



# SUPPORTIVE HOUSING OF WATERLOO

**Join Ride for Refuge and help Supportive Housing of Waterloo provide new affordable housing at 402 Erb Street West to help alleviate homelessness in our community.**

**SHOW provides 24/7 supports at 362 Erb Street West for those who strive to achieve housing stability, access counseling and referrals and reintegrate into the community.**



**Bike, walk or dance the Ride for Refuge route on September 29th and help us end homelessness in Waterloo Region.**

# SHOW BIZ

Each day I pass by the construction of our new apartment building at 402 Erb Street West and watch a seemingly endless number of workers plumb, drywall, hang windows, and create the “magic” that will provide 9 homes to people who have been watching this build with even more excitement than me. To pay for this, the Region of Waterloo through funding for affordable housing, is providing SHOW with much of the funds with the expectation that our community help raise the balance of the costs through donations. As a small agency we have relied on our Board of Directors and staff to seek the financial supports needed and I am delighted to introduce you to one of the individuals who has been working tirelessly to help us reach our goal. Tim Sothern, Vice – President of the Board of Supportive Housing of Waterloo is a champion for supportive and affordable housing who has devoted the last 8 plus years to help this agency provide housing.

In this issue we also want to introduce you to John and Willy Heffner, owners of Heffner Toyota who are generously gifting this build with a wonderful donation. We continue to need your support to complete this build to be able to provide desperately needed affordable housing for more members of our community. Not only

# COMPASSION AND HUMILITY

Tim Sothern is a man who SHOW has the good fortune of calling our Vice-President, a role he accepted after spending almost 8 years as our Treasurer. As a partner with BDO his understanding of finances has been a wonderful gift to SHOW, we rely on sound advice and his support here has been immeasurable. He was one of the very first people I met when I accepted the role of Executive Director, and what struck me immediately was the commitment to helping alleviate the hardship faced by so many homeless in our community.

As I got to know Tim I learned about his very deep roots in this community supporting a variety of services including OneRoof, Heart and Stroke Foundation, Chamber of Commerce, Waterloo Minor Softball and countless others. As a young man growing up in a small community he understood the value of volunteer work, of contributing to one’s community by giving time, by giving funds, by giving of one’s heart to better serve others. Tim understands all

will we be adding to the very limited pool of affordable housing in Waterloo, but it allows SHOW to move some of our current tenants who no longer require the intensive 24/7 levels of support provided at 362 Erb Street West, to live more independently at 402 Erb Street West, thereby freeing up those units for people now living on the streets or in shelters.

**Ride for Refuge** needs you! Please join SHOW on Saturday, September 29th by creating a team to bike, walk, dance or skateboard or by sponsoring someone to join a team, as we raise funds for our very important work. You can visit SHOW’s website at [www.supportivehousingofwaterloo.org](http://www.supportivehousingofwaterloo.org) or the Ride for Refuge site for more information. Your support can help put a roof over someone’s head, and hope for a better future.

## TO REGISTER OR SPONSOR VISIT:

[RideForRefuge.org/Charity/SupportiveHousingOfWaterlooSHOW](http://RideForRefuge.org/Charity/SupportiveHousingOfWaterlooSHOW)

too well how both the donation of time and funds allow the non profit sector to do the hard work of caring for the neediest. Tim has worked tirelessly on behalf of the homeless in this Region to help provide desperately needed housing and supports to our most vulnerable.

According to Tim the biggest challenge we face is how we do more, assist more, house more, support more people who face the daily struggles of living without homes. We are very grateful to Tim for his leadership and remarkable generosity of spirit which has helped make SHOW a leader in supportive housing.



# COMMUNITY CHAMPIONS

Gratitude, paying it forward, counting one’s blessings are acts of recognition that occur when we take stock of our good fortune. In some families teaching children that they have a responsibility to “give back” begins very early, as was the belief of the Heffner family from the time they arrived here from Hungary in 1957. Canada has been the refuge for those escaping from war, from political instability, from desperation, it has been the country to embrace those who have needed to find a new home. Settling into the Kitchener community with a home on Otto Street, where Centre in the Square now resides, Mary and Joh Heffner instilled in their children a deep appreciation for the support this community gave them as they established a new life, and as they built Heffner Toyota. It was always with the belief that this commitment would be returned to our community through their Community Investment Program which proudly supports well over 200 services in this Region.

As I spoke with John and Willy Heffner I was struck by the compassion which seemed to be their cornerstone, a caring for the folks who needed a hand up. They fund a scholarship for young people in Automotive Programs, most recently they have started a Cabinet Makers program to train people in the fine art of woodworking, they host Morning Glory Café to

provide disenfranchised youth with opportunities in food services. It is rare to find people who are not only committed to providing a business built on such a strong ethical base but who also look for opportunities to share their success with as many others as they can through their support of community initiatives.

John and Willy Heffner, and the Heffner family, are helping SHOW realize the dream to house nine more individuals in our community through a very generous donation to our build at 402 Erb Street West and our gratitude to this remarkable family is immeasurable. On behalf of this community, we want to thank you.



# MAIRAJ NAVEED.

## A MAN OF SKILL AND COMMITMENT...

People who are homeless often lack access to basic health care, and it is not unusual when someone is housed at SHOW to move in with often very compromised health, both physical and mental. We work to connect



our tenants with health care services to address the myriad of health concerns that come from living in poverty with little access to adequate nutrition, housing or medical supports. Addictions to dull the reality of homelessness or as a way of self medicating can take a huge toll on physical well

being. Premature aging often results from life on the street, untreated health needs can become life and death situations for some.

A short while ago a new IDA pharmacy opened on Erb Street West, owned by a man we at SHOW have all come to know. Mairaj Naveed spent years working in our community before opening his own pharmacy and we are very lucky to have him. He provides our tenants with excellent support, and treats each and every one of them with respect, with dignity and with great care, recognizing that he is a partner in our work to improve the health and lives of our tenants, and of the larger community. SHOW and Waterloo have benefited from Mairaj's skill as a pharmacist, but more importantly to us, as a kind, gentle and very compassionate human being deeply committed to this Region.

### BUILDING SUPPORTED HOUSING, BRICK BY BRICK

Please help us build 402 Erb St. West by purchasing Bricks for \$5 each.  
20,000 Bricks will create a new home for 9 people who desperately need affordable housing

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

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

Email: \_\_\_\_\_ Telephone: \_\_\_\_\_

I wish to donate:  \$100  \$50  \$30  Other \_\_\_\_\_

I wish to pay by:  cheque  VISA  Mastercard

Name on Card: \_\_\_\_\_ CSH# \_\_\_\_\_

Credit Card #: \_\_\_\_\_ Expiry date: \_\_\_\_\_

Cheques are payable to Supportive Housing of Waterloo. Gifts of \$10.00 or more will be receipted for income tax purposes and are also accepted online at [www.showaterloo.org](http://www.showaterloo.org) or at [CanadaHelps.org](http://CanadaHelps.org)

I want to buy a brick for \$5.00 each: # \_\_\_\_\_

