

# Community News

Spring 2018



Kim Lyall, Resource and Nutrition Coordinator, Rose of Sharon, with David Lightwood, Community Food Hub Coordinator, York Region Food Network.

## Rose of Sharon's New Food Security Program

With the support of community donors and the Ontario Trillium Foundation, Rose of Sharon launched its new **Food Security Program** in January. The program aims to help clients make the most of food resources. Central to the program, **Kim's Cooking Club** runs monthly and gives participants the opportunity to learn a new, healthy recipe—in February they cooked lentil soup and Dahl.

The new Food Security Program also expands Rose of Sharon's food pantry. Clients receive a \$10 grocery gift card and two bus tickets when they visit, allowing them to pick up fresh food from their local store. Additionally, at each cooking workshop, participants receive a bag full of ingredients needed to make the new recipe at home, and they get a crockpot on their first visit.

Kim Lyall, Rose of Sharon's Resource and Nutrition Coordinator is a holistic nutritionist, and she is passionate about promoting healthy living to our young moms. Since the program began, Kim has noticed:

- An increase in dialogue about food among the high-school participants
- When program participants dine together, there is a beautiful family feeling as they share food and conversation (this might be the only opportunity for them to share in such an occasion with others)
- A sense of empowerment when food preferences are listened to and accommodated—the young moms feel valued and cared for
- Issues around eating and body image are developing into more positive relationships with food ■

### Two for One: Lentil Soup and Dahl

Prep time 5 mins; Cook time 30 mins

**1 cup lentils**

**1 chopped onion**

**4 cups water**

**1 tbsp curry powder**

**1/4 tsp salt**

Cook lentils and onions in water until soft. Add salt and seasonings. Stir to blend. Dilute further to serve as a soup or cook until water is reduced for Dahl. Dahl is good served hot on boiled rice or cold as a dip. Top with avocado or a sweet chutney.

# How Rose of Sharon Helps

Each year in December, we ask our moms to complete a survey about the programs and services they access at Rose of Sharon. We also ask them about themselves and how Rose of Sharon has impacted their lives as individuals and parents. Here are some of the amazing results gathered in our most recent client survey:



**94%**  
Improved  
Family  
Stability



**96%**  
Improved  
Decision  
Making



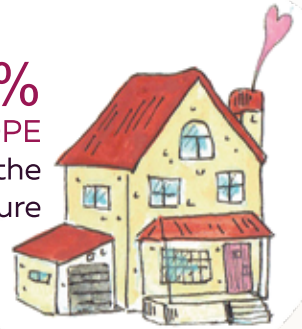
**95%**  
Improved  
Self-Esteem



**89%**  
Improved  
Parenting  
Capacity



**88%**  
Improved  
Interpersonal  
Relationships



**94%**  
HOPE  
for the  
Future

Illustrations by Alex Lowe ([www.alexloweillustration.com](http://www.alexloweillustration.com))

## 2017 Holiday Report

“The generosity of Rose of Sharon has lifted my spirits over the holidays. Thank you to everyone involved in the gift baskets (contributors & volunteers). My counsellor has made the end of 2017 easier for me & my son. Thank you.”



The community raised **\$144,714** to help young families during the holidays and throughout 2018. We are both humbled by and grateful for your generosity. Your amazing efforts ensure that Rose of Sharon can respond to the needs of young parenting and prenatal women in York Region.

The 2017 holiday season at Rose of Sharon was one of the most successful yet—**133** young families in need received baskets filled with toys and essentials for kids and gift cards for Mom. Thank you for making the holidays brighter for 201 children and 133 young moms this past year!



# Community Support

In honour of Giving Tuesday last November, the York Region Paramedics chose Rose of Sharon as one of two recipients of \$5000 from funds raised at their annual *York Region Paramedics Charity Gala*. We are so grateful for your generosity and your commitment to helping others. **Thank you York Region Paramedics!**



We had the pleasure of hosting Steve Leslie, Senior Vice President Business Solutions at TELUS, pictured here with Rose of Sharon Board Member, Amber Smith. TELUS has made a \$20,000 investment for a second year to ensure that our programming meets the needs of the increasingly diverse young families that walk through our doors. **Thank you TELUS for supporting diversity and inclusivity at Rose of Sharon!**



Fun Fundraising: we are so impressed by local businesses and organizations—you always go above and beyond to ensure people in our community get access to the resources they need.

As part of Util-Assist's company-wide fundraising activities, Mark Talaska collected pledges to shave off his beard in support of York Region charities. **Thank you Mark & the team at Util-Assist!**



We are so excited to announce that Roadhouse & Rose has committed to sponsoring our upcoming Mother's Day event. For more information or to learn how you can help, please visit our website [www.roseofsharon.com](http://www.roseofsharon.com) or call us at 905-853-5514. **Thank you Roadhouse & Rose!**



**Roadhouse & Rose**  
FUNERAL HOME



## Baby's brain development: Creating positive connections

In a recent session on how a baby's brain develops, one of our high school moms said, "this is the best class we've ever had!"

Using a paper chain as a visualization for the connections made during early brain development, our Child Development Centre Supervisor and ECE, Kelsey Nicholls, explained how both positive and negative experiences impact brain growth. For the activity, moms talked about positive and negative experiences their babies might have, adding links to the chain for each positive experience and removing links for negative experiences.

In the first few years of life, more than 1 million new neural connections form every second. The paper chain activity helped our young moms discover the importance of creating positive experiences for their babies to set the stage for lifelong success and good mental health.



[www.facebook.com/roseofsharonservicesforyoungmothers](https://www.facebook.com/roseofsharonservicesforyoungmothers)  
Instagram: [roseofsharon\\_85](https://www.instagram.com/roseofsharon_85) Twitter: [@RoseofSharon\\_85](https://twitter.com/RoseofSharon_85)

# Mother's Day: a Flower & an Hour



**One hour of  
life-changing  
support for a  
young mother  
and child costs  
about \$50**

## What's in an hour of support?

- Reminding a young mom that she is worthy
- Teaching a young mom about prenatal nutrition and healthy pregnancy
- Helping her find hope through one-on-one counselling
- Securing housing and connections to other essential supportive services
- Helping her build parenting and life skills so that Mom & Baby can have a bright future
- Offering high-school education and preparation for post-secondary in a space and manner that honours the exceptional life a student mom leads
- Creating a safe space so she can develop important friendships within a group of peers
- Providing a stimulating environment for babies and children in the Child Development Centre

## Support a young mother & her baby this Mother's Day:



Yes, I would like to honour a young woman's strength and resiliency this Mother's Day by providing:

- ☐ a flower & a half hour of support \$35      ☐ a flower & an hour of support \$55  
☐ a flower & an hour of support for two young mothers \$100      ☐ Other: \$ \_\_\_\_\_

Name: \_\_\_\_\_

Street address: \_\_\_\_\_

City: \_\_\_\_\_ Province: \_\_\_\_\_

Primary phone: \_\_\_\_\_ Alternate phone: \_\_\_\_\_

Email: \_\_\_\_\_

I would like to use my Visa / Mastercard:

Card #: \_\_\_\_\_

Expiry: \_\_\_\_\_ CVV: \_\_\_\_\_

Name on card: \_\_\_\_\_

Signature: \_\_\_\_\_

Include your personal message to Mom & Baby here: \_\_\_\_\_

\_\_\_\_\_

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