

## HAMILTON COMMUNITY FOUNDATION

History made, future intended.

A place  
to call *home.*



*New complex coming to Melvin Avenue*

**A** striking new project near the intersection of Parkdale and Barton promises to transform both a local landmark and the lives of the people who will live there.

The site is currently occupied by George & Mary's Tavern, a long-standing fixture on Melvin Avenue in east Hamilton, but one that has fallen into disrepair. Supported by a mortgage loan from Hamilton Community Foundation's impact investing fund, the property will be completely revitalized over the next year by Indwell, a creator of affordable housing communities that "support people seeking health, wellness and belonging."

"Hearing the stories of vulnerable people who've experienced trauma due to their housing situations is overwhelming," says Indwell executive director Jeff Neven. "We're transforming a site that has always been an anchor for this community from a place of dereliction into one that people will want to call 'home.'"

*See George & Mary's/p.4*

## Good news for teens

A program offering advice and referral to vulnerable youth at two Hamilton high schools has gained new stability by securing government funding for a full-time nurse practitioner.

HCF funding helped launch the pilot program at Sir John A. Macdonald and Cathedral in 2012 and has continued to support it ever since. The program helps connect students with school and community services, including those for newcomers and refugees, and in the last three years has served over 1,000 students. Many don't have a family doctor and would otherwise go to the ER or suffer in silence. More than one in five visits at Sir John A. were about mental health.

**But despite clear need and proof of success, the clinics have struggled to keep their doors open for even four hours a week at each of the schools. In January, the Local Health Integration Network agreed to fund the nurse practitioner's expanded hours.**

**Judith Bishop, chair of the Hamilton School-Based Health Network, credits HCF with helping the program achieve more permanent funding. "The Foundation plays a very important role in fostering community-based projects that support vulnerable groups," she says. "Its early and ongoing support allowed us to demonstrate to government that this program has merit."**

## Hamilton's youth: we all play a role

MESSAGE FROM PRESIDENT & CEO: TERRY COOKE

I'm not the first to say that of all my roles, parenting is by far the most rewarding – and the most challenging. As my kids rush headlong toward their teens, I don't see that job getting easier any time soon.

It's one reason I'm looking forward to our April presentation, *Understanding the Adolescent Brain* with Dr. Jean Clinton, a Canadian treasure when it comes to youth mental health.

The talk is part of our series focusing on ABACUS, HCF's initiative to increase high-school graduation rates and post-secondary access. ABACUS is a major commitment of "people, ideas and resources" for HCF, and one we believe has the power to change the lives of young Hamiltonians for the better.

The evidence shows that multiple barriers prevent young people from going on to post-secondary; removing the barriers is something that requires a community, working together. Whether you're a parent, grandparent, aunt, uncle, or any caring adult, I hope you'll join us on April 19 to advance the discussion on the role each of us plays to ensure all Hamilton children reach their potential through education.

## Crime, mystery, intrigue

Lawyers' show supports HCF fund



In rehearsal: Augustine Krawchenko and John Krawchenko

**A** wealthy older woman is murdered, and the prime suspect is a married man who is her heir. Did he or didn't he? Will justice prevail?

It's all part of the intrigue when Hamilton's legal community comes together to perform the Agatha Christie classic, *Witness for the Prosecution*.

The latest in a long line of local "lawyers' shows," the production will support the Lawyers' Legacy for Children, an HCF fund established by the city's legal community in 2007 as a permanent home for its collective philanthropy and community spirit.

Since that time, the fund has granted thousands of dollars to Hamilton initiatives that serve its purpose of inspiring and enabling children to reach their potential.

Lawyers' shows are well-known plays in which a courtroom is the backdrop and the cast comprises local lawyers and judges. More than 20 members of Hamilton's legal community will volunteer their time and demonstrate their acting flair in this year's performance, jointly produced by the Hamilton Lawyers' Club and Theatre Aquarius.

"The show will be terrific. You will love it!" enthuses lawyer Jim Cimba, the play's producer. "And Hamilton's children that benefit from the LLC Fund will love you for your support. The unmitigated generosity of the Hamilton Bar has shot this fund from zero to over a quarter of a million dollars in ten years, with a commitment to grow it, in leaps and bounds, for children – forever."

*Witness for the Prosecution* will be presented at the Dofasco Centre for the Arts, June 8 to 10. For tickets visit [tickets.theatreaquarius.org](http://tickets.theatreaquarius.org) or call the box office at 905.522.7529.

## Grants at a Glance

### A family affair

**T**he Hamilton Philharmonic continued its tradition of bringing classical music to new ears with a complimentary invitation for families living in City Housing Hamilton to attend its Family Concert Experience.

Supported by an HCF Creative Arts Fund grant, the program aims to introduce families to their local professional symphony, create a sense of belonging in their community's arts organizations and build a special family experience. It included pre-concert activities such as create-your-own-instrument crafts and an instrument "petting zoo".

As an early "welcome to your symphony," HPO representatives attended tenant meetings to promote the concerts. Of City Housing Hamilton's 13,000 residents, almost half are children.



### Rain management 101

**I**nto every life a little rain must fall—and managing where it goes helps both homeowners and the environment.



With support from HCF's Doucher Fund, a home visit program from Green Venture offered Dundas residents a personalized 90-minute assessment of their property and basement by a certified RAIN Home Guide.

Homeowners learned three simple principles—slow it down, soak it up and keep it clean—and specific techniques to manage stormwater and reduce water consumption, including rain harvesting and rain gardens. A customized report highlighted each homeowner's five most pressing areas to address. A follow-up survey with participants showed 100 percent of participants had taken or were preparing to take action on the recommendations.

Managing stormwater means more flood-resistant communities, fewer wet basements and mould problems, more green spaces and cleaner local waterways. The Dundas program will help reduce the amount of water entering Spring, Sulphur and Spencer Creeks from the stormwater system and overland drains during the extreme weather events that are becoming more common with climate change.

### Caring Dads

Caring Dads is a program offered in Canada, the U.S. and Europe that has shown significant success in working with fathers at risk of using abusive behaviour with their families. Now, the program will be offered in Hamilton for the first time, filling an urgent local need identified by agencies addressing family violence.

Thanks to an HCF grant, Hamilton fathers will no longer have to be referred to Caring Dads programs in other cities. Offered by Catholic Family Services, Caring Dads emphasizes helping fathers to build strong, supportive relationships with their children. It works to increase a father's ability to respond appropriately to kids' misbehaviour, co-parent with their children's mothers and put their kids' needs first.

## New life for old tavern



*George & Mary's will make way for new complex*

The rejuvenated property will provide a minimum of 56 affordable, accessible, energy-efficient apartments, 3,000 square feet of retail space and a large-scale teaching kitchen. Most of all, it will offer immense potential to improve the lives of its future residents. Results from Indwell's other projects show a number of improvements in tenants' situations, including an increase in housing stability by an average of 3.5 years, fewer required emergency services, improved mental and physical health, rebuilt family connections and an increase in community participation.

"This project is about so much more than bricks and mortar," says Terry Cooke, HCF President & CEO. "We're thrilled to be able to use our assets in new ways to support this kind of positive change."

## Join Us: The Adolescent Brain Under Construction

Why do teenagers do the things they do? A decade of neuroscience research offers some answers to this question that has baffled parents for generations.

We invite you to hear renowned expert Dr. Jean Clinton as she shares her recent findings on adolescent brain development and how environment and experience play key roles during the formative teenage years. The event takes place April 19 at The Hamilton Spectator auditorium, 44 Frid Street, from 7 to 9 p.m.

Dr. Clinton has extensive experience in youth mental health and is uniquely positioned to shed light on adolescent brain development and how it relates both to your own teen and to HCF's ABACUS initiative that aims to increase post-secondary access by working with kids in the middle-school years.

**For more information or to RSVP, go to [www.hamiltoncommunityfoundation.ca/Apr19](http://www.hamiltoncommunityfoundation.ca/Apr19) or call 905.523.5600 ext 234.**

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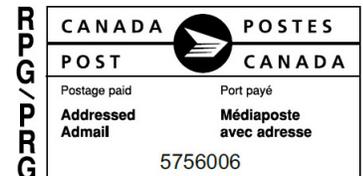
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