

friendship inn

Families Toast AREVA Resources With Milk

The health benefits of milk are among the basics that poverty forces many families to go without.

Thanks to AREVA Resources Canada children and adults can now drink cold, nourishing milk at the Friendship Inn.

AREVA offered funding, after discovering people experiencing poverty rarely buy milk because it is relatively expensive and has an expiry date.

“Milk is a big staple in nutrition and in Canada’s Food Guide,”

says Veronique Loewen, AREVA’s Manager of Communications, of the decision to buy milk to accompany the 1,000 meals served at the Inn daily.

Children need milk for healthy growth, while nutritious milk helps adults fight disease, including diabetes, which is common among the Inn’s guests, says Executive Director Sandra Stack.

Before AREVA stepped up with the funds, the Inn could not afford to purchase nutrient rich milk that Sandra describes as especially beneficial to children and seniors.

Veronique says the Friendship Inn is a good fit for the company’s community funding priorities: health and wellness, culture and heritage, and education.

“No matter what you do, you can’t be healthy and sustain yourself without food. Also we see the Inn as a kind of shelter, a gathering place for vulnerable people, where we felt we could have a bit of an impact,” she explains.

AREVA is also providing support for the bag lunches picked up by students of all ages and workers with nothing to eat on their lunch hour.

As a result, some children at nearby schools no longer face the stigma of standing in the line of youngsters without lunches, and adults take a lunch hour meal to the place they study or work.

“The Inn is one of those places people don’t want to rely on but do, so we’re happy to help,” says Veronique, adding AREVA still wants to support organizations that contribute to the community’s quality of life despite the downturn within the uranium and mining industry.

“At any given time, circumstances can change and any of us could find ourselves in need of the services of the Friendship Inn.”

Community Supports Hungry People



More children, seniors, students of all ages, and working people depend on the Friendship Inn for nourishment than Board Chair Andrew Coutts ever imagined.

“Everyone may have a preconceived notion of who is experiencing hunger in Saskatoon,” he says. **“People from all walks of life depend on the Inn each day for the food that they need to keep going.”**

Andrew finds it **“hard to imagine people filling their potential with an empty stomach,”** which means the Inn’s meals and bagged lunches fill a vital need for a diversity of city residents.

As a Board Director, he’s grateful for the community’s support of the Inn’s important role. For example, when Saskatoon residents heard a water main break had disrupted food preparations last spring, there were instantaneous contributions of bagged meals from caring supporters.

He appreciates this level of understanding, because Andrew knows worrying about one’s next meal is a foreign concept to many, including his family and his work team at Deloitte. Andrew and his colleagues volunteer to set aside a day every year to serve the Inn’s guests, plus he shares his time and financial expertise as a Board Director.

“It was easy to say yes,” when he was approached about serving on the Inn’s Board. **“Growing up in Saskatoon, I was always aware of the Friendship Inn and knew its important role assisting people experiencing poverty.”**

Wish List

Ham
Turkey
Vegetables
(fresh or frozen)
Coffee
Sugar

Drop off
donations at
619
20th Street W,
Saskatoon
or phone
306-242-5122

Visit Our Website:
friendshipinn.ca
Follow us on
Twitter:
@SaskatoonFriend
Find us on
Facebook:
Saskatoon
Friendship Inn

Inn's Caring Support Changes Lives of Saskatoon Families



When a previously dishevelled man starts showering, combing his hair and standing straighter, the Inn's Family Worker knows his outlook has changed.

Guests of the Friendship Inn often feel "beaten down" by poverty, addictions and abuse, so need support and encouragement to take better care of themselves, seek treatment, or embrace parenting with a new attitude, says Brenlee Biletsky.

She builds trust by talking with people eating at the Inn or asking for diapers to participating in groups that empower grandparents, dads,

parents, or those struggling with grief or anger. As a result, guests feel comfortable asking Brenlee for help with a range of daily challenges.

"I'm that person who if they don't know where to go, they come to me," she says of her multi-faceted Family Worker role at the Friendship Inn. Her response ranges from teaching guests how to stretch their budget by shopping with them to handing out tampons and condoms.

Brenlee also encourages people to post positive notes on the "Don't quit your daydream" bulletin board, where one person wrote "I'm thankful to have made it through the day."

She knows lives can change unexpectedly. One of the Inn's guests was living the good life until he became addicted to the painkillers prescribed for the pain he suffered after a car accident. Everyone is just as vulnerable.

"I don't know what my tomorrow will look like," Brenlee says of the challenges faced by the people she feels rewarded to help everyday.

Donors Provide Meals and Hope

As the season of growth and renewal approaches, it is a beautiful time to think of planting a seed of hope to help others.

Everyone – no questions asked - is welcome to partake of nourishment and friendship to lessen the hardships of poverty.

families receive meals and fellowship 365 days per year.

Every day, hungry children and families eat as many as 1,000 meals at the Friendship Inn.

Their need has no season. Monthly giving enables generous donors to ensure children and

Watch for launch of the Inn's monthly giving campaign this spring. For as little as \$10/month you could feed a family.



Give a Gift of Hope at Saskatoon Friendship Inn:

Saskatoon Friendship Inn, 619-20th Street West, Saskatoon, SK S7M 0X8; Phone: (306)242-5122
 E-mail: friendship.inn@shaw.ca
 Website: friendshipinn.ca

- _____ \$5 Fills a plate
- _____ \$35 Fills a plate for a week
- _____ \$75 Fills 15 plates
- _____ \$150 Fills a plate for a month
- _____ \$500 Fills 100 plates
- _____ \$1,250 Fills 250 Plates
- _____ \$2,500 Fills 500 Plates
- _____ \$5,000 Fills 1,000 plates = One Day at the Inn
- _____ Other - \$ _____

Name: _____

Address: _____

Phone: _____

Email: _____

Pre-Authorized Debit - Enclose a blank cheque marked "VOID"

I authorize the Saskatoon Friendship Inn to deduct \$ _____ from my bank account 1st day of each month for _____ months, beginning the month of _____.

----- Or -----

Visa **Mastercard**

I authorize the Saskatoon Friendship Inn to charge \$ _____ to my credit card 1st day of each month for _____ months, beginning the month of _____.

Card number: _____ Expiry Date: ____/____ (MM/YY)

One time donation

Monthly donation

----- Or -----

Post-dated cheques

_____ (#of cheques) enclosed for a total of \$ _____