



## New Empty Bowls At Home: A Success

**A NOTE OF GRATITUDE FROM OUR EXECUTIVE DIRECTOR**

**P**rior to starting my position at **Sheridan College** and then **Home Suite Hope (HSH)**, I worked with vulnerable populations, and in education in two other regions in Ontario.

In 2016, I started my first collaboration with my research partner, Dr. Michael McNamara and our community partner, the **Oakville Community Foundation** in Halton. That research project — The Community Ideas Factory — was one of the most collaborative projects I have ever been a part of. The Region and the Town, in addition to most not-for-profits and some corporates in Halton, came together for the various phases of that research to help inform a better system of collaboration and funding in housing, food security, employment supports and wraparound services. Back then I was in awe of how well those working in the region collaborated to ensure that research-informed practices were enacted with a shared goal of catching anything or anyone that might fall through the cracks in the various systems.

## Empty Bowls must be filled

I have now been working in Halton for seven years as a Professor and just over two years at Home Suite Hope.

We just recently finished what is my third fundraising event while at **Home Suite Hope**. In 2018, our need for **Don't Sleep in your Car** to be successful was mammoth — and I was terrified. Under the leadership of the past CEO and with the support of amazing and generous donors, the event far surpassed our expectations and helped us to brace from what was an extremely difficult year financially.

In 2019, I had stepped into the position of **Executive Director** with absolutely no knowledge of **Empty Bowls**. I was then, and still am today, very thankful that a volunteer committee led by Empty Bowls experts led me through that first experience.

I spent the day of the event in awe of this community as event sponsors gave generously and hundreds of people made their way through that door to taste one of the twelve soups donated by local chefs, and then generously donated throughout the day bringing us to the largest earning Empty Bowls in its history.

The event went so well that we were all excitedly anticipating the 2020 Empty Bowls event... and then came COVID-19, a thief that has taken so much from so many people. Our organization cannot survive without fundraising. We cannot run programming and we cannot support our families without these types of event. All our third-party fundraising events had already been cancelled, organizations had cut expected funding as their profits were down, and we had a brand new program with five young single parents ready to launch, in addition to 18 single parents in our other programs.

Not having a fundraising event was simply not an option for us.



## New partnership provides winning ingredients

We had already been working closely with **Food For Life** on our new programming as they are providing Food Literacy and grocery supports to the young parents in our **Homeward Bound Youth Program** when I approached the Executive Director, Graham Hill, about the possibility of us working together on a virtual version of Empty Bowls.

Out of these conversations, **Empty Bowls At Home - COVID-19 Edition** was born. Our volunteer committee was formed and hit the road running to find soup, bread and dessert donors. Our local businesses wrapped their arms around this event, providing amazing sponsorship despite this unprecedented year of loss for many. Our community members purchased tickets to the event, bought soup kits for our participants to enjoy and donated much-needed funds in the days leading up to the event. Over 40 community members and local businesses volunteered their time helping to pack boxes and deliver soups throughout Halton and Peel (even some in Ancaster, Hamilton, Lyndon and Niagara!!).

I was once again reminded of the collaborative nature of the Halton Region. Despite all the rhetoric around enclaves of Halton not believing that poverty exists here, this is largely a community of people who care.

I personally delivered 32 of the soups the day of the event and I was at the homes of our sponsors, colleagues who work for other not-for-profits, long-time donors, seniors' apartment buildings, and low-income housing units. At each home people talked to me about the importance of Home Suite Hope programming and their excitement that we were able to have this event despite these unusual times.

I left the event full of gratitude for all those arms reaching out to help our families build better more sustainable lives for themselves.



## Behind the recipe for success

I am proud to say **Empty Bowls At Home** saw \$28,125 in ticket sales; 375 soup kits delivered; \$11,525 in donations; over 40 volunteers giving more than 16 hours of volunteering; and, \$34,500 in corporate sponsorships/donations.

To the **Taylor Group's Dean Marks as Presenting Sponsor** and their sponsorship of Empty Bowls since 2012: the event would not be successful without you!

We are extremely grateful to our Empty Bowls At Home **Platinum Sponsor CN**.

We thank our **Gold Sponsors** including: **FCT Canada**, **The Waugh Family Foundation**, and an **Anonymous Donor**.

Our appreciation goes out to our **Silver Sponsors: Schiavone Diamond, Celernus Investment Partners Inc.**, and **Whitehall Construction**.

We also thank **RBC's Andrew Sharp of Sharp McMillan Wealth Management Group of RBC Dominion Securities**.

Thanks to **Yellow Robot**, which designed and printed soup labels for this year's Empty Bowls At Home. We are grateful to **Crack Pot Studio**, our long-time bowl sponsor.

Thank you to the **Home Suite Hope Empty Bowls Planning Committee: Cindy Perras, Lori Sims, Sharon Richardson, Laurie Forsyth, Krystal Valencia** and **HSB Volunteer Coordinator Kinda Jazeh**. Thank you to the **Food For Life planning team: Laura Hickerson, Meghan Richardson, Kim Calderbank** and **Kristen Granger**.

Thank you to the owners and chefs at our vendors: **Alex and Brooke from Kerr Street Cafe; Chris and Maddison from Cove Bar & Restaurant; Kevin and team at COBS Lakeshore; Jen and Corporate Chefs Callen & Eric at Catch Hospitality Group; Chef Eddy from Por Vida; Wilma at Crack Pot Studio; Erin and Scott from the Sweetest Thing; Monica from Patisserie D'Or; Scott from Metro; Ray from Fortinos; and Tony from Longo's!**

On behalf of our entire staff and all our participants, thank you to our Home Suite Hope Community.

**In Gratitude,**

**Sara Cumming, Executive Director, Home Suite Hope**



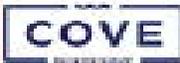
## OCTOBER 25, 2020



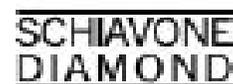
## OCTOBER 25, 2020



**VIRTUAL EXPERIENCE & EVENTS**



KERR SE CAFE



## HOME SUITE HOPE WINS

### Paul Wellstone Award

**Home Suite Hope**, is thrilled to have won the **Paul Wellstone Award** from the **Association of Applied and Clinical Sociology**.

This award is presented to a person or organization in the community for making significant and noteworthy applied sociological contributions in the community they serve.

HSH won this award by applying evidence-based outcomes to its programming and delivery model, and by continually revising its programming to meet the needs of its clients.



**Catherine Lucasan, HSH Program Manager**, accepted the award on behalf of HSH Oct. 9.

## STAFF SPOTLIGHT: INTERNING WITH HSH

### HSH helps student define future

**Sofia Samson** has joined HSH as a student intern. Sofia is a student at **York University**, who is currently finishing her last year toward obtaining her **Bachelors in Social Work**.

Throughout her program, Sofia said she has volunteered in various organizations to explore and identify her interests.

Sofia has worked in both large and small institutions, and with a variety of different age groups. So far she has discovered a penchant for program development work. Home Suite Hope is providing Sofia the opportunity to work at micro and macro levels within the program development field.



In the upcoming years, Sofia said she looks forward to developing and pursuing her interests within community development, by furthering her education. In the next few months, Sofia will apply for her **Masters in Social Work** with a collaboration and specialization in community development programming. We welcome Sofia to the team and wish her all the best!

## SARA IN THE NEWS

### Publicity!

**H**ome Suite Hope Executive Director **Sara Cumming** was recently featured in an interview with [oakvillenews.org](https://oakvillenews.org) and its journalist Lynn Lau.

The feature is a great read and offers insight into what Home Suite Hope is all about and Sara as the woman at the helm of its growth and success in the fight against generational poverty.

The publicity was welcome in the days leading up to HSH's signature fundraiser Empty Bowls – its COVID-19 edition with new partner **Food for Life, Empty Bowls At Home** Oct. 25.

The publicity is also welcome as HSH in the midst of one of its largest intakes for its successful **Homeward Bound Halton program** and its new **Homeward Bound Halton Youth pilot program**.

The latter is a pilot now available to young parents aged 17 to 24, replicated after the successful Homeward Bound Halton offering, thanks to a grant from the **Ontario Trillium Foundation**.

Check out the [oakvillenews.org](https://oakvillenews.org) interview with Sara –

**Sara Cumming: Eradicating Systemic Poverty**  
*Single parents escape intergenerational cycles with the help of a comprehensive anti-poverty program*

<https://oakvillenews.org/oakville-community-news/sara-cumming-eradicating-systemic-poverty/>



# HOPE 4 HOLIDAYS

**Hope 4 Holidays** is an annual campaign that connects Home Suite Hope single parents and their children with the overall community through the gift of giving.

## HOW CAN YOU HELP?

Firstly, **Home Suite Hope** would like to thank the community for the ongoing support that it has been sharing with our families during this challenging time.

Many are settled in and adjusting to our new virtual reality well. We would also like to thank all of you for participating in last year's **Hope 4 Holidays** campaign. It brought so much joy and excitement to the families and we were warmed by the sponsors who attended the Meet & Greet. We cannot thank you enough!

We are excited to share that the **Hope 4 Holidays Campaign for the 2020 Holiday Season** is now underway! We have some newly-revised ways of donating this year to follow COVID-19 protocols and ensure the safety of all families and donors.



- **SPONSOR A FAMILY:** We have over 20 families we are serving! Families have written their wish lists to Santa and donors this year and are ready to be matched. You can help sponsor a family by donating Amazon gift cards, shopping online, or dropping off purchased donations at the office to help put presents in participants' homes this holiday season.
- **#GIVINGTUESDAY:** Join in on the movement on Dec. 1, 2020 by considering donating funds for gift cards or giving unused gift cards.
- **HOST A VIRTUAL GIFT CARD DRIVE:** Host a virtual event amongst your friends and families to collect grocery, household, or Visa gift cards to donate to our families this holiday season.

For more information on how to get involved, reach out to Catherine at [clucasan@homesuitehope.org](mailto:clucasan@homesuitehope.org).

## HSH's COMMITMENT TO INCLUSIVITY & JUSTICE

#Blacklivesmatter

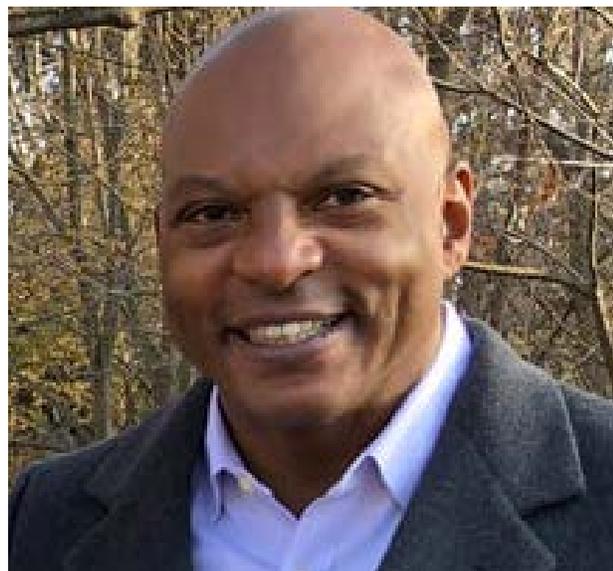
It is important to us at Home Suite Hope to ensure that our commitment to inclusivity and justice for our Indigenous and racialized community members infiltrates all that we do at Home Suite Hope.

As such, for the remainder of the year we will dedicate this portion of our newsletter to updating our community by what is happening at HSH to address the current calls for action and/or by showcasing contributions of racialized individuals and organizations to the fabric of Halton.

Sara Cumming  
Executive Director, Home Suite Hope

## THE CANADIAN CARIBBEAN ASSOCIATION OF HALTON

Andrew Tyrrell is president of the Canadian Caribbean Association of Halton (CCAH), a volunteer registered charity established in 1977. Its office is in Oakville and CCAH services the entire Region of Halton. It was originally formed to provide settlement social programming for new immigrants of Caribbean roots.



The CCAH goals are to provide cultural education that develops an understanding and knowledge of other cultures through programs on culture, history, art, literature and music of Black, Caribbean and African cultures; promote mutual respect, acceptance, understandings of discrimination, impact of racism; and to build bridges between ethno-cultural groups, institutions, and the community. All activities are grounded in the core values - the four pillars of CCAH are Education, Culture, Community and Harmony.

There is a rich legacy of Black History that CCAH strives to preserve. Oakville was one of the stops on the **Underground Railroad**. CCAH partners with **The Oakville Museum** to promote resources, artifacts, and installations dedicated to this history.

## A RICH LEGACY OF BLACK HISTORY IN OAKVILLE

There are six historical sites of the Underground Railroad in the Oakville community - The Pier, Custom House, Captain Robert Wilson's House, Canadian Hotel, The Granary and The Harbour.

According to the Oakville Museum research, from 1820 to 1865, the Underground Railroad secretly transported thousands of fugitive slaves who travelled from the southern United States across the border to freedom in Canada.

For many escaped African-Americans, Oakville Harbour represented their first view of Canada and their dream of new-found freedom.

Hundreds of Blacks came to this area through the Underground Railway. The influx of runaway slaves from 1850 to 1865 dramatically changed the makeup of Oakville during the mid-19th Century. Today there are over 20 family generations of those who chose to stay.

Also, in 1955, in response to pressure to open its doors to Caribbean people, Canada introduced the Domestic Scheme, allowing women from Commonwealth Caribbean to settle in Canada provided they worked as domestic labourers for one year.

Afterwards they could take up employment of their choosing and send for family members.

Some 3,000 Caribbean women came to

EDUCATION | CULTURE | COMMUNITY | HARMONY



CANADIAN CARIBBEAN ASSOCIATION OF HALTON

Canada, and many came to Oakville.

Descendants are present in the community today.

A prime activity of the organization is the provision of an annual **Black History Month Celebration in February** - a full month of interactive performances, events, and activities in schools, community venues, seniors residences, libraries, and more, in Oakville and Halton Region.

In 2020 there were over 40 CCAH Black History Month activities which touched the lives of over 20,000 Halton residents.

**Emancipation Day Celebration** is another significant CCAH annual event which was celebrated this year on August 1st.

The Province of Ontario officially dedicated this date in 2008 marking the end of slavery in the British Empire in the mid-19th century and the Town of Oakville made a similar proclamation.



## COMMUNITY SUPPORT - CALLS TO ACTION

### St. Jude's answers our call

Home Suite Hope gives a huge shout-out to **St. Jude's Anglican Church** and its congregation for answering our call for furnishings. We are in the process of the largest intake in our history and throughout this month, **Blair Richardson**, along with **John MacFarlane** and **Dan Vrostko**, were regular visitors to our storage unit as they used their own vehicles, time and muscle power to collect and deliver furniture. Our storage unit was filled to the brim. We can't thank these guys, and the church and congregation, enough for stepping up like this. Thank you! We hope to have room again for donations later in November.

*Blair Richardson shows how full the storage unit was with donations - and more offers than we could take.*



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Home Suite Hope thanks **Samuel, Son & Co.'s Appleby facility** at 1250 Appleby Line, Burlington, where people are working very hard to bring in donations for its **Cold Weather Drive** benefitting HSH families. With still two weeks to go, they had clothes, jackets, boots and shoes to donate – including 200 new sweaters. Thanks!



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As Home Suite Hope celebrated **Thanksgiving**, it sent out a special thank-you to the **Anonymous Donor**, who contributed \$2,000 in grocery gift cards to support our single parent families at this bountiful time of year. Thank you!

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HSH thanks the **Zonta Club of Oakville** members for answering the **Call for Action** for toiletries, cleaning supplies and furnishings to support HSH's single parent families. Thanks for all you do for HSH!



**ZONTA**  
CLUB OF  
OAKVILLE  
MEMBER OF ZONTA INTERNATIONAL  
EMPOWERING WOMEN  
THROUGH SERVICE & ADVOCACY

## THANKS FOR MAKING DONATIONS

**Home Suite Hope** thanks **Margaret Martingano** and **@Project Linus, Oakville Chapter**, for the donation of more than two dozen hand-knitted new blankets. Just the thing as we head into fall and winter. Thanks!

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*Margaret Martingano and Project Linus, Oakville Chapter, donated new hand-knitted blankets. Thanks!*



Thanks to **Boston Pizza at Dundas & Neyagawa** for its support. Boston Pizza, Dundas & Neyagawa donated \$1,292. Thanks!

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**Home Suite Hope** thanks **National Wines** for its support. National Wines is donating \$10 from every purchase to Home Suite Hope as it supports local business. Thanks and cheers!



We HSH would like to extend our thanks to the **Toronto Real Estate Board (TREB)** for its support in helping our single parents and their families through support of HSH's **Stabilizing First Halton** program, and congratulations to **TREB on its 100th anniversary!**

# LIFE SKILLS FACILITATORS SOUGHT

Are you an expert in your field? Do you have great information to share? Would you like to help our single parent families?



**Home Suite Hope** would love to hear from anyone interested in leading one of our **virtual Life Skills workshops as a facilitator**. Anyone interested can contact **Trina** at [trinar@homesuitehope.org](mailto:trinar@homesuitehope.org) or **Catherine** at [clucasan@homesuitehope.org](mailto:clucasan@homesuitehope.org).

HSH is grateful to **Halton Region** and the **Peter Gilgan Foundation** for their support with the expansion and ongoing sustainability of our Life Skills programming.

## INDUSTRY COUNCIL SEEKING MEMBERS

**The Industry Council at Home Suite Hope** is a group of senior executives from a variety of fields who help support the professional advancement of our program participants.

If you're ready for this challenge, we'd love to hear from you. Please contact Catherine Lucasan at [clucasan@homesuitehope.org](mailto:clucasan@homesuitehope.org).

## CALL TO ACTION

**HSH** has a **desperate need for cleaning supplies and toiletries** - the biggest monthly expense for our participants. We have **27 families in need of... toilet paper, paper towels, dish soap, shampoo, conditioner, cleaning supplies, laundry detergent and fabric softener.**

**Donations are accepted at our office** Monday to Thursday 10 a.m.-4 p.m. or contact [info@homesuitehope.org](mailto:info@homesuitehope.org). **Thank you.**



Sheridan



*CHANGING THE PATTERNS OF POVERTY TO A LEGACY OF PROSPERITY*