



MOVE YOUR BODY FOR SHOW RESIDENTS

Get ready to make a difference in people's lives at Supportive Housing of Waterloo's (SHOW) upcoming event - ***Move Your Body for SHOW Residents***. The goal of the event is simple - Run, walk, bike, or move your body any way you like for 64 minutes – 1 minute for each SHOW resident!

Here is how it works: To participate, visit SHOW's Special Events Page (under Your Impact) at www.showwaterloo.org. You will find the link to the ***Move Your Body for SHOW Residents*** event page where you can register to participate. As soon as you register, you will have access to tools and resources to help you through this amazing event!

You can then reach out to your friends, family, neighbors, and anyone who cares about making our community a better place. Ask them to donate to this fantastic event, which runs throughout the entire month of October,

giving you lots of time to ***Move Your Body for SHOW Residents!***

The best part? Every single dollar raised goes directly to supporting the amazing SHOW residents. They are the heart and soul of SHOW's mission, and your support will help provide them with the permanent affordable housing and essential support they need to reach their greatest potential.

If you are not able to participate, you can donate directly to the event by visiting the ***Move Your Body for SHOW Residents*** event page by visiting www.showwaterloo.org.

So, let's lace up those shoes, hop on those bikes, or take a leisurely stroll - it's all about moving for a cause and having fun while we're at it. Join us this October and let's make a real impact together and ***Move Your Body for SHOW Residents!***

A NEW HOME FOR EUGENE AND LUCKY

The City of Waterloo Service Centre Open House and Barbecue event, held on June 10th, was a huge success, filled with great food, engaging activities, and a strong sense of community spirit.

Over 3000 attendees from the community had the opportunity to mingle with city staff and learn more about the various services offered by the City of Waterloo. Our heartfelt thanks go out to the dedicated volunteers who worked tirelessly to ensure that everyone was well fed (over 900 sausages were enjoyed!) and had a great time.

In addition to the great food, the event featured a range of family-friendly activities. Kids of all ages were able to jump on bouncy castles, get their faces painted, and participate in fun games and crafts, including constructing their own birdhouse to take home.

This year, SHOW had the privilege of partnering with the City of Waterloo as the benefitting charity for the Service Centre Open House and Barbeque, thanks to the generous nomination of Rhonda Fetterly.

SHOW is thrilled to announce that, thanks to the incredible generosity of attendees, a remarkable \$3,300 in unrestricted funding was raised. This contribution will directly benefit residents and support SHOW's ongoing mission to make a positive difference in the lives of those facing housing challenges.

Thank you again to all the staff and volunteers from The City of Waterloo for making this incredible event happen, and for choosing SHOW residents as the benefactors of this great cause! A special thank you also goes out to Mayor Dorothy McCabe for all that she did in supporting this event!

CHOCOLATE TIME COMMUNITY ROOM OPENS AT 144 ERB STREET

The Chocolate Time Community Room has officially opened thanks to some very generous community members.

After several discussions with the residents at 144 Erb, many voiced their wish to have a space where they could gather to enjoy programming and have a space to socialize.

Three of SHOW's generous donors heard of this need and immediately stepped up to help. Dave Kroetsch, Steffen Lindner, and Mike Peasgood have worked together for many, many years. They share a vision for their community that includes inclusiveness, respect, tolerance, and unity. They have strived for their workplaces to share these values. They created community spaces in their workplaces that allowed them and their co-workers to connect daily, often over coffee and chocolate. Dave, Steffen, and Mike credit these simple personal connections

as the foundation for the lasting friendships and partnerships they have created and maintained over the years.

When Dave, Steffen, and Mike heard about the residents at 144 Erb wanting a community space of their own, they were compelled to act. Through a very generous donation, they allowed for the

renovation of an outdoor space as well as creating a new community room for residents and an office space for staff.

Dave, Steffen, and Mike hope that this new community space will provide residents a social space where they can gather to support, encourage, and engage one another...

and of course enjoy some Chocolate Time!

SHOW is thankful to the Chocolate Time donors for this generous donation that allowed for the creation of an amazing community space at 144 Erb. We are also thankful to the May Court Club of KW and Dillon Consulting for their donations that made the library in this room possible.



THANK YOU FOR SEEING THE VALUE OF SHOW'S LIFE SKILLS COORDINATOR

SHOW is thrilled to announce generous funding through the Waterloo Region Community Foundation (WRCF) Community Grant.

Thanks to Trinity United Church and both the Mary Bales Fund and the Weiland Family Fund Foundation (held at WRCF), SHOW will continue to provide vital life skills programming to residents. Maureen, SHOW's Life Skills Coordinator, has already made a profound impact on the lives of SHOW residents, and we are grateful that this will continue.

Maureen has been creating both group and individual programming that addresses a range of issues faced by the residents, including mental health, substance use, physical health challenges, food insecurity, and social isolation.

Having a full-time Life Skills Coordinator at SHOW has made a huge difference. Prior to this, residents were asked to complete an Adult Well-Being

Assessment to gauge their overall feelings of well-being. Many said their overall health was suffering and several reported feeling incredibly lonely and isolated.



SHOW was presented with a cheque from members of Trinity United Church to help support the work of SHOW's Life Skills Coordinator.

However, since having dedicated life skills support, follow-up assessments have demonstrated significant positive impacts. SHOW residents now indicate an increase in overall life satisfaction and greater optimism about their future. Most importantly, feelings of social isolation have decreased significantly, with many stating

that their social and emotional needs are being met. "The positive changes seen in the residents' lives highlights the incredible impact that this type of support and programming can have," said Nicole Pereira, Program Manager at SHOW. "We are grateful to our community partners for their support and belief in our mission.



Mayor McCabe and Rhonda Fetterly presented SHOW with \$3,300 in proceeds from the Service Centre Open House and Barbeque



A special thank you to all the sponsors for making the event possible



Mayor McCabe with SHOW Executive Director, Brian Paul, and Brian's son Marshall



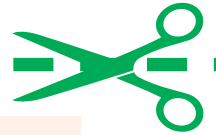
Mary Bales Fund

Weiland Family Foundation Fund

THE IMPACT OF YOUR GIFTS

Your gifts, no matter how big or small, will have a profound impact on the lives of SHOW residents. Here is how your gift can make a difference:

- \$25: Helps provide a resident with a birthday party including a cake and a small gift
- \$37.50: Allows for 10 bus tickets to be purchased for an outing in our community
- \$64: Provides a movie night for SHOW residents (with popcorn of course!)
- \$100: Supports an arts and crafts session for residents
- \$125: Allows for our Life Skills Coordinator to run a cooking program with residents
- \$250: Provides for a community meal to be served to residents and staff



Today, I would love to provide a gift to SHOW residents in the amount of:

\$25 \$64 \$100 Other \$ _____

I have enclosed a cheque

I would prefer to pay by credit card

Card Number: _____ Expiry: _____ / _____

Card Holder Name: _____

Signature: _____

(You can also call into the office and speak to Cathie to process your credit card gift. 519-886-8200 ext.104)

We would love to say, "thank you", what's the best way to reach you?

Phone Number: _____ Email: _____

SEPT2023<Account Number>

We are so grateful for the support that you provide. None of the work that SHOW does would be possible without YOU!!