



KITCHEN – THE HEART OF EVERY HOME

Can you imagine cooking for up to 39 people ... every day? While our 300+ tenants in apartment programs live independently and provide their own meals, we currently have three programs that offer regular meals: the group homes at Blossom Park in Woodstock and the Wentworth Program in Hamilton serve lunch, dinner and snacks, while breakfast is self-serve; the new Strathearne Suites in Hamilton serve a daily hot supper.

In recent years, the group homes have been growing more and more produce in their gardens. Volunteers help to plant the gardens, farmers donate extra

vegetables, churches collect and donate kitchen staples, some volunteer groups and individuals come to help cook and serve, but providing nutritious food to about 100 people each day still adds up! And of course, our paid staff are responsible for planning, shopping, budgeting, and all the other things that go into providing healthy meals.

Your support brings this nutritious, tasty food to Indwell tenants!

Above Left: Tineke VanderHoeven, Household Administrator at the Wentworth Program, prepares dinner.

Above Right: Donations like these make meals even more colourful and nutritious.

Below: Tenant Steven enjoys a dinner of mashed potatoes, leeks, carrots and pork chops.

MEALS = WELLNESS

Program	Number of Tenants	Meals per day
Blossom Park, Woodstock	27	81
Wentworth Program, Hamilton	30	90
Strathearne Suites, Hamilton	39	39
Total	96	210

Total meals served
at Indwell per year
76,650

Contact us if you or your group would like volunteer at a meal time, or donate finances to help with these and other expenses.



INDEPENDENCE AT BLOSSOM PARK, WOODSTOCK

The following story is based on true events and typical themes, but does not represent any one tenant's actual story. Names have been changed.

Last year

It was November, and I'd just been discharged from the psychiatric ward with a new medication that actually seemed to be keeping my bipolar disorder in check. It gave me hope—but the joy of this newfound freedom was hampered by the realization that I had nowhere to go. I spent a couple of sleepless nights in the downtown shelter, but decided to move on after someone there stole the \$60 I had stashed under my pillow. The question was, where to? Looking for an apartment seemed pointless since I didn't have first and last month's rent, and how would I find a place for under \$700/month, anyway? With the last of my cash gone, I swallowed my pride and spent the morning panhandling for enough cash to cover the cab ride to my sister's place. Better to just show up this time, I thought, so she couldn't say no.

Spending the winter on my sister's couch was better than being on the streets, but it was no picnic. The old pull-out was lumpy and made my back hurt. The basement was damp

and cold. The lack of windows meant dark days, which didn't help with my mood swings. And of course, living in my sister's house meant following her rules. No friends over. No smoking. And make myself scarce when company's over; she didn't care where I went as long as they didn't know I was there.

It was nice of her to let me stay, but it would have been nicer if I could have had a DVD player, or cable, or something! But she wouldn't budge. And she was strict about having me pay extra rent, since she said I was using up extra hydro by living there, especially during the winter. That meant no cash to get out into the city to catch a movie or visit the library. With her living so far from a bus route, there was no way to get there anyway. I thought about doing some knitting to make some gifts for her family for Christmas, and an extra blanket for me. She didn't want to share her supplies, and I couldn't buy my own. But the hardest part was not having a say. I'm a person, too! But no one else seemed to remember that.



This year

I'm almost late for tenant council, but I know how important it is and manage to get myself there after dinner. It's not what I would have chosen to do, but at least I've got a full stomach. And yesterday's meal was delicious; that Lorna knows how to make a tasty lasagna. Still, I didn't have a very good day. I'm feeling frustrated, because my budget is really stretched this month. The group home at Blossom Park is a pretty good place to live, and it's certainly worth the cost of living here. I'm ok financially speaking, but I'd like to go see a movie once in a while, or maybe even share a pizza now and then! But I don't have enough money for those kinds of extravagances.

Tenant council meets once a month, and we members get to bring our concerns and ideas to the meeting and have a chance to share.

Everyone gets to participate, and we think of ways to make Blossom Park a better place.

It's a pretty good place already, but I raise my hand anyway to ask if there's any way we can order pizza together sometime. Laura says how nice it would be to have some lawn chairs to sit in outside. Carl wants to organize a group trip to a local hockey game this winter.

"But how are we going to pay for that?" Laura asks.

I raise my hand again. "Lasagna," I say. Heads turn in my direction, and I feel my face get red, but Chelsea asks me to repeat myself. "What if we had a lasagna dinner to raise money for our program?" Chelsea thinks it's a great idea, so my mood starts to improve. Laura volunteers to help cook, Carl says he'll do some cleaning up, and I suggest that maybe a penny sale would be a fun idea, too. I've been working on some scarves I can donate. I'm glad I made it to the meeting. At Blossom Park, I get to contribute and share, instead of being stuck on a lumpy couch, bored and lonely. Sometimes I get annoyed with my neighbours, but they're good people and I still feel thankful that they are here with me. I'm proud of my community here.

Afterword

The tenants at Blossom Park, along with those from Harvey Woods Lofts, put on a lasagna dinner in October, and thanks to the generosity of the Woodstock community, they raised more program money than anticipated. One tenant suggested that the extra cash raised could be used to purchase gifts for the Christmas Place in Woodstock, which provides families with an opportunity to shop at a minimal cost for Christmas. The tenants took the bus to Wal-Mart together and picked out gifts. Being a part of the process gave them an chance to experience what it's like to contribute financially to a good cause. By participating in this dinner and giving back a portion of what they've been given, tenants are experiencing the joy of generosity.



RESPONDING TO NEED

ONTARIO

WOODSTOCK

SIMCOE

HAMILTON



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Indwell is a Christian Charity.
We rely on the generosity of
many donors each month to
sustain and grow our ministry.

Hope Builders
donate monthly
to sustain day-to-day
operations.

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

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Cut off and return to Indwell

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☐ Please contact me to discuss Indwell's work
or volunteer opportunities.

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programs or projects. Should those needs be met, the contributions
will be used where most needed.

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Please contact us or return this form to:

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