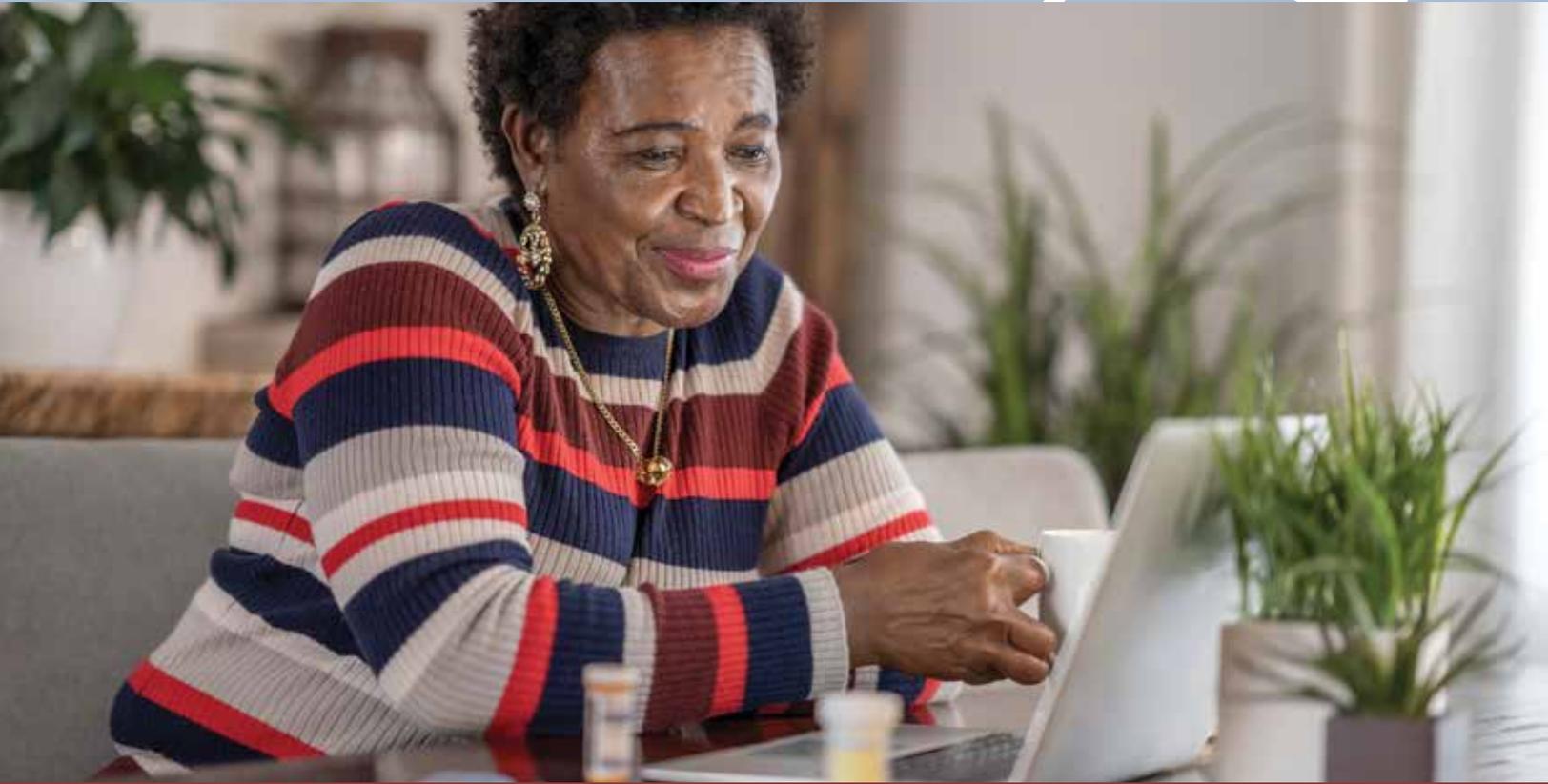


THE SHEPHERD

Good Shepherd Newsletter

Fall 2021



SENIORS AND VULNERABLE ADULTS ARE IN GOOD HANDS

Everyone in our community has been affected by pandemic restrictions, especially the marginalized population. Seniors and vulnerable adults have been affected by isolation and health protocols, and remain in need of close attention.

“They’re in good hands with Good Shepherd’s Seniors Support Services,” says director Trish Balardo. “Especially during the pandemic, our clients want to maintain their dignity while adhering to restrictions meant to keep them safe and healthy. Our mission of hospitality ensures that their mental and physical health get complete attention.”

Elizabeth, 89, lives alone but has no family. Elizabeth calls us regularly to tell us how much she appreciates our compassionate Personal Support Services team. When Elizabeth returned home after a hospitalization due to serious health challenges, her team made sure her care needs were looked after by working extra hours and shifting their work schedules. Elizabeth’s health was paramount; they visited her daily and continued to perform wellness checks until Elizabeth’s health improved.

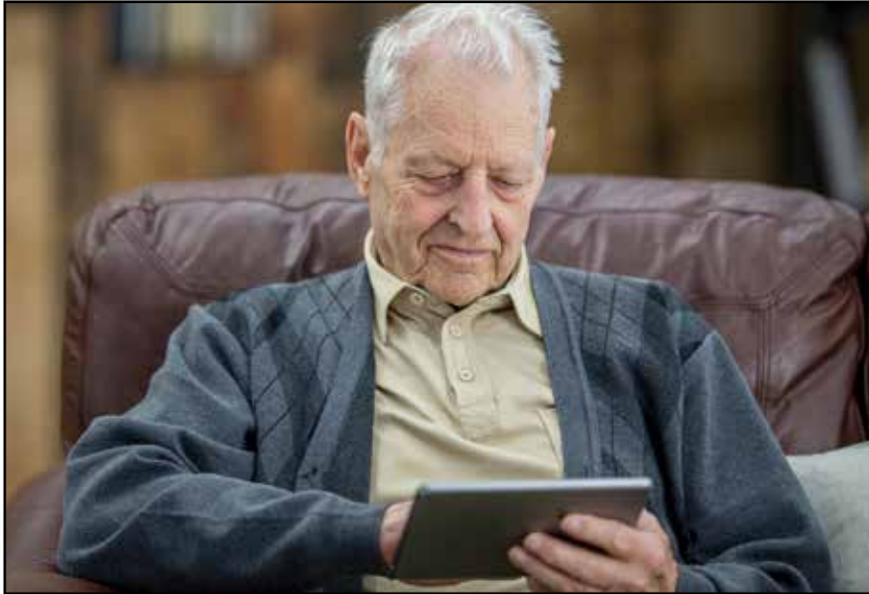
As part of Seniors Support Services, the Assisted Living Program serves seniors who live at home and need personal support and homemaking services on a 24-hour basis. The program’s goal is to increase the length of time seniors can remain living safely at home.

“During the pandemic, when people were advised not to leave their homes, our mighty staff team were courageously visiting clients in their homes,” says Trish. “They’ve continued to provide care for our clients and are instrumental in reducing social isolation and promoting health and well-being.”

Fran is a 103-year-old woman who has remained in her home despite her advanced age. Fran’s daughter Karen shares that Good Shepherd’s team has been instrumental to her mother’s well-being throughout the pandemic. Fran’s personal support workers know and understand her needs at a time when there is a shortage of personal support workers.

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Your Donations at Use



Tablets for seniors and marginalized adults helped them maintain a connection with their world while in isolation. Weekly online sessions helped participants to connect with other seniors, take part in online games and exercise classes, listen to music, and receive wellness information. Participating in fun and engaging activities offered by Good Shepherd through the tablets benefits the clients' cognitive, emotional and mental health.

New accessible doors will be installed, thanks to a generous donation



Trish Balardo, director of Senior Support Services, stands by one of two old-school doors which will be replaced so that clients will have easier access to the Assisted Living Program. The new doors are made possible by a donation from our wonderful donors, Madeleine and Ted Dwyer.

We give clients the opportunity to reduce isolation

Continued from the previous page ...

“The Assisted Living Program has been available to meet last-minute care needs that arise and have helped to provide respite for Fran’s daughter and son,” says Trish. “We even arranged for Fran to receive her second COVID vaccine at home while she was in declining health.”

An important part of keeping minds sharp and bodies fit comes from Good Shepherd’s SAM (Stimulate • Activate • Motivate) therapeutic adult day program. It offers a variety of social, recreational, physical and mentally stimulating activities to seniors and adults with physical or cognitive challenges.

“Our participants have told us that Good Shepherd has given them the opportunity to talk with others, reduce feelings of isolation, help with thinking and improving mood and some respite for caregivers,” says Trish.

When SAM’s three sites closed to in-person activities in March 2020, staff continued to support more than 400 clients, caregivers and other seniors via outreach services.

We are pleased to announce that we were able to re-open our SAM Central and SAM East program sites to a limited number of clients with COVID-related safety protocols in place.

Good Shepherd’s seniors programs ensure that people like Elizabeth and Fran can live safe, healthy and social lives, even in the twilight of their lives – and that makes us proud.

The owner of Monello’s Italian restaurant on Barton Street in Stoney Creek recently paid a visit to the staff at Emmanuel House Hospice to thank them for their good work. Monello’s chooses two non-profit organizations a week and donates food from the restaurant. The staff enjoyed two charcuterie boxes and two sweet treat boxes, and were thrilled by the gesture. A big thank you to Monello’s for your generosity and community spirit!



IMPACT OF YOUR DONATIONS

Seniors in the community



Good Shepherd's SAM therapeutic adult day programs welcomed **312** people in 2020, but had to shut its doors when the lockdown was declared due to COVID-19.

In Hamilton in 2015, **11.6%** of seniors lived in households that were below the Low Income Measure.



Median income for seniors in 2018 was **\$28,010.***



Good Shepherd's Seniors Support program has helped **more than 100** clients, caregivers and vulnerable adults in the community.



The Ontario Association of Food Banks found that in 2018, seniors' use of emergency food services **jumped by 10%**. During that year, **501,590** individual seniors used food banks in the province.

Our Seniors Support Programs are made possible through the support of generous donors like you!

* Vital Signs 2019, Hamilton Community Foundation/Canadian Census 2016

Volunteers in Action



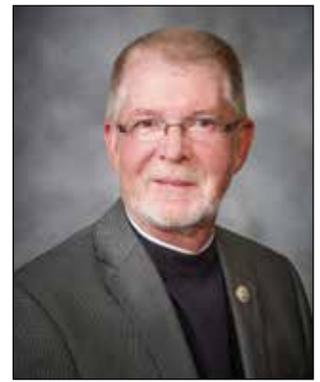
Grace Diffey takes over the kitchen at Emmanuel House Hospice every second Friday. She prepares nutritious meals for the residents and their loved ones. "I enjoy cooking and the opportunity to use it to help is very rewarding."



Natalie Aida loves to bake and happy to provide delicious warm treats to the residents of Emmanuel House. She's using her volunteer experience to make a life change. "I am so grateful to Emmanuel House for giving me this opportunity to get a head start on my career change as a baker."

A Message from Brother Justin

Provincial Superior, Hospitaller Order of St. John of God Province of the Good Shepherd in North America



This year, we marked the 60th anniversary of Good Shepherd's arrival in Hamilton. Our story began when the Little Brothers of the Good Shepherd accepted the invitation to open a men's hostel in Hamilton in 1961.

Now, Good Shepherd is much more than a men's hostel. Our services include emergency food and clothing; daily meals; emergency shelters for men, youth, families, women and children; transitional housing and education for homeless and street-involved youth; hospice palliative care; community mental health programs; and supportive housing.

In 2015, the Little Brothers of the Good Shepherd returned to their roots and fused with the World Wide Hospitaller Order of St. John of God to create a new province called the Province of the Good Shepherd in North America, thus allowing us to spread our hospitality throughout the continent.

We take humble pride in what has been accomplished these past 60 years. Through commitment to our mission to *Never Stop Loving* and our dedication to hospitality to those in need, we have become one of the largest providers of health and human services in the Greater Toronto and Hamilton Area. None of this could have been achieved without the people who support Good Shepherd every day, whether you are our co-workers, volunteers or donors.

We are forever grateful for your empathy, compassion and generosity toward the people who are marginalized and homeless – and who rely on us for assistance every day.

God bless you,

A handwritten signature in black ink that reads "Justin Howson OH". The signature is written in a cursive style.

Brother Justin Howson OH
Provincial Superior,
Hospitaller Order of St. John of God
Province of the Good Shepherd in North America



Thank you to our supporters who came out to Heron Point Golf Links for a beautiful day at the Good Shepherd Golf Classic on September 16.

We were not able to take to the fairways in 2020 and we could only host 82 golfers this year due to social distancing restrictions.

Everyone enjoyed their day and Good Shepherd raised almost \$50,000 despite the reduced numbers!



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