



DAYBREAKING NEWS

Volume XVI Issue 2

Spring/Summer 2017

BOARD OF DIRECTORS

President:

Diane O'Neill

Vice-President:

Kimberlee Hemming

Treasurer/Secretary:

Jillian Normand

Directors:

January Cohen

Joey Drouin

Lauren Evans

Shane Hale

Stephanie Izzard

Heidi MacLean

Elizabeth Momodu

Michelle Sauve

STAFF

Executive Director:

Alice Kubicek

Housing Support Workers:

Office Manager:

Amanda Cuirrier

Property Manager:

Brodie Desormeaux

Case Manager:

Jacque Dillon

Daybreak Housing

613-236-8070 ext. 724

alice@daybreakhousing.org

www.daybreakhousing.org

 /DaybreakHousing

 @DaybreakHousing

The Spring/Summer Edition

By Alice Kubicek, Executive Director

150 years of Confederation is something to celebrate. Let us also be proud of the rich cultural heritage of the indigenous people who founded this land. They are a key piece of why Canada is unique as a nation.

Also worth celebrating is Daybreak's 35 years in Ottawa housing single adults who strive to regain their lives with our support. So we salute Carrie, Lisa, Ken, Corey, Kathy, Joyce, Joanne, Florence and Teresa who moved into independent living this year. Saying goodbye was bittersweet but we are so happy they felt ready to move into their own apartments.

Our new case manager, Jacquie, is hard at work meeting all residents on personal goal-setting. We know that others will soon follow those above into a new exciting chapter in their lives.

We also celebrate our volunteers. Each year one volunteer is selected to receive Volunteer of the Year Award for their outstanding contribution to Daybreak. This year, we congratulate Keith Kelley on receiving the 2017 Award for helping residents in preparing their tax returns each year.



Executive Director with
Batman, an office mascot

Your Support Means so Much

The National Housing Fund in the latest federal budget will "address critical housing issues and prioritize support for vulnerable citizens", with affordable housing, a robust emergency shelter and a transitional housing system for those who need it.

Over the next 11 years \$11.2 billion will be invested in housing, with Canada Mortgage and Housing Corporation directly managing a fund of \$5 billion, another \$3.2 billion flowing through the provinces and territories, and \$2.1 billion for homelessness and helping people get help for mental health issues and addictions. The success of these initiatives will depend upon a collaborative alliance between private and non-profit housing associations, major foundations and the government sector. Daybreak is in the process of establishing its strategic plan for the next five years with this in mind. (continued overleaf)

Rebuilding Lives, Inspiring Hope

THANK YOU TO:

St Peter's and St Paul's Anglican Church for helping residents with a generous donation to replace beds that were infested with bed bugs.

Dominion Chalmers United Church for ongoing monthly support.

City of Ottawa for participating and recognizing our 35th AGM, in particular Jim Watson who took the time to welcome everyone to the event.

Ontario Trillium Foundation for the plaque recognizing our research on LGBTQ adult housing.

And to our volunteers:

John Spriggue for his cheerful giving of time in organizing our donor and AGM records

Martha Beltran for her help in planning and implementing the AGM on May 17

Tom Rupta for his advice and preparation of the media release

Our mission is to provide safe community based homes to single adults in need. We envision a future where Daybreak is the leader in transitional housing helping our residents achieve personal growth and independence.

Growth is very much part of our longer term vision. In the shorter term, however, growth will be focused on strengthening programs for residents who seek to rebuild their lives so that they too can move into independent living.

We need your financial support. Residents have asked for life skills programs in overall wellness, as well as skill building sessions in conflict resolution, and effective verbal and written communications to help boost their confidence. Neither can they afford to access specific outreach services, movies, bowling and games nights. Your donations will enable our residents with these learning opportunities for personal growth.

Money management, cooking, nutrition, and basic housekeeping is also required. For example, some Residents have confessed to not knowing how to clean house. Stocking basic hygiene items like soaps, toothbrushes and toothpaste, toilet paper and tissues, personal razors and creams would be a useful addition to our orientation package for new residents and provide a small gift for their birthday. Monthly donations would be an ideal way to support this initiative.



You may wish to provide expertise as a teacher, a financial planner, an artist, or an athlete. A generous donation of your time would ensure Daybreak's sustainability as a provider of transitional housing over the next 5 years.

Please support us now. Call 613-8070 ext 724, or visit our website: www.daybreakhousing.org

My Story By Eugene, Daybreak Resident
(an excerpt from his presentation at the AGM on May 17th)

Homelessness appeared to be my final stop. When I looked around at the other homeless I got the sense that this could be the largest collection of baggage I had ever seen. Items I had never seen before were now being added to my baggage. I believed that something bad was about to happen.

Two years ago while still attending a program and being homeless, someone recommended I check out Daybreak. I cannot describe in only a few words what a life-saving event that was and continues to be today. A foundation to help me rebuild my life. A place to come home to. Time for self-care, time to grow again and time to start lightening the baggage.

I am participating in the Emotional Intelligence program with Men & Healing. I appreciate that it speaks to emotional integrity. I need to know I still have that. I hope that Daybreak and its supporters realize how important these things are. I am very grateful for what everyone has done and is still doing. I truly believe you have saved my life and those of others. Thank you.