

Brain Injury Happenings

Janelle Breese Biagioni & Joanne Specht



Her Honour, Judith Guichon, the Lieutenant Governor of BC and The Honourable Michelle Stilwell, MLA, with organizers and speakers of SST 2016.

narrated by Derrick Forsyth, a survivor who has turned around a life of crime and become a spokesperson and advocate for brain injury. The stories and statistics are frightening and inspiring all at once – and open so many doors for further education and engagement with the larger community. This film will unquestionably be an excellent tool to further the message of brain injury prevention and support. The Cridge Centre is so proud and delighted to have been a part of its launch. If you are interested in purchasing a copy of the film, please contact: **Frances Broome** at fmb@kineticvideo.com

May was a very busy month in the Brain Injury program. On May 18 we hosted, together with UVIC, the **Survive-Strive-Thrive** conference, bringing together 200 people to talk about brain injury and its impact on individuals, family and our community. Attendees came from Victoria and up island to hear speakers talk about how they have overcome their own challenges with brain injury. Speakers included The Honourable Michelle Stilwell, Minister of Social Development and Social Innovation, Dr Catherine Mateer, Professor of Psychology and Janelle Breese Biagioni, author and counselor (and beloved Cridge staff member). Her Honour, Judith Guichon, the Lieutenant Governor of BC, also attended and shared her thoughts about the importance of community supports for survivors. Other survivors, Ellie Ennas, Sara Hansen and Rick and Evelynne

Early, also told their stories of overcoming challenges. Everyone agreed – it was inspiring and deeply moving to see the resilience and courage of the survivors and their family members. Over all, it was a fantastic day of speakers, stories, and opportunities to learn and be challenged.

Mark your calendars – next year's Survive-Strive-Thrive will be on June 7, 2017 at UVIC.

Ten days later, the Brain Injury program had the great pleasure of hosting the world premiere screening of **A Change of Mind** – a documentary about the societal impacts of brain injury. Hilary Pryor, award winning filmmaker and Cridge Board member, has woven together a film that tells the stories of several brain injury survivors and also the research and statistics about brain injury. The compelling film is

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The Messenger is published by The Cridge Centre for the Family in March, July and November.

Editors: Joanne Specht, Florence and Colin Moorman, and Shelley Morris

Production: IdeaZone

Printing: Flynn Printing

As a regular part of my job here at The Cridge Centre, I have the pleasure of giving tours and telling the stories of The Cridge to whomever wants to hear them. In April I had the great pleasure of welcoming Linda Hogg to The Cridge Centre for a tour – but as it turned out, she gave me a tour instead. Linda was an orphan here between the years of 1956 – 58. As we walked around the building, she told me stories from her time here – stories filled with fondness and happiness for those years. Here are a few of her memories as recorded by Linda:

I remember my arrival, along with my brother and sister, to the Children's Home. I was 9 years old. It was on a Sunday in February 1956. There were



Linda (Janice) King 1955

There was a television in the dining room!

very few children and we had a very quiet supper in the evening. To my amazement there was a television in the dining room! What a treat! We didn't have a television in our home. Gradually the children began to arrive Sunday evening and my new life for the next 2 years was to begin.

My memories of the Children's Home are special events that occurred and there were a lot of those. In the summer we were taken to Elk Lake or Beaver Lake for picnics. One Christmas we went to the Lieutenant Governor's home on Rockland Avenue for dinner and



Linda King Hogg 2016

Santa and gifts. It was such a spectacular building! There were a number of times that new clothes arrived for the children. I don't know who provided these clothes but I remember receiving a beautiful pale blue coat with satin lining. It was to be used for "best" which usually meant Sunday School which we attended at the old Gospel Hall on Cedar Hill X Rd. Charles Ellington was our minister.

The property at Cook Street was vast and very beautiful. It was fabulous for exploring. The summers were great and very healthy as we were so often outside. Our meals, cooked by Kay and her helpers, were very nutritious and dinners were always followed by dessert. There was always a snack before bedtime.

One of my favourite places in the evening was standing at the turret on the 2nd floor before going to bed. I was able to watch the lights of Victoria and during the winter watch the snow falling which was a delight. I would also watch for my mother's arrival from this window.

These are only a few of the memories that I have, but they were wonderful ones. I was excited when our mother told us we would be moving up-island because she was offered a good job and it meant that we would be living with her again on a full-time basis. But I did miss The Home and the children and used to return for overnight stays sometimes in the summer when I was in Victoria to visit my grandmother.

If you have stories about The Cridge Centre from the past, please contact me! Joanne at 250.995.6419

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



Charlotte, Emma, Nicole (YPOP Worker), Anika, Rebecca, Stephanie, Sarah

We are often blessed by members of the community who reach out to support our programs. This year Reynolds Secondary School's Vital Youth Program (a program created by The Victoria Foundation to provide students with hands-on experience in philanthropy and community development) chose to donate their grant to our Young Parent Outreach Program. Nicole, our YPOP Outreach Worker was pleased to meet the group and accept their generous donation.

The Re-Buy-Cycle Shop (1330 Finlayson St.) also recently reached out to us with an offer to provide our children with free bicycles. The owners, Rob Keats and Rob Barron, restore old and discarded bikes and then sell or donate them. Our families have been delighted to be the recipients of their generosity.



Rob, George and Rob from Re-Buy-Cycle Shop

Shimmy Mob

Candace Stretch

The Cridge Transition House for Women was honoured again this spring to participate in Shimmy Mob, an international event that raises money for transition houses. The local Shimmy Mob group is coordinated by the incredibly enthusiastic and amazingly talented Bunny Keo. Two of our CTHW staff, Isha Bedi and Marlene Goley, performed as a part of Shimmy Mob Victoria. To witness the sense of joy and sisterhood that is created when this group dances together for such an important cause is truly inspiring. You can watch some great videos of this remarkable event taking place in many locations across North America and beyond by visiting www.shimmymob.com

This dedicated group raised over \$3,000 for The Cridge Transition House for Women – what a wonderful gift!



Isha Bedi and Marlene Goley

Beef or Bison Burgers

Yield 2 Patties

300	g	Lean Ground beef or bison
3.5	ml	Salt
2.5	ml	Black pepper
5	ml	Garlic fresh minced
5	ml	Fresh minced parsley
5	ml	Fresh minced thyme
30	ml	Onions, minced



Method: Combine all ingredients except the meat and mix well. Add this mixture to the meat and combine only enough to incorporate ingredients. Do not over mix otherwise the burgers will be tough. Form into patties and refrigerate to firm up. Cook on your BBQ or frying pan until a temperature of 74°C is reached using a probe thermometer. Brioche buns are a good choice to hold the masterpiece together. I like to butter them and grill until golden brown, preferably in a pan, but on the BBQ is also fine, just keep a close eye on them otherwise they will burn. Caramelized onion mayo makes a great burger sauce. Use 1/2 cup cooled caramelized onions pureed and 1 cup mayo of your liking, with a few dashes of Worcestershire and tabasco sauce to taste. Enjoy!

Caramelized Onions

Yield about 1 cup

4	cups	sliced onions
1	tsp	salt
butter or olive oil for cooking		



Method: In a skillet or sauce pan on medium heat add enough butter or oil to coat the bottom. Add the onions and salt and cook until well coated with the fat. Continue cooking, stirring once in a while allowing the water from the onions to evaporate. That's when the caramelizing process begins, keep an eye on them, turn the heat down and stir as they brown. When they have reached a glossy brown colour they are ready. Taste and add a little more salt and pepper as you like. Use right away or cool quickly.



Need a safe and super fun place for your child or grandchild to spend the day this summer?
Look no further – spaces still available.

Call Tim now at 250.995.6407.

Check out the SunFun video at www.cridge.org/childcare/sunfun/

More Than Making a Budget

Marlene Goley

The reality for many women escaping abuse is poverty. They have been isolated, forbidden to work outside of their homes or develop marketable skills, often are left with big debts, and are trying live on income which is below the subsistence levels of government Income Assistance. There is little hope of seeing any child or spousal support from their abusive ex-partners. Living in poverty means cycling through financial crises, housing instability, insufficient money for food and basic necessities such as bus fare or laundry. Returning to their abusive partners often seems like the only way for them and their children to survive. This is the reality for the women who move into The Cridge Supportive Transitional Housing.

Our program supports have always focused on the safety planning and healing that are crucial for women leaving abusive relationships. Because we realized that we also must support women to become financially stable in order for them to create and maintain their own safety and security and that of their children, we tried to incorporate some budgeting and money management. But it seemed like this was too big of a leap for the women to make on their own. Women needed more than making a budget.

In 2010, we secured funding to launch The Cridge Asset Building Program. Asset building programs are much more than making a budget. Participants are supported to actually implement the “financial literacy” that they have learned. They are individually coached to set some realistic financial goals for the future, to make a plan to get control over their money (even with little income), and to start saving modestly for their future plans. The key to making this work? The matched savings component of the program. Each participant’s monthly savings is matched 3:1 for 18 months.

Here is how it worked for Joanna:

She left her abusive husband and was trying to support herself and her daughter on less than \$900 a month. She was in a terrible financial bind and terrified to open her threatening overdue bills. But the promise of the 3:1 match was the powerful incentive. She said it was the only thing that gave her hope and the courage to try. She made a spending plan that included a monthly payment on the

credit card debt and put \$10 a month into her savings account. Over 18 months she paid down her debt, saved \$180 and with the \$540 match she had \$720. That, plus a moderate student loan, would get her through the 10-month Registered Care Aid course. What she could hardly dare dream about 18 months previously, had become a reality.

The matched savings component is the important difference between teaching budgeting or financial literacy and providing a real incentive to change

behaviour – to engage with the learning. It is also the most challenging to fund. Since 2010, 43 women have been able to complete The Cridge Asset Building Program. We are

hopeful to start another 10 women. Women can save up to a maximum of \$50 per month, so for a 3:1 match for 18 months we need about \$2700 for each match. We have received a grant from The Lobstick Foundation that will cover two women. But we are still searching for the funding for the other 8 women to give them all the opportunity to build their confidence, reduce their vulnerability, give them hope, and to be amazing role-models for their children. With your help, we

can continue to give women the skills and hope to manage their finances well. Please consider making a donation and designating it to “Asset Building Program”.



More than making a budget

**What she could hardly
dare dream about 18
months previously,
had become a reality.**

The Cridge Changed My Life

I am not lost anymore



After my brain injury, I felt so lost. Nothing was the way I thought it should be — so confusing and disorienting. I lost my job and I almost lost my marriage and family. Then I found The Cridge Centre. The Brain Injury Services helped me find my life again. My life is different now, but that's OK.

I am not lost anymore.

You know what it is like to be lost, that momentary panic to find something familiar. Our brain injury survivors often feel that way — like the world has changed and left them lost and confused. Your support makes it possible for us to help these survivors find their way in life again — to find employment and meaning in a confusing world.

We can't do this without you ... because your love is our bottom line.

Your monthly donation will help a survivor find a place to belong.

Thank you!

Program Partnerships

In Kindergarten one of the first things we learn is how to work together — how to share and cooperate. We love it when our different program areas get to work together and share their resources with each other. A new program that is doing just that is our Breakfast Program: some of our brain injury survivors are using their kitchen skills to provide healthy breakfasts to our child care programs. Twice a week a nutritious and fun breakfast is served and the children enjoy not just the food, but the new friends who deliver it. Thanks to everyone who made this fantastic partnership work!



The Breakfast Team (Kevin, Romina and Emily) with Aurora & Andre

Do you have a story to tell?

Do you have a story to tell about The Cridge Centre? We would love to hear from you! Over the next year, we will be sharing stories from The Cridge Centre's past – remembering the people who have been a part of our Cridge family. If you have a story to share, please contact us!
jspecht@cridge.org

The Messenger by Email?

Would you like to receive The Messenger by email? We would be happy to send it to your inbox. Just drop us a line and let us know that you are in! jspecht@cridge.org

The times they are a'changin! And we are changing with them, although perhaps at a slightly slower pace! **We would like to start communicating with you digitally by email and social media. Not only will this keep you more current on what is happening at The Cridge Centre, but it will also cut down on the costs of printing and mailing paper based information.** So – if you have a computer and would like to join our digital list, please let us know! (jspecht@cridge.org). However, if you prefer us to send you our communications in the mail, we are very happy to continue doing so.

Also, please remember to let us know if your address or contact information changes! We love to stay in touch with each of you!



Circle of Care

2016 – 07



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.

☐ Would you prefer to make your gift anonymous?

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

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

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 Specht, Manager of Communication & Fund Development
250.995.6419 Email: jspecht@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.



Ride For Refuge

October 1, 2016

Come ride with us!

Sign up now to ride/
walk/volunteer
or donate



www.rideforrefuge.org/charity/TheCridgeCentre

NOTE: We have recently upgraded our software. 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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