

Living History

Shelley Morris, CEO

Coronavirus, Covid-19, pandemic, super-spreader, social distancing, contact tracing, community spread, self-quarantine, lock down, PPE's - our world has taken words and phrases that would have seemed foreign to us mere months ago and brought them into daily mainstream use.

In my lifetime, there have been moments that become a part of history and I would note the significance of these events. As a child, I watched Neil Armstrong step onto the moon; I watched the Berlin wall fall to the ground; I was riveted when the space shuttle Challenger exploded, when Princess Diana was killed and when the twin towers came down. Even as recently as last year, I followed the news as Greta Thunberg delivered her "How Dare You" speech to the United Nations and the President of the United States was impeached.

What I realize now however, is that as these moments have happened throughout my lifetime, I have been an observer to history. My newspapers, television, magazines and computer have allowed me to sit in the safety of my home or office, and observe history. Each event encapsulated as a moment, or moments in time. Each to be noted in the history books. Each having impact, action and consequence. Each carefully noted by me and catalogued in my memory for the next Trivial Pursuit game...and then came Covid-19.

For me, Covid-19 has been quite profound in many ways. I live in gratitude that our staff and clients are healthy. I live in gratitude that my family and friends are healthy. In the first weeks of impact in Canada, I put my head down and just plowed ahead - working with my incredible group of managers and staff, we leapt out ahead of government dictates and began to lock down our facilities. Not a single program that we run is discretionary, all being deemed essential services. We took steps early on to change procedures, close our facilities to visitors and family and escalate cleaning of every touchable surface. As the



Celebrating Life in th Midst of COVID!

(cont'd on page 2)

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

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

Production: IdeaZone

Printing: ARC Document Solutions

Living History

Shelley Morris, CEO

(cont'd from page 1)

chaotic and intense days became the new normal, we settled into a routine to manage it to the best of our ability, with a determination to keep our clients and our staff healthy, encouraged, protected and supported.

The 'new' normal by week five began to give me some time to think and process what we have been and continue to go through. I'm 61, and have lived a life observing history. Now, along with the rest of the world, I am no longer an observer, I am living history. We find ourselves living a global event, unprecedented in my lifetime. I find that incredibly profound and somewhat difficult to orient myself to.

As I look at the life of our beloved organization, I also recognize and must deal with the fact that this pandemic puts intense pressure not only on our community at large, but our own work. The needs are heightened and the ability to meet those needs becomes more challenging. Our society is becoming modestly aware of the length and breadth of the impact that charities and social service organizations have in maintaining healthy communities. This pandemic is shining a light on the bad and the good and on what really matters and what we truly value. We have seen the ugly side of some peo-



ple's prejudices as they seek to assign blame based on cultural identities. We have seen and benefitted from the beautiful side of people's hearts who have sacrificially donated to help us to continue to serve, even in the face of their own financial pressures.

So as we live in history, does this pandemic have a silver lining? We hear that our planet is taking a deep restorative breath and clearing the skies and the waters. We hear of families drawing closer together, reconnecting over distances. Community spirit is at an all-time high. So yes, there are some great things happening.

We also know that there is a great deal of work to come – work to restore our finances, work to

strengthen those whose mental and emotional health have taken a downturn due to isolation and anxiety, work to reach out a hand to women who have been trapped at home in violence, unable to call for help or get out the door. We know that there is much more history to live and this story is ongoing. Winston Churchill famously said "Now this is not the end. It is not even the beginning of the end. But it is, perhaps, the end of the beginning." Whatever happens, we are committed and strengthened to know that you who read this are with us, in it together, stronger together.

So to finally quote our highly respected and loved Provincial Health Officer, Dr. Bonnie Henry – **Be Kind, Be Calm, Be Safe.**

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.

Sharing Birthday Blessings

Marina Bazalitskaya, Communications Department

What's the best way to celebrate your birthday? Cake, candles and family immediately come to mind. In recent years, it has become popular to celebrate a birthday by creating a fundraiser for a beloved charity or a cause that is close to the heart.

Our supporter, Hannah, chose to set up a fundraiser for her 30th birthday and asked thirty of her friends to participate by donating to The Cridge Centre. We interviewed Hannah and asked what inspired her.

"So much happened in the past decade for me," she shared in a phone interview. Hannah went to the University of Victoria right after finishing high school, got married and had children. "Life was easy for me in many ways." Her current situation made Hannah reflect on her life and think of ways to help those who are less fortunate. "I wanted to make people think about their neighbour. In these unprecedented hard times, we can work together to help each other to redefine what a neighbour is."



As a Cridge client, she was touched by the work we do - her elder daughter loved The Cridge Nature Preschool. Hannah was impressed by the care preschool teachers surrounded her child with. "It is so great when you are seen as a person, not just a client," she shared with us. "The Cridge Centre doesn't forget about their people." Her middle daughter cannot wait until she starts preschool this fall!

Inspired by one of her friends, Hannah created a post on her Instagram page with a plea to donate to The Cridge Centre in celebration of her 30th birthday. She was surprised and inspired when so many of her friends responded with enthusiasm. Hannah encouraged her friends that now is the best time to help each other because now we have time to stop and think about those who are less fortunate -- to help them to have a stable home and safety. She believes that it is time to change our community for the better!

Hannah admitted that when we contacted her and suggested writing a story, she was conflicted. However, after consulting with her friends, she decided that her story could be an inspiration to people in our community. "It might be a great way to expand our neighbourhood, to find new ways to be there for each other!"

We are grateful to donors like Hannah for their support, love and selfless care for our families and our wider community!

Mother's Day Campaign

This Mother's Day, we asked YOU to join us in supporting vulnerable families in our community -- and you came through with incredible generosity! We raised over \$4,300 for groceries for our families! THANK YOU! What an incredible gift for



our families -- not just food to eat, but also care, support and hope from their community. Precious gifts indeed!

From all of us, we thank you for your kind generosity. You have blessed us and our families!

Grudge Gratitude

With thanks to just some of the amazing community members who have made our lives better during the pandemic as we continue serving the needs of our families:

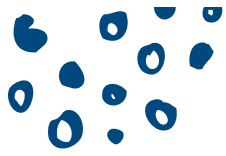
The **Rapid Relief Fund** allowed us to quickly and effectively ensure that we had the supplies and staffing needed to deal with extra cleaning, new protocols for clients and financial aid for lost income. We are so grateful for our community and their response to this amazing fundraising effort sponsored by the **Victoria Foundation, the Jawl Foundation,** and the **Times Colonist.**



One of our primary concerns for our clients, other than their physical health, was their emotional well-being. With the help of **Telus** and **The Chamber of Commerce**, we received tablets to help our isolated clients access technology to connect with their families and loved ones.

The Easter Bunny was incredibly generous to our clients and staff this year! Thanks to **Rocky Mountain Chocolates** (Nanaimo), we received enough chocolate to give to every client and staff member (over 2000 people!).





Reaching Out



We asked our friends and supporters to send words of encouragement, artwork and favourite photos to our beloved seniors to enjoy during their isolation. We would love to share some of them with you!



Chef's Corner

HOMEMADE RHUBARB CORDIAL (RHUBARB SYRUP)

Homemade Rhubarb Cordial transforms sharp rhubarb into a sweet & refreshing drink. Simply dilute with either still or sparkling water to make a beautifully thirst quenching beverage. Great in cocktails too!

- 500 g rhubarb cleaned and cut into chunks
- 1 thumb size piece of ginger peeled and finely grated (optional)
- 1 lemon (zest & juice) preferably organic
- 250 g caster (fine) or granulated sugar
- 400 ml water



Method:

Put rhubarb, sugar, grated ginger (if using), lemon zest, juice and water into large pan or stockpot and give them a mix.

Put the pan on a medium heat and bring to boil. Let it simmer for 10-15 minutes until rhubarb turns soft and mushy and sugar dissolves.

Take the pan off the heat and prepare a bowl or large measuring cup you can easily fit a sieve on. Strain the cordial through the sieve.

Pour the cordial into prepared sterilized bottles and chill.

Dilute 50ml cordial to 150ml water with some ice!

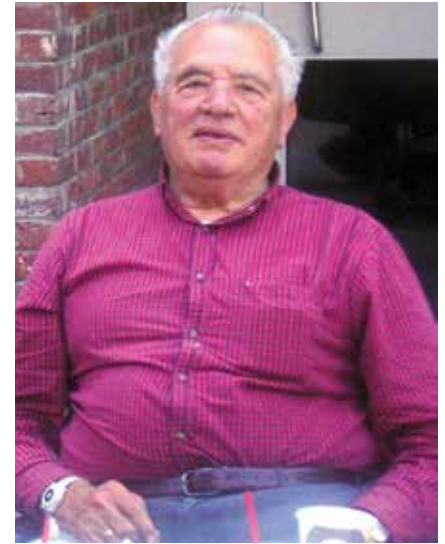


Ice Cream Trolley Visit to Seniors' on Pajama Day

Paul's Familia

Years ago the Seniors' Centre had the honour of welcoming Paul as a resident. He was a gentleman with an Italian accent that took you to rolling hills, vineyards and "familia". Familia was everything to him and so when he moved in, with children on one side of the playground fence and he on the other, he took them into his heart like family. He would walk every day and spend time by the fence chatting into the playground with the daycare children. He had the gift of the gab, a hu-

mour that belied the challenges life had brought him through the war, a big personality, but most important, an even bigger heart. He wanted to take care of his family when he passed, so he left a legacy for the children of The Cridge Child-care, to better their lives, their days, their opportunities and their health. Giving a gift in a Will is a wonderful way to keep giving long into the future. If you would like to talk more about leaving a legacy, call Joanne at 250 995 6419.



Circle of Care

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



Let's Connect



TheCridgeCentre



TheCridgeCentre



thecridgecentre



CridgeCentre



**[cridge.org/category/
story-library/](https://cridge.org/category/story-library/)**



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

The Cridge Centre for the Family
1307 Hillside Avenue
Victoria, BC V8T 0A2
Phone: 250-384-8058
Fax: 250-384-5267

pbailey@cridge.org
www.cridge.org

PM40024094