

## Art Therapy and Homestead Christian Care

We are pleased to report that Homestead Christian Care is able to offer group Art Therapy to our Hamilton residents. We welcome Alana Didur back to Homestead and are excited about the weekly sessions being offered at our Wentworth Program. Art Therapy is a recognized method for assisting people with anxiety, difficulty coping or in need of assistance with personal problem solving.

Funding for this program was made possible through a grant from the Hamilton Community Foundation's Kenneth Booth Young & Marie Catherine Young Fund. Without this grant our residents would not have access to this valuable service. We wish to thank the Hamilton Community Foundation for partnering with Homestead Christian Care and look forward to the success of this program.

## Thank you:

### Homestead would like to thank the following for their wonderful support.

#### A) Hope & Homes Banquet – Spring 2010 at the Waterfront Centre

Gold Sponsorship:

Garwood Jones & Hanham Architects

Silver Sponsorship:

Ross & McBride, LLP

#### B) 4th annual Celebration Dinner in Woodstock

**Via Rail** – donated round trip train tickets for two from Aldershot to Quebec City

**Jed Lau** – Chef extraordinaire who donated a catered Thai Asian Fusion Dinner for 8.

**Tillsonburg Lioness Club** – Gold Sponsorship

If you prefer to donate online, please visit [www.hsc.ca](http://www.hsc.ca)



Mandala wheel created by art therapy participants representing the complexity of wholeness.



## Something to Share

Homestead continues to discover that we have poets and artists among us. We wanted to share one of these amazing works with you, our supporters.

### Friends

*No one is meant to live by themselves  
Without each other, life's meaning implodes,  
Courage to share, on which friendship revolves  
Sets 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 advised you "get a grip!"*

*Friendship offers a multitude of joys:  
Understanding for your troubles and woes  
Wisdom through knowing which counsel employs  
Forgiveness every time; as your love shows.*

*In each friendship, love's bindings the same:  
The love blind to each others' shortcomings  
The love knowing what's special regarding them  
Knowing that love's embers will keep glowing.*

*The loss of a friend brings on a startling pain.  
The grief felt is deep and surprisingly keen.  
A break-up hurts worse than shucking life's chains;  
The loss in your psyche is a gash unseen.*

*Friends can't always be there to console you:  
At night when a care gives anguish and sorrow  
During business when none responds on cue  
When you alone are left to meet the foe.*

*Our Friend is with us from beginning to end,  
He is with us even when we know it not.  
His love for us is better than a human friend,  
His name is Jesus, the living Son of God.*

*So in the darkness of that teary night,  
Tell Jesus what weighs heavy on your mind.  
Then go to sleep, assured by morning's light  
The answer you have needed, you will find.*

SC

## My response

Homestead is a faith based ministry. Our recovery programs rely on many generous donors each month. In the past year we have focused on gathering investments to provide financing for our new projects. However, our day-to-day needs still depend on the financial contributions from supporters like you. Would you consider helping Homestead provide hope and homes for people like Loma?  
**Your help makes this ministry possible.**



Title: \_\_\_\_\_

Name: \_\_\_\_\_

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

Postal Code: \_\_\_\_\_

Tel: \_\_\_\_\_

Email: \_\_\_\_\_

Please fill in, tear off and return the form to the address below.

- I would like someone to call me to discuss Homestead's work further.
- I would like to be added to Homestead's mailing list (2x/year).
- I would like a Speaker from Homestead to come to our church.
- I would like to give a donation\* \$ \_\_\_\_\_
- I would like to support\* Homestead on a monthly basis \$ \_\_\_\_\_

\*100% of all donations go to programming and rehabilitation costs.

Where did you pick up this newsletter? \_\_\_\_\_



# NEWSLETTER

## LOMA WHEELER

I was happy as a child. Raised in Toronto as one of 8 siblings, I had a dog, liked swimming and ballet; I never dreamt I'd be diagnosed with schizophrenia.



While at Laurentian University in my 4th year of Languages, I began hearing voices – bad voices even telling me to kill people with knives. I started having black-outs and misplacing things. I stopped eating, bathing, and paying my rent.

Eventually my landlord called the police. When they came, I couldn't focus or comprehend what they were saying. They admitted me to hospital and I was diagnosed with schizophrenia; I couldn't believe it! After three months in hospital, my social worker found me a group home in Hamilton where I lived for two and a half years.

In 1997, I married a lovely man who went to the church I'd grown up in. We bought a house and were fairly happy together. After 8 years my illness re-surfaced. I could hardly function. He called the police not knowing what else to do. The police admitted me to hospital again. After that we decided to separate. Owning a house was too much for us, the payments, repairs, it made life too stressful and we argued a lot. I got myself an apartment in West Hamilton, but was in and out of hospital for three years.



It turned out that the building was plagued with lots of domestic violence, drugs, and alcohol use. My social worker heard that

Continued...

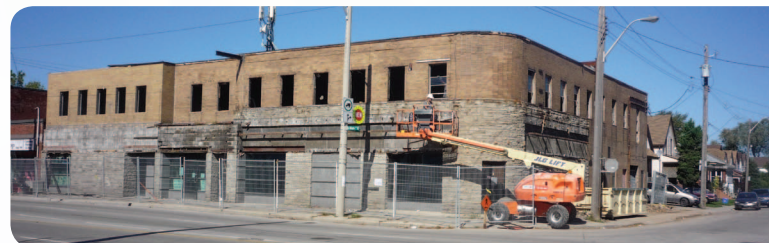
## PERKINS CENTRE LAUNCHED

Dr Perkins with his grandson John, Graham Cubitt and Jeff Neven initiating the demolition at 1429 Main St E in Hamilton.



In June 2009, Homestead purchased a former nightclub and rooming house in East Hamilton. We are now converting the building to become the Dr. John M. Perkins Centre—a facility combining 46 affordable supported apartments with on-site community-based programming. A significant capital grant is making the housing renovation possible, while private donations, service clubs, and other community partners are completing the project. (Donations towards the Perkins Centre are readily appreciated!)

Dr. John Perkins is a pioneer in Christian community development. His vision of reconciliation and hope through the power of God is an inspiration to Homestead as we address some of the most pressing needs in Hamilton. We are partnering with other organizations including McMaster University's School of Nursing, the New Hope Bike Co-op, and neighbourhood associations to maximize the benefit that this facility can have in the local community.



Renovations Underway ~ Fall 2010

## LOMA WHEELER ( ...CONTINUED )

Homestead offered affordable rents to people with mental illness. We had a tour and I moved in. I've been here a year, have made friends, and like it here. No other building that I know of will decrease your rent so that you can afford it. And there are supportive staff that listen, help, and encourage independence.

My biggest challenge now? ...how to spend my days since I can't work at a regular job! It's a constant effort to stay busy and active. So I work part-time at the Cottage Studio here in Hamilton, and I love it; it is very important to me.

Living with a mental illness is challenging. You see the norm – people working, married with children – but you know you aren't the norm. I feel I don't quite fit in, so I'm always trying to tell myself 'I have value. I create artwork. I make beautiful things.' I often remind myself that

I have potential, that I have worth. Working at the studio, I feel I'm giving back, making a difference in someone else's life. I'm also involved with my church, The Meeting House. I attend a local house group and find the accountability helps keep me on track.

I never thought I'd have schizophrenia. I still don't know why I have it, why some do and some don't. I used to be angry but not anymore. I now find myself talking to other people who have a mental illness, and appreciating them for who they are. I hope people will do the same for me.



## Private Money, Public Good: Investing in Ministry

Money is one of the most difficult topics for people to discuss because it can make us feel uncomfortable. We may not have enough to meet our needs, or we may have more than we know what to do with. Investing in Homestead can help address both of those situations.

Our programs provide quality housing for tenants with very low incomes—typically \$12,000 annually. We help our residents maximize their abilities to achieve recovery, regain hope, and enjoy a good quality of life. In order to do this, we bring together financial resources from many sources to create sustainable supported housing.

These include:

- » charitable donations
- » capital grants (government, foundations, private)
- » property tax savings
- » tenant rents
- » municipal rent subsidies (when available)
- » private investments

Your investment in Homestead makes it possible to expand our programs. We use private investments to undertake new programs, laying the groundwork necessary to then qualify for significant government capital grants such as the \$5,290,000 we recently received for the Dr. John M. Perkins Centre.

If you are looking for a stable investment with competitive returns that reflects Christian ethics, call us. With Homestead, you know that your investment is in real property, affecting real lives, in real communities. Indeed, your money makes this ministry possible, and that's something we can talk about.

We offer flexible terms and competitive rates on any investment over \$1,000. Please call Graham Cubitt or Jeff Neven at 1-866-529-0454 to discuss your options. Together we can be open handed towards our brothers and sisters, and towards the poor and needy in our land (Deut 15:11).

## The Ride for Refuge



Homestead is thrilled to be a member charity for this year's Ride for Refuge (formerly the Ride for Refugees). Cyclists of all experience levels are riding to raise funds for Homestead and other ministries. Together, we can lift the burden of inadequate housing for people on the margins of our community and around the world.

Riders from across Canada have joined Team Homestead, and will ride in Hamilton, Brampton, and London. If you are interested in joining the Ride for Refuge next year or want to sponsor Team Homestead this year, please contact Emily at 905-529-0454 (emily@hsc.ca) or find a link to the Ride on our website at [www.hsc.ca](http://www.hsc.ca).



### Lean on me... when you're not strong

If you or someone you know could benefit from being a part of the Homestead Christian Care Community, please call us to learn more about options for Residential Care or Supported Living, in Hamilton: 905-529-0454 or Woodstock: 519-539-2917

“...clothe yourselves with compassion, kindness, humility, gentleness and patience.  
... And over all these virtues, put on love, which binds them together in perfect unity.” Col. 3:12b, 14

## Homestead's Partnership with McMaster University, School of Nursing

Homestead Christian Care is a learning environment for local university and college students. Five of our senior staff are Masters-degree credentialed, and can oversee the training and research of post-secondary students in Nursing and Social Work programs. As such, Homestead provides an ideal setting for teaching practical skills to new professionals in a community-based context. Homestead Christian Care is now a clinical placement site for McMaster University's School of Nursing. Steven Rolfe, RN, BScN, MEd, and Homestead's Director of Program Development and Education, is an Associate Clinical Professor in the School of Nursing, providing instruction to fourth year nursing students. Homestead Christian Care is also a site for the School of Nursing's Service learning program.

Our partnership has created a number of exciting possibilities including program development, such as the Perkins Centre. Homestead and the School of Nursing are networking with local neighbourhood associations, community foundations, and other agencies to determine the best way to address local health-related needs.



## PRAISE & PRAYER POINTS

**Prayer reminds us of our reliance on God. It is essential to our ministry. Please join us in prayer for these current issues.**

### Praise the Lord:

- » for continued safety for construction workers during our renovations on two projects
- » for a grant towards solar electric panels for the roof at the Perkins Centre
- » for residents enjoying a refreshing Womens Retreat at a cottage this summer

### Ask the Lord:

- » for more volunteers. We need new people to be one-on-one mentors, organize resident activities, and do general maintenance at both our Hamilton and Oxford programs
- » specific requests are for hairdressers, gardeners and chiropodists
- » for special strength for residents enduring difficult mental stresses as the seasons change again.

## The Registered Disability Savings Plan

Details provided by David van der Woerd and Sarah Halsted, Ross & McBride LLP

Parents, relatives, and friends of people with disabilities often worry about how to secure their loved one's financial future. A Registered Disability Savings Plan (RDSP) is an excellent investment vehicle that can help meet anticipated financial needs. It has similar tax advantages to other Registered Savings Plans, while also qualifying for various fund-matching programs such as the Canada Disability Savings Grants or Bonds—these may double or triple the initial contributions, resulting in added financial security for individuals receiving social assistance.

Homestead Christian Care encourages you to consider establishing an RDSP for a disabled loved one. For more information, please contact your financial advisor, visit [www.cra-arc.gc.ca/tx/ndvds/tpcs/rdsp-reei/menu-eng.html](http://www.cra-arc.gc.ca/tx/ndvds/tpcs/rdsp-reei/menu-eng.html), or contact Graham Cubitt in our office.



## Facility Renovations Anticipate Program Re-Launch

Our Robinson Street apartments program has been extensively upgraded this summer, with new exterior windows and doors, balcony repairs, boiler and roof replacements, elevator modernization, and a solar electric system being installed. This is thanks in large part to a \$750,000 grant from Canada Mortgage and Housing Corporation covering the majority of the \$1.1million price tag. With these essential upgrades completed, we will be re-naming the building and formally launching our support program.



### Special Dedication Ceremony: Thursday, November 18th at 1:00pm

Join us in honouring two of Homestead's founders in a special dedication ceremony.  
Call Emily at 905-529-0454 or visit our website at [www.hsc.ca](http://www.hsc.ca) for more details.