

## Spirit of Recovery Award

Last month, Wilkinson Housing and Support Services hosted their annual Harvest Celebration and Spirit of Recovery Award. Bringing together many clients, staff and friends of Wilkinson, The Harvest Celebration included a delicious turkey lunch with all the trimmings!

Each year, the Spirit of Recovery Award is presented to two individuals. The journey to recovery takes great strength and courage. Relapse is common on this journey, but what makes the difference is how an individual deals with these setbacks. Do they let it consume them or do they try and identify why they relapsed and try a different strategy? This is what we call the "spirit of recovery" and the award recognizes the hard work that comes with choosing what is right for them.



Staff at Wilkinson with the results of their meal prep for the Harvest Celebration.

A jury examines the stories from individual submissions and awards points. These points come from a variety of categories including: coping with barriers, coping with stigma, future vision, hope, identifying strengths, community involvement and self care. The two individuals with the most points are presented with the Spirit of Recovery Award.

A big thank you to donor Josie Caliendo who helped choose the winners of the Spirit of Recovery Award. This year, it was awarded to two members who showed remarkable spirit in their journey to recovery. Congratulations to Nicole and John! Nicole's brave story is below.

### NICOLE'S STORY

I have a history of family abuse, self-harming, as well as mental health and addiction issues. I was kicked out of shelters and boarding homes. I was constantly in and out of hospitals from overdosing and self-harming. I am very glad I was referred to LOFT. Now I have support to do things right for myself.

I just moved to a LOFT supportive residence and love this place. I have help from Shawn, my community support worker. He is truly the best. He helped me unpack, clean, and even bought boxes for me to store my stuff. I have pictures on my walls, like the one from the movie Frozen,

which I love. I have certificates of my accomplishments, like a certificate of completion from my Cognitive Behavioral Therapy class. I am proud to display these accomplishments.

Shawn is great to talk to when I am upset. We have regular meetings and I call him too. We meet in cafes or he helps me organize things in my room and we had cake for my birthday. He also helped me with my ODSP application.

Thanks to LOFT, I have been in many groups and treatment programs. I especially loved Cognitive Behavioral Therapy. It helped me feel better about myself.

I feel very proud of where I am now. This is the longest time I haven't self-harmed since I was

12. I really want to overcome it. I haven't been admitted to a hospital and haven't used drugs in a while.

I learned to find help and support anywhere I can. I have friends I stay in touch with through social media. Staying in touch through social media helps me a lot - every week I report I haven't self-harmed and it keeps me on track.

My advice to anyone who wants to overcome self-harming is to think about it and say to yourself, "Why do I want to do it? It's not worth it."

My goals include making my apartment better and tidier, staying on track with my treatment and continuing to not self-harm. And I am sure I can do it right.

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# HOME FOR THE HOLIDAYS

## 26th Annual Christmas Concert

Monday, December 5, 2016

7:30pm, St. James Cathedral

(corner of King and Church St., downtown Toronto)

Order tickets online: [www.loftcs.org](http://www.loftcs.org)

Micah Barnes



The Ault Sisters



Thom Allison



### Ticket Prices:

**Benefactor - \$250**

1 ticket, \$210 tax receipt and invitation to the post-concert reception

**Patron - \$100**

1 ticket, \$60 tax receipt

**General - \$40**

1 ticket

Yes, I want to support the work of LOFT by purchasing concert tickets:

Benefactor # \_\_\_\_\_ tickets at \$250 = \$ \_\_\_\_\_

Patron # \_\_\_\_\_ tickets at \$100 = \$ \_\_\_\_\_

General # \_\_\_\_\_ tickets at \$40 = \$ \_\_\_\_\_

I cannot attend, please accept my donation of \$ \_\_\_\_\_

TOTAL AMOUNT ENCLOSED \$ \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Prov: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Please Email me my tickets

*\*If ordering Patron or Benefactor tickets, please print name as you would like it to be listed in our program: \_\_\_\_\_*

PAYMENT METHOD:  CHEQUE ENCLOSED

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VISA

AMERICAN EXPRESS

Card Number: \_\_\_\_\_

Card Holder signature: \_\_\_\_\_ Exp: \_\_\_\_\_

Seating is reserved by ticket level and number; doors will open at 7:00pm.  
We apologize that some seats have obstructed sight lines so order early for the best seats.  
Charitable registration #: 13058 6605 RR0001

**ORDER TICKETS ONLINE or via MAIL, FAX, PHONE, OR EMAIL:**

LOFT Community Services

15 Toronto Street, 9th Floor • Toronto, ON • M5C 2E3

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T: 416-979-1994 ext. 233 or 222

F: 416-979-3028

E: [atran@loftcs.org](mailto:atran@loftcs.org)

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## What's New This Year At the Concert?

### 1. New Artistic Director

We are excited to announce our new Artistic Director, Micah Barnes! Micah is an accomplished singer, songwriter and vocal coach. He is gathering talent for what's shaping up to be a great show!

### 2. Buy Tickets Online!

You can now purchase your Concert tickets online at [www.loftcs.org](http://www.loftcs.org).

✧ Quick & easy

✧ Tickets will be emailed immediately to you

✧ Choose your own seats

Alternatively, we still accept ticket orders over the phone and in the mail.

## Thank You, Brenda!

Since 2008, Seniors at LOFT Community Services have been very lucky to be on the receiving end of generous gift baskets - over 3,000 gift baskets in eight years!

Brenda Vandenberg spearheads this annual project. In the Fall, she and a group of friends will gather to pack all the items. They have met at various churches through the years from St. George's Anglican Church, Pickering Village to more recently at All Saints Anglican Church. From toiletries to snacks, Christmas items and kitchen goodies, everything is carefully put together. This year they packed 429 trays.

Brenda has generously donated her time, and in recent years, her money to purchase a majority of goods that go into the baskets.

After 8 years, Brenda is retiring from this role. We cannot thank her enough for her hard work and dedication! This bit of cheer touches upon hundreds of lives every year and we are so grateful for her positivity and contribution!

Thank you, Brenda!

### Last chance to make your 2016 charitable donation!

December 31st is your last chance to donate in the 2016 year! Make your donation to LOFT today by calling 416-979-1994 ext. 222, 227 or 221 or online at [loftcs.org](http://loftcs.org).