



FALL NEWSLETTER 2021

A MESSAGE FROM SARAH DAVIS



“

Together, we have weathered the worst of this storm. We can see the light at the end of this global pandemic. Thank you for filling our hearts with gratitude and hope!

It's hard to believe that it's all ready the fall and Thanksgiving is just around the corner. When I realized Thanksgiving is only a few days away, and like you, I took a moment to reflect on how different things felt at this time last year.

In a year of hardship and precariousness. We all have something to be grateful for. This year, I am extremely thankful for my family, my health and the incredible team I am blessed to be able to work alongside each and everyday, to support vulnerable women in Ottawa. **I am beyond thankful to you – our community partners, the staff, volunteers, donors, and residents.**

Together, we have weathered the worst of this storm. We can see the light at the end of this global pandemic. As our shelter residents have moved twice during the pandemic, we have seen a significant increase in the demand for services in not only our shelter program, but in our supportive housing and outreach programs as well. **The need for women's only shelter and housing with wrap-around supports has never been greater.**

For many of our friends and neighbours the need for housing and emergency support does not end with a lifted lockdown. We know many of them are struggling to pay their rent and groceries. Together, we can ensure everyone in our community has a warm meal, a safe place to stay and a community. **We couldn't do this work without you.**

I am grateful for your support. I hope you have a wonderful thanksgiving with your loved ones, celebrating in whatever way is meaningful for you. *Thank you for filling our hearts with gratitude and hope!*

CORNERSTONE COMMUNITY

WELCOME TO CONERSTONE'S NEW BOARD MEMBERS

Kristalyn Laryea has worked in the federal public service for over 15 years in health and public health policy, where she has worked on initiatives that strive to address health inequities and improve population health outcomes. She is a staunch advocate for targeting the social and economic factors that influence health and well-being, with a particular focus on housing. She is also passionate about governance and approaches to decision-making, particularly when it comes to increasing participation of diverse and underrepresented groups. Kristalyn is in her happy place when is reading a good book or out for an early morning run.



Angela Harvey is a Clinical Academic Specialist with the Department of Medicine at the Ottawa Hospital, where she is responsible for designing, developing and implementing clinical education programs. Originally from Ottawa, Angela returned after living in California and British Columbia, where she worked in various capacities for BC Mental Health and Substance Use Services and Vancouver Coastal Health. It was during this time, that Angela engaged in volunteer work on Vancouver's downtown eastside and became exposed to the complex and challenging situations that homeless women face. Serving on the Cornerstone Board is a great privilege for Angela.

Jenna Robertson is the Marketing Coordinator at the Canadian Institute of Actuaries, the national, bilingual organization and voice of the actuarial profession in Canada. Born and raised in Ottawa, Jenna has worked in a variety of fields including printing, graphic design, marketing, and most recently fundraising and non-profit management. Jenna has volunteered with Cornerstone since 2018, first joining the Young Professionals Advisory Board, followed by the Fundraising and Communications Committee, and finally joining the Board of Directors in 2021. Jenna is passionate about women's rights and the unique challenges faced by women experiencing homelessness. She aims to make a difference in her community and empower Cornerstone to fulfill its mission.



IN THE COMMUNITY

5th ANNUAL OTTAWA CHARITIES GOLF TOURNAMENT

Connect Ottawa and Phoenix Business Exchange hosted their 5th Annual Charities Golf Tournament in support of Cornerstone Housing for Women.

The event **raised \$4,801** to support more than 230 women at our emergency shelter and supportive housing. **Thank you to everyone who participated!**



A special thank you to the amazing sponsors and supporters: Ana Ideias - Coldwell Banker First Ottawa Realty, Brokerage; Fred Crouch - Gentry Real Estate Services Limited; Amanda Gallagher - Mandy's Maid Service; Tony Gyenis - higherSelf; Reni McNeil - Mortgage Agent, Mortgage Brokers Ottawa; Doug Bates - The Cherrie; Jacqueline Richards - Author of "Yoga For Your Personal Finances"; Tanya Hewitt - Beyond Safety Compliance; Bernie Franzgrote - Kreativ Insight; 2Beinflow Neurofeedback; McDonald Brothers Construction; Pina Bernard from Chartwell Retirement Residences; Jacquie MacDonald, Realtor; Farmgate Cider; Broadhead Brewery; Nonna's Salad Dressings & Marinades; Geatan Dery from Photo Studio Dery.



RUN TO EMPOWER

Run to Empower supports and promotes the advancement of women's running in Canada. Endeavouring to highlight remarkable local talent. Run to Empower includes a performance race for women only, provides an opportunity for all humans to run together in celebration of women's running, and looks to inspire the next generation by introducing young runners to strong, empowered role models. This year Cornerstone Housing for Women was chosen as the beneficiary charity and the run **raised over \$6,000.**



IN THE COMMUNITY

RENAUD HOMES - PLANTER PROGRAM DONATION

We are so grateful to Ken and Joselyn from Renaud Home & Garden for the wonderful donation of a Planter Program.

Not only are they donating this beautiful planter now, but they will continue to gift Cornerstone with planters in the fall and winter as part of their Planter Program. Thank you!!

Cornerstone was there for Ken's grandmother when she needed additional support and housing, **"we really wanted to gift this to Cornerstone to show our appreciation for everything you do to help those truly in need, on behalf of Renaud Home & Garden."** -Ken



RENNSPORT REGION PORSCHE CLUB OF AMERICA



The Rennsport Region Porsche Club of America **raised \$2,500** to support women at Cornerstone.

Louise Lawrence, volunteer and board member of the Ottawa chapter shares:

"Mont Tremblant is the venue of the charity laps runs that Rennsport Region Porsche Club of America do as a club to raise money to support local charities. Our drivers include women members as well as men!"

Rennsport Region members certainly respect Cornerstone Housing's hard work and amazing impact on the mental and physical health needs of women who require shelter in community. In appreciation of your fantastic efforts to help alleviate crisis of emergency housing for women, it was decided that your organization should be a recipient of a donation!

Thank you for all the excellent work that you do in the community, and we hope that our gift assists the cause."

CORNERSTONE COMMUNITY

MCPHAIL SUMMER BBQ

We took the opportunity to enjoy the nice weather, food and company in our backyard BBQ this summer at McPhail House.

We welcomed current residents, former residents, Reverend Hilary and our beloved volunteer Gail LaBarbera were all in attendance.

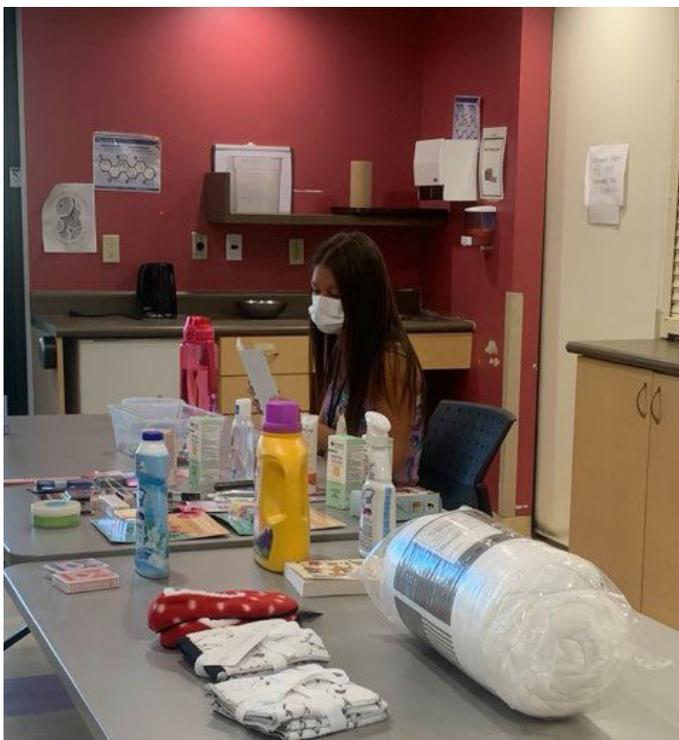
After such a long lockdown, the joy of being in each others company again was incredible!



We celebrated with a grilled chicken feast, strawberry shortcake and lots of laughs!

- Melannie, Outreach and McPhail House Manager

BINGO RETURNS TO BOOTH!



As COVID numbers began to fall, our Booth Residence was able to bring back a program favourite, **Bingo**.

Bingo has been an opportunity for residents and staff to spend time together, to share in the excitement of winning the game of four corners, and receive a small gift.

Although our volunteers are greatly missed, residents are happy to see some normalcy return. You can hear the laughter and cheering throughout the halls, and it reminds us that although we are returning to a new normal, it doesn't mean we cannot continue to have fun and create connection, even through our masks.

CORNERSTONE COMMUNITY

COLLAGE ART, A WAY TO COPE WITH THE PANDEMIC

Many women in our supportive housing communities have struggled with feelings of isolation throughout the pandemic.

Shelby used this time to work on inspiring collages, she loves this art form as it allows her to process her feelings and create beautiful pieces of art and inspiration for all to enjoy!

Her art generates positivity and brings hope into our supportive housing community.

We are so grateful for the donations of magazines we received from the community.



SUMMER BBQ AT OUR EMERGENCY SHELTER



Who doesn't like to fire up the grill in the summer and listen to some smooth jazz tunes?

The staff at our emergency shelter organized a summer BBQ for the residents.

A big thank you goes out to this wonderful local jazz band "**The Unusual Fellows**" for playing some catchy tunes for all to enjoy!

A special thank you to Christine for organizing the jazz band.

We are grateful for the support of the young adults part of the Youth in Policing Initiative - YIPI, for helping the team set up and serve lunch.



PURPLE TIE GALA 2021: SECOND VIRTUAL EDITION

Ottawa you did it once again! We are amazed by the incredible generosity of our city! So far, together we have **raised over \$95,000** but our **matching campaign is still going until October 9th**. There's still time to donate at www.cornerstonewomen.ca.

Thank you to everyone who bought a ticket, donated, sponsored, bid on our silent auction, shared, or tuned in to learn more about what we do.

We are excited to have gained new allies and supporters to help build a more equitable and safe city for women and gender-diverse individuals.

Your support is directly helping someone in your community transition from homelessness to hope, healing, and housing.

A special thank you to our Presenting Sponsors! **Livingston Wealth Management and MacDonald Wealth Management RBC** and Generously Supported by **Flora Hall Brewing**.

Special thanks to the following sponsors for their incredible allyship: **Westboro Village BIA, Emond Harnden, CrossPoint Financial, Friend of Cornerstone, Lupiano Executive Search, CSV Architects, Sun Life – Duffey Financial Solutions, Fratelli Westboro, GoCo, APT 616, Rogers TV Ottawa, and Thyme & Again Creative Catering.**

Of course, a big shout out to the committee members: Joseph Cull, Delan de Silva, and Heidi Rodgers.

We also want to give a special thank you to Frank Sukhoo (Sukhoo Sukhoo Khooture) & Madeleine Cormier (Chapeaux de Madeleine) for their continued support of Cornerstone.

Thank you all for choosing hope at this year's #PurpleTieOttawa!



PURPLE TIE GALA 2021: SECOND VIRTUAL EDITION



WORLD HOMELESS DAY

World Homeless Day

Every October 10th World Homeless Day is observed and it's an opportunity to draw attention to homeless people's needs locally and provide opportunities for the community to get involved in responding to homelessness.



Did you know?

The number of Canadians who experience homelessness on any given night in Canada is estimated to be 35,000 individuals*.

How to Make a Difference:

- educate people about homeless issues
- celebrate and support local good works
- highlight local issues in the media
- donate to local service providers
- volunteer and provide hands on help
- host a fundraiser

*Canadian Observatory of Homelessness

NATIONAL DAY FOR TRUTH AND RECONCILIATION



September 30, 2021 marked the first National Day for Truth and Reconciliation. The day honours the lost children and Survivors of residential schools, their families and communities. Public commemoration of the tragic and painful history and ongoing impacts of residential schools is a vital component of the reconciliation process. It is also Orange Shirt Day, an Indigenous-led grassroots commemorative day that honours the children who survived residential schools and remembers those who did not.

At our houses and emergency shelter, staff and residents wore orange, and engaged in various healing and traditional Indigenous activities.

ADVOCACY

RECOVERY DAY OTTAWA

Recovery Day Ottawa is an annual community event organized by The Community Addictions Peer Support Association (CAPSA) in the month of September. The purpose of the event is to help reduce the stigma surrounding substance use disorder and raise awareness about increased wellness in our community.

The goals of the event are:

- Celebrate the many pathways to increased wellness in our community
- Foster hope for those who still suffer
- Reduce barriers of stigma and discrimination directed towards those affected by substance use disorder
- Engage the broader community in support of stigma reduction and increased wellness\Build a platform for dialogue on increased resources for new and existing services in our community



This year, Cornerstone Housing for Women participated for the first time as a Community Partner. Part of our staff attended for the day and shared with the attendees and other community partners. We were excited to be part of the event and help raise awareness about substance use disorders and end the stigma.

WORLD MENTAL HEALTH DAY

**WORLD
MENTAL
HEALTH
DAY**



October 10

World Mental Health Day is celebrated every year on October 10th. This year's theme is 'Mental Health in an Unequal World' This theme, chosen for 2021, will highlight that access to mental health services remains unequal, with between 75% to 95% of people with mental disorders in low- and middle-income countries unable to access mental health services at all, and access in high income countries is not much better. Lack of investment in mental health disproportionate to the overall health budget contributes to the mental health treatment gap.

For more information visit: [wfmh.global](https://www.wfmh.global)

SUPPORT CORNERSTONE!

Your generosity makes women's lives better!

URGENT & QUALITY OF LIFE NEEDS:

- New pillows
- Bath towels
- Bedsheets (single or double size only)
- New toasters
- New coffee makers
- New kettles
- Travel-size toiletries (shampoo and conditioner)

CLEANING KITS NEEDED:

- Mop and bucket
- Broom and dustpan
- Sponges and dish rags
- Surface cleaner: pine sole/Mr. clean
- Dish soap
- Toilet bowl cleaner
- Laundry detergent

TO DONATE

Please call us at 613-254-5484 Ext. 521 or email us at donate@cornerstonewomen.ca to book your donation drop off.

Thank you!

YES! I would like to support a women move from isolation to hope this Fall!

Donate by mail:

Cornerstone Housing for Women
Atten.: Amber Bramer
314 Booth St.
Ottawa, ON K1R 7K2

Donate online at:

www.cornerstonewomen.ca

Donate by phone or email:

613-254-6584 Ext. 514

donate@cornerstonewomen.ca

BOUTIQUE CORNERSTONE

**Encore Fashions proudly supports
Cornerstone Housing for Women.**

Visit Encore Fashions at 109 Fourth Avenue to find exceptional clothing and accessories on the Cornerstone rack and throughout the store.

**Hours: Wednesday and Saturday
from 10 AM to 1 PM.**

www.encorefashions.ca



CORNERSTONE HOLIDAY GIFT PROGRAM



With the holidays fast approaching, you can help us put together a holiday gift for one of our residents at our supportive housing or emergency shelter!



In a holiday gift bag please include:

- 1 Pajama set (sizes S to 4XL)
- 1 Gift Card
- Chocolate and candie
- A holiday card

Gift Card Wish List:

Booth Residence
PC & Giant Tigers gift cards



MacLaren Residence
Tim Hortons, McDonalds or Dollarama gift cards

McPhail Residence & Outreach Program
Walmart gift cards

Princeton Residence
Superstore gift cards

Emergency Shelter
Tim Hortons & Dollarama gift cards

For more information on how you and/or your group can support Cornerstone's Holiday Program, please email us at donate@cornerstonewomen.ca or call us at 613-254-6484 Ext. 521

CORNERSTONE COMMUNITY

MEET ELIZABETH

When I was living in Peterborough, I was in an abusive relationship and felt I had to leave for my safety. I was able to get a one way ticket to go back to my hometown of Ottawa.

When I returned to Ottawa it was difficult to find housing. During this time I was very distraught and hopeless. I was able to find a place the Cornerstone shelter where I lived for 4 months. During this time I met Nicola, the manager of 515 Maclaren, who offered me a room. While I was at 515, I was able to enjoy my life again. **I was able to learn cooking skills and make good friends.**

In 2018 I was accepted to live at Princeton in my own apartment. *I remember seeing my apartment for the first time and being shocked at how wonderful it was to have my own home.* I was so excited to move and I was overjoyed. I felt welcomed by the staff team. Having my own apartment means I can cook meals on my own, decorate my space, and keep items that have meaning to me. **I was able to reconnect with my Indigenous culture thanks to the Minwaashin outreach program.** I love it here!



“

I remember seeing my apartment for the first time and being shocked at how wonderful it was to have my own home.



Princeton is home to our unique Indigenous and Cultural Services Program, which supports Indigenous Women, who make up 35% of Princeton's residents.

HAPPY THANKSGIVING!

We wish you and your loved ones a wonderful Thanksgiving!

