



Ancoura to Open a Fifth Home!!



In keeping with our goal of helping more people who are living with mental illness in the Ottawa community, Ancoura will be opening a fifth home in the fall. This expansion is made possible by extra funding received in the form of a United Way grant and by the continued support that we receive through donations, other grants and foundations...See Opening Home on page 3.

SNF Brain and Mental Health Art Show

On March 27, 2015, the Society for Neuroscience (Ottawa Chapter) held its fourth annual art show, highlighting the link between creativity and mental illness. This year the venue was Orange Gallery, with over 60 works of art displayed. Our board member and SNF member, Elaine Waddington-Lamont, addressed the large and enthusiastic crowd and told them all about Ancoura. The evening was a great success, bringing in over \$ 3,200...See Art Show on page 4.

The Joy of Vegetable Gardening



This summer, we found out that there are plenty of “green thumbs” in the Ancoura community. With leadership from Ancoura volunteer Jerry Thibert, a garden plot was rented in Gloucester and residents were encouraged to plant vegetables. Residents and volunteers spent time planting, watering, weeding and harvesting in the garden. The result included fresh yellow and green beans, peppers, zucchini, onions, cabbage, cucumbers and tomatoes. Jerry feels that the experience was relaxing and therapeutic for the residents who participated. Bill, one of our residents, typically went to the garden twice weekly and really enjoyed being there...See Gardening on Page 4.

Ancoura’s next Fundraising Dinner/Auction is planned for early May, 2016. The exact date has not yet been determined.

Have you considered being an Ancoura board member or volunteer? We need board members for election at our November AGM as well as volunteers to visit residents and serve on committees (See pg. 7).



Meet Jacquie Guntensperger – Ancoura Coordinator

By Virginia Lafond

Jacquie Guntensperger has been at her work as an Ancoura coordinator for more than two years now. Her enthusiasm for her complex work shines.

What's most important to her in her work? "The residents." She quickly adds, "My goal is to work with them so that they can pursue the best quality of life possible." However, Jacquie doesn't stop there. She points out that she also works with the volunteers, carefully 'matching' them with the residents so that mutual interests can be explored and good companionship can be a reality. As well, she explains that she values her role in working with the board. But there are other aspects. "I have to pay attention to house repairs and also search for furniture for the residences."

Originally Jacquie came to Ottawa so that she could be close to her two grandchildren. "I do spend nearly all my extra time with them," she says with a big smile. She adds that she does love Charlie and Leo – her dog and her cat.

In August 2013, Jacquie joined Ancoura, equipped with a background of social science education including a social work diploma (Fleming College) as well as an honours degree in psychology (Trent University). Her own experience with depression, anxiety and PTSD is also an aspect of her life that she's open about in her work. With a touch of hesitation, she explains: "I believe that being open adds to my ability to relate to the residents and to understand their concerns around stigma and discrimination."

When it comes to details about her work with Ancoura residents, she explains that this involves both weekly house meetings and one-to-one meetings with each resident as needed but minimally every three weeks. Topics vary but often include interpersonal challenges, a discussion of medications, chores, and outings. "Each individual is different," Jacquie stresses and explains that pro-actively checking in on each one's well-being helps both her and the residents to avoid unwanted surprises. "And in the end, I want each person to feel a sense that he or she is being cared for and about."

Asked if there was anything else she wanted people to know about her, Jacquie put it like this: "I love every aspect of my work – and I love the Ancoura philosophy and spirit. Ancoura has such a positive environment. I am actually in awe of Ancoura."

Quote from the late John Nash, Nobel Prize Winner who lived with schizophrenia.

“PLEASE HEAR THIS: THERE ARE NOT SCHIZOPHRENICS THERE ARE PEOPLE WITH SCHIZOPHRENIA”

A Sunday with Ancoura Friends



A warm and sunny day in August saw 16 people from the Ancoura community enjoying the hospitality of Lavada Pinder at her country home. The beauty of nature was on display as the group went for a walk through the woods, in fields and along the Ottawa River. Lavada served a delicious lunch, complemented by salads brought along by Ancoura residents and volunteers. The group enjoyed a rousing game of croquet that saw one of the residents emerge victorious (Congratulations David!). Many thanks to Lavada for hosting this wonderful event!

Welcome New Volunteers!!

Since March, we have welcomed the following people as volunteers in the Ancoura community:

Barry Brown, to assist the Treasurer with bookkeeping.

Rachel Dennison, as a member of the Communications Committee.

Brian Morris, as a visiting volunteer.

Opening Home....(from pg.1)

The outstanding work of our coordinator and of our volunteers has laid the foundation for our continued growth. Congratulations to everyone who has made this fifth home possible.

Audrey Bean: A Dear Friend of Ancoura

In April, many people in the Ancoura community were saddened by the news that Audrey Bean had died. Audrey was a long-time member of the L'Abri en Ville community, where she served passionately as a board member and visiting volunteer for many years. L'Abri en Ville was the genesis for the approach that Ancoura uses to provide stable housing and support for our residents, and Audrey was instrumental in bringing news of that approach to Ottawa in 2007. Her empathy, deep capacity to listen, loyalty, grace, hospitality, humour and luminous intelligence will be greatly missed. Her brother Peter, a founding member of Ancoura, continues to work energetically as a board member and volunteer with Ancoura.

Recommendations for Ancoura

Last year, Ancoura received a generous grant from the Ontario Trillium Foundation to hire consultants who would make recommendations to enhance our organizational functioning and how we deal with resident selection, volunteer recruitment and fundraising. The consulting team, consisting of Raphael Amato and Sophie Ménard, submitted their report in July. The report, entitled "Planning for the Future of Ancoura" provides important recommendations that will help Ancoura advance in the years ahead.

Welcome Elizabeth Tyrwhitt



We are very pleased to welcome Elizabeth Tyrwhitt as our new volunteer coordinator and office administrator. Liz comes to us with a MSW (Social Policy, Planning and Administration) from the University of Toronto. She has more than ten years experience developing volunteer programs in Ottawa. She has worked with the Ottawa Mission, Centre 454, and Pinecrest-Queensway Community Health Centre. Welcome to the Ancoura team Liz!

Barbecue in the Park!

On July 15th, Ancoura held our annual barbecue at Vincent Massey Park. Forty-nine people from the Ancoura community turned out to feast upon hamburgers, cheeseburgers, salads, nachos, potato chips and other treats. Peter Bean and Dan Macpherson, supported by Brian Harrison, put their culinary skills together by cooking on the propane barbecues brought to the event by Bill Elliott. It was a great opportunity for friends to gather together, share a meal and catch up on news. After dinner entertainment was provided by Riel Boire and Christian Deslandes who played guitar and violin

respectively. It was a fantastic way to spend a July evening in the presence of friends.

Ancoura to Join Race Weekend in May Next Year (You can Run or Walk)

Ancoura will be participating in the Scotiabank Charity Challenge as part of Tamarack Ottawa Race Weekend. We are looking for runners and walkers who can join us and hopefully get friends and colleagues to sponsor them in an attempt to raise funds for Ancoura. There are several distances that can be chosen, including 2K, 5K, and 10K on May 28th and the half marathon and marathon on May 29th. Whether you walk or run it will be a lot of fun for a great cause. For more information contact Sandy Macpherson (613-521-5913 or sandymacpherson@rogers.com).

Art Show...(from pg. 1)

Once again Ancoura was delighted to be chosen as the Society's recipient charity. We are very grateful to the SNF (Ottawa Chapter), and the artists, organizers, and patrons for including us in this marvellous event and supporting us in our work.

Gardening...(from pg. 1)

He says that "the result is a lot of nice fresh vegetables for us. We also gave some away to the other Ancoura houses, to volunteers and to family members." Bill says that he learned a lot about gardening and that it was very rewarding to see the results of his efforts in the garden. Congratulations to all those who made this activity successful!!

Third Annual Fundraising Dinner/Auction

On May 7, 2015, over 140 Ancoura volunteers, residents, and invited guests converged on the St. Elias Centre for another wonderful evening of celebration and good fun. First, we mingled in the foyer for cocktails and canapés, then moved into the dining room for a delicious dinner. The amazing Kent Browne, once again our master of ceremonies and auctioneer, kept us organized and laughing throughout the evening, and kept the auction bidding very lively. Our guest speaker, Dr. Tom Fogl, a psychiatrist with the Schizophrenia Program at the Royal Ottawa, spoke highly of the Ancoura model of supportive housing and encouraged us to continue our important work. The evening was a huge success, netting over \$20,000. Thanks to all those who contributed: our guests, volunteers, and auction donors. Plans are already underway for the next dinner/auction to be held in early May, 2016.





Ancoura Goes to the Ballpark!!

On August 6th, twenty-two people from the Ancoura community were treated to a very enjoyable evening of Ottawa Champions baseball. The outing was organized by new Ancoura volunteer Brian Morris, who works at the baseball stadium and who was able to get twenty free tickets to the game, courtesy of Ottawa Champions Sales Director Davyd Balloch. Some highlights of the evening included a welcoming of Ancoura on the video scoreboard, a mascot race between innings, the singing of “Take me out to the ballgame” and “Sweet Caroline”, and the sale of hot dogs for \$1 (since it was “hot dog night”). To top it all off, the Champions defeated the Trois Rivieres Aingles by a score of 3-2 to tie for the last remaining playoff spot. Thanks to Brian for planning and organizing this wonderful evening.

Ancoura Moving to New Office

Since 2008, Ancoura has occupied a small office in the Bronson Centre

located (aptly) on Bronson Avenue. With the hiring of a second staff member, this office has become too small for our daily operations. We sought a larger office in the Bronson Centre, but there were no such offices available. Consequently, we will be renting space from the First Unitarian Congregation of Ottawa at 30 Cleary Avenue in west-end Ottawa. We will be moving at the beginning of October.

Future Events

Open new home: October, 2015

Office Move: October 1, 2015

Ancoura AGM: November 18, 2015

Christmas Party: to be determined

Fundraising Dinner/Auction: Early in May, 2016

Race Weekend: May 28 & 29, 2016

Newsletter Team

Managing Editor: Brian Harrison

Writers: Virginia Lafond, Jane O’Brian, Brian Harrison

Review: Richard Haughian

Proofreading: Rachel Dennison

HOW TO HELP ANCOURA

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

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

Our address until Oct. 1:
Room 237,
Bronson Centre
211 Bronson Avenue
Ottawa, Ontario
K1R6H5

Our address starting Oct. 1
30 Cleary Avenue,
Ottawa, Ontario
K2A 4A1

Phone: 613-233-8130

We are on the web: www.ancoura.ca

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



United Way
Centraide
Ottawa



Other Recent Supporters:
St. Patrick's Basilica
First Unitarian Congregation of Ottawa

Thanks to all the individuals and organizations who acted as sponsors and donors for our successful dinner/auction in May.

THANK YOU TO OUR 2014 DONORS

We are very grateful to all our donors who gave so generously in 2014. Your donations make it possible for Ancoura to continue to provide permanent homes and a supportive community for all our residents. Please let us know if there are any errors or omissions.

Individuals

Jean Ahmed
Raphael Amato
Marie Andrews
Kathleen Arnold
Ian Baker
Audia Barnett
Peter Beacham
Eleanor Beattie
David Bean
Peter Bean
Elaine Beaudry
Adele Boire
Margaret Bott
Adam Bowick
Bill Brown
Winifred Brown
Lynda Campbell
Greg Campbell

Marlene Campbell
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David Chernushenko
Joanne Curran
Robert Daley
Nancy Day
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Nancy Douglas
Kevin Doyle
Catherine Dubois
Louis Dugas
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