

Eudaimonia Together!

Joanne Linka, Manager of Communication and Fund Development



You may be struggling to figure out how to say that word (U-de-mOn-E-a) but you certainly didn't struggle to make that happen this past fall. Through your amazing generosity, we saw our clients flourishing and finding that state of health and happiness. Christmas can be a difficult time for families who are struggling with trauma, poverty, poor health and uncertainty. Hope can seem unattainable. However, over and

over again, we saw our families overwhelmed and grateful for the generosity and love that was showered on them through the Christmas season. You gave hampers and gifts. You gave new pajamas and gift cards. You gave your care and concern – and that translated into some beautiful eudaimonia. While the THINGS that they received were appreciated and enjoyed, it was truly the blessing of being cared

for and supported that lasts well into the New Year when more challenges come their way. Thank you for the eudaimonia – we are all blessed by you!

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A Decade to Shine

Shelley Morris, CEO

2020! It's a new decade. (Well to most of us - I tip my hat in recognition of those of you that are calendar purists and sticklers for saying the new decade actually starts January 1, 2021.)

There is much to look forward to in the coming decade. New opportunities of service; our 150th birthday in 2023; the folding of fifty Oakwinds townhouses into our housing portfolio in 2025, and the redevelopment of our Hayward Heights townhouses toward the end of the decade.

All of this and so much more will be framed in the context of our new Vision, Mission and Values:

Our Vision: Abundant Life

Our Mission: Providing excellence in support, housing, education and community, we work together to restore hope and a future to those overcoming the challenges before them.

Our Values: Act justly. Love mercy. Walk humbly.

If I focus my mind on what it is to "Act Justly" I think of this little story from Shel Silverstein:

Said the little boy, "Sometimes I drop my spoon."

Said the old man, "I do that too."

The little boy whispered, "I wet my pants."

"I do that too," laughed the little old man.

Said the little boy, "I often cry."

The old man nodded, "So do I."

"But worst of all," said the

boy, "Grown-ups don't pay attention to me."

And he felt the warmth of a wrinkled old hand. "I know what you mean," said the little old man.

To act justly is to be even-handed with everyone, to do right by them, to be fair. To do that, we must actually SEE them and HEAR them. We live in a world where there is brokenness, inequality, prejudice - our social systems are not always without fault. I believe it is up to us to act. For those of us at The Cridge Centre for the Family, and you who are reading this because you care about our work and our world, it's up to us to act. We choose not to base our actions of justice on a person's virtues (do they deserve our help?). We choose instead to see, to speak, to listen, to act justly

We work to ensure that each individual is seen and heard

toward the fullness of diversity we serve. We choose to confront any unjust beliefs that have coloured our own perceptions - he's just a little noisy boy, he's just a silly old man - we choose to break down barriers to service and live out our values in real time and in real ways.

Our little fellow chatting with the old man is just one example of one injustice, that of ageism. What other injustices creep into our daily lives without us even being



cognizant of them? Our Vision is for abundant life for all we serve, squeezing every good juicy bit of wonder out of life - the wonder of love, of compassion, of healing, of opportunity, of joy, of hope. Our Value of acting justly means that we want to ensure that every person who crosses our threshold, innocent or culpable; righteous or unrighteous; even likeable or challenging, gets our full commitment to walk with them.

This next decade we are committed to help each and EVERY one to shine. We commit to shine a light into the lives of overcomers, to shine a light on the path to healing and hope, and to work to ensure that each one as an individual is seen, is heard.

The 2020s - here we come ... and we're coming with passion.

Generations of Generosity

Joanne Linka, Manager of Communication and Fund Development



Jennie and Robert Butchart

Most parents would agree that there are certain characteristics that they intentionally try to instill in their children: kindness, honesty and integrity, to name a few. This is a story about a family for whom generosity was taught and modelled at every opportunity. The story started in the early 1900s when a couple moved to the island from Ontario, ready to work hard and establish a cement factory. As the husband worked in the industry, the wife followed along in the wake of the excavators and recreated the barren landscape of the depleted quarry into a magical garden that has become a world-renowned destination of beauty. I am speaking of The Butchart Gardens, of course, and Jennie and Robert Butchart.

What many people don't realize is that the Butcharts were an incredibly generous family. When

Generosity carried on through the generations to the family members who continue to run the Gardens to this day

soldiers returning from WW1 asked to visit her garden for a picnic, the answer was YES! When the local chapter of the Canadian Institute

for the Blind asked to bring a group to visit her garden, the answer was YES! And when the BC Protestant Orphans Home (later to become The Cridge Centre for the Family) asked to bring children for a visit, the answer was not just a YES, but an invitation to enjoy a special tea with the Butchart family on the lawn in front of their home. That spirit of welcome was their philosophy to such an extent that they called their home Benvenuto (Italian for "Welcome!") as a welcome to the world. That name is still very much a part of the ethos of the Gardens, as they welcome over one million visitors every year from all over the world.

The generosity that Robert and Jennie Butchart modeled carried on through the generations to the family members who continue to run the Gardens to this day. They still welcome groups from local charities to visit the gardens and they continue to reach out into their community to be good neighbours and exemplary employers. The legacy of generosity has grown, but it continues to be subtle and quiet. The family has always preferred to give quietly to the community, not needing recognition or accolades. So, as one of the organizations who has cherished The Butchart Gardens and the multitude of ways that they have helped us, we quietly and humbly say thank you. We are honoured, blessed and deeply grateful for the decades of care and support that the Gardens have given to us and our families.

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.

Intimate Partner Violence & Brain Injury Cross Training

Marina Bazalitskaya, Communications Department

Did you know that according to the Canadian Women's Foundation, half of all women in Canada have experienced at least one incident of physical or sexual violence since the age of 16? This number is staggering, isn't it?

On January 29th, our staff teams from our Women's Programs and our Brain Injury Services came together to learn more about the connection between intimate partner violence and brain injury. Recent research suggests that 30%-90% of women in a violent relationship will receive at least one brain injury. This results in symptoms like tiredness, confusion, memory impairment, increased

anxiety and problems with emotional regulation.

Our frontline workers from The Cridge Women's programs support women every day who are in distress and are often unaware that they have a brain injury (BI). Likewise, our Brain Injury support staff were unaware that many of the women they serve received their brain injury from Intimate Partner Violence (IPV). Therefore, it was essential that our support workers from both programs receive training in the appropriate tools



that will allow them to provide support for women affected by an IPV related BI. A one-day cross training session provided an excellent opportunity for both staff teams to learn, ask questions and collaborate services. Our own Tori Woodford, Candace

Stretch and Marlene Goley led the training, showcasing the depth of knowledge and talent inherent in our service leadership teams.

We are grateful for the opportunity to be community leaders in serving women in need.

Welcome!

Marina Bazalitskaya, Communications Department



Linda Pityn



Heather Stevens

2019 was a busy year for our Respite & Respitality program. The second half of the year saw the number of respitality families increase to over 600, compared with 460 families in 2018. We also

Respitality at The Cridge Centre for the Family. I look forward to growing to support more families and further diversifying the opportunities available in the future, all while maintaining the

welcomed two new members onto our team: Heather Stevens in Respitality Services and Linda Pityn in Respite Services.

"As a Cridge Respite and Respitality family for the past seven years, I know first-hand the value of the program. I'm thrilled to join The Cridge Respite and

traditions of the program," - said Heather Stevens.

Here is a little bit about Linda - "I come to The Cridge Respite & Respitality Program with a background as an Education Assistant. I look forward to broadening my experience by working with The Cridge families. I hope to grow support for our program with more community partners so we can offer more diverse opportunities to our families."

With Linda and Heather, our Respitality families are in good hands! Welcome, Heather and Linda!

The Cridge Centre News

ANNIVERSARIES

Can you imagine? **The Cridge Young Parent Outreach Program** celebrates its 20th anniversary in 2020. Even more exciting, **Nicole**, our own Wonder Woman celebrates 25 years working with The Cridge Centre! We are SO BLESSED and honoured to have Nicole as a part of our Cridge team!



NEW PLAYGROUND

We are excited to announce that our childcare playground is going to be upgraded with a new play structure and surface! With thanks to donors from Ali and Peter Gustavson's circle of friends and Abstract Developments.

NEW FACES AT RECEPTION

We are thrilled to introduce you to our new receptionists, Janice and Amy! Welcome! You will see them smiling and greeting our guests the next time you visit The Cridge Seniors' Centre.



Chef's Corner

Nik Milonas

Executive Chef of The Cridge Village Seniors' Services

TURKEY LOAF

Yield: 1 loaf or six 250 gram portions approximately
Oven @ 325°F/160 C

1250 g	ground turkey
250 ml	minced onion
10 ml	minced garlic
10 ml	apple cider vinegar
40 ml	olive oil
125 ml	oats (ground in food processor)
1	large egg
2.5 ml	white pepper
15 ml	salt
2.5 ml	ground sage
2.5 ml	ground rosemary
1.25 ml	ground thyme



Method:

Combine all ingredients except the meat and mix well. Add to the meat and amalgamate. Pack well in a parchment lined loaf pan, cover and roast in a preheated oven to an internal temperature of 74°C (approximately 45 minutes). Alternately form into a log on a lightly oiled parchment paper and further wrap in aluminum foil. Serve with cranberry sauce or gravy and fried onions.

CRANBERRY SAUCE

Yield: 500 ml

500 ml	Cranberries (fresh or frozen)
30 ml	Water
60 g	Sugar
Juice and zest of ½ an orange	

Method:

Add all ingredients to a sauce pot, bring to a boil and cover after turning the heat down. Simmer for about 10 minutes.

Our 150th is coming...

Joanne Linka, Manager of Communications and Fund Development

While some of us are startled to realize that we have entered a new decade, others of us are marvelling that it has already been 20 years since Y2K. Where have the years gone?!? Quite possibly the rest of us are looking ahead and wondering what is coming up.

We've only just begun 2020, but we are already looking forward to and anticipating 2023... which will be the year we celebrate The Cridge Centre's 150th birthday! In light of that, we wanted to let you know that we will need YOUR help in celebrating! We will be

looking for volunteers to help us in planning events, doing promotions and just generally spreading the word about this momentous occasion. So - think about how you can get involved and write it in your calendar! Watch for more news in our summer Messenger!



Circle of Care

2020 - 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 certified by the Canadian Council of Christian Charities and is accredited by the Imagine Canada Standards program.



Upcoming Events

SUN FUN

Summer Day Camp for Ages 6-12

Registration opens April 1, 2020

More information: 250-995-6407

SURVIVE STRIVE THRIVE

Brain Injury Workshop

June 10, 2020

Bob Wright Centre B 150,
University of Victoria

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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