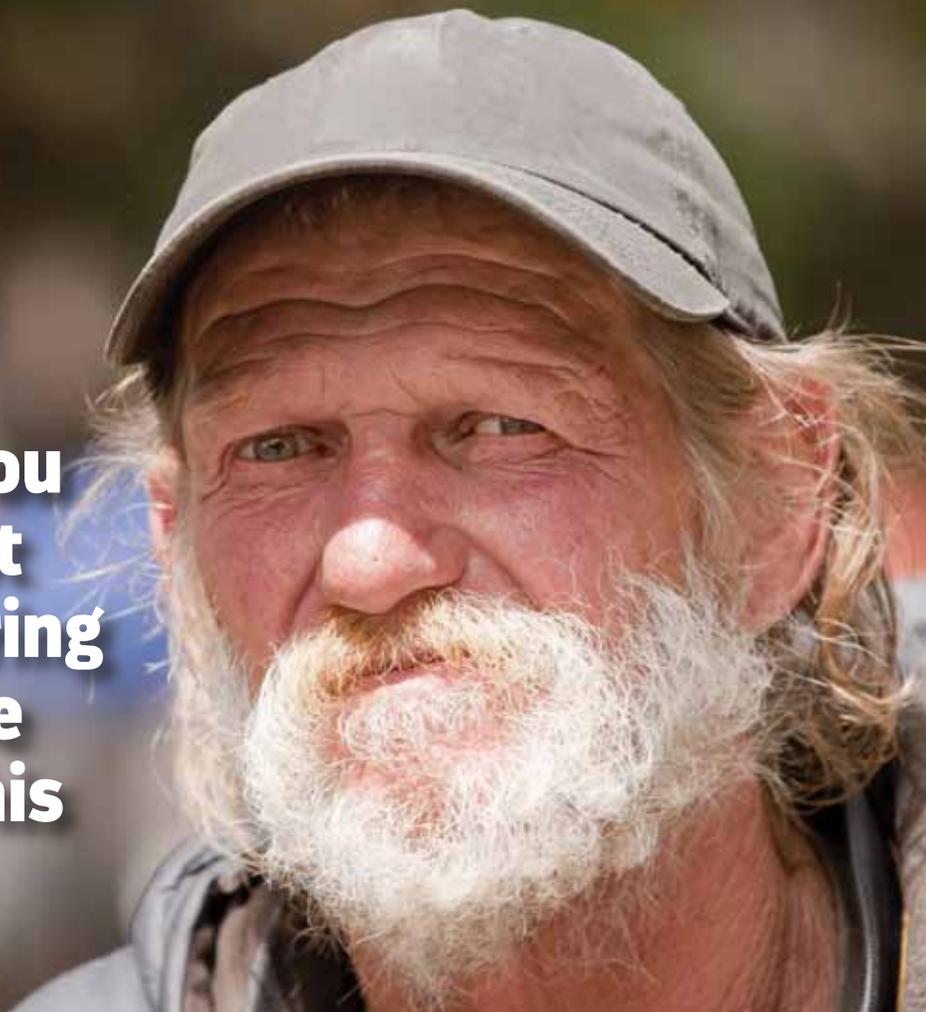


# Thanksgiving Blessings

BECAUSE YOU CARE

**YOU CAN CHANGE  
A LIFE TODAY.**

**For just \$3.47, you  
can provide a hot  
meal and help bring  
hope to someone  
who is hungry this  
Thanksgiving.**



Hot meals. Warm beds. Vital services.  
Your gift provides all this and more to Ottawa's  
most vulnerable people.



46 Daly Avenue,  
Ottawa, ON K1N 6E4  
613-234-1155  
[ottawamission.com](http://ottawamission.com)

**Please give today.**

**God is your refuge...  
he rescues you from  
hidden traps, shields  
you from deadly  
hazards. His huge  
outstretched arms  
protect you— under  
them you are perfectly  
safe; his arms fend off  
all harm.**

Psalm 91

**CHAMPIONS OF  
HOPE**

**LEARN ABOUT  
BECOMING A  
MONTHLY DONOR**

To find out about becoming a  
monthly donor  
– a Champion of Hope –  
please call 613-234-1155, or email  
[foundation@ottawamission.com](mailto:foundation@ottawamission.com)

## **LIFE STORIES RE-WRITTEN**

As I write this note on a Friday, I'm looking forward to the weekend and the time I will spend with my family and friends. I'm thankful that after a very busy week, I have an opportunity to take a break from the day-to-day grind to find rest and rejuvenation. And, as I quickly approach 50, I know there is a day on the horizon when I will be able to retire. But, I am reminded that for a lot of people, there is never a weekend or a time on the horizon when they will be free from the daily pursuit to simply exist.



This reality is true for many of the men and women who turn to The Ottawa Mission, but you are helping change their story. You are giving people the chance to redeem their past and to walk in the fullness of life that is available to all of us.

In this newsletter you will hear stories from John, Doug, another John, and Eric - all of whom have gained faith and hope in their journeys at The Mission. And they are just four of the many people who walk through our door every day seeking everything from the basics of food and shelter, to medical care, support in conquering addiction, help finding housing and employment, and so much more.

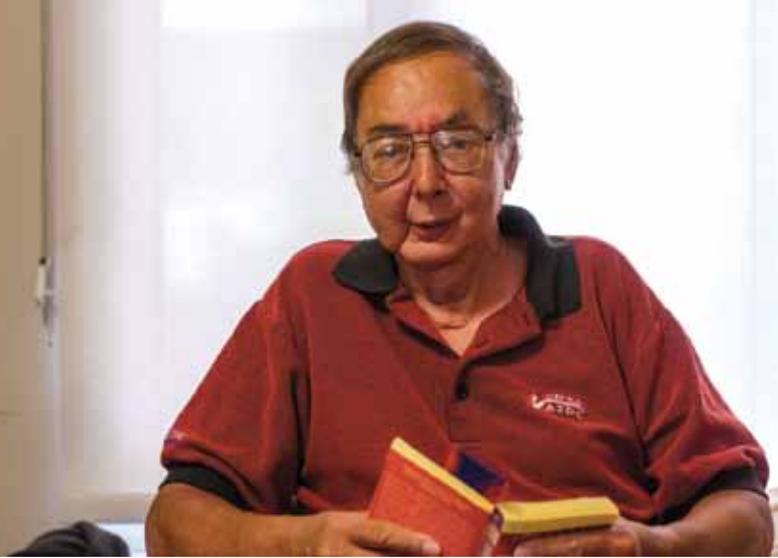
I am thankful for donors like you who feel compassion for those who are lost and hurting and offer your generosity to help re-write their stories.

Thanksgiving blessings,

A handwritten signature in black ink that reads "Sean".

Sean Wong  
EXECUTIVE DIRECTOR  
THE OTTAWA MISSION FOUNDATION

# Doug's Gratitude Runs Deep

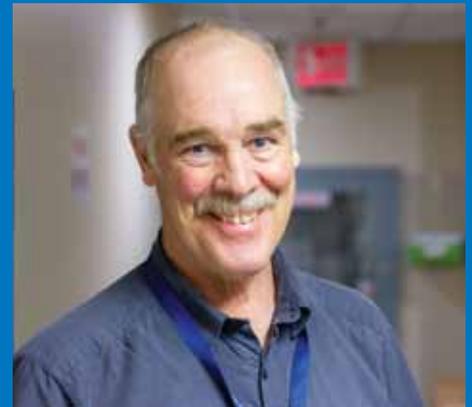


At The Mission's 21-bed Diane Morrison Hospice, the first and largest facility of its kind in Canada, we provide 24-hour care for people who are homeless or street involved and who are either chronically ill or facing the final days of their lives. Over the last year, 20 men and women passed away at the Hospice in our loving care. Because of you, we are able to provide people with crucial physical, emotional and spiritual support at every stage of their illness – as we are doing for Doug.

A housepainter by trade, Doug retired a few years ago, but he remains enthusiastic about his former career – and highly recommends “Eggshell” as his paint finish (not colour!) of choice.

Doug was transferred to our Hospice from a local hospital 14 months ago. He came to us because he had no family in Ottawa, couldn't look after himself, and had nowhere else to go. He uses the word “extraordinary” to describe the nursing staff and volunteers, and appreciates the cleanliness of the place and the food. He also enjoys the freedom he has to go outside when he feels like it – when he's not immersed in reading the latest suspense novel. He describes Dr. Douglas - who visits him at the Hospice regularly - as “young, but he knows what he's doing!” Doug has also met a few friends who have been staying at the shelter who take him in his wheelchair around the neighbourhood if the weather is nice, and he appreciates their kindness as well.

People like Doug are cared for with compassion and dignity because of your support, and for that, Doug is deeply grateful.



John Hargadon volunteers at The Mission's Hospice every Wednesday, delivering breakfast and lunch to patients, and offering friendly company.

John says, **“It's the highlight of my week. I have gotten to know each of the patients as individuals, their past experiences with homelessness, and their journey in palliative care. I try to develop a relationship with each of them.”** John is a special person and we are so thankful to him for all he does.

# DYMON HEALTH CLINIC



## INTRODUCING THE DYMON HEALTH CLINIC

In the past year, the number of patient visits to the health clinic at The Ottawa Mission increased by 74%, growing from 7,600 to 13,250. The clinic is operated in partnership with Ottawa Inner City Health (OICH) and also includes a separate dental service that saw 579 visits last year. The Mission knew that the ever increasing need for medical, mental health and dental services had long outgrown the existing facilities. So, we embarked on a plan to expand and relocate the clinic to a Mission-owned building adjacent to the shelter. In order to do so, we sought a business partner to help cover the cost of this new facility.

In stepped locally owned and operated DYMON, who provided a very generous gift of \$300,000 to support this important project. “DYMON has passionately supported The Ottawa Mission’s mandate to provide food, shelter and hope to our neighbours in need for several years, and it’s even more rewarding now to have the chance to significantly expand our partnership by providing these much needed health and dental services”, said Glen Luckman, Founder and CEO, DYMON.

Treating patients at an onsite shelter facility not only provides people who are without personal healthcare options with the care they need, but it also reduces the strain on hospital emergency rooms and the healthcare system overall.

In attendance at the ribbon-cutting ceremony on June 25th, hosted by Peter Tilley, Chief Executive Officer of The Mission, and Mission Board Chair Matt Triemstra, were a number of honoured guests, including from DYMON, Glen Luckman, Founder and CEO, Brent Wilson, President, and Steve Creighton, Senior Vice-president; OICH representatives Medical Director Dr. Jeff Turnbull, and Executive Director Wendy Muckle; Dr. Tom Harle, founder of the Mission dental clinic; Hon. Natalie Des Rosiers, MPP, Mona Fortier, MP, Dr. Vera Etches, Medical Officer of Health for the City of Ottawa, Mayor Jim Watson and Councillor Mathieu Fleury. Thank you to DYMON for their amazing contribution to this vital community service, to all of our guests, and to the staff and volunteers at the clinics who serve our clients so well.



## DID YOU KNOW?

The new DYMON Health Clinic features 4 examination rooms like the one shown here - up from 2 in the former clinic, and will expand its services to include women’s care, a Hepatitis C community clinic, a diabetes clinic, and foot care.

# John's Prayer of Thanksgiving



**“Give us this day our daily bread...”**

Matthew 6:11

John has been coming to The Ottawa Mission for lunch every day for almost 20 years and is considered a member of our extended family. He has a very limited income and often has no money for food after paying his rent. And, like so many others in the same situation, he knows where to go for a good meal and fellowship.

Back in 2016 we were able to help John in a different way when he was faced with a rent increase that he simply could not afford and suddenly lost his apartment. Because he had nowhere else to turn, he came to us. He knew we would not let him down. We provided John with a room right away and connected him with a member of our Housing Support staff who helped him find safe and affordable housing. He was able to move out of The Mission after a short stay, but he continues to come to us for meals because he needs to. He is a familiar face at our table and a bright light to other clients and staff.

John is just one of an ever-growing number of people who rely on The Mission because they simply have no other source of support. And, John is just one of the thousands of reasons why we rely on your faithful support – at Thanksgiving and all year round. We are so grateful for your generosity.

And John says thank you – every day, without fail.



## MEAL SERVICE AT THE MISSION

- Meals are served **365** days a year
- Current average number of meals served each day: **1,468** - an increase of **11.6%** over last year
- **17** full and part time kitchen staff are assisted by **30** volunteers every day

# SAVE THE DATE

FOR THE 2019

Blue Door  
Gala



The Blue Door Gala is The Ottawa Mission's signature event held to raise funds and bring awareness to the many services and programs offered at The Mission.

**When:** November 14th, 2019

**Where:** Infinity Convention Centre

For more information, or to purchase tickets, please visit [OttawaMission.com/bluedoorgala](http://OttawaMission.com/bluedoorgala).



## PLEASE JOIN US FOR A SPECIAL FREE SEMINAR - "CHARITABLE GIVING AS PART OF YOUR ESTATE PLAN"

You and your guest will have the opportunity to learn from and have your questions answered by Heather Austin-Skaret and André Martin, Partners at Mann Lawyers LLP.

**When:** Thursday, September 26, 10 a.m. to 12:30 p.m.  
(registration at 9:30 a.m.)

**Where:** The Perley and Rideau Veterans' Health Centre – Lupton Hall, 1750 Russell Road, Ottawa

Complimentary on-site parking is available.  
Light lunch and refreshments served.

**PLEASE RSVP by September 19th** to The Ottawa Mission Foundation by contacting Angie Kelly at 613-234-1155 or [akelly@ottawamission.com](mailto:akelly@ottawamission.com).

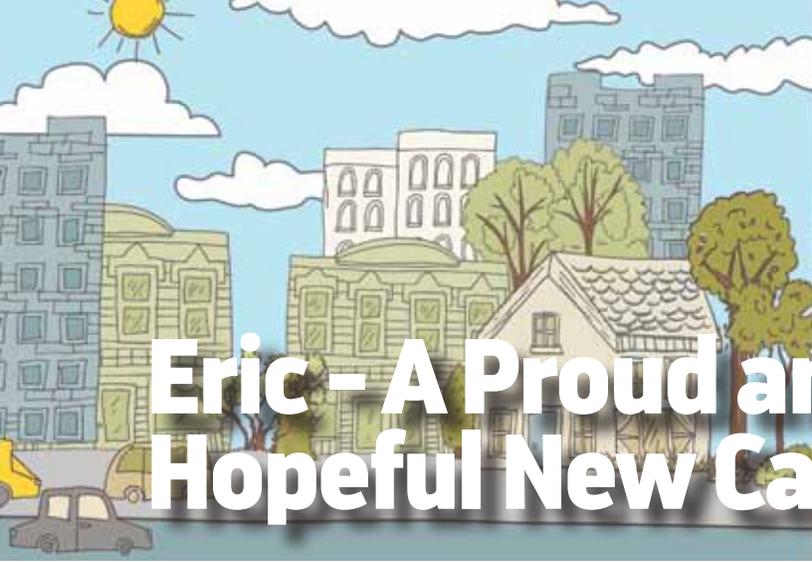
## JOIN OUR YOUNG PROFESSIONALS NETWORK TODAY!

The Ottawa Mission Foundation's Young Professionals Network (YPN) is for those looking to expand their professional network while making a tangible impact on the life-changing work of The Ottawa Mission.

For more information on becoming a member of the YPN, please visit [OttawaMission.com/yponamission](http://OttawaMission.com/yponamission) or contact Jennifer Graves at 613-234-1155 or [jgraves@ottawamission.com](mailto:jgraves@ottawamission.com).



Members of the YPN's Executive Committee are leading the charge to organize innovative special events and special volunteering and networking opportunities.



# Eric – A Proud and Hopeful New Canadian



Eric is a well-educated man, an entrepreneur, and a former professional soccer player who moved to Canada from Cameroon over a decade ago. He wanted to make a new life for himself free from political oppression, and for a while things were going very well. Eric had worked hard, and his business was growing. Then he suffered a serious financial downturn that he felt was out of his control, and found himself without a home and with nowhere to turn.

Eric was in crisis and suffering from depression when he came to The Ottawa Mission. He was isolated and felt he could no longer trust anyone, but he had a warm bed, healthy food, and he knew that help was available if he chose to take advantage of it. Eventually, as he slowly began trusting and accepting support from mental health outreach worker Robyn (via The Mission's partnership with the Canadian Mental Health Association), Eric decided to enter a local hospital where he received the care and treatment that he needed to get back on track.

Eric continued to receive intensive case management services from Robyn and additional support at The Mission - from finding safe and affordable housing, to reconnecting to family, to navigating through immigration and identification issues - and he is now living in his own place and rebuilding his life and his business, one step at a time.

This year, Eric stood tall at a special ceremony in Ottawa, with Robyn at his side (see photo), and became a proud and hopeful Canadian citizen. And, as Eric says, *“I am now once again pursuing my dream. I am so thankful.”*



## INTERESTED IN VOLUNTEERING?

Learn about volunteer opportunities at The Ottawa Mission – visit [ottawamission.com/volunteer](http://ottawamission.com/volunteer), call Aneesha Sidhu at 613-234-1144, ext. 297 or join us at our next volunteer orientation session to get started – Monday, September 9th, 7 p.m. in the dining room at The Mission.

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# John is all geared up – and ready to go!



John spent most of his life working in the construction industry, until things unravelled for him under the burden of addiction. He first stayed at The Ottawa Mission more than 10 years ago, but it is his most recent time with us that has made all the difference.

Over the past couple of years John has worked hard on maintaining his sobriety. He faithfully attends our Day Program – a group session held every weekday in The Mission’s chapel – and until he recently moved out of The Mission, he was staying in the Hope Program wing, an area of the shelter set aside for Day Program participants.

The other big change John has made is to upgrade his “tickets” in a number of construction workplace safety areas including forklift operation, working at heights and in confined spaces, working with asbestos, and WHMIS. He accomplished all this by taking courses at Labor Tek which we were able to pay for thanks to you, and then he worked with our Education & Employment staff to update his resume. We also helped him access affordable furniture and appliances for his move into his apartment. John has even benefitted from our dental clinic where he was fitted with a partial plate. And the icing on the cake is that we were also able to outfit John with all the gear he needs to get back on the job – boots, gloves, safety goggles and vest – so he’s set to go!

John has come to know a lot of the staff at The Mission during his time with us, and having stayed in a few other shelters, says The Mission is the best. Besides being clean and well-organized, he praises the people he has worked with for being professional and caring, and for always being there to help him move forward to a better life.

John is actively seeking employment and living in his own place – and he couldn’t be happier, or more thankful!



**Show that you care  
this Thanksgiving.**

For only \$3.47 you can provide a special meal at our Thanksgiving dinner on October 14th and bring hope to someone in need.

**Please give today.**

# LIFE CHANGING