

Celebrating 145 Years of Community Service



Celebrating Our Mimi's Retirement

Gyneth Turner, Respitality Support Worker

In February, The Cridge Centre celebrated the retirement of one of our most beloved staff members - Mimi Davis. There was a party, gift, cards, and three cakes! The best moments were the words of love and appreciation that so many took the time to say to Mimi so that she knew just how much she means to us.

Mimi is a very special soul who has followed her heart and done all things in love. She has been a faithful servant of Jesus

Christ answering His call to serve her community of friends and neighbours and to discover the friend and neighbour in all of the strangers she meets along the way. It's hard for us to imagine Mimi as "retired" as her work has always seemed more a part of who she is rather than what she does - we suspect that for Mimi, retirement will not be a cessation of her life's work but rather a new chapter on her journey with Christ to serve and to love. As Fred Rogers famously said -

"Often when you think you're at the end of something, you're at the beginning of something else."

Mimi leaves The Cridge with a legacy that is fit for a queen, particularly her crowning jewel, The Respitality Service. Like the gorgeous quilts that Mimi is famous for making, her legacy is an artful collage stitched together with love and care, each square is a tale of kindness, patience, resourcefulness, hard work, dedication, persistence and charm.

We love you to the moon and back, Mimi! We miss you already and wish you God's richest blessings as you begin this new stage of life!

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A Record-Breaking Fall Appeal!

Joanne Linka,

Manager of Communication and Fund Development

THANK YOU to everyone who contributed to our Fall Appeal! We had an overwhelmingly generous response to the appeals sent out and we are proud to announce that YOU donated over \$54,000 to support The Cridge Centre! WOW! We had two matching donors which increased our match to \$15,000. This obviously created a great incentive and we had over 100 donors reach out to us with generosity. We are so grateful!

How will the funds be used? Almost all of the money raised was undesignated, which means that it will be used wherever the need is greatest. This is a huge blessing to us as we often face needs and challenges that must be met but which do not

have a line in our budget. When you give us an undesignated gift, you are not only giving us your trust, but you are also giving us the freedom and ability to respond effectively and efficiently to emerging needs. We appreciate that immensely.

While we are always grateful for every form your support takes, we wanted to ask you to consider becoming a monthly donor. Just as each of us count on and plan around our regular monthly income, so too The Cridge depends on and is able to budget with the funds that come in monthly. Annual donations give us the opportunity to take positive steps forward, and it is the monthly donations that give us a strong foundation to grow on.

You can help us to grow that foundation by committing to a monthly amount. We can set you up to have it withdrawn from your account or added to your credit card. Many donors find this an easier method to give and also appreciate being reminded each month of the good that they are doing in our community. To honour our monthly donors, each of you will also be added to our Cridge Circle of Hope and will receive regular special updates about how your gift is making a difference in the lives of the people we serve. You don't want to miss this opportunity to get involved in helping us to grow a stronger community, one precious life at a time! To join our Cridge Circle of Hope, please call me at 250 995 6419.

Christmas Generosity

Joanne Linka,

Manager of Communication and Fund Development

Imagine leaving your homeland, your extended family, your home and job in hope for a better life in Canada. Picture traveling a long way with small children, anxious about the future, hopeful for safety and security. Imagine looking for a place to call home and schools for your children, all while struggling to learn a new language and culture.



Only a year later, when life feels almost normal, you notice anger and animosity from your landlord and neighbours. They say your children are busy and noisy and advise you to look for a new home. Finding a new home in a city where there are too few affordable units, especially for a family of five, seems like an insurmountable task. Imagine

the fear and stress and the sleepless nights - not knowing if you and your family will be homeless and unprotected again.

This is a story that we have heard on more than one occasion - families facing immense stress as they try to rebuild their lives in Victoria.

One of our families came to us with their challenges in November. They were desperate and afraid, not sure who to turn to for help. While working together, we realized that in the midst of the stress of dealing with housing, they were unable to provide a Christmas for their children.

Then a miracle happened - an incredible family had decided to forgo giving gifts to each other, and instead to provide gifts for a family in need. In an amazing outpouring of generosity, they bought gifts for the children and parents, gift cards for stores and services - even a gift card for a local restaurant so that

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(cont'd on page 4)

The Link between Intimate Partner Violence and Brain Injury

Jennifer Waller,

Counselling Practicum Student

For the past 25 years, The Cridge Centre has provided services to two distinct populations: survivors of brain injury and women leaving relationship abuse. The two areas of service have been a resource to one another, however it wasn't until emerging research revealed the intersection of Brain Injury (BI) and Intimate Partner Violence (IPV) that we identified a need to join forces. Women who have survived domestic violence and are living with the devastating outcome of brain injury need support. Their injuries result from external blows to the head and strangulation. The most alarming statistic from the research is that for every one NHL player who has suffered a concussion, 7,000 Canadian women have suffered a brain injury from IPV (Karen Mason, Dr. Paul van Donkelaar).

Together, our two services are providing essential support to these women. Although it is too early for any of the women to share personal stories, we can shine a light on what the challenges are. A person with a brain injury may experience the following symptoms: memory loss, impaired attention and concentration, poor judgment and problem solving, depression, anxiety, aggression, personality changes, sleep disturbances and headaches. These symptoms make it difficult to resolve personal, social or psychological difficulties – not to mention to rebuild a safe life (housing, legal issues resolved, employment etc.). For a brain in-



Photo credit: Aliyah Jamous. Unsplash

jury survivor, it's so much more difficult than it would be for a non-injured person in the same situation.

Another aspect to consider for these women is that survivors of IPV are already stigmatized and often discriminated against in our society. It is common for a woman to be fearful of disclosing personal medical information as it may mean her decision-making skills or ability to care for her children will be questioned. Therefore, as we work together in these two areas where we have specialized services bringing together our expertise, we must take extra measures to ensure any information we share is conveyed in ethically responsible ways.

In response to the need for targeted services for women survivors of IPV and brain injury, on February 21, 2019, in partnership with the University of Toronto and the University of Victoria, The Cridge Centre for the Family hosted a one-day workshop at the University of Victoria. This was an opportunity to discuss ground-breaking research linking brain injury and intimate partner violence and to introduce an IPV/BI toolkit developed by the University of Toronto in collaboration with The Cridge Centre for the Family. The workshop provided training and a tool kit for front line workers to recognize and be better equipped to support women in this situation. We look forward to developing further services for this under served population.

Don't forget to visit us online! We love to interact on Facebook, Twitter, YouTube and Instagram. Check out cridge.org for regular blog updates.

Why 41 is Not Too Young

Joanne Linka,

Manager of Communication and Fund Development

Some time ago I had the pleasure of talking to a woman about why she had decided to add The Cridge Centre to her Will. When we think about people planning their wills, we often think about “older” people – those who are closer to the end than to the beginning. However, Erika was in her early 40’s when she created her Will. She was newly divorced with two children. She had a job but was not earning much more than what she needed to support her children in Victoria and pay her rent. Financially speaking, there wasn’t much wealth to be concerned about! As a matter of fact, she told her children that if they were lucky, they might each get \$1.25 when she died. Maybe \$2.25 if she lived to a very old age.

Knowing that Erika was not a wealthy woman, I was surprised that she was making a Will and including The Cridge Centre in it. I asked her why and her reply astonished me. First of all, it was a practical decision: she made a will because she wanted to make sure that her children were provided for if she passed while they were still young. That meant that any funds available to them would be overseen by a trusted family member, rather than being handled by



an unknown person. Secondly, Erika hoped that by the time she passed, there would be sufficient funds to not only bless her children, but also to make an impact with the charity she loves. Erika is a faithful donor to The Cridge Centre. She believes that supporting a local organization that is making an impact in a wide variety of areas is essential to being a part of her community. Erika told us it is an honour to be able to commit monthly and to see the blessing that her support gives to so many people who are served by The Cridge Centre. She knows that she does not have the skills or ability to help

all the people who need it – but she can support an organization which DOES have the skills and the passion for serving vulnerable families.

Erika’s monthly donations are making an impact on The Cridge Centre today. Including The Cridge Centre in her Will, will make an impact in the future.

If you would like to have a conversation about including The Cridge Centre in your Will, or in making a monthly commitment, please call me at 250 995 6419 or email jlinka@cridge.org.

Christmas Generosity

(cont’d from page 2)

mom and dad could have a date night. They came with boxes of treats, wrapping paper, and bows – everything packed with love and care and words of support.

We were honoured to receive this bounty from the donor and then to pass it on to the family. It was an experience of pure joy for us to see the generosity of the donors and the immense gratitude of the family. There were tears, wonder and humble gratefulness from everyone concerned. And this is just one example

out of so many more.

Every Christmas we are blessed by individuals and groups who come alongside our families by providing a Christmas hamper. Their generosity and kindness is often overwhelming and humbling. We are so grateful for each one of them!

The Big Bang Theory Behind Victoria's Only Inquiry Middle School

Michele Worth,
Arc Academy Principal

The Cridge Centre provides space in our child care building to an innovative new school and we have invited its principal to give our readers an overview of its unique style of education:

Imagine a school without classrooms, without bells, and without worksheets; a place where students are learners exploring the world based on their interests, questions, and curiosity! This is a reality now, Victoria's only Arc Academy of Inquiry located on the beautiful grounds of The Cridge Centre for the Family. We are a BC Ministry of Education certified independent school for learners ages 11-13. The Arc Academy's founder Tom Hudock and principal, Michele Worth, began their collaboration in February 2017 to create a brick and mortar school dedicated to interdisciplinary, individualized, and innovative learning.

The genesis of this school came out of Hudock and Worth's experiences watching their own children navigate elementary and middle school. Tom, an entrepreneur with a vision to transform education, and Michele, an experienced teacher dedicated to authentic learning, were inspired by the work of Jeff Hopkins at the Pacific School of Innovation and Inquiry, a Victoria high school, and John Abbott, UK educator, director of the 21st Century Learning Initiative, and author of bestseller *Overschooled but Undereducated: How the crisis in education is jeopardising our adolescents* (2010).

The inquiry method is a 7-step process that fosters interdisciplinary exploration, leads to learning ac-



tivities, and meets or exceeds BC curriculum requirements. The role of the teacher in this setting is to scaffold learning so that individuals spend most of their time in that 'just right' place between challenging oneself too far or not enough.

In its first term, Arc students used the outdoors to learn cross-curricular concepts via sailing, examining tide pools, beachcombing, geocaching, hiking Mt. Douglas, measuring oxygen in the waters of Swan Lake Nature Sanctuary, walking the Mystic Vale water shed, and calculating the volume of the granite blocks that make up Victoria's breakwater. UVic has hosted the learners and supported learning

across disciplines, as has the Royal BC Museum.

Individual inquiry projects have ranged from designing a go-cart using parts from a mobility scooter, to building catapults, and coding a game. Not to mention founding a food club that prepares hot lunches for the school. One grade 7 learner, in need of enrichment well beyond the grade 7 curriculum, is attending a UVic astrophysics course that examines the fundamental laws of nature, cosmology, black holes and relativity, and the elusive dark matter and dark energy that determine the universe's fate. Other learners are attending chemistry labs at Pacific School of Innovation and Inquiry, and yet others are being mentored by a high school student writer who is working beyond BC graduation requirements. Term 2 is underway and the learning potential is unlimited!

In the rapidly changing world that these young people will soon inhabit and, one day, be expected to lead, Arc Academy is developing critical and creative thinking, and problem-solving skills among our learners. Then every individual can begin to answer the questions – what is meaningful to me, and how can I participate fully in the world?



A SOULFUL CONCERT FOR MOMS

Friday, May 10th, 2019 at 7 pm
First Metropolitan Church,
corner of Quadra & Balmoral

Featuring:
• David Vest, Canada's top Blues and Boogie Woogie Piano player
• The Victoria Soul Gospel Choir
• Checo Tohomaso, the Marvin Gaye and Lionel Ritchie bands

This is a fund-raising concert in support of The Cridge Centre.
Tickets \$25
For more info: victoriasoulgospel.ca

Rotary Club of Oak Bay

ABSTRACT

Newport Realty

Chef's Corner

Nik Milonas,

Executive Chef of The Cridge Village Seniors' Services

Both of these dips are super delicious and nutrient-dense foods full of healthy goodness. Pesto can be used on pasta but also as a spread on sandwiches, dressing for salads and can be combined with mayo or cream cheese for a delicious dip. Tsatsiki can be used as a dip for veggies or a sauce for fish or meat. Be creative and enjoy!



Pesto

Yield 250 ml approximately

250	ml	Fresh basil leaves (packed)
80	ml	Parsley tops (packed)
2	lg	Garlic cloves
130	ml	Olive oil
40	ml	Pine nuts, almonds or walnuts (lightly roasted)
120	ml	Parmesan cheese, grated
S&P to taste		

Method: In a vita-mix or blender, puree all ingredients except cheese until a smooth paste has formed. Do not over blend or the mixture will discolour from the friction which is created. Transfer to a bowl and add the parmesan cheese, salt and pepper to taste. Use as desired.

Note: Pesto can be made with different herbs such as all basil or mint. Try different combinations of herbs for tasty alternatives or add a ripe tomato for some natural sweetness.

Tsatsiki

Yield: 500 ml

85	g	Cucumber, rinsed, grated, squeezed and drained
250	ml	Yogurt, (Balkan type)
15	ml	Olive oil
5	ml	Lemon juice fresh squeezed
5	ml	Dill-dry or 30 ml fresh
2	lg	Garlic cloves, minced
4	ml	Salt

Method: Combine all ingredients. Chill at least 1 hour (or overnight is even better).



Who Is Going to China?

We are proud to announce that our very own Paula West-Patrick and Christine Wosilius will be attending and presenting at the World Forum on Early Care and Education in Macao, China this April! We will have a follow-up story about their experience in our July Messenger – stay tuned!

Ride for Refuge 2019



After 5 years of hosting the Ride for Refuge in Victoria, The Cridge Centre is passing on the torch to another local charity - Sanctuary Youth. We are excited to

work with them to provide a seamless transfer of knowledge, skills and resources - and to see where they take the Ride for 2019. The Cridge Centre will continue

to participate as a charity partner - so we still need you to walk or bike for us on Saturday October 5, 2019! Save the Date! More info to come later in the spring.

Photo credit: Darren Labiuk



Don't forget to visit us online! We love to interact on Facebook, Twitter, YouTube and Instagram. Check out cridge.org for regular blog updates.

Circle of Care

2019 - 03



YES,
I/We would like to join
The Cridge Centre Circle

Single gift amount: \$ _____

- Cheque enclosed or
 Please charge my credit card

Monthly gift amount: \$ _____

- Void cheque enclosed or
 Please charge my credit card

Gift End Date: _____ or until further notice.

Please use my gift as follows: Where needed most. With the following designation: _____

Mr Mrs Ms Other _____

First Name: _____ Middle Initial: _____ Last Name: _____

Address: _____ PC: _____

Phone: _____ Email: _____

VISA Mastercard Name on card: _____

Card Number: _____ Expiry Date: _____/_____/_____

Signature: _____ Date: _____

Sign also to authorise bank withdrawals

Would you prefer to make your gift anonymous?

All monthly payments will be scheduled the first day of each month. Receipts for your charitable giving tax credit will be Issued annually.

Charitable Registration # 108079419RR0001

The Cridge Centre for the Family collects personal information on this form for reasonable and obvious purposes that meet with regulatory requirements. This information will never be shared, and will never be used for purposes outside of the obvious without your permission.

Please detach and mail this form to:

The Cridge Centre for the Family -- 1307 Hillside Ave. Victoria, BC V8T 0A2
Contact: Joanne Linka, Manager of Communication & Fund Development
250.995.6419 Email: jlinka@cridge.org

Spending of funds is confined to Board approved programs and purchases. Each gift designated toward an approved program will be used as designated with the understanding that when a given need has been met, designated gifts will be used where needed most. Gifts will be acknowledged with an official receipt for income tax purposes.

The Cridge Centre for the Family is a member of the Canadian Council of Christian Charities and has been accredited by the Imagine Canada Standards program.



Upcoming Events

SUNFUN

Summer Day Camp for Ages 6-12

Registration opens April 1, 2019

More information: 250-995-6407

SURVIVE STRIVE THRIVE

Mental Health, Addictions and
Brain Injury: The uphill battle
to success and overcoming

June 19, 2019

To register email: sst@cridge.org



NOTE: Please double check the accuracy of your name and address and notify Pat Bailey of any changes via email to pbailey@cridge.org or by phone at (250) 995-6410

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