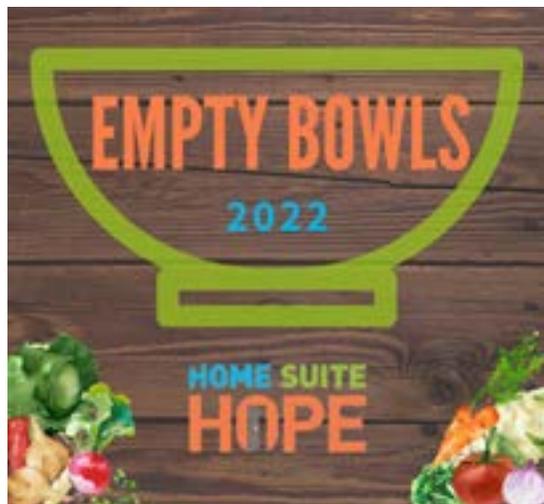


**KERR ST CAFE**  
CAFE & CATERING



**& COBS BREAD LAKESHORE**

# EMPTY BOWLS - THANK YOU



## EVENT COMMITTEE

Empty Bowls Event Committee members:

Cindy Perras  
Mary Sheridan  
Melani Bastians  
Katelyn Zaoral  
Krystal Valencia

## DESSERT SPONSORS



## BOWL SPONSORS



## GIFT BASKETS



& COFFEE SPONSORS



# MAIL-OUT CAMPAIGN

## ROBIN'S STORY

Home Suite Hope has embarked on its \$125,000 fundraising campaign to boost its ability to help our families find affordable housing and transportation.

HSH participant **Robin** is helping us put the campaign in the spotlight by telling her story.

Achieving our **\$125,000** fundraising goal means HSH can join Ontario March of Dimes in helping Robin to retrofit a vehicle to make it accessible. We thank the March of Dimes for extending its funding deadline to make this possible. Home Suite Hope is grateful to those helping many more single parents like Robin by supporting our campaign. Together we will change lives for the better as we create affordable housing and transportation solutions for those in need in Halton.

CanadaHelps link:  
<https://www.canadahelps.org/en/charities/home-suite-hope-shared-living-corp/campaign/running-on-empty/>



HOME SUITE  
HOPE

Dear

My name is Robin. I'm a 34-year-old, single parent in Home Suite Hope's (HSH) Homeward Bound Halton program. I'd like to share my story to show how your support of HSH changes the lives of local families.

My daughter, Leanne, is 12 years old. She has a radiant smile and loves being around others. At 3-months old, Leanne was diagnosed with Hirschsprung's Disease which required surgery, during surgery she flatlined which resulted in brain injury, and she was subsequently diagnosed with Cerebral Palsy. As a result, Leanne is quadriplegic and requires fulltime, total care.

Our life has been a rollercoaster. In 2014, we moved to Canada from Antigua. When Leanne was born, I had no network of support to help with her special needs. It was just us.

There's nothing I wouldn't do for my daughter, but the challenges in our daily life seemed insurmountable and we started to slip further and further through the social safety net cracks.

For her entire life, I've carried Leanne up and down the stairs to our basement apartment — even as she aged to a tween. There was no other option. This was our reality.

In 2020 at the beginning of COVID, Leanne and I were accepted into Home Suite Hope and our lives began to change. They helped us find accessible housing, allowed Leanne and I to have separate rooms for the first time ever, and secured the proper lifts to transport Leanne into and out of bed and the shower.

My dream is to provide for my family by finding a full-time IT job. Through HSH, I'm now taking a Computer Systems Technician – Software Engineering program at Sheridan College. Soon, full-time employment will be within my grasp.

HSH, despite the complexity of our needs, is giving Leanne and I a real chance in life.

Housing and transportation costs strain everyone, but you can imagine the additional burden for parents like myself when everything must be fully accessible. HSH is determined to help us secure a better future. Case and point: while funding is available to retrofit a vehicle to make it accessible, I must first have the vehicle. So, HSH is helping me save towards a used pre-converted van.

LIVES PERMANENTLY CHANGED FOR THE BETTER.



YES, I PLEDGE TO PERMANENTLY CHANGE LIVES FOR THE BETTER TODAY!

HOME SUITE  
HOPE

Here is my one time gift of:  \$50  \$100  \$500  \$1000  Other \$ \_\_\_\_\_

An example of what your one time gift can provide:

**\$50:** A household utilities top up

**\$100:** Transportation expense for a monthly youth pass on a presto card

**\$500:** A month worth of groceries and baby essentials

**\$1000:** Help to subsidize rent costs for new families moving into new households

I am enclosing a cheque made out to Home Suite Hope

I prefer to use my:  VISA

Card # \_\_\_\_\_ Expiry Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Cardholder's Name \_\_\_\_\_ Signature \_\_\_\_\_

Mobile/Phone # \_\_\_\_\_ Date Signed \_\_\_\_\_

Address: \_\_\_\_\_

# UP NEXT

*Hope 4 Holidays*

Connecting Home Suite Hope's single parents and their children with the community, through the spirit of giving.

- 1 Sponsor a Family**  
Support a family by purchasing and donating items on their wish lists - view the lists at [www.homesuitehope.org](http://www.homesuitehope.org)
- 2 Household & General Donations**  
Donate much-needed household and general items such as household cleaning products and personal hygiene products, which can be dropped off at our office.
- 3 Gift Cards**  
Please consider donating funds for our most-used gift cards for gas, groceries or Walmart. Drop off at our office or donate through [CanadaHelps](http://CanadaHelps)

For more information, please contact Angela at [angelab@homesuitehope.org](mailto:angelab@homesuitehope.org)

## HOPE 4 HOLIDAYS LAUNCHED

**H**ome Suite Hope's annual holiday campaign has launched. Please consider sponsoring a family's Wish List or making donations of gift cards or household cleaners and personal hygiene items as we work to pull together holiday gift packages for our single-parent participants and their children for the holiday season.

**For information, contact [angelab@homesuitehope.org](mailto:angelab@homesuitehope.org).**

# DONORS



## AT THE GTAA CHARITABLE FOUNDATION GALA

**H**ome Suite Hope's Director of Development Krystal Valencia attended the **Greater Toronto Apartment Association (GTAA) Charitable Foundation Gala** Oct. 26 at Parkview Manor in North York.

Krystal was there with **Kathleen**, HSH's upcoming Homeward Bound Halton participant, who will be gaining her post-secondary education in property management and Kathleen's mentor **Kellie Speakman**. The GTAA Charitable Foundation is a past supporter of HSH and has provided \$15,000 to support our participants studying property management. Also at the gala was **Quintin Maida** of HSH supporter **Valet Marketing**.

# HSH BOARD NEWS

## CONSIDER JOINING OUR VOLUNTEER BOARD



*Illustration by Angel Castro*

**H**ome Suite Hope is always looking to welcome diverse leaders from across Halton to join our **Board of Directors**.

HSH is a non-profit organization that supports low-income, single-parent families in Halton.

Our programming aims to unite a network of vital wraparound supports for families as they journey from poverty and homelessness or precarious housing to stability, permanently changing lives for the better.

Are you an experienced accountant (CGA, CMA), networker willing to leverage connections and resources for the benefit of the community,

marketing and communications professional, strategic organizer or succession planner? Ideal candidates have a variety of skills and expertise to help set strategic direction; monitor finances; provide governance oversight and have proven interpersonal skills.

Professional and lived experience are equally valuable to us.

We are looking for engaged and dynamic members wanting to act in the best interest of Home Suite Hope and our inspiring participants. Home Suite Hope is transforming the patterns of poverty – to a legacy of empowered prosperity.

If you are passionate about making a real difference in people's lives, or know someone who may be the perfect fit please contact us for more information or to fill out an application at [info@homesuitehope.org](mailto:info@homesuitehope.org).

We can send you an application or you can find one on our website at [www.homesuitehope.org](http://www.homesuitehope.org).

# STAFF NEWS

## THANK YOU TO EVERYONE WHO DUG IN AT BLUEBERRY FIELDS IN 2022

**W**ith the holidays fast approaching, we begrudgingly admit our community garden, **Blueberry Fields**, will take a rest for the winter.

But not without celebrating a wonderful season!

After activities were scaled back, hampered by the pandemic and limitations on volunteer numbers over the last few years, this summer saw the garden, nestled behind the **Upper Oakville Shopping Centre**, a hub of activity once again.

Recently, the Home Suite Hope team was on-site to help with the annual close-down chores. The evidence of a busy season was all around. Straggler potatoes and carrots were unearthed as beds were tilled and raked for the winter, and garden **Manager Ken Stockstill** was still getting every bit out of the garden as he had the HSH team planting garlic for a quick turnaround harvest.



Ken is with the Upper Oakville Shopping Centre. The garden, nestled just behind that mall, was founded by Ken, who manages it in addition to his role at the shopping centre as a labour of love. He is assisted by **Ruth Borst**, a retired librarian and long-time Halton resident, who manages the volunteers who work the garden all season – in conjunction with **Kim Hutchison** from the mall. The garden's harvest is distributed to those in need – including single families in Home Suite Hope's (HSH) program, and the general community – through **Kerr Street Mission (KSM)**.

The 5,000 sq. ft. garden, has 2,000 sq. ft. of growing space in nearly two dozen planter beds – and successfully turns out a bounty of potatoes, cabbage, zucchini, lettuce, beans, rhubarb, green onions and more. It also grows items like kale, tomatoes, herbs and berries. Ken said seeds are sown according to the concept that whatever can go into a stew, can go into the garden. There are carrots, peppers, onions, zucchini, cucumbers, cabbages, even butternut squash.

# COMMUNITY SUPPORT



The HSH staff team was at the garden recently to pitch in – just as local neighbours and corporate volunteer groups, who want to give back to the community, do all season long.

Volunteer teams from **Sagen** (formerly Genworth Canada) and **Ian Martin Group** have been pitching in to grow yields far above expectations for years. They were back again this season – in their corporate T-shirts and with music to entertain them while they worked.

It is these volunteer efforts, supervised by Ruth and Ken, which make the garden a success story and make recipes come to life on local dinner tables.

Home Suite Hope would be remiss if it did not, at the end of yet another successful growing season, extend heartfelt thanks to Ken, Ruth and the many volunteers, individual and corporate, who help our garden grow. **Thank you for all that you do!**



Sheridan



SAGEN™

*CHANGING THE PATTERNS OF POVERTY TO A LEGACY OF PROSPERITY*