

## MAY 2022

### Asian Heritage Month

May 1 – May Day/  
International Worker’s Day  
May 2 – Eid al Fitr (sunset to  
May 4) (Islam)  
May 5 – National Day of  
Awareness for Missing and  
Murdered Indigenous Women  
and Girls (Red Dress Day)  
May 8 – Mother’s Day;  
Visakha Puja – Buddha Day  
(Buddhism);  
May 17 – International  
Day Against Homophobia,  
Transphobia and Biphobia  
(IDAHO) (Fondation  
Émergence)  
May 21 – World Day for  
Cultural Diversity for  
Dialogue and Development  
(UN)  
May 23 – Declaration of the  
Bab (Baha’i)  
Victoria Day  
May 29 – Ascension of  
Baha’u’llah\* (Baha’i)

## EID MUBARAK!

To all those celebrating Eid al-Fitr 2022, which begins the evening of Monday, May 2 and ends the evening of Tuesday, May 3. Eid marks the end of Ramadan, the Muslim holy month of fasting.



Home Suite Hope is celebrating Eid and Mother’s Day (Sunday, May 8) by delivering gifts to the moms of our single-parent families. HSH thanks The Purse Project Network and the Halton Shoebox Project for their support in helping HSH deliver gifts to our moms to celebrate. See inside for more.

## CONGRATULATIONS LEAH & DAN!



Everyone at Home Suite Hope sends their congratulations and best wishes to HSH Case Manager **Leah Burton**.

Leah Burton married her finance **Dan Saliba** Thursday, April 28.

Leah will now be known as Leah Burton-Saliba.

Congratulations Leah and Dan. All the best to you both as you begin your journey as a married couple!

# CELEBRATING EID

**E**id begins the evening of Monday, May 2 and ends the evening of Tuesday, May 3. Eid marks the end of Ramadan, the Muslim holy month of fasting.

Eid al-Fitr (also referred to as Eid-ul-Fitar) is actually the second Eid celebration and follows Ramadan, during which Muslims fast for 29-30 days, and then celebrate Eid with family and friends by preparing meals and giving and receiving gifts, according to HSH participant **Tayyaba**. "We celebrate two Eid. The first celebration, Ed-ul-adha is after a sacrifice and Eid prayers for the sake of Allah (God) and for less fortunate people, explained Tayyaba.

"The word 'Eid' means 'feast' or 'festival.' Eid Al Fitr is a religious holiday that marks the end of Ramadan, the Muslim holy month of fasting. Fasting is considered an act of worship during this month and a chance for Muslims to be more compassionate to the needy, practice patience and get closer to the Almighty," said HSH participant **Syeda**.

HSH thanks The Purse Project Network and the Halton Shoebox Project led by Stacey Sinclair for their support in helping HSH deliver gifts to our moms to celebrate. Eid Mubarak!



**Halton Shoebox Project led by Stacey Sinclair with EID gifts donated for HSH moms.**

# CELEBRATING MOTHER'S DAY

**Mother's Day Bouquets**

**\$107, \$159, \$211**

Standard, Deluxe and Premium Bouquets available!

Every time a Charity Blooms arrangement is sold by Ann's Flower Boutique, they will donate an equally beautiful arrangement to a mother in Home Suite Hope's programming.

HOME SUITE HOPE ANNSFLOWERBOUTIQUE.NET

**A**nn's Flower Boutique is teaming up with Home Suite Hope this Mother's Day (Sunday, May 8) - repeating a collaboration introduced for Valentine's Day this year!

For every Charity Blooms arrangement the Oakville-based **Ann's Flower Boutique - Wedding & Event Florist** sells, the local florist will donate an equally beautiful arrangement to one of the mothers in our programming. Thank you! Happy Mother's Day!

Check out what's available at [https://myfsn.flowershopnetwork.com/Add\\_Edit\\_Product.php?cartId=38879825&sessionId=6260347697937&productSeq=51158537&new=true&url\\_promo=&order\\_src=&page\\_id=917&shop\\_id=6476489726](https://myfsn.flowershopnetwork.com/Add_Edit_Product.php?cartId=38879825&sessionId=6260347697937&productSeq=51158537&new=true&url_promo=&order_src=&page_id=917&shop_id=6476489726)

# NEWS FROM THE HSH BOARD

## WELCOME KEVIN FARRELL

**H**ome Suite Hope is pleased to welcome **Kevin Farrell** to its Board.

Kevin began serving on the Finance Committee in 2021 and has now joined the Board as a Director.

Kevin is an experienced chartered accountant and an accomplished finance leader with extensive multinational experience in the mining, engineering, and not-for-profit sectors. He has a big four background in audit and advisory with a strong technical accounting expertise.



Kevin has lived in Oakville since 2010 and recently retired. He is married with three adult children... his daughter attended Oakville Trafalgar High School after the family moved to Oakville. Kevin and his wife are active members of St. Jude's Anglican Church and are members of the church's Outreach Committee. They often cook at Kerr Street Mission and help in the distribution of food to seniors and those in need. Obviously, this outreach increased during the COVID-19 pandemic. Kevin is St. Jude's Representative for the Neighbour Care Network (NCN) run by Kerr Street Mission. NCN volunteers walk with those in distress to help them identify and access available resources to achieve a more stable and sustainable future.

An NCN participant that Kevin assisted was also a Home Suite Hope client and through that contact, Kevin grew to understand the importance of Home Suite Hope's work in our community. Kevin is also a CRA volunteer who completes tax returns for low-income people and families.

Congratulations Kevin!

## THANK YOU SASHA

**H**ome Suite Hope extends a thank-you to **Sasha Gay Hanson** for her participation on its Board in 2021.

Sasha is a graduate of Home Suite Hope's Homeward Bound Halton program who wanted to give back to HSH and so joined the board as the first program graduate ever to do so.

We thank her for investing her time to participate on our Board of Directors as we grow to better serve our community and participants. Thank you, Sasha!





# UPDATE: CABIN RETREAT



## CAN YOU HELP?

**H**ome Suite Hope is offering its single-parent families a Cabin Retreat Experience in June to be hosted by Penbrook Resort situated on beautiful Deer Lake in Emsdale, Ontario.

HSH is grateful to **Penbrook Resort** (@penbrookresort) owners **Bill and Debbie McAlpine** - the parents of HSH's **Sarah Gillen's** fiancé **Taylor McAlpine**.

Planning has started, cabins assigned, menus and To Do-lists arranged. Thanks to **Navia Sharma's** donation of \$1,000 and \$600 more from the **Lions Club of Oakville**, we have raised enough to cover transportation of our families to the getaway weekend.

We are still seeking \$1,600 to cover the return trip home. For information about sponsoring families for transportation to the retreat, contact [katelynz@homesuitehope.org](mailto:katelynz@homesuitehope.org).

## A SPECIAL REQUEST

### ACCESSIBLE TRANSPORTATION NEEDED

We have a single mom whose quadriplegic daughter uses a wheelchair and though the family hopes to take part in the Cabin Retreat, they need accessible transportation to get there and back.

If anyone can help us meet this need, please contact [katelynz@homesuitehope.org](mailto:katelynz@homesuitehope.org).



# A NEW PARTNERSHIP

## HSH'S LIFE SKILLS IS TEAMING UP WITH CAA

Home Suite Hope is celebrating a new partnership with **CAA** (SouthCentral Ontario).

Throughout the month of May, which is Car Care Month for the CAA, we will be sharing CAA's May's Car Care Month videos with our single-parent participants - and on our social media.

Later in the season, CAA will be facilitating a live life skills workshop for our single parents in late August.

We look forward to working with CAA and our single parents! Safe motoring!



# APPRECIATION REPORT

## RECOGNIZING VOLUNTEERS, DONORS & SUPPORTERS

HSH released its annual **Appreciation Report** for 2021 at the start of National Volunteer Week (April 24-30). HSH Executive Director Sara Cumming and Director of Development Krystal Valencia penned letters of recognition to many of those who supported HSH last year.

If you missed the report, check it out <https://homesuitehope.org/wp-content/uploads/2022/04/APPRECIATION-2021-UPDATED-AFT.pdf>

HOME SUITE HOPE YOUR IMPACT 2021



**HOMELESSNESS TO STABILITY**

The journey of Home Suite Hope single-parent families

THANK YOU for your support to help us end the cycle of generational poverty in our community!

# STAFF ACCOMPLISHMENTS



## EXECUTIVE DIRECTOR SARA CUMMING IN CLASS

**HSH Executive Director Sara Cumming** is never far from the classroom – whether that’s as a professor at Sheridan College or as a learner. Sara earned a series of certificates in CCDI Consulting’s Open Enrollment Foundations in the D&I Certificate Program.

This course focuses on topics including diversity and inclusion fundamentals, respect in the workplace and responding to microaggressions and unconscious bias.

## KRYSTAL VALENCIA ON THE HOUSING PROJECT

The team at Home Suite Hope congratulates **HSH Development Director Krystal Valencia** on her recent certificate from Harvard Business School Online. Krystal earned her program certificate in Design Thinking and Innovation.

This certificate program provides fundamental design thinking principles and innovative problem-solving tools to address business challenges and build products, strategies, teams and environments for optimal use and performance. Congratulations, Krystal!



## KATELYN WINS AN IGNITE SCHOLARSHIP



**HSH Development Assistant Katelyn Zaoral** on her win of a \$2,000 IGNITE Glow Scholarship. The scholarship was created in 2021-22 with the goal to Give Learners Opportunities to Work. It annually recognizes 13 students - one from each Academic Faculty at Humber College and Program at the University of Guelph-Humber - that participate in work-integrated learning opportunities (co-op, internships, etc.) which contribute to community development and outreach.

Recipient selection criteria includes their commitment to being a community game-changer through their work-integrated learning opportunity.

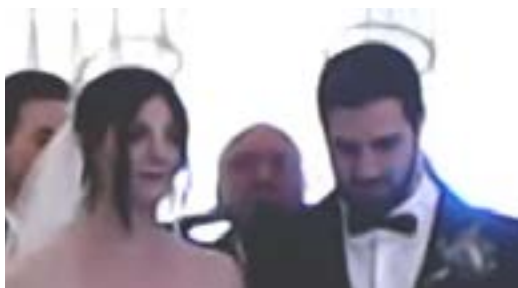


# STAFF NEWS: LEAH'S WEDDING

## CONGRATULATIONS LEAH & DAN

HSH Case Manager Leah Burton married her fiance Dan Saliba on Thursday, April 28.

**Congratulations Mr. & Mrs. Saliba!**



# HSH HOUSING PROJECT

**H**ome Suite Hope is among 29 applicants across Canada chosen to participate in the **CMHC (Canada Mortgage and Housing Corporation)-led Housing Supply Challenge**.

The Challenge aims to reduce barriers to housing supply and affordability so by 2030 everyone in Canada has a home that meets their needs and that they can afford. Halton is home to the most expensive housing in Ontario.



HSH graduates despite earning approximately \$50,000 starting salaries still struggle financially when faced with an average \$2,200 monthly rental rate for a two-bedroom unit in Halton – if they can find a suitable unit.

HSH is consulting with single-parent families to bring their voice to the table on what design and cost represents effective affordable housing for them and is collaborating with private, public and non-profit partners, to bring to life an affordable housing prototype in Halton and beyond.

HSH Director of Development recently updated the project status. To learn more check out HSH Affordable Housing Video [https://www.youtube.com/watch?v=-DV7fSjefwc&ab\\_channel=HomeSuiteHope](https://www.youtube.com/watch?v=-DV7fSjefwc&ab_channel=HomeSuiteHope)

Read Krystal's updates on our blog

<https://homesuitehope.org/2022/04/15/hsh-update-on-its-housing-supply-challenge-efforts/>

<https://homesuitehope.org/2022/04/29/hsh-update-on-housing-supply-challenge-part-ii/>

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## JUNE AGM UPDATE

**H**ome Suite Hope has begun planning for the **Annual General Meeting** that will be held this June 2022. In our newsletter last month, we asked via a survey if people preferred the meeting online or in-person. Based on feedback and with COVID-19 cases still having an impact, the decision has been made to hold the AGM virtually. Stay tuned for the date!



# GET INVOLVED WITH HSH

## TAKE IN A CONCERT

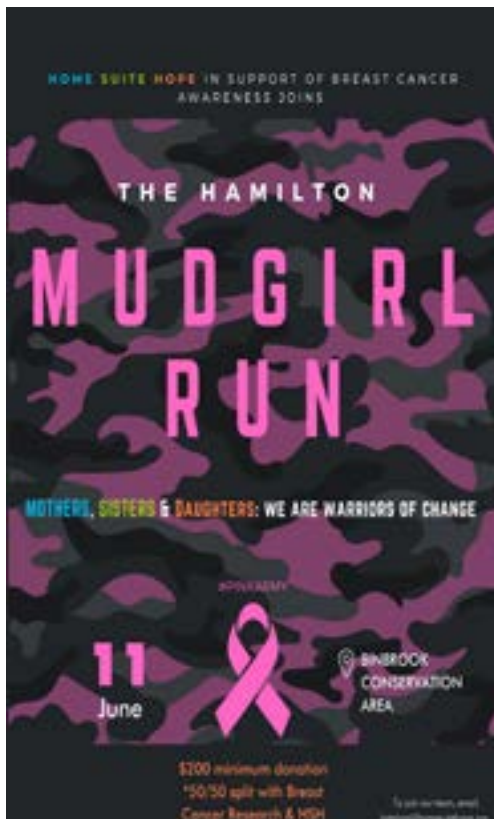
The **Burlington Welsh Male Chorus** will be raising funds for Flight for Hope/Home Suite Hope with a concert to be held May 4 at 7:30 p.m. at the Oakville Performing Arts Centre. "Bringing the sound of Wales to Oakville." It's their first concert in two years!

Tickets are available at <https://www.oakvillecentre.ca>

The Burlington Welsh Male Chorus (BWMC) was founded in June 2001 by Lyn Harry. The BWMC sing, in keeping with the tradition of Welsh four-part Male Chorus, and performs Welsh folk songs and hymns, to opera choruses, spirituals and musical numbers. <https://burlingtonwelsh.com>



# JOIN OUR MUDGIRL TEAM



Step up to the challenge by joining Home Suite Hope's **MUDGIRL Run** team in 2022. Get ready for an all-inclusive, 5km (about 3 miles) race, consisting of 17-plus obstacles to overcome. The course is committed to testing your strength, endurance and above all, your spirit.

There is no timing and no obligation to complete all the obstacles. You are competing for the sole purpose of having fun and having a great experience, regardless of your athletic ability.

**MUDGIRL Hamilton** is Saturday, June 11, 2022. MUDGIRL Village Opens at 7:45 a.m. with waves of competition beginning at 8:30 a.m. and taking off every 15 minutes until 1 p.m. The Challenge takes place at 3120 Binbrook Rd., Binbrook, Ontario with parking at the Binbrook Agricultural Society.

For more info, visit <https://register-en.mudgirlrun.ca/event/mudgirl-hamilton-sun>.

You can also contact HSH at [info@homesuitehope.org](mailto:info@homesuitehope.org) or [katelynz@homesuitehope.org](mailto:katelynz@homesuitehope.org).

# DONATIONS WELCOMED

## THANK YOU:

**Navia Sharma** for donating \$1,000 to the transportation costs of our June Cabin Retreat for our single-parent families.

The **Lions Club of Oakville** for its \$600 donation toward the transportation costs.

**Sodexo Canada's** gender equality employee resource group, **SoTogether**, who collected 102 bars of Dove Soap (received as a donation from Unilever), 30 tubes of Colgate toothpaste and 30 toothbrushes to benefit Home Suite Hope single-parent families.

**The Purse Project Network** and **Gayla Matos & Jill MacKellar** and **Halton Shoebox Project** and **Stacey Sinclair** for donating to our Eid and Mother's Day campaigns. Thanks to The Purse Project Network increasing inclusion by including in the purses hair care products catering to our BIPOC families!

**Emma Jarratt** for the donation of a microwave, Shark portable vacuum, a child's desk chair, stroller and a trio of baby gates.



**Kinda Jazeh** for donating an office chair for use by one of our families.

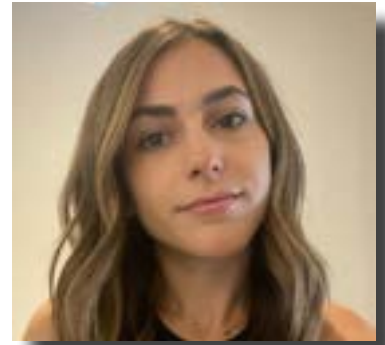


# FAREWELL TO OUR STUDENT INTERNS

## CASSANDRA LEGGIERI

The Home Suite Hope team wishes Cassandra, who was completing the final year of the Social Service Worker Diploma program at **Sheridan College** and was working with HSH since last fall, all the very best going forward!

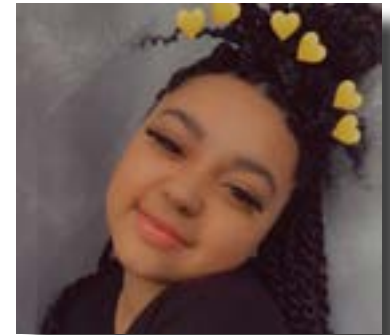
Thanks for all your work, Cassandra!



## KAYELA HOLMES

Everyone at HSH sends good wishes to Kayela, who was completing her second year of the Social Service Worker Diploma program at **Sheridan College** as she interned with HSH since last fall.

Everyone wishes Kayela all the best in the future! Thanks Kayela for all your work!



## JOSEPH CHOI

Home Suite Hope Case Manager Leah and the HSH team wish **York University** Bachelor of Social Work student **Joseph Choi** all the best. Joe interned this year with HSH as part of his fourth year in the BSW program. Joe previously attended Sheridan College in the Child and Youth Worker program and has work experience in that capacity in a treatment home for youths ages 12-17, who have complex mental health challenges. He also has work experience in custody and secure treatment settings.



## RUTH SAMUEL

The HSH team wishes student intern **Ruth Samuel** all the best as she has finished her internship placement at HSH. Ruth was completing the final year of the BSW program at **Toronto Metropolitan University**. Ruth is a graduate of the **Centennial College** Social Service Worker program and also works as a shelter supervisor providing services to individuals who are experiencing homelessness. She also has experience working with individuals who are deaf/hard of hearing and individuals with developmental/challenging behaviours. The HSH team sends all their best to Ruth!





# DO YOU WANT TO HELP?

## LOTS OF OPPORTUNITIES

### **Blueberry Fields Community Garden (Seasonal) - May through October**

Volunteers work in the community garden doing weeding, planting, harvesting, etc. spring through September.

### **Empty Bowls Annual Fundraiser – mid-to-late October**

Volunteers help packing soup kits prior to delivery and/or help in delivering soups according to predetermined routes.

### **Hope4Holidays Annual Holiday Fundraiser – late November to mid-December**

Volunteer groups could sponsor a family by purchasing gifts for family members as outlined on a wish list from the family or help with gift wrapping gifts prior to delivery.

**CALLING FOR VOLUNTEERS**

**BLUEBERRY FIELDS GARDEN**  
May - September

- Prepare Garden
- Plant Garden
- Maintenance of garden in growth season (weeding, etc.)
- Harvest
- Garden Prep for Winter

**EMPTY BOWLS 2022**  
Mid-to-late October

- Soup Delivery
- Event Set-up/Takedown
- Service at Event

**HOPE 4 HOLIDAYS**  
Late November - mid-December

- Gift Wrapping

For more information on volunteering, please contact:  
[volunteers@homesuitehope.org](mailto:volunteers@homesuitehope.org)

**HOME SUITE HOPE**

### **Calls to Action**

Groups can assist with specific calls to action, as needed, to meet needs that arise ie. Collection of toiletries, cleaning supplies, gift cards.

### **Life Skills Facilitators**

We welcome experienced individuals to create a pre-recorded video workshop for a range of essential life skills, including food literacy, financial literacy, household chores, parenting, and more!

### **Professional Development Day Facilitators**

We welcome experienced individuals to develop a pre-recorded video or facilitate a live half-day workshop on professional development topics such as LinkedIn/Social Media platforms when job searching; how to ask for a salary and negotiate job offers/positions; how to prepare an elevator pitch; how to read your pay stub; understanding corporate benefit packages, and more!

For more on volunteering, contact [volunteers@homesuitehope.org](mailto:volunteers@homesuitehope.org).

# COMMUNITY RESOURCES

## HMC CONNECTIONS

**HMC Connections** was founded in 1978 by volunteers from local cultural groups, who wanted to create a welcoming community for newcomers and refugees.

It began working under the Oakville Social Planning Council, incorporated in June 1980 as the Oakville Multicultural Council and in 1998 became known as the Halton Multicultural Council as it was serving all of Halton. It is now known as HMC Connections and has offices across Halton.



HMC Connections helps newcomers settle and integrate into a welcoming and inclusive community. Its vision is 'One Community for All' and its mandate is to enable all individuals, regardless of race or ethnic origin, to participate as full and active members of the community while fostering mutual respect and understanding.

HMC Connections provides services and programs to facilitate and assist the settlement and integration of immigrants and refugees to the community. It develops community education programs to increase the general awareness of the needs of immigrants and refugees and to facilitate cross-cultural communication and understanding. It creates and provides opportunities for members of various ethno-cultural groups/organizations to discuss common interests and to develop cooperative undertaking and encourages and promotes dialogue and co-operation between members and representatives of service organizations and public officials. HMC Connections encourages and facilitates development of support groups and community organizations for immigrants and refugees when possible and required. It provides cultural activities and special events designed to foster the representation of cultural heritage and to improve and develop intercultural understanding.

Often, HMC Connections refers people to Home Suite Hope and HSH single-parent families can reach out to HMC Connections for support and information. For more on HMC Connections, visit <https://hmconnections.com/>



Sheridan



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