

Celebrating 145 Years of Community Service



friends, and even those of us who never met him, have been touched by his life and death in our shared empathy for the Pollard family and our admiration for Gabe. The journey of coping with Gabe's loss is an incredibly challenging one. Blessedly, Gabe will be with us for this journey. We will laugh at his wit and humour, smile at his kindness, and be warmed by his compassion. We will see past his wheelchair and care needs. We will grow and become better humans because of the influence of such an extraordinary young man.

Please take a moment to watch the respite video on our website:
www.cridge.org/rr/respite-resource-service/

For Gabe, With Love

Gyneth Turner, Respite and Respitality Services

When Gabe died this past spring in a tragic accident, he left us with hearts full of grief... and joy.

"I'm always up for an adventure, even though you're in this thing (wheelchair) - a cripp can still have fun!" - Gabe Pollard

In the early Spring of this year, The Cridge Respite Referral program filmed a video, with the help of Roll.Focus Productions. The original idea was to focus on Gabriel's Mum, Carrie, and his respite care provider, Annie, talking about their experiences

in the program... but it was Gabriel who stole the show. Gabe was so keen on the video, and so passionate about the importance of his Mum getting a break from her caregiver role, that he easily convinced the videographer to interview him too. Ultimately, much of the footage in the video was of Gabe speaking eloquently about his family's experience with Cridge Respite Referral. The video was made just weeks before Gabe's passing.

Gabe's mother, his sister, all of his close family, and his amazing

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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, Shelley Morris

Production: IdeaZone
Printing: Hillside Printing

A Small Program with Huge Impact

Candace Stretch,

Manager of Supportive Housing and Family Services

Identifying unmet needs and finding creative ways to meet them. This is the driving force behind so many Cridge programs -- and it is at the very heart of two separate, but very inter-connected programs: The Cridge Respite Referral Service and The Cridge Respiquality Service.

The story of The Cridge Respite & Respiquality Services began almost twenty years ago, when staff began a process of identifying basic social needs in our community. A significant concern which became apparent was that parents of children with special needs or a mental health diagnosis were experiencing severe fatigue as they struggled to get a break from the challenges of caregiving. Many of these parents had access to funds to pay a caregiver to pay for respite care. However, finding a caregiver they could trust, and having the additional resources to plan and pay for a proper night away, presented huge barriers for these parents. Over these past two decades, the desire to find creative and innovative ways to address this problem, has led us to create and grow The Cridge Respite & Respiquality Services.

The Cridge Respite Referral Service is designed to help these exhausted parents find a caregiver so that they can take a break. Our staff recruit and interview individuals who have the qualifications and desire to be respite care providers. Through a wonderful online tool, known as Cridge Respite Connect, parents are able to find the qualified respite care provider that works for them. For Tanya and Mark, parents of a child diagnosed with Asperger's Syndrome, access to Respite Referral lead them to Anna, a respite care provider who has been caring for their child one weekend per month



Watch Rachel's story about Respiquality at www.cridge.org/rr/respiquality/

for the past two years. Tanya says: "knowing that someone like Anna is caring for [my child] has helped me to let go and relax."

The Cridge Respiquality Service helps parents who have a respite care provider in place, to get a meaningful break from the challenges of caregiving. Respiquality staff create relationships with local hotels and businesses who donate their services. The almost 500 parents involved in Respiquality experi-

"We would never otherwise have done anything like this for ourselves, had this not been planned for us."

ence the support of their community through the gift of an overnight at a hotel, or an evening out. Tanya and Mark described their first Respiquality night at the Empress Hotel: "Thank you! We would never

otherwise have done anything like this for ourselves, had this not been planned for us."

Respite Referral & Respiquality represents one of the ways that The Cridge Centre is committed to meet the needs in our community. However, these two vital services would not exist without YOUR support. YOU can spread the word to friends and family who may be interested in providing respite care to parents in need. YOU can tell businesses and hotels about the value of supporting Respiquality, and can thank those that already offer such support. YOU can support Respiquality through your donations at Stuff the Stocking each December, or perhaps you know a family who needs this service today.

The Cridge Respite & Respiquality Services have allowed us, in a very special way, to support parents who are almost at the end of their tether. We are so grateful to our supporters, who have enabled us to offer such a meaningful and life-changing gift to families that need it the most!

Making a Difference in Our Community

By Marina Bazalitskaya,
Communications

What is it like to be part of a fundraiser as big as the Ride for Refuge? For me, it was exciting, nerve-racking, and challenging. It required a lot of planning and a great team. But most important, it brought a fantastic opportunity to be involved in something great and meaningful for people in my community. Becoming a part of a huge movement that brings help to people who need it the most; low-income families, youth at risk, young parents, children with disabilities, and refugee families - is always exciting and invigorating.

Saturday, September 29 started early with a feeling of excitement. The sun was playful, interrupting the grey morning with moments of bright sunshine and the warmth of a summer day. This year we had over 270 participants, who chose to walk or ride for their favourite charity. Over 130 dedicated volunteers worked hard to make this event run successfully. They included route marshals, welcomers, registration, and the clean-up crew which was reinforced by UVic students. Let's not forget our amazing Kale Kings who were on top of the game ensuring that every volunteer received a lunch and had coffee and muffins for breakfast.

It was very heart-warming to see that each volunteer was engaged and excited, despite the early morning after a long working week. Everyone wanted to be part of creating a change - for a low-income family, a young person in a difficult life situation, or anyone who needed help and protection from the harsh reality of the world.

We were happy to greet our old friends from other charities who



have been with us for several years such as: Sanctuary Youth Centre, Burnside-Gorge Community Association, and the Inter-Cultural Association. We were also thrilled to see new charities like The International Institute for Child Rights and Development joining the event. It was an unforgettable feeling of excitement and support which riders and walkers shared with each other at the start and celebrated together after crossing the finish line.

This year we celebrated the fifth anniversary of The Cridge Centre

hosting and organizing the Ride for Refuge. It is clear that the Ride is more than an ordinary fundraiser - it is an event that brings the community together and raises awareness of the issues faced by our community. We are united in the desire to make an impact: in partnership we will change our world!

This year we raised over \$105,000 which brings Victoria to over \$500,000 in the past 5 years. Thank you so much for your support of this remarkable event that makes a difference in our community and around the world!

Happy 145th Birthday!

Joanne Specht,

Manager of Communication and Fund Development



Our children are celebrating with us!

To co-opt Forrest Gump: “Life is like a garden – you plant some seeds and never know what you’re going to get.”

When Edward and Mary Cridge planted seeds of love into our community and started caring for orphaned children, they likely had no idea that 145 years later, their legacy of love would still be evident in our community. Almost a century and a half later, that loving work to provide care for children has grown to also include families, adults of all ages and people from all walks of life, ability and cultures. What started as a service to a handful of children has become a multi-service organization serving over 2000 individuals a year, with the ripples of care extending far beyond that into our community. Now THAT is worth celebrating!

To celebrate and honour 145 years of service to Greater Victoria, we are renewing our efforts to be relevant and effective in our community. We are focussing on growing a stronger community, one precious life at a time... and inviting you to join us in

**Together we can grow
a stronger community,
one precious life at a
time!**

this exciting endeavour to grow into our next 145 years of service.

We are raising awareness in our community – we want everyone in Victoria to know who we are and what we do. Could you help us do this? Do you have a group of people

who would benefit from knowing more about The Cridge? Call me to set up a speaker to share with your group (250 995 6419).

In order to continue to serve and grow, we also need your financial help – growth takes resources and committed people. Will you join us in supporting this work? Do you have \$14.50 or \$145 to contribute? Or perhaps \$14,500 or even \$145,000? Your gift to The Cridge will mean a stronger community for you to live and work in – a place where every precious life is valued and cared for.

We invite you to celebrate with us the past 145 years – and we invite you to celebrate and support us for the next 145 years to come! Together we can grow a stronger community, one precious life at a time!



Happy 145th Birthday!

Every day of every year, The Cridge Centre is growing a stronger community — reaching out to the most vulnerable and giving them hope and support.

This year The Cridge Centre is celebrating our **145th birthday!** That's 145 years of serving the people of Victoria with care and compassion. We have touched the precious lives of tens of thousands of people. In order to continue to serve our community for another 145 years, we need your help.

Please donate TODAY to grow a stronger community for generations to come.

Your gift can go twice as far! All donations up to \$15,000 will be matched. **DOUBLE YOUR IMPACT** today!

We are growing a stronger community, one precious life at a time.



With special thanks to our donors who are providing the matching funds!

Chef's Corner

Nik Milonas,

Executive Chef of The Cridge Village Seniors' Services

Italian Bread Salad

Yield: 4 generous portions of this hearty salad.

Dressing:

150	ml	extra virgin olive oil
55	ml	fresh squeezed lemon juice
25	ml	minced garlic
5	ml	minced shallot or onion
¼	bunch	parsley tops
1		ripe tomato quartered
20	ml	grated parmesan
15	ml	roasted pine nuts
5	ml	sugar

Salt and black pepper to taste

Method: Combine all dressing ingredients in a blender.

Salad make up and ratios:

Tossed greens

Artichokes (canned) drained cut into 6's

Ripe chopped tomatoes or grape tomatoes cut in half

Parmesan cheese cubed into bite sized pieces

Fresh baked croutons

Julienne ham

Fresh cooked Bacon chopped

Julienne onion

Roasted pine nuts for garnish



Place all these ingredients except the pine nuts in a bowl. Add the dressing and coat together. Garnish with the roasted pine nuts.

1 part
¼ part
¼ part
¼ part
¼ part
¼ part
¼ part
as desired

To make flavourful croutons use an Italian loaf cut into thick slices. Spread both sides with garlic butter, cut into bite size pieces and bake on a parchment-lined cookie sheet @325°F until brown and dry. For the ultimate crouton top with grated parmesan or Romano cheese before baking. Enjoy!

The Seniors' Walk for Refuge

Marina Bazalitskaya, Communications

In celebration of Victoria's 5th Annual Ride for Refuge, our seniors took the opportunity to participate in their very own "Walk for Refuge". This special event is held every year in support of the Canada-wide Ride for Refuge. Our team of 16 seniors fundraised over \$3800 which set a new benchmark in the history of the Walk for Refuge!

The atmosphere felt like a family gathering: warm, filled with jokes and affectionate teasing. As in past years, we went to Willows Beach. The weather was warm, we were surrounded by beautiful scenery, and had a lovely dog named Abby accompany us. We celebrated the finish with hot coffee, donuts and laughs.



Every senior received a handmade afghan generously donated to The Cridge Centre by a group of knitters. It was a fantastic event - such a joy seeing our elders fundraising with determination to walk in support of the vulnerable and displaced. It was wonderful to see them proudly wearing the Ride for Refuge shirts and telling people that they were walking for The Cridge Centre. We are truly blessed to have these remarkable people as a part of our Cridge family.

Welcome to our Board of Directors



Our 145th AGM was a celebration! We celebrated staff anniversaries, another successful year of service to our community and our landmark 145th birthday! There is so much to celebrate for our Cridge family! A new board was also elected for the coming year and we are honoured and blessed by their commitment. Hilary Pryor stepped down from the board after over 5 years as did Mary Jane Spray after her

6 year term. We welcomed Ann Wellman as a new director, and Del Phillips as a returning member. Directors are: Val Fuller (President), Del Phillips (Vice-President), Lynne Ellis (Secretary), Jan Price (Treasurer), Michael Cridge, Claudia Dorrington, Louise Parton, Ann Wellman, and Tony Zanon. We are grateful for the commitment, time and heart of those who serve on our board.

Circle of Care

2018 - 11

 **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: _____
 145th birthday gift.

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 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.

A poster titled "Upcoming Events" with a white background and orange corner accents. The background of the poster features a rustic wooden surface decorated with pine branches, pinecones, and a lit candle in a black holder. The text on the poster is as follows:

Upcoming Events

STUFF THE STOCKING
December 14, 2018
8-11 am

WORKSHOP FOR FRONT LINE WORKERS:
The Relationship between Brain Injury and Intimate Partner Violence
February 2019

For more information:
jspecht@cridge.org or 250-995-6419

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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