

# LEGACY

HAMILTON  
COMMUNITY  
FOUNDATION

History made, future intended.

## People power



*Smile for a selfie: Celebrating completion of NLI program.*

**C**reating meaningful change in Hamilton's neighbourhoods starts by supporting the people who best understand a community: its residents. That's the principle underlying the Neighbourhood Leadership Institute (NLI), a pilot program launched by HCF to help local leaders develop their skills while nurturing a project idea to benefit their community.

Participants enhance skills in project management, communication and conflict resolution. They apply their knowledge to bring their ideas to life and receive a college credit in the process – a first in Canada.

"NLI gave us the tools to understand ourselves, our projects and our neighbourhoods better," says Julie Michal, a recent

*See IDEAS/p.2*

## BRINGING COMMUNITY AND HCF TOGETHER TO CELEBRATE MILESTONE

To celebrate its 60th anniversary, the Foundation invited Hamiltonians to enjoy their city by providing free access to more than 40 recreation, conservation and cultural centres.

And enjoy they did! From the Dundas Lions Pool and the Stoney Creek's Battlefield House, to the Canadian Warplane Heritage Museum, the Valens Conservation Area and the Art Gallery of Hamilton, every landmark and attraction was visited.

The feedback was overwhelming – both from the participants and from site staff, who reinforced the importance and value of making Hamilton's treasures more accessible.

Almost 8,000 people joined in to celebrate our history and future together, generously supported by HCF's anniversary sponsor, Pioneer Energy.

For a taste of the fun, go to [celebrate60years.ca](http://celebrate60years.ca)

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## Supporting leaders and ideas

graduate. "We got to see it all through a different lens, which made us stronger."

Julie partnered with fellow student Tony Lemma on a project aimed at revitalizing the Barton-Kenilworth area. They want to raise awareness about vacant buildings, and eventually to change policy on how vacant commercial and industrial buildings are taxed. The two recently presented their project to city council.

"NLI helped us identify how to move forward systematically on a project with many elements," says Tony. "The NLI supported us and we also learned how to better support each other."

"This work is about providing support to participants, uniting residents, and making connections that amplify individual efforts," says Matt Goodman, VP of Grants and Community Initiatives at HCF. "It's key to supporting engaged people who, in turn, will shape the neighbourhoods they want."

## A 'tailor-made' role for HCF MESSAGE FROM PRESIDENT & CEO: TERRY COOKE

There's a theme running through this issue that also permeates much of the Foundation's work: removing barriers.

Whether it's teaching immigrant seniors to navigate the bus, helping people access health services or uncover their skills as neighbourhood leaders, or opening the doors to Hamilton's outstanding cultural and recreational assets, removing barriers to participation is fundamental to a vibrant, inclusive Hamilton.

## A gift to inspire

### A step forward for Eva Rothwell

**A** thriving community hub is strengthened, thanks to an anonymous HCF donor. This generous donor has established an endowment fund aimed at supporting ongoing operations at the Eva Rothwell Centre.

A community-driven labour of love in the Keith neighbourhood, the Eva Rothwell Centre was born a decade ago when a group of local residents led by Don and Carole MacVicar turned the decommissioned Robert Land School into a multi-service community centre.

There is no shortage of volunteers, eager service providers, imaginative programming for all ages, local leadership and creative use of space; the challenge is operational funding to keep the old building heated, clean and in good repair.

The fund's founding donor hopes the gift will encourage more contributions. So does Don MacVicar. "This gift has given so much to so many to provide hope for a better tomorrow. We are certain it may also inspire others to grow this endowment towards the Eva Rothwell Centre's secure future. We are doubly blessed."



A great day, as Terry Cooke, left, delivers the surprise news to Don MacVicar.

Some barriers are obvious and easily addressed with finances and a little "what if?" Others are complex – like the barriers to post-secondary education. What conditions encourage or discourage young Hamiltonians from continuing their education after high school? And when do those conditions start?

Bringing together "people, ideas and resources" to define and overcome these barriers is critical and a role for which we feel HCF is tailor-made.

It's an undertaking that can have positive outcomes for our whole city and one on which we'll be increasingly focused in the coming months. Stay tuned!

## Grants at a Glance

## Freedom ride

**F**or older adults, taking the bus spells freedom – no matter what language they speak.



Social isolation can affect all seniors, but those from ethno-culturally diverse communities are at greater risk. A grant from HCF is helping the Hamilton Council on Aging to expand its successful "Let's Take the Bus" workshop designed to increase these seniors' independence and sense of belonging.

A workshop for South Asian seniors included presentations on everything from planning the route to paying the fare, all assisted by a volunteer interpreter, and materials in Urdu and Punjabi. Following the workshop, the City of Hamilton supplied a bus and driver to take participants to Jackson Square, where they were treated to lunch.

Participants reported feeling more comfortable with the bus and plan to take it more often. Future workshops are planned for the Italian and Portuguese communities.

## Connecting karaoke-style



**S**ome 80 at-risk youth are singing a new tune, thanks to the Liberty for Youth program.

With the help of a karaoke music studio, leadership curriculum and volunteer mentors from the Hamilton Police Service, the program helps participants identify their strengths, connect with caring adults and make constructive choices.

Supported by an HCF grant, karaoke in the renovated studio feels like hanging out with friends, with the added benefit of creative self-expression and positive risk-taking.

While karaoke helps youth find their voice, the leadership program and one-on-one with police officers can help them find their feet: they're finishing high school, moving on to jobs or college, and developing skills to overcome their circumstances.

## THE ROAD TO BETTER HEALTH

### Community health brokers build bridge to wellness in Crown Point

A successful cancer screening program called CASTLE (Creating Access to Screening and Training in the Living Environment) is expanding to help residents in the Crown Point neighbourhood take important steps to better overall health.

Focus groups in this east Hamilton community revealed the need for improved health care access and prevention information.

Funded by HCF, "CASTLE Beyond" uses a trained community health broker – someone who is known and trusted in the neighbourhood – to link residents to health promotion services. It's a strategy proven to be effective, especially for underserved groups.

Through neighbourhood partnerships, the program focuses on the community's self-identified needs and interests. In tandem with a public health nurse, the brokers work with residents and organizations to promote health information and health-related activities.

By increasing their knowledge and confidence, residents are empowered to overcome barriers and take action on their own health, including accessing screening and other services and lowering chronic disease risks.

## NEWS IN BRIEF

- Grants manager Sharon Charters is Mohawk College's newest Alumni of Distinction member, recognized for her long career in "making connections that support good work in our community." Well deserved, Sharon!
- If you missed The City We Need series by Terry Cooke and Dr. Jim Dunn, published in *The Hamilton Spectator*, you can link to it through the [hamiltonvitalsigns.ca](http://hamiltonvitalsigns.ca) website. HCF's monthly Vital Signs show is also back on Cable 14, Tuesdays and Wednesdays.
- A new online feature profiles the impact of the Foundation's bursaries and scholarships in the recipients' own words. Read them at [hamiltoncommunityfoundation.ca/impact](http://hamiltoncommunityfoundation.ca/impact). If you've benefitted from HCF educational support, we'd love to hear your story.

# Kudos for HCF

## National award recognizes ongoing attention to diversity

**B**oardroom diversity practices at HCF have been recognized with an Excellence in Governance Award from the Canadian Society of Corporate Secretaries.

The judges noted that while recent regulatory changes had spurred many organizations to focus on diversity, HCF has paid close attention to the matter for some time.

They also commented that although HCF's financial and human resources were limited compared to other entrants, it takes a "more sophisticated approach than many and views diversity in its broadest sense, including all elements of social identity."

They added that it was "the professional rigor and focus given to diversity in its broadest sense" that in turn strengthens the role and credibility of HCF."



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60  
years



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