



The Lakeshorian

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Rotary



WEEKLY BULLETIN OF THE ROTARY CLUB OF MONTREAL-LAKESHORE

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This Week's Program...

The **Rotary Foundation** celebrates its centennial in 2017 and November is Rotary Foundation Month. Our speaker, **Past District Governor Bonnie Black**, will bring us up to date on the programs offered by The Rotary Foundation.

Birthdays and Anniversaries this week...

Happy birthday, Winnifred....tomorrow, November 29th!
Happy birthday, Helen..... Sunday, December 3rd!

Future Programs...

- Dec 5: **Emily** has invited **Kemba Mitchell**, Chair of the West Island Black Community Association, to tell about its goals and activities.
- Dec 12: **Helen Rossiter**, Interim Director of the **Cedars CanSupport** at the MUHC Glen site, will explain their free, bilingual compassionate care and humanitarian support for cancer patients and their families.
- Dec 19: T.B.D. (but something special, according to President Helen).

Special Events...

- Dec 8: Our annual **Christmas Party** will be hosted by **Andy and Kathleen**, at their home in Baie d'Urfé

Last Week's Meeting...

Our speaker was **Kathryn Stephens**, Director of Development and PR at **Welcome Hall Mission Bob Accueil**.

We were fifteen members, visiting Rotarian **Shafi Parekh**, who is **Governor of District 7710** and a member of the West Raleigh Rotary Club in Raleigh, NC, and his wife, **Marjan**, as well as **David Warne**, Past President of the Hudson-and-Saint-Lazare club. We were also pleased to welcome two guests—**Al Céré**, guest of Wayne, and **Esin Ergun**. Active members present were **Wayne, Lawrence, Maureen, Rosie, Stan, PDG Bill, Carol, Murray, Anne, Knud, Brenda, Emily, Cameron, Deniz** and **Joe Z**.

In the absence of President Helen, the meeting was chaired by Club Secretary **Cameron**.

DG Shafi Parekh brought his club banner, hoping to exchange it for one of ours. Unfortunately, we haven't used a club banner some time ago, but we were happy to receive the West Raleigh club's banner.

Asked by Cameron to tell us about his club and District 7710, Governor Parekh said his club was one of several Rotary clubs that donate funds to CART



(Coins for Alzheimer's Research Trust). "Rotarians put their pocket change into a jar every week and contribute the total to the CART trust fund. Last year, he told us, the participating Rotary clubs contributed \$600,000 to CART."

He told us that District 7710 consists of 47 clubs, all in the greater Raleigh-Durham-Chapel Hill area of North Carolina, adding that he and his wife Marjan completed their visits to all 47 clubs in a month and a half. Cameron commented that our district has more than 60 clubs, including one in Iqaluit, the capital of the Canadian Territory of Nunavut, on Baffin Island in Frobisher Bay, over 2,000 miles north of Montreal.

Cameron invited **Brenda** to introduce our speaker. "Today we will enjoy a presentation by **Kathryn Stephens** from the Welcome Hall Mission. We have volunteered there several times with the food bank or the boutique, and clothing—we do that as well. Over time we have often seen Kathryn during our visits. She is very knowledgeable and I know we will learn a lot from her presentation. Some of the statistics will surprise you.

"Kathryn has a twenty-year career in marketing, communications and public relations. She is passionate about sustaining the Welcome Hall Mission's programs for Montrealers in need.

"Leading a team of fundraising and communication professionals, Kathryn is committed to the strategic pursuit of sustained funding and increased engagement with donors and volunteers. Through media, public events and a wide variety of outreach activities, she and her team delight in raising the profile of Welcome Hall Mission and sharing the stories of the courageous individuals who come through its doors for help.

"Originally a volunteer and member of the Board of Directors, she considers her role at the Mission to be a tremendous privilege; her enthusiasm for the organization is contagious.

"Kathryn is the proud mother of three sons.

"As I mentioned once before as I gave a Certificate of Appreciation to one of my friends who came to volunteer with us at the food bank at Welcome Hall Mission. She enjoyed it so much that she has become a Wednesday volunteer on her own. Kathryn also started out as a volunteer, then became a member of the Board and then an employee, so you never know where your volunteer activities are going to lead you.

"Please welcome Kathryn Stephens."

After thanking us for this opportunity to speak to our Rotary club, **Kathryn** told us that Welcome Hall Mission celebrated its 125th anniversary this year.

"Most people think of us as a shelter for homeless men and, indeed, that's what we did do for a long time. We do shelter about 200 men every evening. People who are struggling with homelessness come to us for an evening meal, then a shower and a good night's sleep.

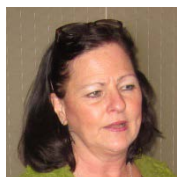
"But the scope of services we offer has grown enormously over the years.

"Everybody talks about Montreal's homelessness problem, but our homeless people number only about 3,000. The real

problem is hunger. There are tens of thousands of hungry people, hard-working people living below the poverty line!"

Men's Emergency Shelter

- Consulting and referral services
- Transitional programs
- Medical care provided by staff nurse
- Breakfast, lunch and dinner
- Showers, clothing, hygiene products provided.



Addiction Treatment and Reinsertion

- Government-accredited program; certified counsellors
- Therapeutic community approach
- Fully furnished studios with private bathrooms
- Cafeteria/meal service provided
- Medical care provided by staff nurse

Transitional Housing Program

- Accompaniment program includes access to the food bank, thrift store and dental clinic, personal growth initiatives including continuing education, volunteerism, and participation in government and community programs focused on job market re-entry
- Twenty-six fully furnished units in two newly-constructed buildings
- A mix of studios and 4½ apartments
- Applicants must qualify for OMHM subsidy

Life Coaching Services

- Personalized, no barrier solutions to support individuals in transitional programs: Emergency Shelter; Addiction Treatment; Transitional Housing Program; Youth Services
- Trained intervention workers
- Large network of referral services

Children's Services

- Academic support to children, including those with learning difficulties and disabilities
- Individualized support
- Summer and winter overnight camps and day camp programs
- Special events for over 2,400 children
- Montreal's largest back-to-school event featuring distribution of school supplies
- Christmas toy give-away

Youth Services

- Assistance and referrals for housing, addiction treatment, education and employment.
- Life coaching
- Specialized support for pregnant and young mothers in social and economic difficulty
- Hot, nutritious evening meals on weekdays
- Exercise gym, weight room and boxing classes
- Medical care provided by staff nurse

La Boutique

- Monies generated support work reintegration for 40 participants in our Emploi Quebec-certified program
- New and used clothing at low prices

Free Grocery Store (formerly our Food Bank)

- The 12,000 WHM registered clients come every 2 weeks, by appointment, to shop for groceries.
- Clients get their own Client Card, similar to a credit card, which allows them to collect groceries in a grocery cart according to the number of people in their family
- Over 855 kg of groceries distributed to individuals and families each year—about 3,000 people per week
- A wide variety of workshops related to health, language instruction, job search & integration into Quebec society
- Free income tax preparation
- Special holiday distributions

Education and Employability

- Support and customized objectives to allow participants to learn at their own pace
- Employability counsellor support and access to social integration and work courses as well as French and computer classes
- Twenty hours of work experience and training per week
- Offered in conjunction with Emploi Quebec's Action program and Centre de Ressources Éducatives et Pédagogiques de Montréal (CREP)

Jim Lund Dental Clinic

- Complete dental examinations, regular and deep cleaning, simple fillings and extractions
- Referrals to the McGill University Dental Clinic in emergency cases
- Collaborative partnership with the McGill University Faculty of Dentistry Appointments are available by registering with Welcome Hall Mission's Food Bank

Medical Services

- Navigation to public health services and reintegration into the public system
- Wound care
- Reestablishment of trust
- Referral and Follow-up
- Over 900 basic nursing evaluations provided annually

"We love our volunteers; we couldn't do what we do without them. In a typical year we have 100,000 hours of volunteer help."

Kathryn showed us some pictures of millionaire NHL stars helping the Mission, including **Anthony Duclair** of the Arizona Coyotes, whose uncle was operating the Emergency Shelters program. "Anthony and some friends he brought with him played street hockey with homeless men. What a fun time!"

Kathryn was thanked by **Wayne**. "I've been a member of this Rotary club for 47 years. We have all put in a lot of hours volunteering. You confirmed that everything Brenda has been saying about Welcome Hall Mission is true. You deserve a hearty applause for treating Montreal's homeless and poor with honour and dignity. You have made us aware of a scope of services that many of us didn't even know existed. Thank you for talking to us today."

