

The Edge

Mission Services of Hamilton

Fall 2021

Since 1956



Supporting Youth in Hamilton

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Mission Services realizes the importance of setting positive examples for the youth in our community and we strive to do that in a variety of our programs.

The 196 is an afterschool program that encourages youth in grades six, seven, and eight to pursue post-secondary education. Before the pandemic, The 196 offered activities Monday to Friday including homework help and mental health games, cooking lessons, and tours at Mohawk and McMaster. During the pandemic, The 196 program focussed on porch drop-offs of food and activities for the families at home and supporting youth online.

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The 196 Youth Wellness Worker, Arka, and Program Coordinator, Adalia

“We want to provide the participants with a space to gain experiences that they wouldn’t otherwise have,” explained Adalia, The 196 Program Coordinator.

The 196 offers a variety of different activities each week for the youth to try out and really hone in on what skills they are good at and what areas they enjoy most.

“We all fail sometimes but we need to provide a safe space for the youth to figure that out.”

Before the pandemic, the partnerships with Mohawk College and McMaster University allowed participants in The 196 Program to visit the campuses, explore the different departments, and envision themselves in the schools.

“We had a participant a couple years ago who came to the program but wasn’t really interested in the activities. However, we were given an opportunity to visit Mohawk’s automotive department and he was immediately like ‘this is where my home is!’ It’s giving them the

opportunity to recognize that even if you don’t see yourself in lectures, there is a place for you, you just need to find it,” said Adalia.

The 196 utilizes volunteers and mentors to work with the youth. Arka, the Youth Wellness Worker, used to volunteer in the space.

“A big reason I joined this team is I’ve always had a lot of beautiful role models in my life. At this age children are very impressionable and need guidance and support as much as possible. There are certain standards we want them to achieve and I think the best way we can do that is by leading by example.”

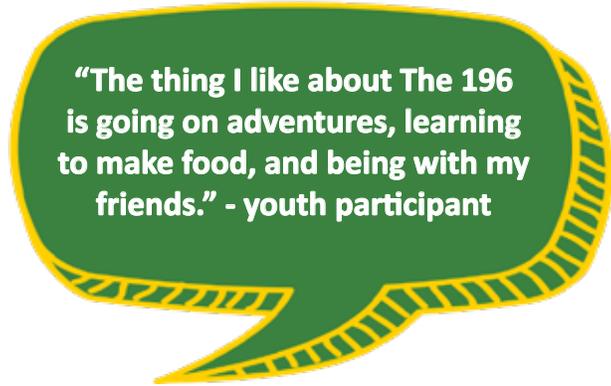
Adalia says the ultimate goal is for The 196 participants to become mentors themselves. “If they can bring home what they’re learning in the program to their own siblings, their own friends, we can have a greater impact in the community,” shared Adalia.

The parents definitely see the difference too. “Not sure if we have thanked you all enough for how

Thank you to the Hamilton Community Foundation’s ABACUS Fund and Edith H. Turner Fund, respectively, for supporting the operations of The 196 Program and Youth Wellness Worker

much we love and appreciate the positive impact The 196 has had on this family,” shared one mom.

Most importantly the program allows the kids to be kids.



This summer The 196 Program was overjoyed to operate its summer camp two days a week and work with the youth in our community.

We hope to resume all of the regular programming in The 196 soon.

Other Ways We Support Youth:

At Inasmuch House we offer support to children and their mothers through the LEAF (Learning Effective Anti-Violence in Families) program to help them process the domestic violence they've experienced. Children learn about safety planning, self-esteem, conflict resolution, anger management, and dating violence.

Mission Services Child and Youth Workers also offer one-on-one support to children; childminding while moms are accessing supports; activity nights like painting, yoga and drive-in style movies; as well as facilitating conversations with children who have experienced or witnessed abuse in a safe, play-based setting.

Our Food Services Program provides emergency food to families with children at our Good Food Centre every day, but they also look to provide support in other ways too. Partnering with programs like the Learning Partnership and Read On Canada!, they hope to enhance literacy among

the youth in our community by providing age appropriate books and activities.

Another partner of the Food Services program is Taste Buds. At the beginning of April, Mission Services began receiving additional funds to help support students who were learning remotely and provide ongoing support throughout the summer months. Thanks to this initiative The 196 families received fresh fruits and vegetables each week during porch drop offs, as well as all of the families with school aged children at our Good Food Centre.

Throughout the summer Mission Services provides lunch to all the children attending The 196 Summer Camp as well as 40 campers and their leaders at Eva Rothwell Centre.

“Investing in the children of our community through nutritious food will develop stronger and healthier students,” said Director of Food Services, Susan Smith.

We hope to reopen our Youth Afterschool Meal Program at our Community Kitchen this fall so we can get back to providing hot, healthy, and nutritious meals to 65-85 students, five nights a week during the school year.



A student making a birdhouse during The 196 summer camp

Leaving a Legacy of *Unbreakable* Optimism

Louis “Lou” Sentesy was a longtime donor of Mission Services supporting our neighbours in need for over 20 years. And his generosity continued even after he passed away with a legacy gift.

Lou didn’t live the easiest life, but he was the most optimistic person his children knew.

“He dealt with trauma by being an incredibly positive person,” shared Lou’s youngest son, Paul Sentesy.

In 1929, at the age of seven, Lou’s family immigrated to Canada from Hungary.

Tragically, at the age of 13, a drunk driver killed his parents in a car accident and, overnight, Lou and his sister were orphaned. Children’s Aid Society (CAS) placed Lou’s younger sister with a foster family, but Lou had to go into the shelter system. It was through CAS that Lou was guided by a few kind men who made it their mission to get Lou an education.

Lou moved to Hamilton and started taking drafting courses at Westdale Secondary School.

He went on to become a mechanical engineer, but he never stopped learning. He was always taking night courses and improving his skills.

“Whenever he wasn’t working he was learning,” said Esther Morgan, Lou’s daughter. “Working, learning, and serving the church.”

Lou met his wife Nellie at a church event and they married in 1943, but they didn’t get to enjoy the newlywed stage for very long. Lou joined the air force, doing mechanical maintenance on planes



Nellie and Lou in 1943

flying mail to the war overseas, while Nellie served her country as a secretary in Ottawa.

In 1945, they welcomed their first child Esther, and Nellie moved back to Dundas with their daughter to wait out the war. In 1946, Lou was decommissioned and in 1947 they welcomed their son, David. Finally, their youngest son Paul came along and the Sentesy’s began to build their family home in Dundas.

Although Lou was always working hard to provide for his family, taking on side jobs, improving his education, his children never really realized how much money he set aside to help others. He was a very private man and it wasn’t until his last year of life that he really spoke about his childhood, his parents’ deaths, and his charitable givings.

“The impression we got was he was paying back what people had done for him when he lost his parents,” explained Esther.

Lou and Nellie, both supporters of Mission Services, were very generous in their community. They served their Dundas Baptist Church, organized Meals on Wheels, and were always helping others.



“They exemplified love,” said Paul.

Nellie passed away in 2009, Lou in 2020. Both of them left gifts to Mission Services in their wills, Lou’s gift nearly doubling the amount he gave during his lifetime.

The impact donors can have on our neighbours both during their lifetime and after is truly incredible. We know without the kindness of donors like Lou and Nellie, we could not do what we do every day.

To learn more about leaving a gift in your will, visit our website at mission-services.com/gifts-in-wills, or contact Ashley Mitchell, Development Officer 905-528-4211 x3114

In Our Community

Thank you to all those involved in the summer **Kirkendall Neighbourhood Food Drive** in support of Mission Services’ Good Food Centre. They collected over 1,600 pounds of food for families requiring emergency food assistance.

The Kiwanis Club of Hamilton East and Breakaway Distributing generously provided new jackets for our youth program as well as toothbrushes for our Men’s residence.

Thank you to **ESTHER Women’s Ministry of Access Community Church** and **Hamilton Continuing Care** for their caring donations of hygiene products for Willow’s Place clients.

Fresh Print and **Sassyfras Boutique** provided new clothing items for our women’s programs.

We are appreciative to **GO Dental** for their delivery of toothpaste.

Thank you to the entire community at **Christ’s Church Cathedral** for hosting an incredible Summer Food and Hygiene Drive.

Fernlea Flowers generously supplied our Good Food Centre with vegetable and herb plants which were distributed to program participants to grow at home.

The Period Purse Hamilton kindly dropped off a large donation of menstrual health and hygiene items.

We are grateful to **Bell Canada**, and to all those who donated back to school supplies for our child and youth programs.

We also thank all of our generous donors who participated in our new **Summer Sponsor a Family Program!** Registration information for our Christmas Sponsor a Family is coming soon.

Thank you! If you want more information about hosting an event or running a food drive for Mission Services, please contact communityrelations@mission-services.com.

Setting an Example



CHILDREN ARE THE FUTURE, so guiding them to live healthy, resilient, and safe lives is truly behind all the work we do with youth at Mission Services.

At our Good Food Centre we strive to provide families with healthy food choices, back to school supplies, and other products that will enrich their lives.

At Inasmuch House we work with children who have experienced or witnessed abuse to teach them how to cope with their feelings, show them what a healthy relationship looks like, and how to resolve conflict.

And every day, The 196 program works to mentor youth in our community, guiding them on a path to post-secondary education, and teaching them to respect all people regardless of our differences.

These are just a few ways our programs are leading by example.

And you set an example in your family, to your children and grandchildren, to your friends and community groups, every time you make a donation. You choose to lead by example by giving to others in need.

And just like Lou, your gifts can impact the lives of our youth, not only today, but into the future.

Thank you for setting an example in our community!

Gratefully,

Carol Cowan-Morneau



Carol Cowan-Morneau
Executive Director

YOUR IMPACT

DURING COVID-19

May - July

-  **19,750**
Meals Served
-  **4,515**
Food Assistance Packs
-  **60**
NEW Women Accessed Willow's Place
-  **522**
Men and Women Sheltered
-  **482**
Men and Women in Addiction Treatment

**Every child deserves the
brightest possible future.**

*Please consider leaving a gift
to Mission Services of Hamilton
in your will.*



To support Mission Services, call 1-877-542-2732, donate online at mission-services.com/donate, donate with online banking (RBC, BMO and Central 1 customers), or on site with debit/credit card machine.

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