



CELEBRATING 136 YEARS OF COMMUNITY SERVICE!

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Brain Injury Findings Shed New Light on Homeless.

by: Greg Hatton

Recently it has been stated in the media that the majority of the 1,200 homeless people in Victoria are mentally ill or drug addicted. A Toronto study found that 52% of homeless people have a traumatic head injury.

During the past summer, members of the Cridge Management Team set out to find an answer to the question: how many homeless people in Victoria are survivors of a brain injury? The Volunteer Victoria RealNet team took up the challenge to help us find out. At first we were unaware of any study in Canada that had an answer to the question, and the RealNet team was prepared to undertake an in-depth survey that could potentially serve as a model for other communities in British Columbia and across Canada. Their research eventually led to the discovery of a study on this question which had been carried out in Toronto in 2005. The same study was referred to at a presentation on May 26, 2008 at St. Michael's University, Toronto, which dealt with the effect of traumatic brain injury on health and homelessness.

The Times Colonist (May 11, 2007) reported that an estimated 1,200 people in the capital region are either living in unstable housing or are homeless. From the Toronto study referred to above one could extrapolate that something like 624 of the homeless in Greater Victoria are survivors of a brain injury. A sadder

and more troubling implication is that as many as 69% - up to 430 of these homeless - had their first episode of traumatic brain injury *before* they became homeless.

Homeless survivors of brain injury face further complications in their daily lives: they are subject to substance abuse and they may have mental health issues and cognitive and behavioural problems; by being less able to maintain a regular medication regime their health may deteriorate. In this vulnerable state they face an increased risk of being victimized.

... includes excerpts taken from a position paper prepared by Geoff Sing, Manager of The Cridge Brain Injury Services.

The new findings suggest that it may be time to take a fresh look at directing healthcare dollars to this, a leading root cause of homelessness. Compared to the cost of a stay in hospital (\$1,100 a day) or a term in prison (\$219 a day),

the Cridge Brain Injury Supportive Housing cost of \$203 per day is a compelling alternative. As we take these messages to the media, the government, the health authority and homelessness advocacy groups, we intend to share the information positively and constructively.

We at the Cridge Centre for the Family believe that if we provide quality support after brain injury, including appropriate housing, survivors of a brain injury will have a greater opportunity to avoid negative outcomes such as homelessness. Instead they can be positive contributing members of the community. *To request a copy of the paper "The Mind of Homelessness", contact Greg at 250-995-6419.*

Supported Transitional Housing Kids Get New Opportunities.

by: Tina Rogalinski, The Cridge Dovetail Program Child & Youth Care Worker

We receive donations throughout the year that allow us to help our Supported Transitional Housing families do various things like pay a hydro bill, help with school expenses, get groceries or medication, pay daycare fees and other daily expenses. We feel especially blessed in recent weeks by two donations from local organizations reaching out in a very significant way to help children and youth in our program.

The first is the Rotary Club of Victoria who stepped forward with a grant of \$15,000 to fit their signature projects theme this year of helping children and youth. We have on average 60 children and youth living in our low-cost housing units who are here either because they have been impacted by relationship violence or are immigrant and refugee families who have often been impacted by political violence.

The purpose of the Rotary grant is to provide enhancements for the children and youth in our program – such as music lessons, sports fees and other activities that many children enjoy. The most significant way in which the money has been used so far is provision of tuition for those of our children who attend the Sylvan Learning in order to enhance their learning skills. This is a first for us at the Cridge Centre and will expose the children to ways of learning

especially designed to give them the confidence and skills to succeed educationally. The children are thrilled to have such an opportunity and are eager to be better achievers at school. A special thanks to Rotary for this absolutely invaluable gift to our kids and also to Sylvan for offering us a discount to allow the money to be spread out to more kids!

Our other donation is an amazing opportunity from the well known SALTS –Sail and Life Training Society. They have offered us a 3-night/ 4-day trip for 31 current and former Cridge youth (including former school aged care kids) worth \$18,000. We will be sailing on the Pacific Grace, a 115 foot tall ship, April 6-9th. Deborah from SALTS showed slides of previous trips to potential participants recently and, needless to say, there were some very excited youth ready to sign up. This is another incredible opportunity that would never happen without the generosity of an organization like SALTS. If you are curious about what we will be up to there is a great video on the SALTS website. Check it out at: www.salts.ca/091_SALTS_multi.htm.

Thank you Rotary and SALTS for providing such significant positive life-changing opportunities!



Thank you Royal LePage for 10 Years of Support!

It was an honour for us to make a special presentation of flowers and a plaque to Sharen Warde and Carol Geurts representing the Royal LePage Coast Capital Realty Team.

Their faithful support which began in 1999 has helped tremendously with the operation of The Cridge Centre for the Family's **Cridge Transition House for Women.**



The Cridge Renovation Partners Join in Force!

When you start out with a great idea but with barely more than five percent of the money you need, it's great to see a plan come together. It was a front-line staff member who came up with the idea several months ago that we renovate two large group homes in such a way that we could provide 8 new units of supportive transitional housing for vulnerable single women.

Finding partners to help fund the project has been exciting and rewarding. It is not often that you hear of a project receiving 100% approval of its funding applications. This is humbling because even though we're reaching out to help meet such an important need in the community, the supportive attitude from our funding partners has been so positive and encouraging.

Here's what's happened so far. We are thankful for funding partners to date who have committed a combined total of \$291,000.

They include:

- CRD Regional Housing Trust Fund
- Victoria Housing Trust Fund
- Real Estate Foundation of BC
- Coast Capital Savings Foundation
- Victoria Foundation

That leaves a balance of \$120,000 needed to fully fund the \$411,000 estimated project costs. If this is something you think you can help us with to get us across the finish line, please call Shelley at 250-995-6403 or Greg at 250-995-6419.

Our talented Interior Designer and Architectural Technologist, Katherine Ridewood has completed the renovation drawings, and our Project Manager David Boyer has completed all of the other steps required to obtain our building permit.

We believe that our pending applications to other potential funding partners will meet with the approvals we need to actually start work on the renovations in time to have eight new supportive housing units ready for occupancy before Christmas. We hope to be able to tell you in our summer newsletter that the work crews are busy at the task!

St. Margaret's Students Say It With Love.

TIAMO is Italian for 'I love you'. It is also the name of a new business enterprise for an energetic group of students at St. Margaret's School.

A group of five students arrived at The Cridge Centre one morning recently, with their advisor Michelle Iulianella, Director of Marketing and Communications, to do a short presentation of their business plan.

TIAMO's business is the production and sale of quality student art. But instead of the profits going into their own pockets, they've decided to make it a social enterprise and give the proceeds to support children's services at The Cridge Centre for the Family.

The *TIAMO* business plan seems like a wonderful way to reflect the St. Margaret's school motto – *Servite in Caritate* which, translated from Latin, means *Serve in Love*.

Thank you, St. Margaret's!

You may make on-line purchases at www.stmarg.ca or call the school at 250 479-7171 for more information. Artwork will also be on display at The Cridge Seniors' Centre.



Front Row: (Left to Right) Ava An, Jennifer Park, Sylvia Lee, Gloria Chang
 Back Row: (Left to Right) Greg Hatton, Manager of Communication and Fund Development; Marlene Goley, Manager of Women's and Family Services, Shelley Morris, CEO

ScotiaMcLeod Staff Have Big Hearts!

ScotiaMcLeod was the flagship partner for The Cridge Respitality fundraiser last May that more than doubled the fundraising target for that memorable evening.

Amazingly, ScotiaMcLeod did not stop there! At Christmas time they provided a huge bundle of help to Santa. In these times of fiscal constraint, the decision to have a staff holiday party and what that should look like was a topic they pondered carefully. Branch Manager, Dean "Santa Claus" Freeman, led the charge to celebrate the season with fun, teamwork and consideration for those who are less fortunate. Foregoing the traditional Christmas party, they faced the challenge of how they could best support their local community. With the pre-existing relationship with The Cridge Respitality Program, Branch Administrator Barb Patterson called to ask if any of the families involved in the Respitality Program were also facing financial crisis during the holidays. The Victoria branch offered support to four of these families during the Christmas season.

On December 5th, four teams of McLeod employees were given their mission: adopt a family, know their story and decide how they could help put smiles on some faces come Christmas morning. Each team had

a "Captain", appointed an "Accountant" and with clipboard and calculator in hand they were off...the teams raced through SuperStore with a budget, a wish list from their family and only one hour to accomplish their mission. The ScotiaMcLeod members "shopped till they dropped" with a local news crew in tow. In the end, new clothes, books, toys and food for everyone were rung through the cash register for each of these deserving families.



Superstore generously supported the shopping efforts by donating ten \$25 gift certificates and allowed A - Channel News to film and interview the teams as they embarked on their mission.

The hampers were delivered right before Christmas. The teams had the amazing opportunity to meet the parents and even some of the children who were to receive the holiday gifts. Several

trips to and from the vehicles were necessary to deliver all the goodies for the families. The teams were met with hugs, tears and genuine appreciation.

Several of the families have sent thank you cards and even a family picture, expressing their gratitude and feelings of being "happily overwhelmed".

We are so grateful to ScotiaMcLeod! Their staff made a huge difference for these families.



The Cridge Village Seniors' Centre

A waiting list is being taken at The Cridge Village Seniors' Centre for market housing one- and two-bedroom assisted living units.

Those who are familiar with The Cridge marvel at the beautifully refurbished and expanded award-winning heritage building that provides a friendly active living environment for 80 residents. A limited number of market housing units becomes available from time to time. Seniors who qualify for assisted living accommodation are welcome to apply.

For information and to arrange a tour, contact Steve Baird, Manager of Seniors' Services at 250 220-2301.

The Cridge Child Care Centre - What a Wonderful World!

By: Sharon Klein & Paula West-Patrick



Continuing the legacy of Mary Cridge from the 1870s, our leading edge, award winning child care centre is opening a wonderful world of opportunity for children today.

For every parent, choosing day care for your child is a very big decision. While you are at work or at school, you need to know that the environment is safe, stimulating, loving and responsive to your youngster's unique needs.

"The Cridge Child Care Centre provides inclusive care for all children and is proud of the programs developed for children with added support needs" states, Paula West-Patrick, Early Childhood Programs Coordinator. With the guidance of *Supported Child Development* through the Queen Alexandra Hospital for Children, childcare staff provide support for all children and expertly guide them through developmental milestones to a stage where they all can be integrated into our regular childcare programs.



One unique offering is the Dance Program through Cabri Studios. Based on the principles of "Brain Dance" it uses movement to help children develop their brain connections or 'mapping'. Steps that exercise the brain connections help improve memory and aid in developing the foundations of early literacy. The children attend once a week throughout the year and provide a beautiful recital for their parents and families in June. Another appreciative audience is the "Grandmas and Grandpas" who live across the playground in our Seniors' Centre.



It's always a wonderful world when you get to play Sportball. This program introduces the children to sports and increases their physical activity. We focus on learning skills through sport – eye hand coordination, spatial awareness, form and social interaction with their peers. The kids have a barrel of fun with Coach Nick.

In the Fall of 2008 we began something new - the **Seeds of Empathy Program**, developed from the *Roots of Empathy* by Mary Gordon. This develops a rich, rewarding classroom experience that fosters empathy within children. Bringing babies and students together in a symbiotic loving environment it has been proven to reduce aggression and increase tolerance and emotional understanding in children. *"It is so rewarding to see how the children relate to 'their baby' Joshua. They are curious about how and what he eats, why he cries and how his Mother helps him feel safe. This program has really helped some of our newer children feel more comfortable in the program"* states Paula.


It is very comforting to know that 136 years after the birth of the orphanage at The Cridge Centre for the Family, Mary Cridge's legacy continues to provide a loving environment for all children to grow, learn and reach their greatest potential.

We Love Our New Sweaters!

Each Christmas the children here at The Cridge receive wonderful hand knitted sweaters, hats and mittens. THANK YOU to the knitters from **Berwick House, First Metropolitan United Church and Seniors Serving Seniors** who work hard to create these beautiful items to keep our children warm and cozy. The families of these little ones appreciate it very much.


Ooh La La La
 a Fund Raiser for The Cridge Respitality Program

Featuring
Louise Rose and Choir
 Silent Auction • Live Auction • Fabulous Desserts



Tickets \$20
 Contact Barb for tickets at 250 220-2306 or email at bmiddleton@cridge.org
 Tickets also available at Satin Moon Quilt Shop and Ooh La La Cupcakes

Thursday, May 7, 2009 – Doors open for previewing at 6:30 pm for 7:00 pm start
 Garth Homer Centre Auditorium, 813 Darwin Avenue



Design Services Provided by:
idea ideas.ca



Joan Gorrill is not only a wonderful member of our front desk reception team; she is also an amazing quilter! Pictured here is a HUGE king-size quilt that Joan has sewn to auction at the upcoming May 7th Cridge Respitality fundraiser. The quilt is on display until then at Satin Moon Quilt Shop on Government Street. THANK YOU Joan!

Thank You To Our Donors!

Gifts of financial resources are as important as gifts of volunteer time. We wish to recognize those donors of cash or gifts-in-kind who are providing \$10 or more weekly, or \$500 or more annually.

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Sign Up Your Child For the Sunfun Program.

Registration for the Sunfun program opened March 1st. Sunfun is an active and fun summer day program for children aged 6 - 12. This program offers a weekly registration, with parents signing their children up for only the weeks of the summer that they need care. The fee for the Sunfun program is \$150 per week. Parents are invited to submit their registration forms, along with the \$100 registration fee, to the Accounting Office at 1307 Hillside.

Registration forms are available on our website at www.cridge.org.



Circle of Care



Yes, I/we would like to join The Cridge Centre Circle of Care!

Single gift amount: \$ _____

- Cheque enclosed.
- Please charge my credit card.

Monthly gift amount: \$ _____

- Void Cheque enclosed.
- Please charge my credit card monthly.

VISA MasterCard Name on Card: _____

Card # _____ Expiry Date: _____ / _____

Signature: _____ (Sign also to authorize bank withdrawals)

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

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

Name _____

Address: _____

Phone: _____

Email: _____

Postal Code _____

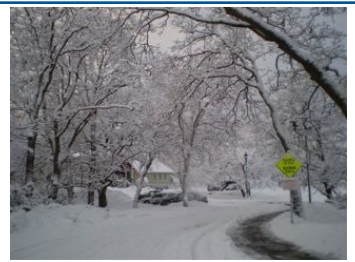
Please detach and mail this form to: The Cridge Centre for the Family,
 1307 Hillside Ave., Victoria BC V8T 0A2 Phone: 250-995-6419
Thank you so much for your generous support.
 Greg Hatton, Manager of Communication and Fund Development



ARE YOU INTERESTED IN BUILDING YOUR CAREER WITH US?

We are looking for individuals with a heart and passion for helping; people who are eager to work in an atmosphere of excellence and innovation; people who are willing to share in the experience of changing lives!

For employment opportunities, please visit us at www.cridge.org



The beauty of Winter at The Cridge!



Earning the right to display the **Seal of Accountability** of the **Canadian Council of Christian Charities** bears a high level of distinction. We are a Certified Member of the Canadian Council of Christian Charities.

"Your application for certified membership is one of the most complete in terms of compliance that we have seen. The Cridge Centre is to be congratulated!"

David Johnson, Director of Certification
Canadian Council of Christian Charities (CCCC)



The Cridge Centre for the Family's Code of Ethical Fundraising and Accountability meets the **national standards** of **Imagine Canada**. As such, we have been allowed to display their Ethical Code symbol.

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