



SUMMER NEWSLETTER 2021



A MESSAGE FROM SARAH DAVIS EXECUTIVE DIRECTOR

Six months has gone by in the blink of an eye; the summer is here and we continue on through 2021 planning the future of Cornerstone Housing for Women. It has been an energy charged entry into the Cornerstone Community and I couldn't be prouder to be a part of the team. The Board of Directors and the Management of Cornerstone Housing for Women will be embarking on a new Strategic and Leadership Plan and we would love to hear from you!



As we move towards our future; post-COVID and beyond, we are hoping to get to know all of our supporters. Our new Strategic Plan will be based on the voices of our Community - the women and gender-diverse service users, the staff team, volunteers, community partners and our donors.

As we launch into the development of this new phase; we are virtually opening our doors for a Summer Meet & Greet. I will be hosting a conversation with our community, in concert with our guest of honour, Beth Lusk, Nurse Coordinator Team Lead of Ottawa Inner City Health. Please register for the event on Eventbrite. Registration will be open until July 13th. We hope to see you there! If you would like to submit a question ahead of time, please email us at media@cornerstonewomen.ca.

VIRTUAL MEET & GREET

with Sarah Davis

and special guest from Ottawa Inner
City Health

July 20
6:00 to 7:00 p.m.
Register on
Eventbrite

IN THE COMMUNITY: BOUTIQUE CORNERSTONE

BOUTIQUE CONERSTONE

which, to date, has raised \$12,000 for Cornerstone's emergency programming, is looking ahead to a splashy fund & friend-raising event in the spring of 2022. If you know of event space we could borrow, please let us know. Until then, we have been so grateful for the help of Encore Fashions (Fourth Avenue Baptist Church and www.encorefashions.ca) for continuing to sell our fashion finds and donating proceeds to Cornerstone on our behalf. Please shop there if you can! We are continuing to accept donations of gently-used and fashionable women's clothing for our sales. Contact Anna Rumin to arrange drop-off or for more information: anna.rumin@gmail.com



IN THE COMMUNITY: FIAT FARM FUNDRAISER FOR CORNERSTONE

Fiat Farm is a permaculture farm in Russell, Ontario, dedicated to celebrating and sharing the abundance that comes from caring for the earth and one another. The Baker family runs the farm, and they are committed to providing the healthiest meat possible to the community. During the month of July, they will be running a Nourish the Hungry Campaign in support of Cornerstone. Through their campaign they will provide pastured, non-GMO meats for our four supportive housing and emergency shelter.



To learn more about their Nourish the Hungry initiative, please contact Fiat Farm at info@fiatfarm.ca

IN THE COMMUNITY: JABAPALOOZA 2021

Dr. Nili Kaplan-Myrth hosted the third Jabapalooza on June 5th. 2 med student volunteers, 30 community volunteers, two volunteer RNs, and 3 MDs gave 500 people Covid Vaccines on the turf at Immaculate High School. Dr. Kalpan-Myrth and the organizers sold t-shirts to support the women at Cornerstone Housing for Women and they raised a total of: \$1,480!



We are so grateful for the continued support of our community!

CORNERSTONE FOOD SERVICE MANAGER CHEF PAUL SKINNER

COVID-19 has had an immense impact on our ability to continue to provide nutritious meals to over 230 women we serve each day throughout our residences. It increased the demand for meals and nutritional support and changed the face of our meal services. Meals have moved to plated single-serve throughout our supportive housing residences.



It became clear, we needed leadership within our Food Service Department, and we are excited to have Chef Paul Skinner taking on the role of Food Service Manager. Chef Paul has been at Cornerstone for 10 years, providing a high-quality food program to vulnerable women across our supportive housing. He takes pride in the support we offer to residents and strives to cultivate an environment and service that provides dignity and a sense of hope to the women we serve.

CORNERSTONE HERON PHYSICAL DISTANCING CENTRE



As you know, Cornerstone Housing for Women has to be out of our current location by the end of the month.

We have been working diligently with the City and our community partners to find a new temporary location with the least amount of

disruption, and with the most dignity to the women and gender-diverse individuals using the Centre, as well as the staff.

We have found a new location, the Heron Physical Distancing Centre. We will be moving to our new location the week of June 21st.

We are overwhelmed with gratitude from the community's support to get us through this tough transition. **We are grateful to the Alta Vista Ward City Councilor, Jean Cloutier, for welcoming Cornerstone's emergency shelter as temporary members of the community during this difficult time.**

This pandemic has thrown many obstacles our way, we continue to adapt to this crisis and remain committed to finding a permanent home for our shelter.

Cornerstone is further seeking your voice to ensure we find a more permanent shelter and housing solution after this move to Heron Physical Distancing Centre.

This includes finding one facility that meet women where they're at in life to support:

- women in crisis that need an emergency bed and services;
- women with transitional housing to provide stability, dignity and case management;
- women with supportive housing that need ongoing, permanent housing supports.

The 125 women and gender diverse individuals experiencing homelessness in our City deserve a stable shelter and housing solution.

FROM MELISSA: I'M NOT MY MENTAL ILLNESS

I have a mental illness called Schizoaffective Disorder. **I have a mental illness but if you only see me as a mentally ill person, you are missing out on a whole lot of me.** I am a daughter, sister, mother and friend, and even though I suffer from a mental illness, I still have a lot to offer.

Most people think of mentally ill people as people who are dishevelled and ranting or drooling at the mouth but that is not always the case. When I am on my meds, people often don't even know that I have a mental illness. Recently, when I took a taxi to the hospital for an appointment, the driver asked me if I worked there. **With the right medications and support, I can have an active life where I like to audit university courses online, do crafts, read, watch movies and documentaries, go for walks, and socialize with others.**

When I am in the throes of a psychotic episode, ridiculing me, laughing at me or mistreating me is not cool because it hurts. When I am back on my meds and in a state of wellness, I remember the taunts and bullying, and it hurts for a long time. A little compassion would be appreciated and it would be so much more productive.

About 50% of Canadians will suffer from a mental illness sometime in their lives. Many will recover and be able to go on with their lives. Treating the mentally ill has changed so much in the last 30 years. **Now mental illness is treated using a recovery-based paradigm which gives people like me more hope and a better chance at a future.** Some of us can even go back to a 'normal life.

Next time you are in a crowd, look to your left and then to your right. **Chances are that you may be looking at someone who is in recovery from a mental illness and you don't even know it. It may even be you.**

** Melissa is a Cornerstone resident.*



CORNERSTONE UPCOMING EVENTS



PURPLE TIE GALA

VIRTUAL EDITION

Save the Date to Enjoy from Home!

OCTOBER 2



5th Annual Ottawa Charities Golf Tournament

at the
Canadian Golf and Country Club

on
August 12, 2021
in support of



CORNERSTONE SUMMER NEEDS

Your generosity makes women's lives better!

Donations are stored centrally and distributed to all Cornerstone locations, including our Emergency Shelter. We appreciate your support and are very grateful that you have taken the time to donate to us.

Urgent & Quality of Life Needs:

- New cutlery sets
- New toaster
- New small coffee makers
- New pillows
- Hairbrushes
- Hair Elastics
- Body Lotion
- Lip Chap
- Gift Cards (Dollarama, Walmart, Giant Tiger and PC)
- Travel-size toiletries (shampoo and conditioner)

Please note: due to limited storage space, we are unable to accept ANY donations of clothing, large appliances or furniture, including beds. We also do not accept items for children.

TO DONATE

Please call us at 613-254-5484 Ext. 521 or email us at donate@cornerstonewomen.ca to book your donation drop off.
Thank you!

YES! I would like to support a women move from isolation to hope this Summer!

☐ Yes, I'd like to become a monthly donor!

I would like to give my special gift this summer of:

☐ \$30

☐ \$75

☐ \$120

☐ Other: \$_____

☐ VISA

☐ MASTERCARD

☐ AMEX

CARD NUMBER

EXP. DATE

CARDHOLDER NAME

EMAIL

PHONE #

Donate by mail:

Cornerstone Housing for Women
Atten.: Amber Bramer
314 Booth St.
Ottawa, ON K1R 7K2

Donate online at:

www.cornerstonewomen.ca

Donate by phone or email:

613-254-6584 Ext. 514

donate@cornerstonewomen.ca