



*You can feed hope
this Thanksgiving*



You can provide a
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Thanksgiving dinner
on October 11th

\$3.47 helps
bring hope to
someone in need.

Hot meals. Warm beds. Vital services.

Your gift provides all this and more to
Ottawa's most vulnerable people.



Development Office
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Ottawa, ON K1N 6E4
613-234-1155
OttawaMission.com

Please give today.

“...those who
refresh others
will themselves
be refreshed.”

Proverbs 11:25

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
donations@ottawamission.com

MUCH TO BE THANKFUL FOR THIS THANKSGIVING

At The Ottawa Mission, we have much to be thankful for as we head toward Thanksgiving. As we have persevered throughout the pandemic, I have been profoundly grateful for your willingness to match your contributions to the increasing level of need we see here every day.



For example, in response to hunger made much worse by Covid-19, our average daily meal count has risen more than 80%. Through our **Mobile Mission Meals** program, we have grown from five locations serving 500 meals per week to 19 locations serving over 3,000 meals per week.

Every day, hundreds of people come to our food truck. People with walkers, in wheelchairs, and with their children. People who never worried about hunger now come to our truck just to survive.

Another example is **Chef Ric's**, our new social enterprise combining an expanded Food Services Training Program to set even more people on the path to self-sufficiency, more capacity for catering, with proceeds directed back to The Mission, and a retail space where people can purchase healthy and affordable food.

Chef Ric's embraces the vision of the former Rideau Bakery, which provided warmth, inclusion and a feeling of home to all who entered for almost 90 years. Chef Ric's will proudly carry on this legacy.

One last example is our **Hospice**, a shining star in providing palliative care to people who are homeless. The Hospice began in 2001 and has grown from six beds to providing the last home for up to 21 people each year. This June, we celebrated 20 years of providing compassion, dignity and community to our most vulnerable citizens who would otherwise die alone.

All of this and so much more at our shelter wouldn't exist without your support. As the Chair of our Board of Directors and from the bottom of my heart: thank you.

SHAUN BARON CHAIR, BOARD OF DIRECTORS, THE OTTAWA MISSION



NO ONE PASSES AWAY ALONE

The Ottawa Mission Hospice Turns 20

Our Hospice is a special place where homeless men and women receive palliative care and emotional and spiritual support with compassion and dignity. This includes guidance for patients, their families and friends, and visits from volunteers and spiritual companions.

In 1999, Tim, a shelter guest with AIDS, said his last wish was to avoid hospitalization. Mission staff cared for him as he lay dying surrounded by friends. His experience was the genesis for our Hospice.

Beginning in 2001 with six beds, our Hospice is now home for up to 21 people, most of whom would otherwise pass away alone. Our Spiritual Care team organizes memorials in our chapel for those who pass away.

While many patients die within months, some do not. One of these is Luc, a gentle man of 60 years. He provided for his family by playing professional hockey and also coaching the game he loves.

Tragically, after his son Steven died, his overwhelming pain sent him spiraling into divorce, addiction and homelessness. Sometimes he stayed in our shelter and visited our drop-in addictions treatment program and Chaplain Timothy. After bypass surgery, he was convinced to stay at our Hospice to recover. *"I wasn't expecting to come, but I'm glad I did. I enjoy talking to Timothy. It helps me make sense of my life."* Luc looks forward to his own apartment after discharge.

Pat is a peer support worker with our partner Ottawa Inner City Health. These workers draw on their lived experience of homelessness, mental illness and substance use to help support patients in need. Pat lessens patients' anxiety through running errands, accompanying them to appointments or the hospital, and even sitting with them during their last hours. "No one passes away alone," notes Pat firmly. "It's a privilege to be allowed into our patients' lives."

On June 1, we marked the 20th anniversary of our Hospice. Thanks to you, our leadership in palliative care for vulnerable people continues today. Your unending kindness provides the support our Hospice patients need and deserve.

HOSPICE STATS 2020-2021



19

people who passed away in hospice



15

memorial services held



65

hospice patients



2

internments



Although a prosperous community, Ottawa has deep pockets of hunger, now made worse by COVID-19. For example, Ottawa-Vanier, where our shelter is located, has the highest rate of food bank usage in Ontario.

To ensure that no one goes hungry during the pandemic, we modified our community meal program to supply three takeout meals a day through our garage so clients could continue to be fed without entering our shelter.



Itohan is a refugee from Nigeria and new employee of our meal service. She fled because her two young daughters were about to be forced into marriage. Arriving in Canada, she tried finding work to provide for her family. When she heard about our renowned **Food Services Training Program (FSTP)**, which provides graduates with the skills to work in a commercial kitchen, she

applied. There, she felt at home. “I fell in love with the kitchen,” she notes with fondness. In particular, she notes the critical importance of Chef Ric. “I love him. He’s like a father: he calls us once in a while and asks, ‘what do you need?’”

Itohan also finds joy in serving community meal program clients. “I love giving them food. It makes me happy.”

A MEAL LEADS TO MUCH MORE

New beginnings with Chef Ric's

We also launched our **Mobile Mission Meals** food truck to feed people who couldn’t travel to our shelter due to disability, lack of money for transportation, or other reasons. We began with five stops Monday through Friday delivering 100 meals at each stop. By last fall, we’d increased the number to 13 to try to meet the unbelievable need for food. Now the need is even greater. The Mobile Mission Meals program has 19 locations rotating throughout our community seven days a week and delivers over 3,000 meals per week. We also have a waiting list of partners who want to join this program. As a result, **our average daily number of meals has risen by over 80%.**

Every day hundreds of people line up at our food truck: in walkers, in wheelchairs, and with their children. People who never worried about feeding themselves and their families until Covid-19 arrived come to our truck to survive.

Cicely, a 2020 FSTP graduate cook and driver who works in the truck, sees all of these clients. **“I meet families, street people, people with addictions, seniors, and many others. Covid-19 has hit people hard — people who are out of work and isolated. Our food program gives them something to look forward to.”**

Clients often go hungry until our truck comes. Because of you, they are now being fed. We could never do this without your support.

“I like being part of something new and adaptive which lets us reach more people since we provide such beautiful meals for them. Clients are so polite and thankful,” Cicely adds.

Ron is a peer support worker at Somerset West Community Health Centre, a partner agency in the Mobile Mission Meals program. He is also a client of this program, noting the essential role it plays for those with few options to make ends meet. “After rent and other expenses are paid, for people who are on ODSP (disability) or other public programs, there’s not a lot left. That’s why this truck is so needed.”



We're also doing more to help our most vulnerable citizens by helping them move toward independence, self-sufficiency and dignity through our new Chef's Ric's project.

An expanded social enterprise and also a community asset for people from all walks of life, Chef Ric's embraces the vision of the former Rideau Bakery in its new home. Established by the Kardish Family in 1930, the Bakery provided warmth and inclusion for almost 90 years.

Bakery in its new home. Established by the Kardish Family in 1930, the Bakery provided warmth and inclusion for almost 90 years.

Chef Ric's embraces this vision through:

A RETAIL SPACE

where people can purchase healthy and affordable prepared foods



AN EXPANDED FSTP

Over 90% of our graduates find jobs in this industry. Now, even more students will be trained.



AN EXPANDED CATERING SERVICE

with proceeds directed to the FSTP

One of Chef Ric's new employees is Mercy. Originally a nurse from Ghana, Mercy also fled her home in 2019 because she was about to be forced into a marriage not of her choice. Upon arriving in Canada, she had difficulty securing the support she needed to feel safe, included and valued until she enrolled in the FSTP.

“Getting into this program was one of the best decisions I’ve ever made. Coming here, I felt accepted. I saw that everyone wants me. This program gave me hope. I saw it not only as an opportunity but also a career. Cooking for the community, I finally saw myself fulfilled. Waking up every morning and having this responsibility, it gave me joy, it gave me happiness.”

Mercy graduated in May 2021 and works in the baking department. She also deals with inventory and customers at the point of sale. “This has increased my confidence and self-esteem. I’m so grateful to The Mission.”



On behalf of all of our FSTP graduates and our meal program clients:

THANK YOU TO ALL OUR DONORS AND SUPPORTERS. YOUR KINDNESS MEANS SO MUCH.



**JOHN & LEE
NORTON**
Faithful Donors

John Norton deeply respects The Ottawa Mission and the work that it does. In John's words, "*The Ottawa Mission enables us to be a part of God's Kingdom by helping those in need.*" It's why he and his wife Lee support The Mission with annual gifts, and it's why they have chosen to remember it with a gift in their estate plans.

Now retired, John and Lee have lived in Ottawa for many years. They are blessed with two children and six grandchildren. "*No question,*" says John, "*Ottawa is a great place to live, but far less so without a pay cheque. Our winters are cold and harsh. It's one reason why we are happy to support The Mission.*"

It was CEO Peter Tilley's leadership that drew the Nortons closer to The Mission's work. Struck by his caring for others and his kindness, they realized that donating was a practical and responsible way of following Christ's teaching to help the less fortunate. **In giving to The Mission, they are enabling important work they cannot do themselves.**

When they last revised their wills, the Nortons knew that remembering The Ottawa Mission with legacy gifts was something they wanted to do. Their future gift will be a percentage of each of their estate's residue, to be used where the need is greatest.

Like the Nortons, you too may support The Ottawa Mission with a legacy gift. It's easy to arrange, and staff would be pleased to help you in any way.

On behalf of those we serve daily, our deepest thanks go to John and Lee Norton for their faith-filled support.

Please join us
FOR A FREE WEBINAR

The benefits of including a charitable gift in your will



A virtual information session on key factors and strategies to consider when creating or updating your will.

Join Douglas Buchmayer, Partner with Gowling WLG, for this virtual interactive session focused on helping you avoid common estate and tax errors, and increase income with estate and charitable gift planning.

— *when* —

September 24
10:00 am – 11:30 am
via Zoom

— *where* —

From the comfort of your kitchen, deck or cottage!

Please RSVP by September 18
to The Ottawa Mission by contacting
Christina Hunter Cadieux at **613.277.4902**
or **chuntercadieux@ottawamission.com**

MARK'S GRATITUDE AS A SERVANT TO PEOPLE WHO ARE HOMELESS

Mark has been working for over a decade at The Ottawa Mission, and feels grateful to be a servant for people who are homeless, providing them with dignity and a place for healing.

"I remember my first day at The Ottawa Mission as a cleaner: I faced a wall of urinals and toilet stalls that had to be cleaned."

Mark asked himself if he could do the job. He gave it his best shot and met those who are homeless as a servant.

Mark got to know the good people in the shelter and Housekeeping Department. His respect continues for them and all cleaners, especially during this pandemic.

Later he switched over to the kitchen crew and now drives a refrigerated van to deliver meals to people in need and pick up donations for the shelter's kitchen. It makes for a full day, as well as gratitude shown to him for serving others, most often by our clients.

"My commitment is nothing compared to the dedication of our supporters who make it possible for us to offer over two thousand good meals each day to the community, provide clean laundry, and give humane care," he notes modestly.

Despite the pandemic, as Mark notes, *"The Mission continues to provide help with: breaking free from addiction; dealing with mental illness; finding a home; hopelessness; healthcare, hospice care and dental work; education; basic sanitary needs, including a hot shower; new, warm clothing; footwear, including work boots; restoring ID and obtaining benefits; drafting resumés; personal security and safety; and pastoral comfort."*

In Mark's words *"I had no idea working in a homeless shelter over a decade ago would be a wise choice to get through a pandemic."* He received both his vaccines at pop-up clinics held at The Mission this spring, which have gone a long way to keep shelter guests, community clients, staff and volunteers safe.

None of this would be possible without you and we are so grateful for your support.



For only \$3.47 you can provide a special meal
at our Thanksgiving dinner on October 11th
and help bring hope to someone in need.

Please give today.

To make a donation visit ottawamission.com

