



Abundant Life

Abundant Life – what does that mean? Does that mean a millionaire lifestyle with all the toys and leisure time in the world? Or does it mean a life filled with joy, contentment, rewarding work and relationships and good health?

The Cridge Centre recently created a new set of statements to describe who we are and what we do. This month we want to share them with you:

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.

We believe that everyone can have abundant life – from the people that we serve to our staff, board and supporters. We help our families achieve abundant life by supporting them in a multitude of ways, believing and working together with them to overcome challenges. We do that because above all else, we believe that our

job -- our heart for our families -- needs to be one that acts justly, loves mercy and walks humbly.

Abundant life isn't about the money or the toys – it is about caring for each other and walking together to overcome life's challenges. Thanks for walking with us!

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Into Each life a Little Rain Must Fall

Shelley Morris,
Chief Executive Officer

I don't know when I first heard that phrase - I think it was something my folks quoted to me as a child when I wouldn't get my way! I looked it up and it was a song by the Ink Spots and Ella Fitzgerald based on a truly depressing poem by Henry Wadsworth Longfellow. It's a phrase that has planted itself into my storage bank of generally useless information (unless you're playing Trivial Pursuit - some of it comes in handy sometimes!)

Yet there is a truth in that line -- isn't there? For individuals, families and yes, even organizations - there are times when rain falls and troubled times are on our doorstep.



[Give me a shout and let me bring my umbrella to you.](#)

At The Cridge Centre, we focus on walking with the people we serve on their journey through challenging times. I've had occasion recently though to watch and walk with our staff and clients through some rain falling into the life of The Cridge Centre. Remarkably and wonderfully, instead of seeing manifestations of Longfellow's dreary predictions, I have been inspired to see the staff and families demonstrate grace, mercy, courage, wisdom, strength and commitment...and -- in the midst of torrential rain showers -- such rays of sun and encouragement coming from every unexpected direction. What a powerful gift a word of encouragement can be!

So if the rain falls into your life...when the rain falls...let's each be a bit of sunshine for one another - a word of encouragement, a heart of mercy.

There is a Bible verse in the Old Testament in the book of Micah - it says we are to act justly, love mercy and walk humbly. There

can't be a better way to stand in the midst of falling rain than to clothe ourselves in justice, mercy and humbleness -- traits that are gateways to the courage and strength I mentioned.

We have been so privileged over the past 145 years to serve so many people in our community and I have discovered that WE have been equipped by THEM, by their examples as overcomers.

When challenges come to The Cridge Centre, can we do any less than they? Or rather - we can do no less than they in order to honour their example by our own actions and attitudes.

We are loving the phrase "Abundant Life" and you'll be hearing more about that in the coming months. Abundant life doesn't mean a life without rain showers, crisis or heartache. It does mean the opportunity to overcome, to triumph, to recover, to heal, to thrive, to be joyful and thankful, to work, to play, to love and to be loved.

So if the rain falls into your life... when the rain falls...let's each be a bit of sunshine for one another - a word of encouragement, a heart of mercy. Give me a shout and let me bring my umbrella to you.

Achieving an Abundant Life

Marina Bazalitskaya,

Communication Support Worker

I spoke with Matthew on a sunny afternoon as we settled on a green patch in a quiet Fernwood neighbourhood to talk about his life. Matt has had a remarkable life, full of twists and turns, which have made him the person he is today.

Born in the 1970s, he was a middle child in a family with nine children. The first four years of his life he spent in and out of hospitals with a congenital condition that required surgery and often caused respiratory infections. His health issues made it very hard for his parents to take good care of him as well as his other eight siblings. During one of his long stays at the hospital, a married couple came to meet him. They returned again and again, eventually asking if Matt was

His view of abundant life isn't about money, prestige or power -- it is about caring for each other and walking together to overcome life's challenges.

interested in joining their small family. Matthew agreed and a few weeks later he was adopted by them and moved into his new home.

Matthew enjoyed cooking from a young age so it didn't come as a surprise for his family when Matthew chose cooking as his profession. When he talks about his first job, he remembers that he had to start as a dishwasher, working his way up to

what he loved doing the most - baking! Cooking is a stressful job, filled with the steam from burners, loud music, rush hours, as well as good jokes shared with the team. It also meant parties until late and early shifts the morning after. One day Matt got sick but he continued going to work every day, hoping it would go away. It didn't. At the age of 35, Matt had a seizure. He fell on the floor in his brother's bathroom and hit his head, causing a brain injury. He recalls looking at himself from above, wondering if he was dead. "No", the voice told him, "it's not your time." He woke up in the hospital as he had many times before in his childhood, surrounded by his worried family.

It took him two months of intense work and rehabilitation to relearn how to coordinate his body, rebuild new habits, retrain his memory and become familiar with his new self. When he went back to work, he realized how much things had changed. He had to start again with the basics and find a new system of doing things that fit with the new Matt. He was dedicated and worked hard to overcome the challenges life had presented him. His motivation to return to work in the kitchen helped him to deal with memory loss, to cope with his temper and to stay true to himself. When he finally returned to his team, he was as reliable and hardworking as ever before.

In 2008, he made an important decision to change his extremely stressful job at the Sticky Wicket Pub for something more secure -- to gain more stability and, perhaps, to settle down. After a successful three weeks at his new workplace, on his way to the bank, he had another seizure resulting in another brain injury. This time, it took him many more years to recover. The years were filled with



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surgery, rehabilitation, and hard work to get back to what he had accomplished. His family stayed by his side. His journey toward recovery brought him to The Cridge Centre Brain Injury Services where he spent time remastering his lost cooking skills. He enjoyed cooking for the Child-care breakfast program and making delicious kale chocolate cookies. Recently, Matt joined The Cridge Seniors' Village where he is a valuable member of the kitchen team making nutritious meals for our seniors. He shares his light with people around him, full of energy and dreams. His dream is to go on a trip following the steps of Elvis' tours: starting with Memphis, Indianapolis, and of course Paris.

Matthew is an excellent example of someone who has overcome seemingly impossible odds with the help of The Cridge Centre to achieve his goals and dreams. His view of abundant life isn't about money, prestige or power -- it is about caring for each other and walking together to overcome life's challenges. We are proud to have Matthew as part of our team and our Cridge family.

Why Not Leave a Legacy?

Joanne Linka,

Manager of Communication and Fund Development

When I first met Bill and Lotte Zonnenberg, I could tell that this was a couple who had a strong and cooperative relationship. They both came to Canada as young people in the early 1950's - ready to work hard and build a new life after leaving their home in Holland. They married in 1956, had two sons and worked hard as an engineer (Bill) and a pewtersmith (Lotte) in Ontario. They tell many wonderful stories about their experiences and the life they created for their family. In 1985 they retired and moved to Victoria, ready to begin a new chapter of travel, hobbies and grandchildren.

Lotte and Bill have an attitude encapsulated in the words "why not?!" They look at new challenges with the perspective that anything is possible with some hard work and cooperation. Together they built three houses - with Lotte doing the electrical work and roofing



Bill and Lotte Zonnenberg

alongside Bill. She lived out the belief that women can do anything that men can do - which was not a common perspective at that time!

The belief that anything is possible has extended into their philanthropy. They have been generous and committed donors to The Cridge Centre for many years, supporting several programs monthly as well as sharing their love for The Cridge Centre within their community. Over the past year, they have

worked together with us to create the Zonnenberg endowment, to ensure their legacy of care and support for The Cridge will continue into the future, offering hope and opportunity to families for generations to come. With both Bill and Lotte approaching their 90s, they both recognize that they have had a wonderful life together - and their desire to share their resources will leave an amazing gift to those who come later. We are so grateful for their support!

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If you are interested in discussing how you can leave a legacy, please call me (Joanne) at 250 995 6419.

Ride for Refuge 2019

Ride 2019 will be back on October 5, 2019 - and we hope that you will join us! This year the Ride is undergoing some exciting changes! After five years of hosting the Ride, The Cridge Centre has passed on that responsibility to another local charity - Sanctuary Youth. Darin Reimer, the Executive Director for Sanctuary Youth has been on the lead team for the Ride for the past five years and is ready and thrilled to take on the challenge of being the host charity! Our Cridge team will continue to support the Ride through this year of transition to ensure Sanctuary Youth has the support they need to make it all happen.

A couple of changes are underway. We will have a new start/finish location at Gateway Baptist Church and a few of the routes will see some changes. We also are looking forward to welcoming some new sponsors and new lead team members! Graham Jackson from YWAM is our new Event Director and brings many years of experience with leading events.

As always, we are looking to YOU - our faithful supporters - to get involved on behalf of The Cridge! We need people to walk and bike and raise funds. This year we hope to have more teams riding and walking for The Cridge - we need YOU



to sign up and invite your family and friends to support you either by participating or donating. This event is a wonderful opportunity to share your love for The Cridge with your network by inviting them to get involved. Sign up today at: www.rideforrefuge.org/charity/thecridgecentre. If riding or walking aren't your thing, please consider donating to a Cridge team or volunteering to help out at the event. Please join us as we ride and walk to make our world a better place!

The Cridge Centre News

NEW SPACE FOR THE YOUNG PARENT OUTREACH PROGRAM

This winter **The Young Parent Outreach Program** welcomed our families into a new program space. Now they have more room to play, to grow and connect!



NEW KITCHENS AND BATHROOMS FOR SUPPORTIVE HOUSING PROGRAM

We are grateful for a grant which has made it possible for us to do some much needed work on our facilities. Thanks to **BC Housing**, our townhouses are getting new kitchens and bathrooms after 50+ years of constant use.

NEW CHILDCARE VAN

Thanks to **Variety the Children's Charity**, we now have a new mini bus to transport our children to and from school and activities. We are blessed to be a part of the **Variety** community!



SURVIVE STRIVE THRIVE 2019: BRAIN INJURY, MENTAL HEALTH & ADDICTION

Our **6th annual Survive Strive Thrive** conference was another huge success with over 350 people registered. Speakers and attendees engaged around topics related to lived experience, how meaning affects mental health, and new research related to mental health and addiction.

To view speaker slides or the photos, please visit <https://cridge.org/bis/cridge-brain-injury-services-survive-strive-thrive-sst/>



Chef's Corner

Nik Milonas,

Executive Chef of The Cridge Village Seniors' Services

Quinoa and Chickpea Salad with Roasted Pistachios

Yield: 4-6 servings

225	ml	quinoa
275	ml	veggie stock hot
15	ml	extra virgin olive oil
2		medium tomatoes chopped
1/2		cucumber deseeded peeled and chopped
1/4		bunch parsley minced
1		bunch green onions chopped
1/2		bunch fresh mint minced
1	can	chickpeas rinsed and drained



Pistachios rough chopped for garnish

Method: Soak quinoa in cold water for 10 minutes drain and rinse well. Place in a pot, add the hot stock and olive oil and bring to a boil, turn down to low and cook covered for twenty five minutes. Remove from heat, uncover and allow to cool, fluffing up with a fork. This step can be done in advance. Add all other ingredients and enough dressing to coat. Taste and if needed season with a little salt and pepper. Serve with additional dressing if desired and pistachios on top. Enjoy!

Dressing

150	ml	extra virgin olive oil
2	ml	black pepper
5	ml	salt
5	ml	minced garlic
50	ml	lemon juice fresh squeezed

Macau and the World Forum on Early Learning

Paula West-Patrick and Christine Wosilius,

Managers of The Cridge Childcare Services

In April, we had the thrilling opportunity to attend The World Forum on Early Learning and Education in Macau, China. The Forum, as it is affectionately called, is a global gathering of child care professionals who come together every two years to learn from each other. At this Forum there were nearly 700 delegates from 69 countries and it was such a beautiful experience to see people coming into the opening ceremony dressed in their traditional clothes, so proud to represent their country.

One of the most exciting/terrifying aspects of The Forum was that we were both invited to be presenters on a panel in two separate workshops. Paula's workshop was titled "Child-Directed Learning," and she focused on how we at The Cridge Centre work to create a community for the children to learn, play and grow. Christine's presentation was "Digital Photography as an Art Medium for Young Children" in the "Thoughtful Uses of Technology" workshop. She spoke of how allowing children to

express themselves through photography gives us the unique opportunity to see the world through a child's eyes.


Just before we left for Macau, we were told that the 2021 Forum will be held in Vancouver! The Canadian delegates were very excited to be the host country, and we are excited to see how we can be involved. We are both so very grateful to have been able to go and represent The Cridge Centre!



Cyber Seniors and students connecting through technology

Circle of Care

2019 - 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.

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.



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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