

## Guardian Angel Corner

This year's Guardian Angel Luncheon was held on Friday, June 22nd at the Granite Club. We welcomed over 100 angels and angels in waiting for a lovely afternoon of gratitude, friendship, and community.

We want to send a grateful shout out to Stephen and Arlene Waymire, for making a commitment year after year to sponsor this afternoon of gratitude, so that the money raised can go directly into our treatment programs.

This year, through the generous legacy of Dr. Ed and Bobby Yielding, Renascent awarded two Yielding Awards. The recipients are Ed Harding and Jim DeLeskie.

Both Ed and Jim are long-standing veterans of recovery. They both work at Renascent and have done so for more than a quarter of a century. Their dedication, hope, and tough love approach has won the hearts of many on their journey of recovery.

If you or someone you know would like to become a Guardian Angel this year, it's not too late! Please contact Christina Selvaggio at 416-847-6444 to sign up today.



## We Did It

We are proud to announce that after 18 months of direct preparation and on-going commitment of front-line staff, we are successfully accredited for another four years. Way to go, Team Renascent.

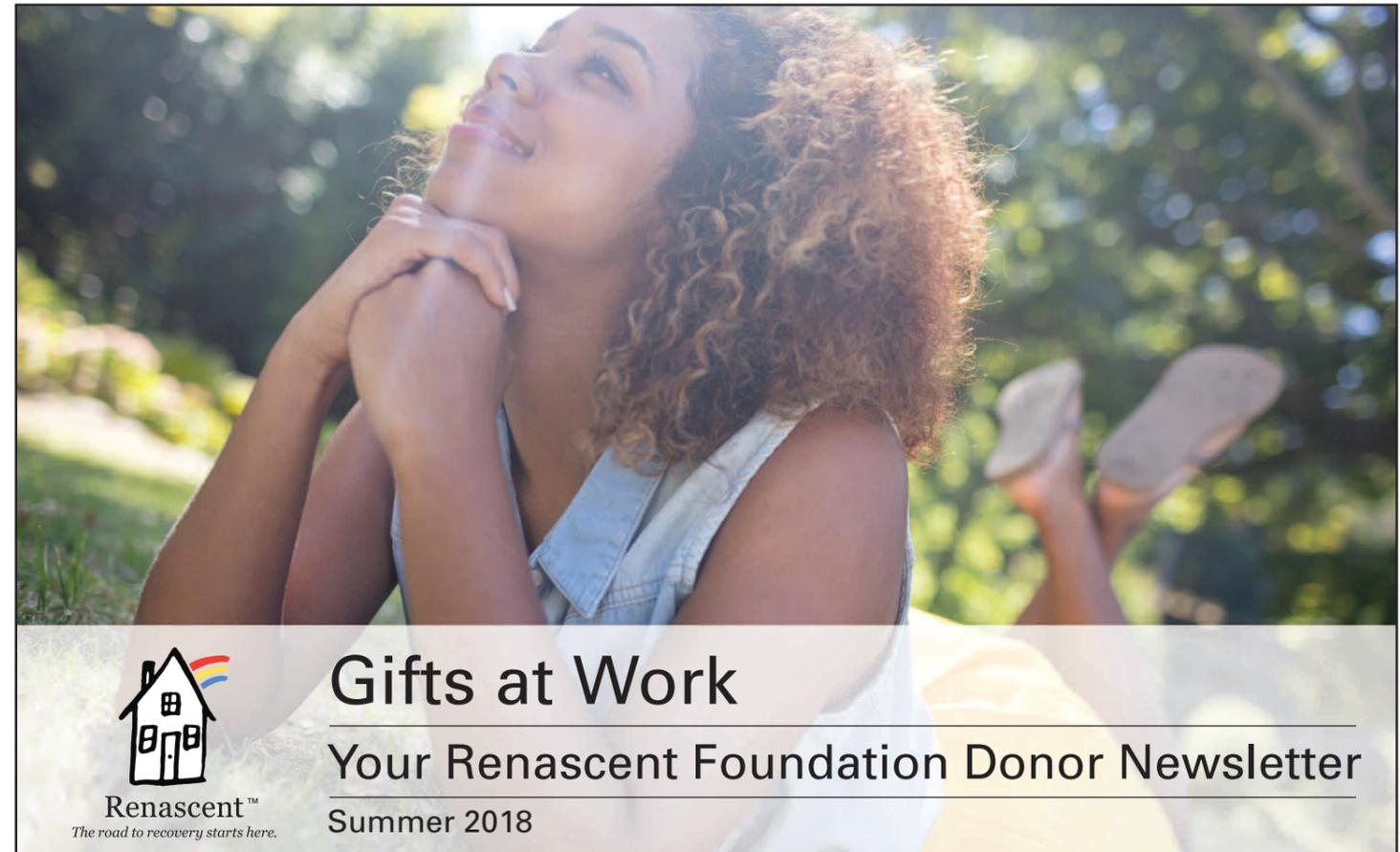
The Accreditation surveyors were impressed with our program, our person-centred approach, leadership, governance, and our infrastructure of policies and procedures. Most of all, they saw the magic of the Renascent staff. Our staff stand out as engaged, committed and quality-focused. We couldn't do the work that we do with such prestige and honour without the support of our clinical and treatment house teams, our cooks, our facility team, business development team, and more importantly you, our donors who continue to help us sustain programs and services so that we can provide a high level of quality care to those seeking refuge from their addiction.



## Welcome Stephanie Austin

Welcome, Stephanie! Stephanie joined us in June as a full-time Manager of Human Resources. Stephanie brings 18 years of Human Resources experience across different industries, most recently in her role as Human Resources Business Partner at Sienna Senior Living within the long-term care health sector. Stephanie will be working actively across all our facilities and with all teams to bring valuable leadership and resources to the organization.

Renascent Foundation Inc.  
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Toronto, ON  
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Renascent™  
The road to recovery starts here.

## Gifts at Work

Your Renascent Foundation Donor Newsletter

Summer 2018

## A Message from our Board President, Sue Jaffe

As I am ending the first year of my term as President and Chair of Renascent, I look back at the journey that brought me here.

My involvement with Renascent started in early 2009 when Kathie Viner, a Board Member at the time who, along with her brother John Snobelen, were raising funds to provide a home for our unique Family Care programs. As a volunteer with a business background, I was able to help, and over the next few years I answered calls from Kathie when she pulled me back in to do a variety of things.

I had many volunteering or pro bono roles with other organizations over the decades, but found the work at Renascent so deeply rewarding, and through the years became immersed in the amazing work that Renascent does in the communities we serve.

I also became acutely aware of the immense importance that our donors' and volunteers'

contributions make to the level of service that we are able to provide to our clients. They provide another layer of commitment, care, and support to those who have reached out to Renascent for help. We have alumni, people who are on their own road to recovery, or people like me who have lived experience. They give and make a difference however they can: they donate, make toast, file, or organize events, all with love.

My current role is a privilege that I appreciate. Our road to recovery is powered by a team of amazing people, many of whom are on their own journey, including counsellors, clinical staff, administration staff, donors, and volunteers. Thank you to everyone who steps up every day.



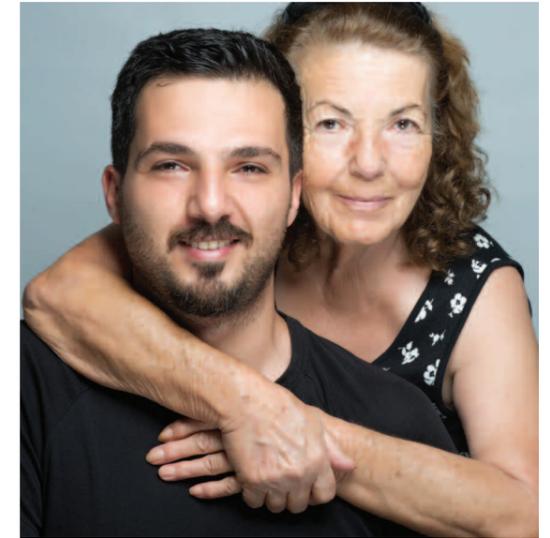
Sue Jaffe,  
Board President

## The Family Program Healed My Family

Before we drove our son Myron to Renascent for treatment five years ago, I had no idea that theft, unexplained absences, lack of hygiene, non-communication, lying, police involvement, detox, and jail weren't just our family's tribulations. Renascent's Family Care team welcomed us. The staff we worked with all have lived experience and could easily relate to me and my family's situation. It felt like we finally found a place where we could share, where others like us could relate to our family strains, our struggles, and our children.

Now, five years later, Myron is working, owns a condo in Toronto, and is a grateful member of the AA recovery community and Renascent's alumni network. Because of Myron's success, his biological father also surrendered to his higher power and is working on achieving his two-year sobriety chip.

Thank you for giving me my son back, and allowing us to be a family again. I don't know how we would have went on if it wasn't for the support of Renascent and the Family Care team.



## Donation Form

### You can count on me with my one-time gift:

- \$1,400
- \$250
- \$100
- \$50
- \$ \_\_\_\_\_

- My company matches donations so please contact me to double my gift.

- My cheque payable to "Renascent Foundation" is enclosed.

- Please charge my credit card to the above amount.

Card Number \_\_\_\_\_ Expiry \_\_\_\_\_

Name on Card \_\_\_\_\_ Signature \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

- My donation is being given in honour of: \_\_\_\_\_

- I want my giving to remain anonymous.

Donate with confidence: [renascent.ca](http://renascent.ca)

Charitable No. 11911 5434 RR0001

### You can count on me with my monthly gift:

- \$117/ month
- \$50 / month
- \$20 / month
- \$ \_\_\_\_\_ / month

- VISA

- MASTERCARD

- AMERICAN EXPRESS



Thank you for  
your support!

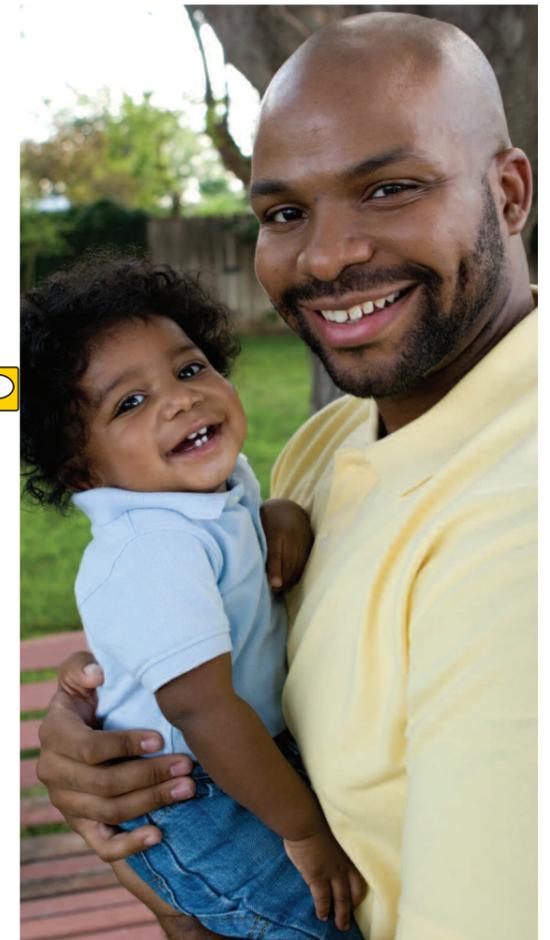
## Meet Jackson, a Renascent Monthly Donor

I considered becoming a monthly donor after my third year of sobriety and graduation from the Renascent treatment program. Growing up in Toronto, in a dysfunctional family, I ended up living on the streets because it was the only place that felt safe for me. When I was 12 years old, I moved to drugs and alcohol. At that point it was just to shut off everything around me.

Thanks to Renascent, and thanks to the counsellors at my treatment house, I've become a reliable and loving father and family man. I never would have imagined my life this way. So please consider becoming a monthly donor, and give back the magic that I know affected you once you learned about Renascent and its programs.

There are many benefits of becoming a Renascent monthly donor. Monthly donations are a year-round reminder of the values you share with us here at Renascent, and your vision for a better future for those living with addiction, for their families, and for the work that we do supporting people into healthy, positive recovery. Setting up a regular monthly gift is an easy and convenient way to increase the impact of your investment in the work we do. You can give monthly in whichever amount works best for you. You can even give at a Guardian Angel level, which is \$117/month. As a monthly donor, you will receive one consolidated tax receipt following the end of each calendar year for your total year's contribution, and if you register online as a recurring monthly donor, you can receive cash-back and point rewards.\*

\*Applicable via specific Credit Card agreements.



## Renascent presents: "I'm Sweet Enough"

*"I didn't know I was a food addict; I thought I just had no control, no willpower whatsoever."*

This September join Renascent's movement to educate people on the effects of processed sugar, and how it can play a significant role in your overall health.

On September 16th, Renascent will be hosting three world-renowned experts as they explain how and why cutting processed sugar from your diet is one of the best things you can do for your health. Many of our Food Addiction Program clients reported that sugar was the food element they had found most addictive.

Diana is an alumni of Renascent's Food Addiction Program. At a young age, Diana was addicted to food; she remembers going to the grocery store and eating a whole loaf of white bread in her bedroom while hiding it from her family.



Diana's uncertainty led her to a cycle of failed diets and even weight loss surgery, which ultimately led to transferring her addiction from food to alcohol. People who are addicted to food may find a new compulsion once they are unable to overeat. This was the case for Diana, who turned to alcohol for reassurance and security, now that overeating was not an option.

"When I finally made the call to Renascent I was at my lowest point. I was very obese, very sick, and had all the complications of obesity, and on top of it, I had half a stomach. After completing the program, my diabetes returned to a normal level, and my blood pressure and cholesterol also leveled out to a healthy state."

Diana thanks Dr. Tarman for helping her feel healthy, motivated, and energetic, and for taking a risk and providing the Food Addiction Program at Renascent. She knows there are skeptics out there, but she also knows that her experience is all the evidence she needs to believe it works.

Take the pledge and join Renascent in a Sugar-Free September! Find out more by contacting Christina Selvaggio at 416-847-6444 or visit [renascent.ca/iamsweetenough](http://renascent.ca/iamsweetenough).

## Giving The Gift Of Hope

Each day at Renascent we are surrounded with the hope and promise that comes with recovery, but with our phones ringing all day, every day, we also feel and see the constant pressure of addiction and the number of people looking for a way out.

In Ontario, people seeking funded residential addiction treatment often wait anywhere from four to eight months. At Renascent, our own waitlists for funded treatment hover around four months. In some cases, where the need is highest, people don't survive the wait.

In response to this crisis, the Renascent Foundation has proudly announced the **This Can't Wait** campaign and program, which has already seen four clients pulled from the waitlist and set onto their road to recovery since the end of April.

Our clinical team at Renascent is client-centric and has identified those on the waitlist with the highest need of support. For each of the phone calls made to a waiting client to tell them that because of a special donation, they're getting fast tracked into treatment, we can say that clients are left emotional, speechless, and are given a shining light of hope.

With one individual at a time, together we are making a change, but our work to support these clients has just begun. In addition to their intensive inpatient stay, clients are guided through a 15-week structured relapse prevention program to protect early sobriety. Our mission stays strong and focused on the success of our clients and ensuring barriers are never an obstacle for recovery.

Recently we received this note written by a client to the **This Can't Wait** donors, revealing the impact of your support:

JUNE 29, 2018

TO THE ONE WHO SAVED MY LIFE...  
WHOEVER YOU ARE JUST KNOW I PRAY FOR YOU  
EVERY SINGLE DAY. YOU HAVE NO IDEA HOW  
THANKFUL I AM FOR YOU. I HAVE LEARNED HOW  
TO FEEL HUMAN AGAIN. THANK YOU FOR TAKING  
A CHANCE WITH ME. YOU ARE THE REASON WHY  
I'VE COME TO BELIEVE IN A HIGHER POWER.  
YOU WILL ALWAYS BE IN MY HEART AND I  
WILL LIVE MY LIFE EVERYDAY WITH LOVE AND  
DETERMINATION FOR THE REST OF MY LIFE.  
GOD BLESS YOU AND YOUR FAMILY.

If you'd like to hear more about the impact of the **This Can't Wait** program and how you can partner with Renascent, please contact Laura Bhoi, Chief Executive Officer at 416-847-6457.

## More Than a Round of Golf

This year marks the 24th year of Recovery Shot. It was a day of sunshine, gratitude, fun, and overwhelming support from our extended Renascent family. As we wrap up this year's event, we would like to extend a sincere note of appreciation to our valued sponsors. Without our sponsors and community partners, we would not be able to provide the treatment and Family Care programs that have helped so many people overcome the effects of addiction on their lives.

**Thank You!**



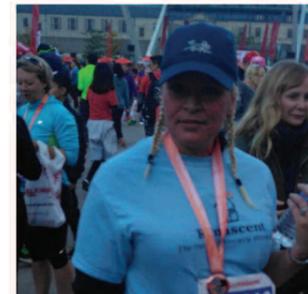
- Syncreon Automotive Oshawa
- DivorceMate Software Inc.
- GDI Integrated Facility Services
- HSM LLP CPA
- Osborne General Contracting
- Green Shield Canada
- The Woodbridge Group
- Magna International Inc.
- Iron Workers Local 721
- Team Industrial Services

## Walk, Run, Roll your way STWM 2018

In 2017, Renascent raised \$30,000 in support of our mission. This means that we removed financial barriers for nearly 25 individuals who needed access to addiction treatment services, and we want to do it again this year. Mark your calendars for Sunday, October 21, 2018, when Renascent takes to the streets and walks alongside thousands to raise funds and awareness for addiction and substance abuse. To join Team Renascent at the Scotiabank Toronto Waterfront Marathon, call Ryan Kerr at 416-847-6452 or email [events@renascent.ca](mailto:events@renascent.ca)

Stacey, a Renascent alumni and counsellor, is an active STWM participant. Here's what she had to say about why she chose to fundraise and participate in the 5K walk:

"I wanted to participate in the marathon because working on the front lines of addiction, I see how underfunded addiction centres are and the enormous need to help those who experience addiction. Being a recovered addict and alumni of Renascent myself I wanted to give back the hope, love, and support I was given when I reached out for help. It was also a great opportunity to bond with my colleagues who put so much into helping others as well."



## Direct Your United Way Donation to Help those in Recovery

Did you know that you can direct your United Way donation to Renascent?

Across Canada, many companies participate in United Way Workplace Campaigns in the fall. Renascent is not a United Way-funded agency, however, you can designate your payroll deduction pledge amount to Renascent, and we can help you do this. Your United Way gift can play a critical role in supporting an individual as they begin their journey towards healthy and positive recovery. Please contact Christina Selvaggio at 416-847-6444 for your workplace kit.

## Smart Therapy to your Smart Phone

Harry knew first-hand the need to fill the gap in support, and he wanted to create a tool for those like him, who have "all have problems." Cue SmallTalk.

The average wait-time in Ontario to see a therapist, counsellor, or other trained professional between sessions is two weeks.

SmallTalk addresses the inaccessibility issues that those with mental health care needs often encounter. SmallTalk takes the usability of everyday social media platforms like Snapchat and Instagram and combines them with Evernote (an app that keeps notes organized on your smartphone) capabilities for counselling. In this way, users receive increased support around counselling and its effectiveness.

By combining traditional face-to-face therapy with digital practices, users can utilize the built-in camera, microphone or keyboard on their smartphone.

"It gives clients an outlet in the moment to record, communicate, and track emotional shifts, triggers,

traumas, anywhere and anytime." says Harry Dearden founder of SmallTalk and 2017 winner of Renascent's Peter Armstrong Community Award.

SmallTalk is a continuation of Harry's master's thesis work, in which he created a prototype app along with three other advisors; Dr. Kelly McShane, who is a Clinical Psychologist at Renascent; Ian Chalmer, Founder and Creative Director of Pivot Design Group in Toronto; and Saeed Zeinali, who is the Co-Founder of Tranqool, an online Video Therapy App.

SmallTalk is currently a member of the SocialVentures Zone at Ryerson University and is in the beta app development stage. If you have any comments or suggestions for improvement about this application please contact Harry at [harry@smalltalk.today](mailto:harry@smalltalk.today)

