



# Shifra Homes Inc.

Annual Newsletter  
ISSUE  
2017

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## Hello Everyone!

Another year has passed, and our home is busier than ever. In this issue of our Annual Newsletter we want to thank everyone for all of their thoughts, prayers, donations, time, and support given to our home and its residents.

With your help, we have been able to grow our family and provide everyone we've supported with continued love and care. Through our Residential Program we have planted a strong foundation at Shifra Homes. Through our Seeds of Hope Program each of our residents and babies are branching out on their own while still being a part of our family tree.



Funding from The Regional  
Municipality of Halton

**Homelessness Prevention &  
Intervention Strategy**

**Community Investment Fund**

Our Home supported  
**40 young families in 2016**

Nancy's first group of babies  
**Started Junior Kindergarten in  
2016**

One of our residents was  
accepted into

**George Brown College's  
Architectural Technology  
Program**

**5 baby girls and 3 baby boys**  
born in 2016



## Thank You Volunteers!

Again, we can never thank our volunteers enough for their time and assistance. But we can sure try! Here is a BIG Thank You to all of our volunteers last year who made their contributions with our residents, babies and home.

Dr. Elizabeth Vella  
Julie Rock Photography  
Heather Vanderkruk  
Jennifer Kelly  
Kate Bondy  
Stephen Pustai  
Grace- Kindermusik  
Linda Koziol  
Louise Giancobbo  
Sara Sirouspour  
Lorna Dueck  
Julie Beattie  
Shannon Graham  
Kathryn Czarnik  
Candace Jagt  
Louise DesRochers  
Elaine Armstrong  
Derek Baranowski  
Brenda Baranowski  
St. Gabriel's Knights of  
Columbus Council #10061  
Simon Smith  
Burlington Professional  
Firefighters Association  
Local 1552

## Kitchen Renovation

We have been tremendously enjoying cooking in our brand new kitchen that was renovated last summer by **St. Gabriel's Knights of Columbus Council #10061** and the **Burlington Professional Firefighters Association Local 1552**. This kitchen renovation was funded by **Halton Region!**



## Psychotherapy Service



We incorporated Psychotherapy into our programs two years ago by contracting Christina Janiga to work with our staff. This service has proven to be extremely beneficial to our residents as they don't have to be put on waiting lists for months to receive the mental health care that they need. Due to the success of our programs and our fundraising, we have been able to increase her visits with our current residents, and open this service up to our previous residents as well as some expectant young mothers who cannot enter our home immediately.

*"The Psychotherapy program is one of the best things I get at Shifra. It has helped me so much over the last few months" – A.N., current resident*

## Message from the Executive Director

This year I would like to share a personal story with you. My Mother gave birth to me at the Oakville Hospital on December 19, 1965. She was in a room with a young 17 year old girl who delivered on the same day as her. She had a baby boy that she gave up for adoption. This young woman had hidden her pregnancy because of the stigma and shame associated with being a young unwed mom. This young girl's name was Nancy. My Mother was moved and touched by this young woman's story that she actually named me after her. Every year on my birthday my Mother always celebrates this day remembering Nancy and her son. She always wonders how Nancy is, how her son is, whether they ever found each other, whether her son went to a good family, whether Nancy ever had other children and most importantly she always wishes that she could tell her how much she impacted her life.

Years later I find myself assuming the role of Executive Director at Shifra Homes, the only maternity home in Halton. Life has a way of taking us where we were meant to be. Without a doubt I am exactly where I am meant to be. Every day I get to make a difference in the lives of our young women and babies that call Shifra home. There is no greater feeling than that of watching these young women bring their babies into this world and being able to make an impact and difference in their lives.

This year as I reflect on my personal story of the Nancy that I was named after and not knowing how her story ends I feel saddened. I often cringe when I think where would all of these young women and babies be had Shifra not been able to keep its doors open. This is why I work so hard. I am not afraid to beg for these women and their cause. My ability to be an effective spokesperson for Shifra means success for these mothers and their babies.

Often people will say that they can't give a lot, enough or that they have a small donation. What they don't realize is that it is each and every one of you and all of the small things that you all give or donate that make a BIG difference in the lives of these women and their babies.

As we celebrate Canada's 150<sup>th</sup> anniversary I would like to reflect on how far society has come in embracing these young pregnant women. I would also like to thank each and every one of you for embracing Shifra Homes and these women and their babies with your donations, kindness and support.

Thank you so much for impacting the lives of our young women and their precious babies and for providing them with the opportunity to live successful lives.

With heartfelt gratitude!  
Nancy Romic  
Executive Director



## Past Fundraising Events



Founder and President of the Board, Randy Matters, organized Shifra Homes to be the charity selected for **Sealed Air's Charity Golf Tournament** last year. Executive Director Nancy Romic was invited to speak to the participants of the tournament on Shifra's importance and impact in the community. We are very proud to announce that Nancy broke the record at Sealed Air by receiving triple the normal amount raised through the event each year. Shifra Homes received **\$24,000 from Sealed Air** last year! We are extremely grateful to everyone who participated and donated to our cause. Special thank you to Lane Crosser and Sharyn O'Brien from Sealed Air.

## In Loving Memory of Serenity Ann White

Last year we were faced with the greatest tragedy in Shifra's history. We lay to rest one of our babies who had died in-utero at 8 months.

It is with heavy hearts that we remember Serenity Ann and we thank all the healthcare personnel who had been involved in this difficult journey. The mother has been slowly healing through this process and we have appreciated all the thoughts and prayers that were sent for her.





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DIOCESE OF HAMILTON

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Saint Anthony of Padua Mission Aid

The Voortman Foundation

Lorna Dueck



Lorna Dueck continues to bless our lives with her Storytime program along with her special guests!

Stephen Pustai



Stephen Pustai is our oldest volunteer and diligently champions for our cause.