

**Fall Message from Cornerstone's Executive Director Susan Garvey**

***"In this season of thanksgiving, we have much to be grateful for."***



Sue Garvey, Cornerstone  
Executive Director



View of the newly renovated backyard at  
Princeton Avenue. Photo Credit: J.L. Wallace

At Cornerstone Housing for Women, we are in a active and exciting time of growth and change. Our beautiful, bright new home for forty-two women will open this fall in Westboro. Plus, we are in the last stretch of our successful 1.9 million dollar fundraising campaign, with less than \$300,000 left to achieve our goal.

Victor Hugo famously wrote, "there is nothing more powerful than an idea whose time has come". This has been our experience at Cornerstone this year. We are filled every day, with gratitude and faith sparked by our volunteers, donors and community members that have been with us every step of the way.

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Since we began redeveloping 373 Princeton Avenue, we have been shown wonderful support from the Anglican Community, faith partners, Westboro Community, Dovercourt Recreation Centre, Westboro Community Association, and the Westboro Village BIA, just to name a few fantastic community groups.

We have been blessed with the support and encouragement of dozens of committed, passionate volunteers that have raised their hands, volunteering to ensure we have everything we need for women to move into their new home this November 2018.

In this season of thanks giving, we have so much to be grateful for. With the addition of our new Princeton building, our five residences and outreach program are empowering almost 500 women to move beyond homelessness this year alone. *(cont...page 2)*

## Executive Director's Message Cont... ( from page 1)

For the first time, perhaps in history, many people who work to alleviate homelessness all across this country believe we are close to ending chronic homelessness. Several never thought they would see such a thing happen in our life time.

I am deeply grateful that Cornerstone has received a groundswell of support, and look forward to continuing to build together, for the good of our community and especially for the women who deserve a fresh start, and need our care and support.

In gratitude, Susan Garvey

## Princeton Update & McDonald Brothers Barbeque

On July 27, 2018 McDonald Brothers Construction, the builder of 373 Princeton Avenue, held a fundraiser barbeque for Princeton. It was a wonderful success with over a hundred Westboro neighbours, donors and community members in attendance including our Mayor Jim Watson. With their support, almost \$5,000 dollars were raised, in addition to donations of sheets and other needed items.

As of this September the construction progress is on track. All mill-work, doors, cabinets and bathroom fixtures have been installed. Cornerstone's newest home has been transformed and will be ready for women to move in this November 2018.



Cornerstone Board Chair Wilda Phillips and Mayor Jim Watson at barbeque.



**September 2018:** Princeton apartments in their final touches: **Left to right:** airy top floor unit, kitchen in main floor unit, barrier-free kitchen with space for wheel-chairs to roll under counter tops.

Photo credit: J.L. Wallace

## Self-Care at 515 MacLaren

What is 'self-care'? It can be described as all the ways in which we take good care of ourselves by simple, daily acts.

At Cornerstone, we recognize the need and importance of incorporating self-care into our lives. For the past couple of months at 515 MacLaren, we have offered a regular time to do something nice for ourselves. In August, some of the residents participated in making two types of 'do it yourself' (DIY) face masks. In September, we made DIY 'tub tea' together. The residents were able to make a relaxing bath soak.

The self-care group gives staff and residents a space to talk about what self-care means to each of us, the importance of self-care, and discuss ways in which we can incorporate self-care into our daily lives.

Self-care reminds us that we are worthy of attention, that our needs are important, that self-care decreases stress and anxiety; improves mood and boost energy; and gives us a chance to nurture ourselves;

Here's the recipe if you want to DIY your own tub tea so you can also take a moment to relax.

### LAVENDER OATMEAL TUB TEA RECIPE

- 2 cups Epsom salts
- 2 heaping tablespoons dried lavender
- 15-20 drops lavender essential oil
- 1 cup oatmeal
- 1 cup powdered milk
- Mixing bowl
- Spoon
- 9 Extra large tea filters
- Stapler



Cornerstone resident making 'tub tea'.

Photo credit: R. Butler

Mix the Epsom salts, dried lavender, and essential oils in a large bowl then add in the powdered milk. The oatmeal should be ground in a food processor or blender to get a coarse power before adding it to the bowl as well. Mix well and you are ready to fill your tea bag. Enjoy!

Contributed by Rebecca Butler, Case Manager



## Summer Events at Cornerstone

Just this past week, I was a part of a circle of dedicated leaders from Cornerstone who met at Galilee Centre, in Arnprior, for our annual manager's retreat. A focus for the retreat was to find ways to strengthen and support our goal of being "One Organization". Something simple that supports this "oneness" was starting our day sitting together in a circle (rather than at tables). A circle, among other things, encourages a sense of equality, mutuality and collaboration - a circle helps actualize the possibility of recognizing and acting as one.

***"It is love itself that brings us all together..."***

**- Richard Wagamese: Embers-One Ojibway's Meditations**

One core activity that is offered by the Spiritual Care program at Cornerstone is our two weekly prayer circles. In the prayer circles, the women who live at Cornerstone are empowered to share their needs and ask for what they need, in a setting that is cooperative, collaborative, nurturing, challenging and fun. The presence of our team, and our work with the women we serve, is one way Cornerstone lives out our core value of "honouring, respecting and nurturing the human spirit", which strengthens and supports our oneness.

**Here are just a few examples of how this is happening across our organization:**

- A small committee from Cornerstone was formed this summer to find ways to support new Canadian women who come and live at Cornerstone. The committee planned three events: one to welcome newcomers; another to consult with new Canadian women on their specific needs. Lastly, we offered cultural sensitivity training for our staff so we can best serve women from different backgrounds.



Staff, O'Connor Shelter and MacPhail House residents share a meal and listen to Siquee founder Zertihun.

Photo credit: M. Somers, Manager of MacPhail House and Outreach Program .



## Cont...

- As chaplain, I was invited to a recent gathering at McPhail House with special guest, Zertihun Tefera, of Siiqee, a Woman's Development Association [www.siiqee.org](http://www.siiqee.org). Originally from Ethiopia, Zertihun runs development programs in her home country .
- *Siiqee* began with the conviction that poor women can control their livelihoods and their futures when empowered to help themselves and their communities. As a group, we enjoyed a delicious African meal, prepared together, and conversed about how we can better help women in our residences at Cornerstone.
- Recently, our annual "Art in the Park" day gave another opportunity for women to connect. This year, thunder storms and rain resulted in a quick change of plans, and our Booth St. residence became our rain location. The dining room and TV room became our 'park'. Staff and volunteers , along with a very kind-hearted band *Plaid* changed gears and helped make this fun day happen for the women.
- Again this year, Cornerstone had a presence at the Ottawa Pride Parade this August. A personal highlight for me was walking with the Ottawa Anglican Diocese and having the crowd lining the street cheer and clap as we walked by. My heart sensed that we were naming and celebrating that same *oneness* and that *love itself had brought us all together*.

Contributed by Rev. Linda Posthuma



**Left:** Left to right: Cornerstone at the Ottawa Pride Parade, Volunteer Jane Enticknap, Rev. Linda Posthuma, and Hans Posthuma. Photo credit: The Rev'd Rhoda Waters. **Right:** Art in the park hosted at Cornerstone Booth St. location during a rain day. Photo credit: JL Wallace



## Visit to Parc Omega

On a beautiful sunny day, August 30, Cornerstone ladies boarded a school bus to Parc Omega. Parc Omega is located about an hour from Ottawa.

The Parc lets you discover Canadian wildlife like moose, elk, bison, wolves, deer, bears and boar, all in their natural environment.

The atmosphere on the bus was excitement. Parc Omega was a new experience for many of the women.



Photo credit: India Bedson, Social Support Worker

It was a beautiful day to get out of the city. When we arrived we were all given carrots to feed to the animals. The animals were very friendly and would come right up to the windows on the bus to be fed. It was tons of fun and all the women were happy to go have the opportunity to experience it.

Contributed by Sheena, Booth St. Resident

## Changing Lives: Your Gifts in Action

**This year, your gift to Cornerstone Housing for Women gives almost 500 women a second chance at having a caring home, but also helps us to provide;**

- Emergency shelter and safe, permanent housing for a diversity of women
- Serve more than 140,000 nourishing meals this year, with your help
- Offer spiritual support
- Mental health and addictions support, plus safety planning
- Computer training
- Employment counseling
- Crisis counseling and housing search
- Fun and recreation activities like bingo, and group outings
- **A caring community where woman can have a fresh start**

## Cornerstone Wish List for this Fall and Winter

As the weather grows chillier, we need more cold weather items for the women of Cornerstone. Plus, as we look forward to the festivities of the holidays, we also appreciate help from our community to donate seasonal items. **If you feel inspired, please review the list below and donate. Please bring your donations to 314 Booth St, where we store all items and disburse to other houses, including the emergency shelter on O'Connor St. We appreciate your support. Your generosity makes women's lives better.**

### Urgent Needs;

- Hats, mitts, gloves and scarves
- Winter Coats
- Gently used winter boots
- Chapstick, face cream, hand cream
- Warm blankets - Twin/Double
- New single sheet sets for new arrivals to all locations
- New or gently-used towels and facecloths
- New bras, socks, nighties, pajamas (size S, M, L, XL, XXL, XXXL, XXXXL) and slippers

### Other Items that are requested on an on-going basis:

- \$5 or \$10 Gift cards for grocery stores, pharmacies, Tim Hortons, Giant Tiger, Subway, Walmart, etc. ( especially PC and Giant Tiger)
- Long-distance calling cards
- New hygiene products (deodorant, shampoo, conditioner, tooth brushes, tooth paste, hair brushes and combs) Full size and travel size gladly accepted.
- Kitchenware (i.e. pots, pans and dishes that are new or nearly new)

### Holiday/Christmas Gift Ideas

- New head scarves/hijabs
- Travel cup or water bottle
- Chocolate/candy/cookies
- Nail polish
- Clothes hamper
- Stationery items, such as journals, writing paper, drawing paper, pens, markers, pencil crayons
- Activity books: word searches/mandalas/ crosswords
- Backpacks/duffel bag
- Warm cardigans or hoodies
- Picture frames / small wall art (perhaps a Home Sweet Home sign) or a sign with an affirmation
- A Christmas ornament

### UPCOMING EVENTS—SAVE THE DATE!

October 24, 2018 *Celebrate the Dream—Welcome to the New 373 Princeton Event*  
5:30 pm to 8:30 pm. This event is sold out thanks to the generosity of our community.

October 26, 2018 *373 Princeton Grand Opening and Ribbon Cutting, 11:00 am,*  
*373 Princeton Ave. All are welcome. Light refreshments will be served.*

November 15, 2018 *Ten Thousand Villages Shopping Night for Cornerstone*  
5pm to 9 pm . 10% of sale proceeds will be given to Cornerstone Housing for Women.

November 29, 2018 *Cornerstone’s Young Professional Advisory Board’s (YPAB)*  
*Holiday Mixer. Details TBC.*

### CONNECT WITH US

Did you know that we’re on Facebook, Twitter and Instagram? Keep up with all of the latest Cornerstone news by following us on our social media outlets. Here’s where to find us:



hopecornerstone



@HopeCornerstone



Cornerstonehousing

### MAKE A DIFFERENCE

You have the power to transform our nation’s capital into a better, safer place for women in transition. By joining our Cornerstone family as a donor, a volunteer, or an advocate in your community, you can help women take control of their own lives.

Your contribution will make a difference by ensuring that every woman who comes to Cornerstone will receive the supports she needs to rebuild her life after experiencing trauma, abuse and homelessness. Please consider making a gift today.

Please help us use our resources effectively by signing up to **receive our newsletter electronically**. Send an email to: [jessie-lee.wallace@cornerstonewomen.ca](mailto:jessie-lee.wallace@cornerstonewomen.ca) or sign up at [www.cornerstonewomen.ca](http://www.cornerstonewomen.ca)

I would like to make a donation,

I am enclosing:

\$200  \$100  \$50  \$30



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

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

City: \_\_\_\_\_ Prov: \_\_\_\_\_ Postal Code: \_\_\_\_\_

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

In person or by mail:  
Cornerstone Housing for Women  
Attn: Jessie-Lee Wallace  
314 Booth St., Ottawa, ON K1R 7K2

Donate Online: make a secure  
online donation  
[www.cornerstonewomen.ca](http://www.cornerstonewomen.ca)



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