



WELCOME HOMELESS

# GOODSHEPHERD JOURNAL

GOODSHEPHERD.CA

## A helping hand for Veterans on the streets

Your compassion helps fund a pilot project that provides comprehensive support for Veterans



Thanks to your generosity, Veterans who are struggling with homelessness or precarious housing now have the support of Marla Newman, the new Veterans Transition Worker. She has 25 years' experience working with vulnerable individuals.

A ground-breaking study early in 2016 made it official: thousands of Canadian veterans are homeless, living on the streets or in shelters.

"We did our study back in 2010," says Akilu Wendaferew, Assistant Executive Director of Good Shepherd Ministries. "The Royal Canadian Legion asked us how many Veterans we served. We did a one-day survey. Of the 669 individuals who used the services of Good Shepherd that day, almost 10% were Veterans."

Ever since then, with the help of partners and donors, Good Shepherd Ministries has been working to help Veterans to regain freedom from homelessness.

Last October, with support from Canadian Forces Morale and Welfare Services, Good Shepherd's latest initiative for Veterans was launched.

The Veterans Transition Worker provides one-on-one support in the community for Veterans.

"I go with people to appointments, I connect them with the resources they need, I help with housing issues — whatever is needed," says Marla Newman, the Veterans Transition Worker.

The work done by the Veterans Transition Worker is similar to that done by two Veterans Affairs Canada (VAC) Case Workers who have been working out of Good Shepherd Centre since 2010. However, the need has grown greater than can be met by the VAC Workers.

As well as carrying a case load of up to 30 Veterans, Marla co-ordinates the Veterans Living Better group. Veterans meet once a week for six weeks in order to discuss topics of interest to them.

The group is designed to be a safe place where Veterans can freely discuss and share their concerns, learn together, and support each other. Topics are selected by group members.

"The most recent group has been really wonderful," says Marla. "We have covered all sorts of topics — how to deal with stress, how to re-

solve conflicts, how to motivate yourself in a positive way to do what you need to do."

"The focus isn't on the military experience, but on here and now — how to cope and live with dignity now."

Marla also helps homeless Veterans by raising awareness of the services that are available. She visits shelters and drop-ins throughout Toronto to educate staff.

"It's been six years since VAC started offering services for Veterans out of Good Shepherd Centre," says Marla. "The services were promoted at that time, but staff turnover is huge in the shelter system. In many of the smaller shelters, the staff are not aware of the services offered by VAC and Good Shepherd. They may not know that people who worked for the RCMP qualify for services, or that we have five priority beds for Veterans in our DARE Program."

Veterans who become homeless often struggle with a range of complex problems — PTSD, mental health problems, acquired brain injury — that can make it hard to get back into housing and stay housed.

It takes ongoing support to live well in the face of these challenges.

Thanks to your compassionate generosity, Veterans can find more of the support they need at Good Shepherd Ministries.





## Why we practice hospitality and acceptance

How your compassion helps people with a history of trauma to heal and cope

Sometimes, terrible things happen — to innocent children, to adults just doing their jobs.

We may not see the scars left by post-traumatic stress disorder. Someone can look healthy from the outside, but they're acting in ways that make no sense, that can seem self-destructive.

That's why we practice hospitality and acceptance. That's why we welcome people with openness, at whatever stage of life they find themselves.

If we can show genuine, heart-felt acceptance to someone who is suffering from a history of trauma, we can give them hope.

The acceptance we give others can help them learn how to accept themselves, flaws and all. And self-acceptance promotes healing and gives strength in a way that shame and self-loathing do not.

When you support the work of Good Shepherd Ministries, you support hospitality. You give food, shelter, clothing and medical care. You also support the work of acceptance. You give people a chance to heal from trauma,

to learn to cope with the legacy of pain, to live with dignity and a sense of purpose.

Thanks to you, the work of the DARE Program continues. Like Kenneth, who tells his story in this issue of the newsletter, many of the men accepted by the DARE Program struggle to cope with a history of trauma.

Thanks to you, the new Veterans Transition Worker is helping homeless and precariously housed Veterans.

Thanks to you, we have a new Gambling Addiction Program that will find ways to help homeless people who struggle with pathological gambling.

I humbly ask you to continue your support, and to celebrate this Easter by offering acceptance, healing and the hope of a new life. And may the joy of the resurrection, the joy that you have shared with the homeless, radiate through your life!

Your Brother in the Risen Christ,

*Bro David Lynch OH*  
Brother David Lynch, OH  
Executive Director

### CELEBRATING THE FEAST DAY OF ST. JOHN OF GOD

On March 8, 2017, Good Shepherd Ministries staff gathered to celebrate the Feast Day of St. John of God, the founder of the Hospitaller Order of St. John of God. The theme was hospitality, and staff members & DARE clients made innovative displays, poems, and more to express the ways Good Shepherd Ministries welcomes others with generosity and openness.

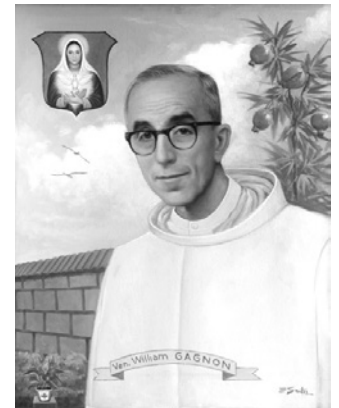


### BR. WILLIAM GAGNON, OH, DECLARED VENERABLE

Born on May 16, 1905 at Dover, New Hampshire, of French Canadian parents, Brother William Gagnon, OH, grew up in New England and Quebec. He made his first vows on November 20, 1932, in the Hospitaller Order of Saint John of God in Montréal.

Brother William went to North Vietnam in 1952, where he died in 1972. Since his death, the local population has continued to pray at his tomb to obtain favors and protection.

On December 14, 2015, Pope Francis recognized how heroically Brother Gagnon lived the Christian virtues and declared him Venerable.



is a mission of



Hospitaller Order of  
Saint John of God

Province of the Good Shepherd in North America

## “I’ve been reborn since I’ve been here”

How your donations helped Kenneth Ryan to begin a life free from substance abuse



Thanks to your compassion, Kenneth Ryan found a path to treatment for addictions, and help with coping with the legacy of sexual abuse.

I was born in 1974, and grew up in Montreal, in an Irish community with a lot of history. My father wasn't around, but my mother remarried when I was one. I had a great stepfather.

When I was nine, we moved to Scarborough for two years. One day, I borrowed a friend's bicycle, and I went to the local mall. There was a man who had a lot of kids with him, and I spent some time with them. Then later, he came back without the kids, and he lured me away and molested me.

When I managed to get away from him, I banged on cars with families in them, asking for help, and no-one stopped. When I got home at last, I was late and I had left my friend's bike behind. I was spanked. I couldn't tell them what happened.

Then when we moved back to Montreal when I was 11, an uncle molested me for a year and a half.

From that point on, I started to rebel.

I started to shoplift and hang around with kids that misbehaved. The older I got, the worse the situation got. I started drinking and smoking marijuana and hash. I became a pretty severe drug addict and alcoholic.

Despite the addictions, I managed to score some fantastic jobs with good pay – a lot of these jobs were sales jobs. I'd make thousands of dollars in commissions one week, then I'd miss half the next week because I was drunk and high.

I had a relationship with another addict. We had three daughters together. She managed to get clean 9 years ago, and I didn't. She left me for another person, and I spiralled out of control. I had another daughter who is now 6 with another woman. My relationship with her is rocky, to put it mildly – I was hardly ever there for her.

About October of 2016, something happened. I started to get depressed when I used. One day I drank, took pills, and tried to hang myself. I woke up 9 hours later in a bathroom with a big bruise on the side of my head.

I tried to get into treatment in Quebec because I could not stop using on my own. I found that I had to wait up to 16 weeks for detox because I could not afford to pay. Then I found out that I could go into detox in Ontario.

In December, I packed up what little I had and took a bus to Toronto. I stood in the bus station and called Central Intake every five minutes until I was accepted at a detox. The detox gave me a list of places where I could stay until treatment. Four days after I got off that bus, I got into the DARE Program.

When I got here, I had nothing – just a fall jacket, beaten up shoes, a pair of jeans and a couple of t-shirts.

DARE gave me socks and underwear to last a week, a sweater, winter jacket, boots. They helped me get glasses so I could read at last.

I suffer from bi-polar disorder – I was diagnosed about 7 years ago, but I never got treatment. DARE helped me get a psychiatrist, so now I know a few things about myself — I have a medical disorder that can cause me to make really bad decisions.

I really would say that God picked me up in his hand and took me through the system and gave me everything I needed to make the right decisions. I went to treatment for 30 days, and came back to DARE.

I could not have made this progress without the DARE Program. I have a tremendous amount of gratitude for it and I always will.

I've been reborn since I've been here. I feel guilty now when I judge people. There's so much more illness and suffering out there than we realize.

I am sure God is watching out for me. God caught me in his hands. I feel I have nothing to worry about, no anxiety.

Hopefully one day, I'll become one of those people who donate to the Good Shepherd.

*Good Shepherd Centre's DARE Program serves homeless men who must wait, sometimes for months, for treatment for addictions. In 2016, your donations helped 127 men like Kenneth to enter treatment.*

# RAISING FUNDS FOR THE HOMELESS

'ANGELS AMONG US' GOOD SHEPHERD GALA  
MARCH 4, 2017



“And how many items of clothing did Good Shepherd Ministries distribute last year?” Ken Shaw, MC of the Gala and Co-Anchor of CTV News at noon and 6, quizzes Zuraidah Alman, CTV’s late-night newscast anchor, on the services offered by Good Shepherd Ministries. Our grateful thanks to Ken for once again donating his time to help the homeless and disadvantaged. And thank you to Zuraidah, who was a guest at the Gala, for being such a good sport and joining Ken on the podium. If you’re curious about the answer to Ken’s question, check out the back page of this issue of the Good Shepherd Journal – and if you’re one of *Good Shepherd’s* ‘clothing angels’, thank you again!



More than 950 compassionate guests helped the homeless by attending the ‘Angels Among Us’ Good Shepherd Gala at Paramount Conference and Event Venue in Woodbridge. Mayor John Tory (above) joined guests for the cocktail reception.



Vern Zapfe, Chairman of the Board of Directors of Good Shepherd Ministries, thanked Gala Partners Mattamy Homes and byPeterandPauls.com. He also thanked all the amazing donors, and the volunteers who encourage people to buy tickets to the Gala and donate items for the Live and Silent auctions. Those hard-working volunteers, under the energetic leadership of Vern Zapfe, have made the Gala a success for more than 20 years. Our grateful thanks go to Vern, the Gala Committee, and everyone who participates in the behind-the-scenes work.



The more than 150 items donated to the Good Shepherd Gala’s Silent Auction played a big role in helping raise funds to support services for the homeless. If you’d like to donate an item to our next event, contact Adrienne at 416.869.3619, ext. 223, or [adrienne@goodshepherd.ca](mailto:adrienne@goodshepherd.ca)

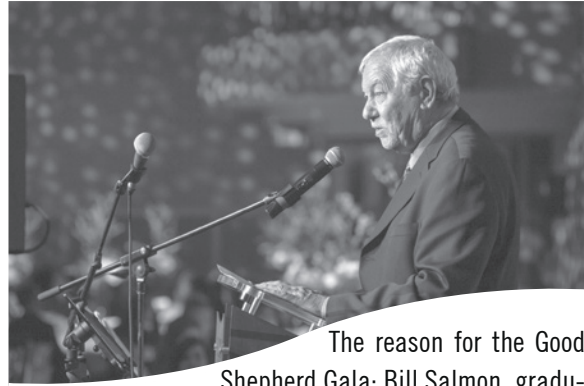




Each year at the Gala, Good Shepherd Ministries unveils a new video about its services. This year's video was accompanied by a live performance by Abby Hall, a 17-year-old songwriter from Burlington, Ontario. To see the video and hear the song Abby wrote to accompany it, visit Good Shepherd's YouTube channel. You can find it quickly by clicking on the YouTube icon at the bottom of every page of our website, [goodshepherd.ca](http://goodshepherd.ca)



Whether it's thoughtful conversation over a good dinner or dancing the night away to the infectious rhythms of Grooveline, the Gala has something for you! If you would like to attend a Good Shepherd fundraising event, please contact Adrienne at 416.869.3619, ext. 223, or [adrienne@goodshepherd.ca](mailto:adrienne@goodshepherd.ca).



The reason for the Good Shepherd Gala: Bill Salmon, graduate of the DARE Program at Good Shepherd Ministries, tells guests about his journey to recovery. Bill, who has been in recovery for nearly a decade, now mentors others who suffer from both addictions and mental illness.



Hamming it up at the photo booth! More Gala pics online at [goodshepherd.ca](http://goodshepherd.ca)



When someone wins an item in the Live Auction, they're not the only winner. All the net proceeds from the Live and Silent Auctions support vital services for the homeless and disadvantaged.

**mattamy**HOMES

ANGELS AMONG US  
**PARTNERS**

by Peter and Pauls.com<sup>®</sup>



## A PLACE CALLED HOME

by Ansford Pearson, Manager of Residential and Client Support Services

There is no greater joy and sense of belonging than to be in a place where you are loved, respected, accepted and treated with dignity, that place is called HOME. The residents of Barret House and St. Joseph's Residence are at home.

As service providers, we strive daily to make their space a true reflection of what a home should look like and not have the look and feel of an institution. Our friendly dedicated staff collectively model the Mission, Vision and Values of our organization.

We are guided by values such as love, acceptance, empathy, compassion and faith in God and each other. These words are not only written and displayed in the house; they are demonstrated in the service that is provided daily.

This March, we were asked to do something creative to express hospitality, the value that most influences what we do. Here is what Peter, one of our staff, came up with:

**HELPING  
OTHERS  
SO  
PEOPLE  
IN  
THEIR  
ADULT  
LIVES  
INSPIRE  
THOUGHTFULNESS  
YEAR ROUND**

The staff at Barrett House and St. Joseph's Residence are very client oriented. Given the many challenges and complexities that they are faced with on a daily basis, they come to work each day and give of themselves 100%, with a smile on their faces, ready to add joy and laughter to the lives of the residents.

Simple gestures, such as ensuring that a fresh vase of flowers is placed at the centre of the dining table each week, is a demonstration of how much we



Bosco, a resident, shares a story at Barrett House. Your compassion gives 24-hour care for 14 frail individuals living at Barrett House and St. Joseph's Residence.

care about the residents and want to maintain a feeling of home.

For us, hospitality begins as you enter the door. Everyone is greeted with a "Hello, how are you?" and leaves with a "Have a nice day!"

Between the 'Hello' and 'Have a nice day' is "How can I help to make your day better?" Just taking a few seconds to greet each resident individually assures them that they are somebody, not just a "bunch of guys sharing a common space." What brought them here is not our primary focus, rather, it is how we can make a difference while they are here.

Barrett House and St. Joseph's Residence will always be a place called HOME.

### GOOD SHEPHERD GOLF TOURNAMENT

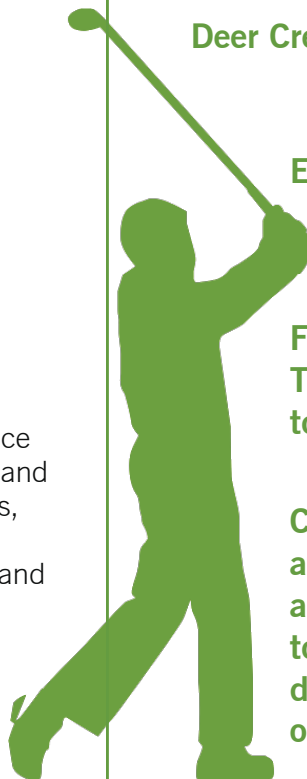
# JULY 13, 2017

Deer Creek Golf & Banquet Centre  
Ajax, Ontario

Enjoy a relaxing day of golf with  
lunch, dinner, prizes and  
more.

Foursomes are \$3,000.  
They sell quickly, so book  
today!

Contact Adrienne  
at 416.869.3619, ext. 223  
adrienne@goodshepherd.ca  
to book a foursome or  
discuss sponsorship  
opportunities.



HOW YOUR GIFTS HELP FIND CREATIVE NEW APPROACHES TO HELPING THE HOMELESS

## LAUNCH OF THE GAMBLING ADDICTION PROGRAM



Thanks to generous funding from Local Poverty Reduction Fund (Ontario Government), Good Shepherd Ministries has launched the Gambling Addictions Program, a pilot project that supports individuals who struggle with homelessness and problem gambling.

The services provided by this three-year pilot program will include:

- individual counselling;
- case management focusing on the client's specific needs and priorities, i.e. housing, income,

- health, financial literacy;
- a life-skills group with a focus on issues related to gambling;
- a cognitive-behavioural-approach based group;
- creation of a local self-help (Gamblers Anonymous) group.

Good Shepherd Ministries will work with external researchers from the Centre for Urban Health Solutions (St. Michael's Hospital) to evaluate the effectiveness of providing this service to people who struggle with both homelessness and pathological gambling.

This pilot project was developed in response to research conducted at

Good Shepherd Ministries in 2013 by the Centre for Urban Health Solutions. Of the 264 individuals interviewed for that study, 25% met the criteria for pathological gambling, while another 10% met the criteria for problem gambling. The rate in the general population is only 5 to 8%.

Gambling Addictions Program staff will be visiting homeless shelters, addictions service providers, and drop-in centres to offer information about the Program and to connect with those who could benefit from its services. Potential clients can be referred to the Program by calling 416.869.3619 ext. 245 or 260.

### MANY THANKS

TO THE FOLLOWING FOR THEIR RECENT GIFTS

F.K. MORROW FOUNDATION	\$25,000.00
MERIDIAN GTA COMMERCIAL SERVICES	\$20,000.00
THE BEDOLFE FOUNDATION	\$10,000.00
THE MUZZO FAMILY	\$10,000.00
THE MCLEAN FOUNDATION	\$2,000.00
HOPE WORLDWIDE CANADA (TORONTO CHAPTER)	\$3,573.50
THE ARBOR MEMORIAL FOUNDATION	\$3,000.00
BREBEUF COLLEGE SCHOOL	\$1,141.88
MANION WILKINS & ASSOCIATES LTD.	\$1,000.00
PAUL O'CONNOR FUNERAL HOME	\$1,000.00
SUPPORT OUR SOLDIERS & VETERANS, MALVERN COLLEGIATE INSTITUTE	\$628.43
MAXSYS STAFFING & CONSULTING	\$550.00
CANADIAN ITALIAN GOLF ASSOCIATION	\$500.00
HGK & PARTNERS LLP	\$500.00
KOC, ST. JUSTIN MARTYR COUNCIL #11708	\$500.00
MARY J. ROSSEEL FARMS INC.	\$500.00

CARDINAL AMBROZIC CATHOLIC SECONDARY SCHOOL  
 CONGREGATION OF NOTRE DAME VISITATION PROVINCE  
 H. MATHESON FAMILY FOUNDATION AT THE TORONTO  
 COMMUNITY FOUNDATION  
 J.S. CHENG & PARTNERS INC.  
 LADIES' AUXILIARY OF THE C.I.B.P.A.  
 REVERB LITHO & DESIGN  
 ST. IGNATIUS LOYOLA PARISH  
 TERRANCE & THECLA SWEENEY FOUNDATION

**Good Shepherd Ministries is present to the homeless and most neglected members of our community.**

We offer a broad range of compassionate programs and services to enhance quality of life while inspiring hope and promoting human dignity.

We strive to live the following values with the utmost integrity:

#### Hospitality

To welcome others with generosity and openness.

#### Compassion

To be lovingly present and open to others.

#### Faith

To have faith in each other and be aware of God's presence in our lives.

#### Acceptance

To celebrate, recognize and respect the diversity of each person.

**Our vision** is to alleviate the effects of poverty while striving to eliminate chronic homelessness within our community.



**ANYONE CAN BE AN ANGEL!**

You can do a food, clothing or toiletries drive at work, school, or at a function. Your donation goes directly into the hands of the people who need it the most. Call 416.869.3619 ext. 277 for more information.

**DORM SUPPLIES**

- TOWELS
- TOOTHPASTE
- MEN'S DEODORANT
- RAZORS
- TOOTHBRUSHES

**CLOTHING**

- (MEN'S CLOTHING ONLY)
- UNDERWEAR (NEW)
  - T-SHIRTS
  - RUNNING SHOES
  - SOCKS (NEW)
  - JEANS (ALL SIZES)
  - JACKETS
  - RAIN JACKETS
  - WARM SWEATERS

**DARE PROGRAM**

- ART SUPPLIES
- EVENT TICKETS
- BLANK NOTE-BOOKS

**FOOD**

- PEANUT BUTTER
- GROUND COFFEE
- JAM
- SUGAR
- CANNED TUNA
- CANNED SOUPS
- CANNED VEGETABLES
- CANNED FRUIT
- BLACK TEA
- COOKIES & CRACKERS
- RICE

**MEDICAL CLINIC**

- MULTIVITAMINS
- VITAMIN C
- VITAMIN B
- VICKS VAPO-RUB
- ALCOHOL-FREE COUGH SYRUP
- TYLENOL/ACETAMINOPHEN
- ADVIL/IBUPROFEN
- ENSURE/ BOOST
- NICOTINE PATCHES
- FOOT POWDER
- RUB A535
- EPSOM SALTS
- CALAMINE LOTION

**LEGACY**

A special thank-you to all the people who are leaving a legacy of compassion by remembering the work of Good Shepherd Ministries in their wills.

**LIVES YOU CHANGED IN 2016**

**FEEDING THE HUNGRY**

Meals served .....451,214

**CLOTHING THE NAKED**

Clothing distributed .....88,396

**SHELTERING THE HOMELESS**

Men using 95 shelter beds .....1,534  
 Men housed through Resettlement & DARE..... 247  
 People living at Barrett House & St. Joe's..... 14  
 Housed individuals receiving ongoing support... 122

**CARING FOR THE SICK**

Visits for nursing care .....3,786  
 Specialized health services (foot, dental, etc.) ... 932  
 DARE clients entering treatment ..... 127  
 DARE clients entering post-treatment ..... 43  
 DARE graduates receiving ongoing support each month ..... 73

**OUR PLEDGE TO YOU**

We value each gift entrusted to us in support of the work of Good Shepherd Ministries.

We also value your trust, and work to make the best possible use of your investment in the lives of others.

We respect your right to privacy, and will not sell or distribute your personal information.

**Good Shepherd Journal** is mailed in the spring and fall of each year. We hope that you enjoy reading about how your support makes a vital difference to the lives of those who struggle with poverty and homelessness.

If you have questions or concerns about Good Shepherd's mailings, or would like to know more about this work, please contact us.

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**Charitable Registration Number:**  
 89250 8169 RR0001

**YOUR COMMUNITY CARES ABOUT THE HOMELESS — SEE IT IN ACTION. FOLLOW:**



@goodshepherd\_to

