Ancoura Newsletter—Winter 2017

New Home for Three Amigos

November 1st was a great day for Ancoura as our sixth home was opened in west Ottawa. Volunteers, staff and residents all pitched in on moving day to bring together three men who are now living in the new home (called Meadows). The "Three Amigos" are thriving in their new digs, sharing good times with each other and with staff and volunteers.

New funding is necessary with the opening of each new Ancoura home and we are grateful to all those who support us financially through individual donations, corporate donations and grants……..See New Home on Page 3.

Congratulations! What a good piece of work you have done to make the world a better place!

Ancoura Supporter

Mark your Calendars!!

April 6: Brain and Mental Health Art Show, Horticulture Bldg., Landsdowne Park.

May 4: Ancoura's 2017 Fundraising Dinner/Auction will be held at the Hellenic Reception Centre, 1315 Prince of Wales Drive (**New Location!**)

May 28: Scotiabank Charity Challenge on Ottawa Race Weekend will take place. Join us for the 5K walk.

(details of these events are on Page 6)

Ancoura Celebrating 10 Years in 2017

In February 2007 a group of people got together in a church basement to hear about a new way of providing housing and support for people living with mental illness. Ten years later, Ancoura has flourished and opened six homes in the Ottawa community.

Happy Anniversary Ancoura!!

Ancoura 2007 Celebrating 10 Years 2017

See Ancoura's 10th Anniversary on Pg. 5

Finding a Home and Friends: Robin's Story

by Brian Harrison

It was a long road that led to Ancoura and now that she has arrived, Robin has no plans to move anywhere else. She was born in Timmins, Ontario, and the family moved shortly after to Toronto and then Ottawa. She describes herself as a committed Catholic and her schooling certainly reflects this as she attended Pope John XXIII School, Frank Ryan Catholic Intermediate School, St. Pius High School and St. Paul High School. Later, she was in the liberal arts program at Ryerson where she lived in residence. It was here that she became homesick, isolated herself and didn't reach out for help. She spent a lot of time in her room and a few years later she was diagnosed with schizophrenia.

She has lived in other homes which have been good, but she finds something special at Ancoura. She describes it as an "active community" where there are lots of activities that can keep her busy. She likes having two roommates, and finds our coordinator, Jacquie Guntensberger, to be "a great supporter who never gives up". She moved from one Ancoura home (Ruby) to another (Terra) and she is still getting to know the volunteers at this new home. One of her favourite activities is cooking, and she likes to bake cookies and cakes.

Once each month, she attends a Mass and potluck at the Kateri Native Ministry of Ottawa; a Christian Native Ministry committed to the healing and reconciliation of aboriginal people and all peoples. She often visits her parents, who live in Carleton Place. In the future she is considering taking a computer course at the Royal Ottawa Mental Health Centre. It was a pleasure to interview Robin, who is a thoughtful and caring person, and it is great to have her as part of our Ancoura community.

Welcome New Volunteers!

Since September, we have welcomed the following volunteers to the Ancoura community:

Maria Connell to help the Volunteer Coordinator in the office.
Deborah Gallant-Gleddie as an occasional volunteer.
Gord Gleddie as a visiting volunteer at the Meadows home.
Peter Holmes to assist the Fundraising Committee.
Michele Lacasse to assist the Fundraising Committee.
Craig MacNaughton as a visiting volunteer at the Meadows home.
Danika Page as a visiting volunteer at the Meadows home.
Lorraine Prescott as a visiting volunteer at the Meadows home.
Brian Tansey as a visiting volunteer at the Meadows home.
Elizabeth Waite to assist the Fundraising Dinner team.

New Home (from Page 1)

The work of our outstanding volunteers and coordinators has also been vital in enabling us to grow and provide stable, affordable housing and a supportive community for our residents.

A Bequest from a Very Special Friend of Ancoura

Audrey Bean was a long-time member of the L'Abri en Ville community in Montreal and someone who played an important role in getting Ancoura started in Ottawa. Her brother, Peter Bean, was on the first Board of Directors of Ancoura and is still very much involved as a visiting volunteer and participant in fundraising initiatives. Audrey believed deeply in the mission of Ancoura and was inspired by the growth and success that was evident since the genesis of the organization in 2007. She left a gift for Ancoura in her will and Ancoura benefitted from this generosity when she died in 2015. In leaving a legacy gift with Ancoura, she was ensuring that her tradition of compassion and caring is kept alive for future generations and reminding those living with a mental illness that they have not been forgotten. You can find out more about leaving a bequest or a memorial donation on our website:
http://www.ancoura.ca/donations.html

Donations from Individuals

In autumn each year, Ancoura sends letters to potential donors asking for their support. Between the beginning of November and mid-January, we received $25,633 from individual donors. This broad-based support is our largest single source of revenue and is very much appreciated.

Welcome Marilyn Denison

We are very pleased to welcome Marilyn Denison as our new office administrator. Marilyn has worked in the not-for-profit sector for approximately 15 years. She was previously the bookkeeper/office manager with Jericho Road; an organization that houses men with mental health issues and/or drug and alcohol issues. She has also worked as an executive administrator and family services manager for Habitat for Humanity, and served on local boards of not-for-profit organizations. Welcome to the Ancoura team Marilyn!

Bernard Adjei: Former Resident and Dear Friend

In January, we were saddened to learn of the passing of Bernard Adjei. Bernard was a resident for several years in an Ancoura home on Jasmine Crescent and he worked regularly at Costco in the east end. Last year, Bernard moved into his own place and was looking forward to the next phase of his life. Richard Haughian

and Frank Bowick both spoke about Bernard at his funeral. He was a joyful man who was nearly always positive and in good spirits, and he will be greatly missed by all his friends in the Ancoura community.

New Videos Feature Ancoura

Thanks to the work of Tony Atherton, former Ottawa Citizen writer, we now have two videos that provide an excellent overview of Ancoura and the work that we do to help people living with mental illness in Ottawa. You can view the videos at:
https://www.youtube.com/channel/UCi7uSx-dhyK3uu5t6pqQmFw

Ancoura in the Ottawa Citizen

Tony Atherton was also the author of an article that appeared in the Ottawa Citizen in November.
http://ottawacitizen.com/Ancoura

Ancoura Christmas Party

On December 8th, about sixty-five people came out to enjoy the Ancoura Christmas party, held in the basement of St. Basil's parish. The Maria Knapik singers provided entertainment by performing several numbers and then leading us in the singing of Christmas Carols from our song books. A big Thank You to these singers! Thanks also to all of the volunteers involved in making this event such a success.

Ancoura Christmas Party

Donations from Organizations

We express our deep gratitude to the following organizations for their generous donations to Ancoura:

- Coldwell Banker Rhodes & Company
- St. Basil's Parish
- First Unitarian Congregation of Ottawa
- Knights of Columbus, Council 485
- Kanata Dance Club
- Kinuto Solutions
- Accora Village

10th Anniversary Quotes

Happy Anniversary to all you wonderful caring human beings -- great work.

Hearty congratulations, wonderful to know what you have been able to build- and sustain- together.

Ancoura's Tenth Anniversary, 2007-2017 by Richard Haughian

This year we are celebrating Ancoura's 10th Anniversary. An occasion like this gives us an opportunity to reflect on our history, to remember our founding story as a community. There is the public memory, the events that marked important turning points in our history; some of these events are listed below. Then there is our personal memory, as many of us who were actors in this story, either from the beginning or sometime later, remember our own anecdotes of the past.

Celebrating such anniversaries are critical for our on-going community life. They remind us of who we are - our mission, values and spirit – the story of a "community coming to be." They remind us of all those who have generously helped to create the Ancoura that we now celebrate. This is the first of a two-part series that documents some of the major events that happened in the past ten years.

Founding Events: February 2007 - June 2008)

Information Session with L'Abri en Ville (February 12, 2007)

Representatives from L'Abri en Ville in Montreal presented information on their model of care for people living with mental illness to a group of 43 interested people at St. Joseph's Parish auditorium in Sandy Hill. This was the first time that most of us in Ottawa had heard about L'Abri's mental health model.

From February 2007 to June 2008: we studied the L'Abri model and philosophy; working groups consulted with mental health groups, hospitals in Ottawa; some of us visited L'Abri en Ville in Montreal.

Steering Committee Formed (June 4, 2007)

Members of this Steering Committee were Gene Bodzin, Amanda Carver, Carol Anne Deneka, Richard Haughian, Jane O'Brian, Nancy Ross and Gloria Santana. A questionnaire given to 45 people on the active list indicated enough support for proceeding to set up our organization. Most of those consulted were interested in being visiting volunteers.

Foundation Documents

During the period from December 2007 to March 2008 we articulated and approved our Mission Statement, Principles and Values Statement, and Vision. We finalized our Bylaws during this period and applied for incorporation and charitable status in April 2008.

Incorporation and Charitable Status

In May 2008 we received our Letters Patent (dated April 11, 2008). Charitable status was granted later and back-dated to April 11, 2008.

First Meeting of the Ancoura Corporation (June 11, 2008)

We elected our first board members: Richard Haughian (President), Brian Harrison (Vice-President), Jane O'Brian (Treasurer), Peter Bean, Amanda Carver, John Gall, Fran Mowbray, and Nancy Ross. We celebrated with a party!

Brain and Mental Health Art Show

The Brain & Mental Health Art Show is an annually occurring event organized by the Society for Neuroscience Ottawa to help link the scientific and the mental health communities in Ottawa. The show further helps raise awareness and funds in support of Ancoura. The Art Show is organized as a vernissage, or preview, allowing artists and guests to express their own experiences, feelings, and struggles related to the brain and mental health. The show contains a diverse range of pieces from researchers and artists to community members and individuals with mental health issues.

The 2016 show was a wildly successful event! There were over 60 art submissions and the Society for Neuroscience was able to raise over $3,000 for Ancoura. 2016 was the first year in the new venue, the Horticultural Building at Lansdowne Park, and the Society for Neuroscience managed to surpass previous attendance while welcoming more than 400 guests, artists and judges. Delicious hors d'oeuvres and beverages were provided by the brilliant Thyme and Again and the evening was highly enjoyable! This year the 2017 Brain and Mental Health Art Show will be hosted on Thursday, April 6th, 2017 at the Horticulture Building located within Lansdowne Park. The show will run from 6pm to 9pm with auction results and winning art announced at approximately 8:30. Admission is $5 for students and $10 for non-students with proceeds from the event donated to Ancoura.

10th Anniversary Dinner and Evening of Celebration

We are excited to be holding our tenth anniversary dinner on Thursday May 4, 2017 at the Hellenic Meeting & Reception Centre 1315 Prince of Wales Drive Ottawa. This will be our first year at this new venue and it will be a wonderful evening. The following is a brief description and schedule for the evening:

6:00 Reception, Silent Auction and Cash Bar

7:00 Dinner & Wine

Our Master of Ceremonies and Auctioneer will be Timothy Andrade. Our guest speaker is Tim Simboli, Executive Director of the Canadian Mental Health Association (Ottawa Branch). We will be welcoming special guests—Mayor Jim Watson, Councillor David Cherneshenko and Olympian Sue Holloway.

.Dress: Business casual Cost: $100 per person (with a $50 tax receipt).To reserve your ticket(s) or table of eight please contact: admin@ancoura.ca or the Ancoura office at 613-233-8130. You can also reserve online at www.ancoura.ca

If you are unable to attend the dinner, please consider helping to buy tickets for residents.

Tamarack Ottawa Race Weekend's Scotia Bank Charity Challenge

For the second year in a row Ancoura is taking part in Run Ottawa's Race Weekend. Residents and volunteers will be out walking this spring to prepare for the 5K race, taking place on Saturday May 27th at 4 pm. Participants can fundraise at the same time, by asking friends to sponsor them.

We all know that walking and running is good for us. It's a great group activity and our presence will give Ancoura exposure in the community. And it's so much fun.

If you would like to join us, go to www.runottawa.ca, register for the 5 KM Race, select race time of over 38 minutes, and select Ancoura as your charity of choice. For more information, contact Sandy Macpherson at sandymacpherson@rogers.com or call 613-521-5913.

Our Newsletter Team

Managing Editor: Brian Harrison

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HOW TO HELP ANCOURA

Volunteer
Ancoura is always looking for volunteers to spend time with residents as visiting volunteers, as occasional volunteers, to work on committees or join the board of directors. If you would like to volunteer, please contact the Ancoura office 613-233-8130.

Make a donation
-Donate by cheque: Payable to "Ancoura" and send to the address below.
-Donate online: Click here (www.ancoura.ca) and then scroll down and click on "Donate Now".
-You can also donate a United Way campaign contribution to Ancoura. Simply write Ancoura's name and charitable registration number on the donation form.

Estate Planning/Bequests
In Ottawa, providing housing and support for people living in Ottawa is an ongoing need. Ancoura is a small organization that has benefitted considerably from legacy gifts made by individuals. You may wish to consider leaving a gift to Ancoura. For details on this option go to http://www.ancoura.ca/donations.html

-Ancoura is a registered charity: Charitable Registration No. 804860955RR001

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We are on the web: www.ancoura.ca
Also on Facebook: www.facebook.com/ancoura.community
And Twitter: @Ancoura_Ottawa

Ancoura is very grateful for the continued generous support of the following organizations:

United Way Centraide Ottawa

Community Foundation of Ottawa / Fondation communautaire d'Ottawa

For good...forever *Le bien...toujours*

Coldwell Banker Rhodes & Company Brokerage 75 Years

Katari™ Imaging

Society for Neuroscience Ottawa Chapter