

HAMILTON COMMUNITY FOUNDATION

History made, future intended.



Great Lakes,
great cause

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Loren King prepares to cross Lake Ontario.

Caring connections

When it comes to building relationships with the most vulnerable in our community, lived experience can make all the difference.

The Hamilton Social Medicine Response Team (HAMSMaRT) is a mobile interdisciplinary health outreach service that launched in 2016 with the support of HCF. Since then, the service has provided health care to more than 400 people in Hamilton who struggle with homelessness, addiction and mental illness. The innovative program offers care where patients feel most comfortable, whether that's at home, in a shelter, on a street corner or at a coffee shop.

This year, a grant from The Milne McGrath Fund at HCF is making an already successful program even better by funding a peer support worker.

Peers are part of the community HAMSMaRT wants to reach. They provide a bridge between marginalized community members and

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Investing in a cleaner future

A new Hamilton Community Foundation impact investment in a renewable natural gas project will help reduce carbon emissions by approximately 110,000 tonnes over the next 15 years.

The project, led by Oakville-based BerQ RNG, will use refining equipment to create renewable gas from organic waste. Like-minded investors The Atmospheric Fund, Verge, and London Community Foundation are also partners in the project.

HCF's investment reflects an interest in projects that have the potential to be catalytic. BerQ RNG has six additional projects in the works that will result in an estimated 944,000-tonne reduction in carbon emissions. The project could also help to advance effective climate policy by demonstrating the commercial benefits of renewable natural gas over fossil gas.

"This investment exemplifies how we continue to use our assets not only to provide strong financial returns to support our grants to charities, but also to support positive environmental change," says Annette Aquin, Executive VP Finance & Operations at HCF.

the health-care team, since even the most motivated patients often face barriers, such as precarious housing, that make it hard to stay connected. The peers' lived experience grants them a level of credibility and trust that takes a longer time to build for traditional care workers.

HAMSMaRT learned the power of informal peer support when it joined Keeping Six, a community-based organization founded in response to the opioid crisis. Keeping Six members with lived experience of drug use connected HAMSMaRT to patients who had been poorly served by the traditional medical community, resulting in successful referrals and treatment.

Now that the peer support role is official, informal connections have been formalized, making relationships with patients more sustainable. "It takes less time for patients to feel comfortable," says HAMSMaRT co-founder Dr. Tim O'Shea. "Communication is more open and we're able to deal with their health issues more effectively."

A legacy fit for a King

When it comes to direct routes from Hamilton to Toronto, swimming isn't usually the first thing that comes to mind. But for Loren King, it made a good cause a great one.



Protecting the Great Lakes is Loren King's passion.

The Wilfrid Laurier University political science professor is passionate about protecting the Great Lakes. In 2016, Loren took a major step towards that goal by partnering with HCF and Lake Ontario Waterkeeper to establish a fund that supports research, artistic expression and community engagement to protect these waters. That summer, he also swam across Lake Ontario to raise public awareness and underline the importance of the Great Lakes as a heritage that needs protecting.

"It's hard to overstate the importance of the Great Lakes to Canada. They are a vital part of who we are, and millions of us depend on their waters," says Loren. "HCF helped us imagine, then establish our fund, and they are a continuing source of inspiration and support."

Hamilton Community Foundation is pleased to be home to the Great Lakes Trust Fund that ensures a lasting source of support for Loren's passion.

A decade at HCF MESSAGE FROM PRESIDENT & CEO: TERRY COOKE

Ten years ago, I wrote my observations on Hamilton Community Foundation, after 30 days as its CEO. Today, with a decade to reflect, my thoughts haven't changed drastically, but they have certainly deepened.

While much work remains ahead, I am encouraged daily by inroads we've made in poverty, neighbourhoods and preparing pathways to post-secondary education, especially for low-income and racialized students. Over the last decade, we have also expanded our ability to respond to pressing community needs and willingness to take big bets on complex challenges.

We're deepening diversity and inclusion – ideals that have shaped HCF's relationships with the

community since 1954. Like other community foundations and Canadians, we are also on a journey of truth and reconciliation to better understand our shared history and improve our relationships with Indigenous communities.

In future, as in the past, incredible donor generosity means HCF will continue to increase its ability to make positive change. More than sixty years of endowment growth supports our impact investing leadership locally and nationally.

I continue to be humbled by our responsibility and the enormity of meeting expectations; and even more, grateful for the enduring opportunity to lead a great institution and create positive change for Hamilton.

Grants at a Glance

Dine out to help out

An innovative national charity has brought its "buy one give one" model to Hamilton's booming restaurant scene with the goal of ending youth hunger in our lifetime.



Supported by an HCF grant, Mealshare has provided more than 10,000 meals to youth in need since the pilot launched in Hamilton at the beginning of June. Restaurants like Mezcal, The Lunch Lady and Taylor's Tea Room have marked popular items on their menus with the Mealshare logo. When diners purchase those items, a dollar goes to Mealshare.

Almost all of the money raised in Hamilton goes to the Hamilton East Kiwanis Boys and Girls Clubs' dinner program, which serves a healthy free meal to 75 young people and their caregivers every weeknight. The rest goes to alleviate hunger globally through Save the Children Canada.

Mealshare has donated more than three million meals and won more than a dozen awards since it was founded as a non-profit by two Calgary cousins in 2013.

You can find the full list of participating restaurants at mealshare.ca.

From runoff to resource

In Dundas, flooding is more than a headline. It's prompting action. And Green Venture wants people to see the results.

The environmental non-profit is teaming up with local cycling groups to host a bike tour showcasing half a dozen green infrastructure projects in the valley town, including the Depave Paradise garden at Yorkview Elementary School which replaces pavement with gardens.

Tour participants will learn how the projects use nature-mimicking strategies, such as rain gardens, permeable pavers, rain barrels, trees and naturalized plantings, to increase resilience to flooding and decrease the impact of storm water runoff. A followup workshop will invite community members to identify future green infrastructure projects for Dundas.

The tour and workshop are funded by HCF's Dougher Community Fund, which supports and enhances programs and services in Dundas.

Ride on

Eight young people will be riding high this fall at The Equestrian Association for the Disabled (TEAD), thanks to scholarships supported by HCF.



Located in Mount Hope, TEAD is the only organization in Hamilton to offer therapeutic riding to children and youth with cognitive, physical, behavioural and communication disabilities. Specially trained therapy horses are the main event, while credentialed instructors oversee the programs. The Ron Joyce Children's Health Centre provides referrals and helps develop individualized riding plans.

Studies have shown that children with disabilities who participate in therapeutic riding experience many physical, social and emotional benefits. The scholarships will ensure that cost isn't a barrier to participation.

Welcome aboard!



Shylah MacIntyre and Jake How have joined the Hamilton Community Foundation team.

We were pleased to add two new members to the HCF team this summer.

Shylah MacIntyre joins HCF as Senior Philanthropic Services Officer. In her new role, Shylah will work with existing donors and help to expand our donor base.

“As a proud Hamiltonian, I am excited to bring the donor community together to drive change and connect our incredible city,” says Shylah.

Jake How joins the Finance and Administration team, having worked in the accounting field for the last few years.

“I’m looking forward to learning more about the Foundation,” says Jake. “The leadership work we are doing around impact investing is pretty amazing.”

Vital Signs updates

More than two-thirds of Hamiltonians report that they have very good or excellent mental health, daily smoking has dropped substantially and the percentage of youth not even trying smoking is rising; however, wide variations remain in mental health depending on age, gender, work and other life factors.

Those and many other local trends are revealed in HCF’s recently released Vital Signs update on mental health and addictions. Vital Signs reports curate local data into “research you can read” for the public’s information and action. HCF’s new report compiles information from Statistics Canada, City of Hamilton, McMaster University and the Centre for Addiction and Mental Health, prepared under the guidance of a team of local subject matter experts.

“With this report we are encouraging everyone to take part in difficult conversations around mental health and addiction,” says Terry Cooke.

This is HCF’s second Vital Signs update this year; last spring, the Foundation published a report profiling the latest data on seniors.

You can access both reports and our full 2018 report on 10 areas of community life by visiting hamiltonvitalsigns.ca



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