

# Waves



Community Foundation  
for Kingston & Area



## From our Executive Director

Dear Readers,

As a result of our recent work around Adverse Childhood Experiences (ACEs), we have seen many new subscribers to this e-newsletter - Welcome! It's a great way to stay connected with the Foundation's activities and learn about upcoming events.

We strive to keep our articles interesting and relevant - and I welcome your feedback on what you read (or would like to learn more about). Just hit reply to this email to share your thoughts with us.

This has been an eye opening yet inspiring few weeks for me. The tragic stabbing that occurred downtown Kingston affected many of us in different ways. In addition to my personal reaction, for me it demonstrated the relevancy of the Community Foundation's recent work and sharpened my resolve to continue down the path the Foundation has been on for the past year. More about this in the article below.

We're working on some great upcoming events for this Fall; including a public screening of the film "*Resilience*" on October 24 (see details below) and our next Speaker Series luncheon in November. Watch your inbox for details.

Until then, I hope you enjoy this issue of Waves.

A handwritten signature in black ink that reads "Tina".

Tina Bailey  
Executive Director

PS - did you know why this newsletter is called Waves? It's because together we are making waves in our community!



## Our Journey with ACEs: From Awareness to Action

For the past year, the Community Foundation has been exploring health (in)equity through our events and publications; particularly raising awareness of the life-long impact of Adverse Childhood Experiences (ACEs) on physical and mental health.

The journey began with the launch of our Vital Signs® report last October, when Mike Bell (CEO, Kingston Community Health Centres) spoke about health equity and the significant adverse impact of poverty on health. During his talk, he introduced us to the ACEs study.

We picked up on this conversation at our Speaker Series in January 2019 with Dr. Jeff Turnbull (Medical Director, Ottawa Inner City Health) who spoke about homelessness and health equity. His stand-out piece of advice: "**Focus on youth. Prevent the start of street living and addiction**".

We took his advice and did a deep dive into ACEs at our next Speaker Series in May, entitled: **ACEs Aren't Wild Cards: Investing in community resilience to prevent and mitigate the effects of Adverse Childhood Experiences**. Our speakers were Dr. Meredith MacKenzie (family physician, Street Health Centre) and Kris Millan (Director of Family Health, KFL&A Public Health). The event sold out.

After the speaker presentations, tables were challenged with the question "*As a community, if we were to do ONE thing to address ACEs and build community resiliency, what would it be?*". The room exploded in discussion. But no table could come up with just one answer. Results from the discussion highlighted that while there is no one magical solution, many things will contribute to improving the health and social well-being of our community.

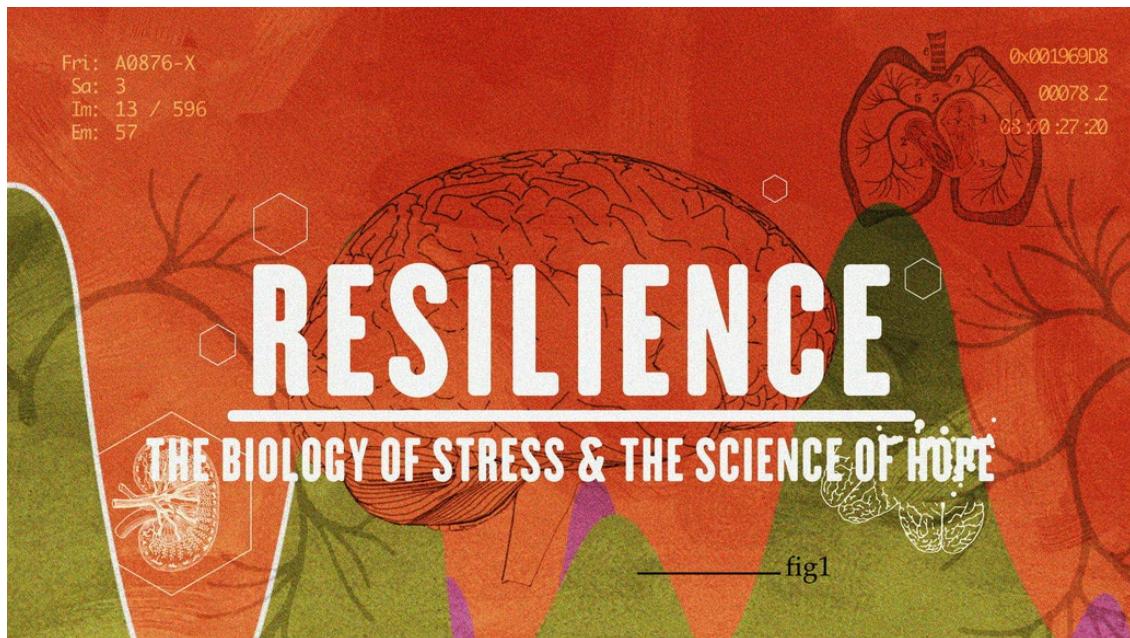
Table answers called for a broad variety of activities that support individuals, families and the broader community. Answers were reflective of activities that evidence has shown to work, signaling that there is a desire and readiness in our community to use the ACE approach.

Given this, and knowing that the first step in developing community resilience is a shared understanding of the issue, we decided to produce our first focused *Community Insights* report on ACEs.

We released the report in September, and feedback has been tremendous (if you haven't seen the report, it and other resources are available at [cfka.org/ACEs](http://cfka.org/ACEs)).

As a follow up to the release of the report, and wanting to find ways to put this knowledge into action, we "[Click to read more...](#)"

# Public Screening



## Film Screening **Resilience: The Biology of Stress & the Science of Hope**

**When:** Thursday October 24, 2019

**Time:** 6:00 - 7:30 pm (registration from 5:30 - 5:50 pm)

**Cost:** FREE. Donations appreciated.

**Where:** Biosciences Auditorium, 116 Barrie Street, Queen's University  
(wheelchair accessible)

### ***About the Film***

*Resilience* is a powerful documentary showing how adverse childhood experiences (ACEs) can be linked to several chronic mental and physical conditions and affect our social well-being. It explores how we can put this breakthrough science into action to address what seem like intractable, unsolvable social and health problems.

You can watch a preview of the movie here: <https://kpjfilms.co/resilience/>

### ***Why we are hosting this event***

"We should be going after (this) like a bear" is a great quote from the movie trailer - and exactly why the Community Foundation has taken such interest in this topic. From what we are learning about ACEs, we see an incredible opportunity to build on our community's capacities, encourage resilience and take a much more effective (and cost-efficient) approach to some of our most complex challenges.

This special event is a follow up to the recently released ***Community Insights publication on Adverse Childhood Experiences (ACEs)*** and our recent SOLD OUT Speaker Series on the topic. Visit [www.cfka.org/ACEs](http://www.cfka.org/ACEs) for a copy of the report, resource list, and summary of related speaker series.

There is already some great work going on in our community. But there is more that we can do!

[Register NOW.](#)

We are pleased to offer this event FREE to make it accessible to all who wish to attend; but we appreciate donations to help support the ongoing work we do in/for the community.

Our thanks to Dr. Tess Clifford/The Psychology Clinic at Queen's for partnering with us to provide the venue for this public screening.

## Your Public Library is Listening!



We are pleased to share that after the release of our new *Community Insights* report on Adverse Childhood Experience (ACEs), the Kingston Frontenac Public Library reached out to ask how they could help support the work on ACEs being done in our community.

They have started by building up their resources on the topic. They identified several resources on our suggested reference list that they already had in their collection, and promptly went out and purchased a few others - in a variety of different formats (print, eBook, audio and video) - including the book *The Deepest Well* and the documentary film

A bookmark is being created detailing all their available resources on ACEs. Plus, they are making copies of our *Community Insights* report available at all local library branches.

[Check out their resources](#) or stop by your closest local library branch. And stay tuned - we're looking at other ways the library and the whole community can come together around ACEs.

**A big shout out to our local library for listening and responding to help build community awareness of this issue!**

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## Project Update



### The Mess Studio Kitchen renovation project Complete!

We were on hand this week to celebrate, with The Mess Studio, the official opening of their new commercial grade kitchen in Gill Hall of St. Andrew's Presbyterian Church. The Foundation was one of many funders that supported this renovation project with a grant of \$1,000 from the *Regina Rosen Food First Fund*.

The kitchen is used by The Mess Studio which operates Tuesday, Wednesday, and Thursday each week from 10 am to 2 pm out of Gill Hall in the St. Andrew's Church on Clergy Street (corner of Princess and Clergy).

The Mess Studio invites anyone with an interest in art and building healthy community to come, connect and create art and in a safe and welcoming space. The community is diverse and inclusive - upwards of 50 artists can be found working in the studio at any given time. At the heart of the community are people struggling with physical or mental health issues, addictions, poverty and loneliness. Lunch is shared with everyone who is in the studio at 12 noon.

When asked about the impact of the kitchen on the community, Sandi Dodds, Executive Director of the Mess studio shared "We all know that healthy eating promotes healthy living. Sharing lunch together is so important to the building of our healthy community. It is a time for each of us to stop what we are doing, give thanks for what we have and check in with others. Thanks to the kitchen renovation, we are able to facilitate this time of connection in a safer, more efficient manner. Our footprint has been reduced greatly by the discontinuation of disposable plates, cups, etc."

The kitchen will also benefit other community groups using the space: Special Meals - Sunday Night Suppers serves a home cooked meal on Sunday nights from September to June. This community supper is provided free of charge for anyone to attend. The Kingston Street Mission promotes friendship and a warm space 5 out of 7 evenings per week; they use the kitchen to provide hot drinks and snacks during the cold months from November to April.

In total, an estimated 450 meals or snacks will be served from the kitchen each week; providing not only food to those who may need it, but also helping to create a sense of community by bringing people together for a meal.

We were pleased to support this project that will benefit so many people.

- [Help make possible other great food security projects our community by supporting the Regina Rosen Food First Fund.](#)
- [Did you know that The Mess Studio is one of over 20 charities that has an endowment fund at the Foundation? You can support their work in the long term by making a gift of any size directly to their fund.](#)

## Good Food Stands

[\*\*Good Food Stand - Food Access KFL&A\*\*](#)

# Good Food Stand

Fresh produce at reduced prices.  
Open to the public.

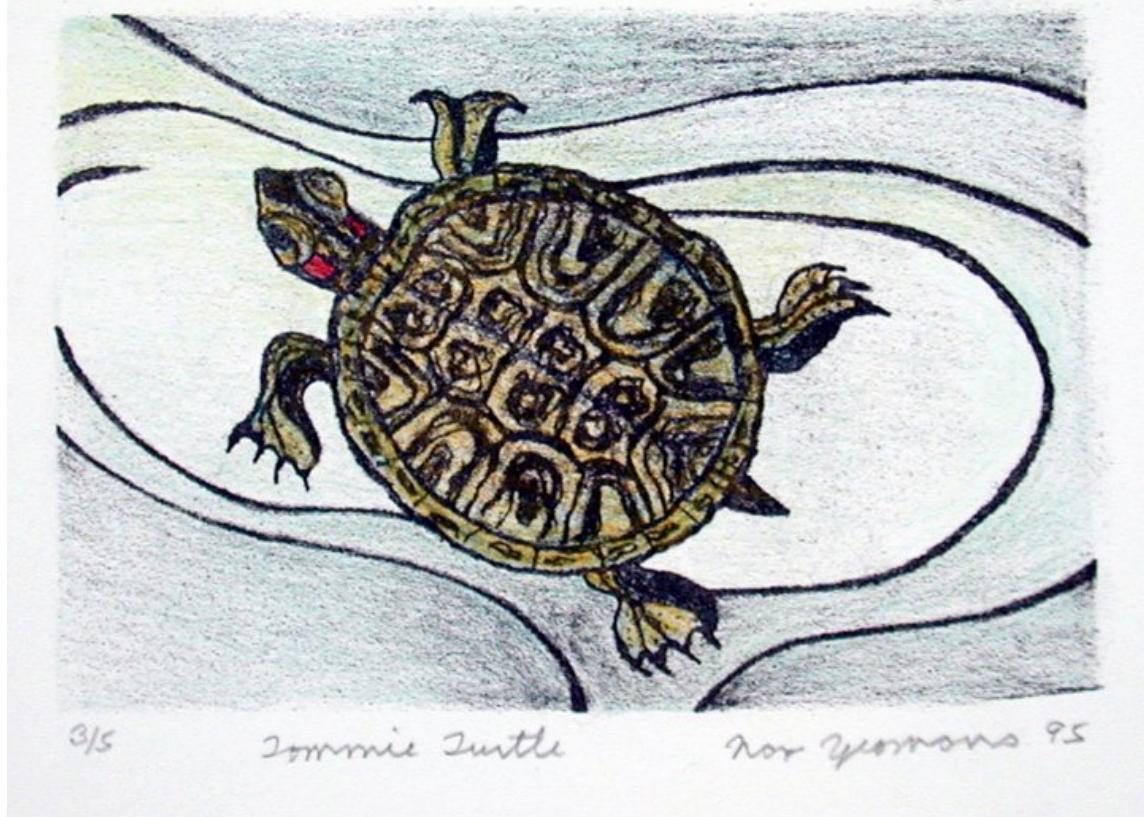


The Community Foundation is happy to continue to support the Good Food Stands in and around KFL&A for another year. The goal of this project is to make fresh produce more readily available and affordable for everyone in the community. We are proud to be a partner in this project that is supported by the KFL&A Food Access Advisory Committee and funded by City of Kingston, Community Foundation for Kingston & Area, KFL&A Public Health, and the United Way of KFL&A. The program offers fresh produce monthly at six different locations across the region, allowing a diversity of community members to access the stands.

There were many successes in the first year of operation, and we are excited to put those learnings into action in Year Two. For more information about the Good Food Stands, including a list of locations and dates, please visit: [Good Food Stand - Food Access KFL&A](#)

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Attention! All emerging visual artists in  
Kingston & Area



Nan Yeomans was a prominent Kingston artist dedicated to supporting local and emerging artists in the visual arts.

The Nan Yeomans Fund, established at the Community Foundation for Kingston & Area with her bequest, now provides an annual \$2,500 award in her name that is administered by the Kingston Arts Council. The deadline to apply is Wednesday, October 16, 2019.

For more information :

<http://www.artskingston.ca/nan-yeomans-grant-for-artistic-development-2/>

## Kingston and the Islands Indigenous Election Talking Circle

**My experience when I just showed up at a Talking Circle.**



By Tina Bailey

On a Friday evening a few weeks ago, I went to an event hosted by the Katarokwi Grandmothers' Council and Kingston Indigenous Community not knowing what to expect. I went in tired and uncertain; but came out energized, inspired, and deeply appreciative of the experience I had.

I learned by someone sharing a simple facebook post link that "***Kingston's Indigenous community hosts candidates for the federal election for a Traditional Talking Circle to build relationships and understanding. All are welcome.***" It was scheduled from 5-8 pm on Friday September 20th at Kingston Community Health Centres on Weller Avenue. That's all I knew.

Wanting to learn more about Indigenous cultures, show my support for their community, and to inform myself as a voter, I decided to go.

Uncertain of what to expect or who would be there, I walked into the room and was happy to see some familiar faces - both Indigenous and non-Indigenous. There was a buzz of chatter in the room; the energy was welcoming, so it was easy to feel comfortable. The room was set up with a table of food to the side, and two large circles of chairs; an inner circle and an outer circle. Unclear of what the protocol was, I asked where to sit (I'm learning the best thing to do when you don't know is to simply ask).

I was told that the inner circle was for the candidates and members of the Indigenous community, and that the circle behind them was for non-Indigenous participants. Fair enough. I took my seat, chatted to the people beside me, and waited for it to begin; wondering what a Talking Circle with federal candidates would be like. ["click to finish reading.."](#)



Make your reservation now!



## The Annual Zal & Rose School Breakfast

Enjoy a wonderful breakfast and support a great local cause!

The 16th annual **Zal & Rose School Breakfasts** will be held on Tuesday, December 10 at Chez Piggy (613.549.7673) and Wednesday December 11 at Pan Chancho (613.544.7790).

Please call to make your reservations directly with your restaurant of choice. Seatings are at 7:00, 7:30, 8:00, and 8:30 am.

Breakfasts are by donation to the **Zal & Rose Breakfast Fund**, a fund of the Community Foundation, which supports the Food Sharing Project provide healthy breakfast, lunch and snacks to thousands of school children in Kingston and area each year.

[Click here to learn more about this fund.](#)

STAY CONNECTED:



Community Foundation for Kingston & Area | 613.546.9696 | [www.cfka.org](http://www.cfka.org)

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**Our mailing address is:**

Community Foundation for Kingston & Area  
275 Ontario Street  
Suite #100  
Kingston, ON K7K 2X5  
Canada