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Toxic stress damages the developing brain. The ACE Study revealed that if you suffer 4 or more types of abuse as a child, it has a huge health impact. Your risk for alcoholism, drug abuse, & depression increases 4- to 12-fold — that's an increased risk of 400 to 1,200%!

Adverse Childhood Experiences
(ACE) Study



I'm a crystal meth, fentanyl, and IV drug user. When I was younger, I was subject to every type of abuse there is, and we'll just leave it at that.

Before I came to Good Shepherd, I was living on the streets of Oshawa, staying in a bank kiosk. I went to a place called the Back Door Mission for meals.

Read on to find out how your support helped Josh work toward sobriety and stability...

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I have a friend who used to be a drug user on the streets. He went to the DARE Program a couple of years ago and now he's in recovery and works at the Back Door Mission. He was my first example of someone who was like me – and then he wasn't like me anymore!

He inspired me to go to the DARE Program. First, they got me into a sanctuary in a church and I slept there for a week while they got me a bed in DARE. They don't have pre-treatment in Oshawa, so people like me slip through the cracks. We just can't hold out.

I was scared when I got to DARE. It was something new, something I wasn't used to. What changed that? It was the love that I felt from the people working here. There are so many staff members here that I consider family.

Mike in DARE kept me on track. I started working out and looking and feeling better, and I thought to myself "I'm okay!" He called me on it. He told me "I got you figured out. If you keep blowing off coming to the group meetings, if you keep having the delusion you have power back, then you will relapse and die."

I asked him, "How can I turn this around?" And he gave me one of the hardest chores in the building, to see if I was willing to do it. And I said to him, "If I do this and I make it to one year, will you speak at the meeting when I get my one-year medallion?" And he did!

Every time I got pulled in for a "how are things going" meeting, I was scared I'd be thrown out. But they just continued to support me. At first, I didn't like the chores, but then I found it helped me to get out of myself. When I'm doing something for someone else, it gets me out of my head, out of myself.

I'm more than a year in recovery now. I completed the 12 steps, went to treatment, put on 70 pounds. I'm 45 and I'm in better shape than I was in my twenties. I'm holding down two jobs. I work in roofing during the week

– I'm a roofer by trade – and I work at Holt Renfrew on the weekends.

My addiction takes many different forms. I have to watch out for getting addicted to money and to shiny new things. But now I don't think about using, I don't think about not using – I don't think about it at all.

I had a lot of help getting here, and the 12 Steps are a real thing. I'd never done them before. I'd gone to meetings, I listened to people talking, and I thought it was nonsense. But I was desperate enough to try it this time.

The people here at Good Shepherd treated me like family. I get so much from the groups. I'm comfortable – although I don't want to stay here forever. I feel accepted and loved. Never once did anyone make me feel like a drug addict when I was here.

That's what makes this place for me – it's the people here – they love you back to health. I never really had a sense of family, but I have it here.

I came here on June 10, 2021. I was here for five months before I went to treatment. Then I came back for the post-treatment. Now I'm on the verge of signing papers to have my own place.

This place and the people who serve here saved my life. Thank you!

Your gift helps those struggling with addictions

In the first six months of 2022, 105 homeless men with addictions entered the DARE Program and found a safe, stable place to prepare for treatment. Forty-three of them successfully entered treatment.

St. John of God Community Update



In June, the Hospitaller Order of St. John of God, North America Province held its week-long Chapter in Mississauga. The community elected a new council.

Br. David Lynch, Executive Director of Good Shepherd Ministries was elected Provincial Superior. As a result, Br. David has resigned as Executive Director of Good Shepherd Ministries so he can focus on the many responsibilities and travel that go with his new role.

Welcome Message from Aklilu Wendaferew



After 20 years working as the Assistant Executive Director of Good Shepherd Ministries, I am painfully aware of the many challenges homeless people face in Toronto. Increases in rental costs, chronic poverty, unattended mental health, addictions and other health related challenges, family breakdown, violence, sudden

unemployment — all these factors contribute to homelessness.

But to balance the suffering I see, there is the generous support of our donors, funders, volunteers, community partners as well as the professional service of our coworkers. You help make the compassionate, respectful, and professional support provided at Good Shepherd possible. You keep the doors open and help to provide services that have been a source of hope, inspiration and life altering experience for many.

As I take up my new role as Executive Director, I feel tremendous gratitude for your support, and I look forward to continuing to partner with you to help the least fortunate members of our community.

Farewell from Br. David Lynch, OH



I have witnessed many miracles over the past 27 years as Executive Director of Good Shepherd Ministries. The biggest of these is being blessed with benefactors like YOU! You are unshaken in your resolve to make a difference. You acknowledge every person's value and their need for support.

Since I came to Toronto in 1995, many great things have taken place. We expanded our programs to address core issue such as addictions, housing, and health care. None of these services would have happened without your kindness.

I know that I leave Good Shepherd Ministries in capable hands. Aklilu has 30 plus years of experience in the social work field, many of his years serving the homeless population at Good Shepherd. Aklilu has a strong team working with him and they will continue to work diligently to ensure that the best service and care is offered to assist those who need our support.

While I know I will miss the day-to-day interaction with all our wonderful volunteers and donors, I will remain in Toronto and will be active in the ministry as I take a seat on the Board of Directors.

It has been a privilege to have served as Executive Director for so many years and know that together we have helped countless people receive the help they needed.

I thank you again for your care, compassion, and generosity.

How your support brings health care to the homeless



Paul, Good Shepherd's new Clinical Manager, is a Registered Nurse who has served the under-housed population for more than a decade. He worked on the frontlines in the first two years of the COVID pandemic.

Paul makes it possible for homeless individuals to receive a full head-to-toe assessment and

evaluation without having to leave the shelter. He can help with many common health care concerns and give people over-the-counter medication.

If you're homeless and need to see a doctor, you often have no options other than a long, miserable wait in an Emergency Room — even if your health issue is not an emergency! Paul connects homeless people with the MD who visits Good Shepherd's clinic once a week, where they get better care than they would in an overburdened ER.

Paul also coordinates visits for the psychiatrists and case managers who visit the clinic each week to connect with people who have fallen through the cracks of our health care system. He organizes visits from a Chiropodist since people who struggle with poverty and homelessness often suffer from foot care concerns.

Paul hopes to offer trauma-informed and senior's yoga, plus acupuncture that helps manage addictions. He also plans to offer CPR classes since this life-saving skill is typically not accessible to under-housed people.

A homeless man sets up camp in a local park. The residents complain. The police arrive.

A familiar story? Yes — but your donations to Good Shepherd helped give it a happy ending!

Police officers learned that the homeless man, David, was a Veteran. They called Good Shepherd's Veterans Housing Navigation Team.

The Veterans Worker started visiting David in his encampment. Each week, she talked to him about housing, health care, and potential income sources. But David's feelings of shame, hopelessness, and loss of trust made him reject help. He had spent five years homeless and did not believe things could change.

Then David had to be hospitalized for an infected cut on his arm.



The Veterans Worker visited him in hospital. Slowly, David started to trust again. He agreed that when he was discharged from hospital, he would take a bed at Good Shepherd Centre.

At Good Shepherd Centre, the Veterans Worker helped David to fill out applications to Veterans' housing. She helped David to get Ontario Works so he had a tiny (but stable) income.

Thanks to the support of donors, David had access to daily nursing care for his wound. The nurse arranged visits to a family doctor and a dentist to address David's health issues — issues made worse by years on the streets.

David joined Good Shepherd's Veterans support group. He met people who understood him, the social support he needed. The Veterans Worker connected him with support from Veterans Affairs Canada and the Royal Canadian Legion.

Today, David lives in a subsidized apartment. With renewed hope for the future, he makes goals for himself and feel confident that he can achieve them.

Good for the soul: volunteering in person again

by Greg and Carol Hanlon

It is great to be back volunteering at the Good Shepherd Ministries. For years we were part of a team from St. Monica's parish. Father Kelly inspired us to volunteer – that was almost 20 years ago. At that time, we served on the cafeteria line when guests came inside, selected their meal, and ate in the dining room. Since the pandemic, only takeout meals are available.

We missed being able to volunteer in the normal ways during the pandemic lockdowns. We always feel the need to help where we can because we are Christians and follow the teachings of Jesus to show compassion to the less fortunate. We enjoy being hands-on and working directly

with and for others. It is good for our Soul.

Good Shepherd definitely offers us hands-on experience. We are now developing new skills in the food prep area! We have lost count of how many carrots we have trimmed, peeled, and cut and we have probably cut as many potatoes as carrots! There is also a variety of tomatoes, eggplant, and zucchini thrown into the food prep mix. You name it, we may have cut it! If the Chef can use it, we can prep it! We also help serve lunch to the staff and to the residents in the DARE Program.

The volunteer jobs have changed over the past two years, but the feeling of accomplishment at the end of a shift is still there. The work we do, the



Carol serving up salad with Greg in the background helping Good Shepherd co-workers

people we work alongside, and the individuals we meet and serve are all helping bring back normalcy to our lives.



A *Toronto Star* article recently reported that **the number of people turned away** from the shelter system went up **10 times** this past year. **Here's what YOU are doing to help!**

Erin Whitton, a City of Toronto staffer quoted in the article, says "Tackling homelessness requires permanent housing units with adequate supports."

Your donations help fund Barrett House & St. Joseph's Residence — two residences that give 14 people a safe, caring home that has the support they need to stay housed.

Thanks to your generosity, six people living with AIDS who need 24-care can live with dignity. Eight frail seniors with a history of homelessness live surrounded by acceptance and compassion, cared for with dignity at St. Joseph's Residence.

Thank you for taking action to help end chronic homelessness!

Good Shepherd's Community Garden gives people who struggle with poverty and homelessness a chance to reconnect with nature.

Working on the tiny plot in the Regent Park Community Garden also gives volunteer gardeners a chance to meet



other enthusiastic gardeners in the community.

Thank you to everyone who helped by donating young plants and supplies. You're helping to grow a good community!

For he satisfies the thirsty and fills the hungry
with good things ~ Psalm 107:9

Good Shepherd Thanksgiving Food Drive

help provide meals for homeless and at-risk individuals in our community

What are the most needed items?

- tomato sauce
- canned tomatoes
- soup and stews
- mayonnaise
- jams
- granola bars
- mustard
- beans, chickpeas
- canned corn
- breakfast cereals
- peanut butter

Contact 416.869.3619 x 277
cindy@goodshepherd.ca



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Thank you to these compassionate businesses & organizations!

Metro, Cloverdale Mall	\$11,034.00
Knights of Columbus, Toronto Council 1388	\$10,000.00
Pastel Labs Inc.	\$3,750.00
Knights of Columbus, Monsignor Ingoldsby Council 9079	\$1,500.00
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Steed & Evans Holdings	\$1,000.00
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I.B.E.W., Local Union 353	\$500.00
Old York Tower Non-Profit Seniors Homes	\$500.00

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Be an "Angel of the Month" for the Homeless

Join the compassionate crew of monthly donors!

You can sign up online at GOODSHEPHERD.CA/DONATE and choose to make a monthly gift on the 15th or 30th of every month. You will receive a consolidated tax receipt at the end of the year.

If you would like assistance, please contact
416.869.3619 x 277 cindy@goodshepherd.ca



Your Legacy can be Compassion

Please remember our homeless brothers and sisters and the work of Good Shepherd Ministries when making your will.

For more information contact
adrienne@goodshepherd.ca



Founded in 1963, Good Shepherd Ministries is a registered charity and a mission of the



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