



## STORIES OF HOPE STORIES OF HOME

Summer is the perfect time to reflect and catch up. We often get very excited about new projects and buildings, like Harvey Woods Lofts pictured here. However, Indwell exists not for buildings, but for people. We want to share some of their stories – stories of hope and stories of home. Some pieces are written by tenants themselves, others were shared with members of our team. Some stories are expressed through works of art.

As you read and contemplate, I ask you to take a moment to pray for our tenants, volunteers and staff members. And when you reach the end of this newsletter, consider your involvement with Indwell: Will you remember us more regularly in your prayers? Can you become a monthly donor? Could you increase your donation? Will you volunteer?

If you do away with the yoke of oppression,  
with the pointing finger and malicious talk,  
and if you spend yourselves in behalf of the hungry  
and satisfy the needs of the oppressed,  
then your light will rise in the darkness,  
and your night will become like the noonday.  
The LORD will guide you always;  
he will satisfy your needs in a sun-scorched land  
and will strengthen your frame.  
You will be like a well-watered garden,  
like a spring whose waters never fail.  
(Isaiah 58:9–11, NIV)

Jeffrey Neven  
Executive Director



### PROJECT UPDATES

#### 54 of 80

Apartments completed and occupied  
at Harvey Woods Lofts, Woodstock.  
26 remaining to be completed in 2017

#### 39

Renovated units to be completed in Fall 2015  
at Strathearne Suites, Hamilton

#### 47

Units to be completed by end of 2015  
at Rudy Hulst Commons, Hamilton

#### 40

Units to be completed in Fall 2016  
at Hambleton Hall, Simcoe, following  
reconstruction beginning Fall 2015

Visit [Indwell.ca/projects](http://Indwell.ca/projects) to see progress pictures.

*Images above:*

*Community members tour Harvey Woods Lofts on June 5, 2015  
Apartment image by George Qua-Enoo.*



## My Success Story

By Kim Vleuten

Before I came to live at Indwell I went through a lot of things. I was in three different abusive relationships – one right after another. I got involved with drinking and drugs. That is how I dealt with life ... it was my way of coping. I didn't know anything else.

When I went to rehab I began to feel better; my head wasn't clouded and I could cope with my problems. But, as years went by, I starting using and drinking again. My life changed when I had two beautiful children. My hope for them is that they can do everything that I couldn't do. I'm proud to say that I've been off drugs and alcohol going on nine years.

I've made good friends at Indwell, friends I know I can go to when I need a hug – or if I just need a shoulder to lean on. The staff make me feel wanted; they understand, and know when I need that extra nudge. They've shown me I'm important and someone to believe in...a belief that until now I've never had.

This is my home. I'm blessed to have staff and residents that I will always have in my heart.

## Home at Last

By Tom Wemyss as told to Caitlin Chevreau, Apartment Supports at the Perkins Centre, and Jessica Brand, Hamilton Apartments Program Manager

Violence was normal where I grew up in Toronto; I never knew there was different way. I carried a gun, and routinely got into fights. The police took pity on me because they knew what my home life was like. I started using drugs before I finished elementary school, and that quickly led to stealing to support my habit. In my 20's, I was able to get a job at a racetrack. I loved working with the horses; they were so gentle. But the drugs caught up with me and I lost everything. That led to years of living with other people, sharing rooms, and never having my own place for very long.

I was staying with a buddy when my brother, who I had not had contact since we were boys, reconnected with me. He was living with Indwell in Hamilton, and suggested that I apply. I moved into my own apartment at the Perkins Centre in September of 2011.

I have loved living here. It hasn't always been easy; I have a lot of health concerns and I've struggled with depression, anger, and drug abuse. With the support of Indwell staff and my neighbours, I've been able to work on these things. I now have a family doctor, receive counselling support, and participate in drug rehab. I'm putting my life back together. Moving to the Perkins Centre is the best thing that's ever happened to me: it's saved my life.



This clay lighthouse was created by Anya G Kater, who lives at Indwell's Caroline Apartments, in an Art Therapy group called *Breaking The Silence Through Clay*, a collaboration of The Barbra Schlifer Commemorative Clinic and the Gardiner Museum of Ceramic Art in Toronto. The group was for women who had experienced violence in their lives and the pieces were created with the purpose of creating a clay exhibition to help educate the public on the effects of violence on women.

Read accompanying poem at [Indwell.ca/tenant-artwork](http://Indwell.ca/tenant-artwork)



Kim V. has called Blossom Park in Woodstock home since 2007

Tom helping to make Saskatoon Berry Jam in the Perkins Centre Community Kitchen, July, 2015

Kim L. speaking at the Hope and Homes Banquet in Hamilton, May 2015

Jo-Anna has volunteered with Indwell since 2013, first at the office in Hamilton, and now in the office at Harvey Woods Lofts

## Journey of Hope

*By Kim Lalonde, Program Manager at the Wentworth Program, Hamilton. Told with permission at Indwell's Hope and Homes Banquet – May 2015*

“This journey of hope is about an individual living in one of the 11 apartments of the Wentworth Program.

He came to us from a rooming house here in Hamilton. Our program was not where he wanted to be, but it was all he could afford. He had baggage, like most of our residents and tenants. While recovering from being hit by a train, through a series of misadventures, he found himself in trouble with the law. With few options left, he came to the Wentworth Program, completing an intake meeting with me.

When we first met, he had little to say; most questions were answered with one word. It was clear he was not comfortable, and wanted to be anywhere but where he was.

After he moved in, he slowly started to open up. One staff member was able to pierce his survival armour by helping him find his voice in poetry. *His voice. His work. His art. His way to stay grounded while his physical wounds continue to heal.* He has just been published in our neighbourhood association's on-line magazine!

He also now works regularly in one of Indwell's other buildings and joins our adjacent group home frequently to share meals and socialize. The same man, who said so little initially, is now an invested member of our community.

Let's not consider this the end of the story and move on. Let's consider this a building block, a cornerstone perhaps. I am thrilled for his progress, and am excited for the possibilities that are opening up around him.”

## Reflections on a Visit

*By Jo-Anna Dueck, volunteer at Harvey Woods Lofts, Woodstock*

This afternoon, visiting a potential tenant  
We climb up a steep flight of rickety stairs  
Walk down a dingy, narrow, long hallway  
Closed apartment doors on the right  
Small, grimy windows on the left  
The stench of drugs and filth everywhere.

One of the doors creaks open as the resident lets us in to a tiny, very dim, sparsely furnished, neatly kept sitting room/ kitchen – with no windows.

This is so far out of my comfort zone, and extremely unsettling and disturbing. Yet the love of Christ compels us to go to the most vulnerable to be His hands, feet and heart.

She pours out her heart for nearly an hour with her unbelievable story. In her 45+ years, this woman has experienced much of the worst that life can bring. While she is currently motivated to change and grow (and wow, is she self-aware and so insightful!), in her worst days all she can do is stay in bed trying to fight her addictions and horrible memories.

Yet, she now has a ray of hope, as she has learned that she is accepted as a tenant for the new, very bright Harvey Woods Lofts. One of 54 precious people who can begin a new life with support in a safe community with caring, professional staff, and God's great mercy and love overseeing it all!

Over the past few months, I've had the great privilege of accompanying the manager of Harvey Woods Lofts to visit various new tenants in their current – and often very unpleasant – living situations. Though it's heart-breaking and challenging, I feel amazingly blessed to be a part of this incredible ongoing outreach.

# CELEBRATION DINNER

Quality Inn and Suites, Woodstock  
Thursday, November 5, 2015  
Reception: 5:30, Dinner: 6:15

RSVP By October 30  
info@indwell.ca  
866-529-0454

## FRIENDS AND LOVERS *By Sheila Cunningham*

No one is meant to live by themselves.  
Without each other life's meaning implodes.  
Courage to share is where our friendship revolves,  
Setting fear of strangers to softly explode.

Friends are many things to different people:  
The coffee date where you catch up on the gossip;  
The loved one with whom you make "a couple;"  
The obsessed jock who advises you to "get a grip!"

Friendship offers a multitude of joys,  
Understanding for your troubles and woes;  
Wisdom through knowing that your counsel employs  
Forgiveness every time, so your love shows.

In each friendship, love's bindings the same:  
The love blind to each other's shortcomings,  
The love binding each to each shouting each other's name  
All of which will keep love's embers glowing.

In finding a friend you often find more,  
For that friend has friends who could be yours too.  
One of them might be the one you've been searching for,  
The one with whom you will make a permanent covenant.

Many a good deed, though small, and done for one unknown,  
Is viewed as if it's done for Jesus Himself.  
Being a friend only to those known only to you,  
Is this "loving thy neighbour as thyself?"

The loss of a friend or lover brings on a startling pain.  
The grief felt is deep and surprisingly keen.  
A breakup hurts worse than shucking life's chains  
Their loss to your psyche, is a gash unseen.

*Sheila has been connected with Indwell since 1988,  
and is a tenant at Prinzen Flats in Hamilton.*

## Please support our ministry!

*Indwell is a Christian charity;  
we rely on the generosity  
of many donors each month  
to sustain the supports we  
provide our tenants.*

**Hope Builders**  
give monthly donations  
to sustain day-to-day  
operations.

**Home Builders**  
give one-time gifts  
that create new  
affordable housing.

**BOARD OF DIRECTORS**  
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Lucille Koopman  
Bill Munns  
Larry Strung  
Charlotte Vanderhoek

Cut off and return to Indwell

Yes! I want to provide hope and homes for people in Southern Ontario!

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_  
Postal Code: \_\_\_\_\_ Tel: \_\_\_\_\_  
Email: \_\_\_\_\_

- Count me in as a **Hope Builder** at \$ \_\_\_\_\_ /month
  - I'm including a void cheque
  - Call me to make other arrangements
- Count me in as a **Home Builder** with a one-time gift of \$ \_\_\_\_\_
  - I'm including a cheque
  - Call me to make other arrangements
- Please add me to Indwell's mailing list and email list
- Please contact me to discuss Indwell's work or for volunteer opportunities

Please contact us or return this form to:  
Indwell  
A - 249 Caroline St S  
Hamilton ON L8P 3L6  
1.866.529.0454

Designated Giving: Indwell will use restricted contributions for approved programs or projects. Should those needs be met, the contributions will be used where most needed.

Charitable Registration Number: 131295198RR0001

