

## Big changes ahead!

**Shelley Morris, CEO**

*This letter has been re-printed by permission. It was sent to the President of The Cridge Board of Directors in early 2020.*

Since August of 1981, my work life at The Cridge Centre has been nothing less than astounding to me. I walked in the door with a high school education as Receptionist, and now sit in the chair of the CEO, simply by the grace of God and His provision.

In those years I have cried myself to sleep, I have cried tears of grief, I have wept with joy. I have held babies in my arms and I have held babies in the faith. I have chopped wood, answered phones, fought demons and walked with royalty. I have danced on table tops and fallen out of chairs. I have risen to the occasion and I have, of course, had occasions of failure.

Children, families, brain injured, victims of violence, special needs, seniors, opening programs, closing programs, new Canadians, young parents, snowstorms, building buildings, the dawn of computers, children growing up to be staff members...what a ministry, what an experience, what a place this is!



In it all, I have tried to cling to my Heavenly Father, to give my all and to trust in His leading. As I look toward the future of The Cridge, and my future, I feel the time approaches for me to step aside. I have always said that I want to leave before my “best before” date expires and that is now on the horizon.

I feel that new energy, new vision, better skills, more talented leadership are all needed to carry my beloved organization into the

fullness of what God has next. I believe God has someone ready to come who is equipped to lead and care for my beloved staff in the way they need. As I grow weary, I cannot let them pay the price of me diminishing.

We have real people working at The Cridge, complete with joys, sorrows, hopes, fears, cranky days, committed passion, sickness and tragedy, wisdom and grace. What I may have accomplished has been on the shoulders of these giants that God, in His grace, has given me the privilege to lead. Everything I have ever accomplished or contributed has been because

of God, by God, through God and with God.

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*(cont'd on page 2)*

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Shelley Morris, CEO

*(cont'd from page 1)*

I have felt the rock solid support and prayers of so many precious board members. The board have been my safety net, my counsellors, my brothers and sisters, my friends. The board have inspired me, challenged me, comforted me and held me. Gifts that exceed my ability to appreciate with mere words.

I believe that for the good of The Cridge, forty years of Shelley seems to be enough. I am tired in body, mind, soul, spirit and emotion. I don't know what is next, but I know that my God does.

With both grief and relief, I am tendering my resignation to take retirement no later than August 2021. If



Shelley with one of her "sweeties"

the Lord directs the path of the board to someone new sooner than that date, I will step aside sooner, trusting in His provision and will.

I weep as I write this, but I know it is right. Service to the Lord at The Cridge has been and will always be my greatest privilege. I pray that you will remember my service with gentle grace knowing that, in spite of my many weaknesses, I tried my best to honour the Lord.

God bless The Cridge Centre, its ministry and its people. Thank you for letting me be a small part of God's big story in this organization.

Blessings,  
Shelley R. Morris  
CEO

**We would like to dedicate the July edition of The Messenger to our beloved Shelley Morris and to celebrate the 40 years of her legacy.**

**If you have any pictures and stories you would like to share, please email us at [communications@cridge.org](mailto:communications@cridge.org)**



**Don't forget to visit us online! We love to interact on Facebook, Twitter, YouTube and Instagram. Check out [cridge.org](http://cridge.org) for regular blog updates.**



# The Cridge Brain Injury Program's Initiatives

## Time to Talk Traumatic Brain Injury

What is it like to experience a traumatic brain injury (TBI) and walk the road of recovery? Our very own "Time to Talk Traumatic Brain Injury" is a podcast dedicated to brain injury survivors and their experiences adjusting to, and doing their best, to live a healthy and productive life post-injury. This podcast is an initiative by survivors and former clients of The Cridge Brain Injury program. With over 2,000 downloads since the first episode, it features interviews with rehabilitation specialists (occupation, speech and physiotherapy) and survivors



who share their experiences. They cover topics such as relationships

and dating, healing, coping with COVID-19 restrictions, and the struggles they face when dealing with the system. By educating our community, the podcast helps TBI survivors to reintegrate into society, boost survivors' confidence, increase participation in the workforce, and so much more.

We invite you to join us in learning more about brain injury from an inside perspective.

Find **Time to Talk Traumatic Brain Injury** podcast on Google Podcasts, Spotify or Libsyn

## Burning Love Designs

Another exciting brain injury initiative introduced to the public in the summer of 2020 is Burning Love Designs. Burning Love offers part-time employment for brain injury survivors while improving their cognitive, social and physical skills. Used as an art therapy intervention, it helps survivors work on various functional skills such as fine and gross motor skills, endurance, communication, socialization, and problem-solving skills.

Calder McCormick, the production manager of Burning Love, is proof that sometimes the best medicine comes in the form of attention, conversation and connection to other people who have experienced the same challenges and are working toward a common goal.

Dr. Bonnie Henry-inspired signs and coasters highlight one of the most popular phrases in the recent history of British Columbia. The quote "Be Kind, Calm and Safe" are en-



graved with wood-burning to commemorate an unforgettable 2020.

**To support the project and order a beautiful handmade sign, e-mail Calder at [caldermccormick1@yahoo.com](mailto:caldermccormick1@yahoo.com)**



**Signs are \$20 each and can be picked up at Mary Cridge Manor, 1172 Yates St.**

# The Gridge Centre News

## BARB'S RETIREMENT

After 22 years of faithful and generous service, Barb is retiring from our Admin team. Barb has been an incredible blessing to our staff and clients in all her work on payroll, client payments and so much more. We are so grateful for Barb and wish her a wonderful retirement!



## THANKS TO ORCA BOOK PUBLISHERS

Big shout out to Orca Book Publishers for the generous donation of books for our children! Literacy is so much easier with great quality books for any age!



## GRANT ACKNOWLEDGEMENT

We are so grateful to have received a grant in support of our new program of Intimate Partner Violence related Brain Injury. This funding will enable us to provide relevant training to medical professionals in the CRD. Many thanks to the funders and the Victoria Foundation for facilitating this important work.

The Fund for Gender Equality is supported by a collaboration between Community Foundations of Canada and the Equality Fund, with support from the Government of Canada.



COMMUNITY  
FOUNDATIONS  
OF CANADA

Canada 

**EQUALITY  
FUND**



# Chef's Corner:

**Nik Milonas**, Executive Chef of The Cridge Village Seniors' Services

## Whole Wheat Macaroni and Cheese

Yield: Makes one 10x12x2 inch deep roasting pan

A:

90 g	Butter
75 g	Flour
1.375 ml	Hot milk
15 ml	Salt
5 ml	White pepper
1 ml	Cayenne
1.5 ml	Nutmeg
500 g	Cheddar shredded

B:

450 g	Whole wheat macaroni dry
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C:

500 ml	Breadcrumbs
250 ml	Parmesan cheese grated
35 ml	Fresh chopped parsley
65 ml	Unsalted butter melted



**Method:** Butter the roasting pan. Boil the noodles. Cool with running water, drain and set aside. Use whole wheat noodles for a more nutritious and delicious meal.

In a stainless steel saucepot, cook the butter, flour, and spices on medium-low heat for 5 minutes. Turn the heat off. Slowly add 150 ml of the hot milk stirring with a wooden spoon. As it turns into a mass, continue adding the hot milk in stages, stirring. Change to a whisk and blend until smooth. Return to the heat on medium and simmer. Turn the heat to low and cook for about 15 minutes while being careful not to scorch the bottom of the pot. Finally, start adding the cheese in batches until combined. Add the noodles into the prepared pan and mix in the hot sauce. Afterwards, combine breadcrumbs, parmesan, parsley and butter. Add to the pan distributing evenly across the top. Bake in a 350°F oven until golden brown. About 15 minutes. Serve four hungry people or one hungry parent. :) Enjoy!

We regularly run a financial literacy course for women, funded 100% by donations. If you are interested in participating, please let us know! This is what one of them had to say when she completed the course:



"I'd like to say thank you so much for the opportunity that you gave me and others. I have to say it helped me feel better about myself to know I could save money again. I forgot how it felt to be able to do something that improved my life but also the lives of my children. Now I have money set aside for repairs on my vehicle -- its older...thank you for matching what I saved...it has helped me so much now that I know my van has new brakes for all the things I have to take my children to ...thank you so much wishing you many blessings. The way you blessed my children and me."



## Preventing Hunger Together

Do you think of Canada as a wealthy nation? Most of us would agree that Canada has many resources in comparison to other countries.

However, **1 in 8 households** in Canada is food insecure, amounting to 4.4 million people, including more than 1.2 million children. We associate hunger and malnutrition with under-developed regions of the world, while **1 in 6 Canadian children** under the age of 18 is affected by it. Households led by single moms are especially vulnerable!

Hunger does not always mean a complete absence of food, it also means skipped or smaller meals and cheap fast food alternatives. **For so many of our clients at The Cridge Centre, hunger is a daily struggle.** This Mother's day we ask you to support those who need it the most.

**Honour the mother figure in your life - give a family in need a grocery card!**

To donate please visit our website at [cridge.org/giftcard/](https://cridge.org/giftcard/) or choose "Mother's Day campaign" on donation form (page 7)



act justly | love mercy | walk humbly

# What was I thinking?

Joanne Linka, Manager of Communication and Fund Development

Have you ever made a decision on Monday and by the time Wednesday rolls around, your brain is screaming: "WHAT WAS I THINKING??"

We all do it. We make a decision in the moment:

Yes, I have time for that!

I'd love to help!

That sounds like a great idea!

And then reality hits and it is all about WHAT WAS I THINKING???

**There is one decision that I make regularly that I NEVER regret.**

When I make a donation to my favourite local charities, I ALWAYS know it is the right decision. **Every. Single. Time.** I know that my gift will support someone in need. My gift will allow for vital work to

be done. My gift will change a life. There is nothing to regret about that!

It is my sincere hope that when you donate to The Cridge Centre for the Family, you don't experience regret, but that you know your gift is valued, stewarded and appreciated — and used to change a life. Every. Single. Time.

2021 - 03



**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 \_\_\_\_\_

☐ Mother's Day campaign

First Name: \_\_\_\_\_ Middle Initial: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_ PC: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

**With credit card and identity fraud on the rise, we have measures in place to keep your information safe. Please choose from one of the following options:** • Donate online at [cridge.org/donate/](https://cridge.org/donate/) • Call 250-995-6427 to speak with our Donor Specialist

• **OR fill in your credit card information below:**

☐ 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 # 108079419RRO001

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](mailto: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 Sharon Crozier of any changes via email to [scrozier@cridge.org](mailto:scrozier@cridge.org) or by phone at 250-995-6427.

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