



Tenants at Hambleton Hall (Simcoe) enjoy fresh cabbage rolls. Chris, who has lived there since 2016, decided that he would like to make his "famous" cabbage rolls for his fellow tenants and the staff as one of their monthly hot lunches. According to Apartment Support Staff Amanda Post, "During Covid, people were craving some way to unite us all, and a couple of tenants came to us with an idea—they wanted to prepare a meal for everyone and serve it. What unites people better than food?"

Everyone belongs at the table

Across Indwell buildings and regions, our food programs—like our varying supports—are not one-size-fits-all. Some of the people whom we support thrive from having three meals a day provided by staff, like at our Wentworth Program in Hamilton, while others do their own cooking, and might access local food banks with help from staff. From "spice clubs" to community gardens to baking groups, across Indwell we find one thing in common: food brings people together.

Parkdale Landing/Strathearne Suites (Hamilton):

The opening of Parkdale Landing in 2018 was also the launch of Indwell's largest commercial kitchen—with enough space to feed 80+ tenants from Parkdale Landing and its sister building, Strathearne Suites, at one daily communal dinner. Meals held in the spacious dining hall facilitated time for staff and tenants to connect with one another over a hot homestyle meal. It's amazing what you can find to talk about when you're not focused on talking!

As with all of our programs, COVID changed things, and within a few days of the initial lockdown in March 2020, we were delivering food door-to-door in take-away containers. The daily meal became one way for staff to check in on people who might be isolated.

According to Josh Stoffelsen, food security staff at Parkdale Landing,

I came from fine dining and other restaurants with big food budgets. I've cooked for celebrities and never really cared much. Indwell turned that around—food security is such a big deal in today's world, and Indwell sees that. We are honoured to try and help bridge that gap.

I started a soup program. All the veggies from kitchen leftovers get put into a soup which is handed out three times a week. We're dedicated to giving our tenants in the east end the best service, food, and smells possible.

Staff and tenants alike are looking forward to gathering together over meals in person again soon!



Tenant Anne and volunteer Bert prune tomatoes at Hambleton Hall's raised garden beds. Eising Greenhouses supplies the plants and volunteers from Church Out Serving help out with gardening tips while they tend neighbouring raised beds.

Community Cookbook

RECIPES FROM THE
HEART OF WOODFIELD
GATE



The cover of “Community Cookbook: Recipes from the Heart of Woodfield Gate,” a project started by food program facilitator Keisha Joseph, with recipes from staff and tenants in London. To see a tenant’s favorite recipe, open camera app and scan QR code:



Woodfield Gate (London):

Woodfield Gate in London has been through a wild ride over the past three years. When it opened in 2019, the plan was to serve one communal meal per day (which started in a truly grassroots way—out of an apartment kitchen!), but in under a year, the world—and our programs—were grappling with COVID. The food was delivered door-to-door while staff strove to find ways to continue fostering community. Louise Flemington, household administrator at Woodfield Gate, recalls,

The first program I ran—the Woodfield Gate Spice Class—has made it through the pandemic with relationships bringing the flavour. Bags of ingredients were delivered door-to-door, and we ran our spice program via Zoom. We will meet again face-to-face soon for a Mexican themed blend and some conversation with a spicy snack.

People can also attend Nutrition Hour where Keisha Joseph, food program facilitator, provides price match sheets for groceries that a tenant can take with them to a “price match” store. With their vegetable garden in the courtyard, Woodfield Gate tenants also have seasonal access to fresh produce.

Hambleton Hall (Simcoe):

While Hambleton Hall doesn’t offer a daily meal, there are ample opportunities to gather around food. According to Debra Vandermeer (program launch supervisor for Dogwood Suites, opening shortly), it’s the tenants at Hambleton Hall who are instrumental in creating community around food:

We have various tenants who are natural leaders and offer to take new tenants to the local food programs, and many skilled chefs in the building who love to cook for everyone, especially when they couldn’t volunteer in their usual places during COVID. These were some of the most well attended events in the history of Hambleton Hall!

Holistic care brings health and wellness

By Kylie Tindall and Jessica Van de Hoef, registered nurses at Indwell

Indwell nurses span regions across southern Ontario, providing a variety of supports in each community while working together cross-regionally. A day in the life of an Indwell nurse might include basic wound care, coordinating medications, providing diet information for a tenant with diabetes, talking a tenant through their mental health struggles, and helping people access community supports. Our roles go far beyond the walls of our buildings. Being part of a bigger community is what makes nursing at Indwell so fulfilling.

Joining forces with community partners provides holistic care that meets the needs of tenants with complex health challenges that may not otherwise be addressed. For example, our tenants may access health education from a hospital social worker, sexual health clinics from Public Health, and a primary care clinic from a local health network that reaches the most vulnerable, such as Steve (see next paragraph).

Steve has recently been in contact with Indwell’s nurses requesting assistance to gain admission to a 90-day drug rehabilitation facility. Working with housing supports, nursing, and the Shelter Health Network clinic allowed Steve medical clearance, communication tools, advocacy, and transportation to a program in an entirely different city. With wraparound support, Steve is able to manage his addiction. He never hesitates to share his gratitude and appreciation for the whole Indwell community.

What’s the best part of nursing at Indwell? The freedom to be creative and autonomous while working together to find a solution for someone who has struggled to find healing for years. The relationships we build show us we are part of something bigger than ourselves and allows us to feel a great sense of purpose.

Indwell's first Mississauga building is open

We welcomed the first of 68 people into their new homes at Lakeshore Lofts in February and more people have been moving in since then. We are also so thankful to welcome The Compass into their shiny new home in the commercial space on the first floor, and we're all looking forward to a close partnership that benefits both Indwell tenants and the neighbourhood.



Staff and tenants can gather in the West Hall community space.

Pictured: Sarah, housing support staff; Dennis, a tenant from the original Streetsville retirement home—soon to be developed as an Indwell project, and Ilhaam, housing support staff.



Indwell hands over keys to The Compass Food Bank & Outreach Centre, the new commercial tenant at Lakeshore Lofts in Mississauga.

Pictured: Pat Cullen, board member for The Compass; Trish Trapani, Market Manager for The Compass; John Nyholt, board member for both Indwell and The Compass; Mike Stevenson, Indwell's Commercial Leasing Coordinator and Hans Stief, Indwell's Facilities Operations Manager.

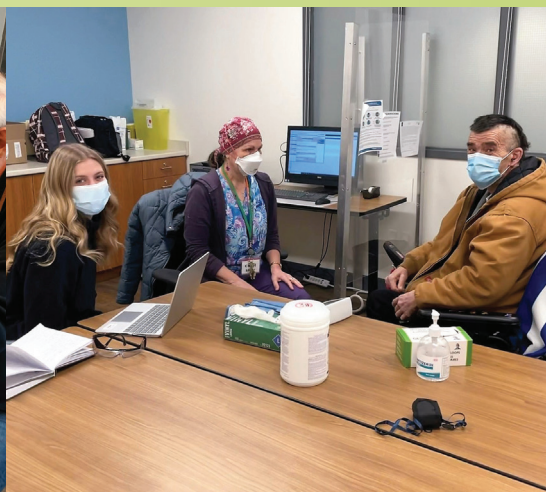


New cladding on the sides of Lakeshore Lofts evokes imagery of nearby Lake Ontario.

“With wraparound support, Steve is able to manage his addiction.”



Jessica Van de Hoef, registered nurse, discusses smoking cessation options with Ian at Hambleton Hall (Simcoe).



Felicia Wilding, registered nurse, liaises with Dr. Cheryl Allaby and tenant Marvin at the Shelter Health Network clinic at Parkdale Landing (Hamilton).



Kylie Tindall, registered nurse, chats with Jackie the pharmacist at Pharmasave, located in Parkdale Landing (Hamilton). Having a pharmacy onsite is convenient and helpful for tenants who need frequent access to important medications.

Appreciation from St. Thomas Police

With the opening of 15 units at Railway City Lofts in the fall of 2021, supportive and affordable housing is creating noticeable changes in the City of St. Thomas:

Thanks to a recent partnership between Indwell and the City of St. Thomas, we have already experienced an 80%+ reduction in police occurrences in the downtown core. Bringing together community and partners like Indwell is vital in providing the appropriate resources to ensure citizens facing societal vulnerabilities have the supports they deserve.

A significant number of our calls for service are mental health and addictions related, and obviously housing, along with wraparound services, play a crucial part of that role. Housing and support programs, not handcuffs or incarceration, is the humane way to successfully address the social challenges we are facing. I definitely look forward to Indwell continuing to enhance their presence in our community.

**CHIEF CHRIS HERRIDGE
ST. THOMAS POLICE SERVICE**



Hope and Homes Banquet, Hamilton, 2019. It's been three years and we're so excited to eat, drink and celebrate hope and homes in person again!

Upcoming Events:

Hamilton Hope & Homes Banquet:
Thursday, June 9
Liuna Station, Hamilton



*For more information,
open camera app and
scan QR code or visit
indwell.ca/events*

London Hope & Homes Social:
Wednesday, June 15
The Factory, London

Stay tuned for more details about:
Dogwood Suites grand opening (Simcoe)
McQuesten Lofts outdoor social (Hamilton)

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