

In A Place of Gratitude

Adam Richards, CEO



*"Do not be anxious about anything, but in every situation, by prayer and petition, **with thanksgiving**, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds." Philippians 4:6-7*

If there was ever a time that this verse has been tested in the life of The Cridge Centre, it has been this past year. COVID 19 has introduced all kinds of reasons for anxiety and yet in the midst of it all, we find ourselves in a place of gratitude for God's provision and presence. I love that our focus for this Messenger is **gratitude**, as that is exactly what I feel after my first three months in the CEO chair. Sometimes in the midst of trials and uncertainty, rediscovering your reasons for gratitude

can be a blessing. What am I thankful for? Let me share my list:

Staff – There is no way I can have a gratitude list without having our staff at the top! I have discovered that this organization has a deep treasure chest filled with amazing people doing amazing work. For all of our staff who help us write The Cridge story, I am thankful.

Management Team – Our Cridge Management team has been serving in their roles for an unfathomable amount of years -- together they have over 200 years of service! That's right – 200 years! Their deep commitment to the purpose of The Cridge Centre is unmatched. You know them already but I would like to include them by name: Marlene, Paula, Candace, Sarah, Christine, Geoff, Tina, Dave, Patricia and Joanne.

Clients and Residents – While I wish we lived in a world where many of our services were not needed, we continue to be thankful for the souls that God brings into our care. Their trust in us to serve their needs is both affirming and an honour.

Board and Committee Members – These faithful individuals, who give of their time, expertise, and heart to the work of The Cridge Centre, are outstanding. Their guidance and trust give us the vision and direction to realize our calling.

Community Partners and Donors – The work we do does not happen without the partnerships we share

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throughout this community. Whether it is funders, service providers, consultants, and contractors, we are thankful for their steady and consistent support. Your financial contributions don't just support the financial needs but also affirm your belief and trust in us.

God's Provision – Time and time again, even in my short time here, I am buoyed by seeing God's provision.

We see it with an extra contribution at just the right time, or a new staff, or an extra measure of resilience in our clients. In every corner of the organization I am thankful for God's presence.

Laughter – This is hard work, and there is so much need for laughter and joy. "The joy of the Lord is our strength." I love serving with a team that loves to laugh and share life, that encourages, and brings color into every day. **The Cridge Centre for the Family is not just something we do it's who we are!**

As **The Cridge Child Care team**, we are so grateful for many donations and legacy bequests that have allowed us to make significant investments in the quality of our facility and programming. A prime example was the installment of artificial turf for our playground. Without the generosity of our donors, our dream would not have come to



fruition. We are very grateful for your faithful support and care – making a wonderful difference to little bare feet, for rolling, tumbling, and somersaulting down the hills of our refreshed playground.

Paula Westpatrick and Christine Wosilius, Management of The Cridge Child Care Services

The Cridge Respite & Respite Program relies on the support and generosity of donors, hotel and community partners to help our families access vital breaks from the physical and mental stressors of day-to-day life to rest, reset, recharge, and rejuvenate. The theme of gratitude could not be more relevant to our work, especially over the past 18 months.

Throughout the pandemic, our families were faced with increased struggles to find respite care and access breaks, and for many, a hotel stay was not possible. However, we managed to secure the support of several businesses to help us deliver alternatives to our families, such as gift cards to access local restaurants or activities without financial burden. We feel deep gratitude for the new donors and our existing business and hotel partners for supporting our program through the pandemic.

The generosity and compassion of our donors make a



[Preparing food hampers](#)

huge impact on our families. Here are some messages of gratitude from parents who were able to access Respite & Respite during the pandemic:

"I received the gift cards, and I wanted to say thank you again! They are very much appreciated."

"Thank you for your email and for having some alternatives to the yearly hotel stay. Since we have not gotten out much at all, we would welcome an outing. I know there will be a lot of demand for anything, so again,

thank you, thank you, thank you."

"We love the respite program and look forward to it every year. It is the one night a year we get a break for the whole night, to step away from our life, stresses, worries, and just relax."

Linda Pityn, The Cridge Respite & Respite Services

Flexing Our Gratitude Muscles On The Air-Ways

At the Bluesheet Clubhouse, a support group for brain injury survivors, we would love to express our gratitude to those who support our projects.

Firstly, we are thankful to the growing number of dedicated listeners to our podcast 'Time to talk Traumatic Brain Injury'. They have given us new opportunities to flex our gratitude muscles.

Also, we thank the entire team of survivors involved in the production of this podcast, whose creativity and dedication make our podcast so successful and helpful for brain injury survivors and their loved ones. Thank you to our guests who bring knowledge and exposure to the brain injury community and share their lived experience after enduring brain injury.

We are grateful for the chance to share our thoughts with our listeners!

The members of the Bluesheet Clubhouse

The Cridge Brain Injury Program



Listen to our podcast on Spotify, or wherever you get your podcasts, or just go to this link: timetotalktbi.libsyn.com/website



December 6 will mark the 30th anniversary of The Cridge Transition House for Women. Since our doors opened in 1991, we have welcomed and served thousands of women and children fleeing abuse and violence in their lives. We are grateful to have our beautiful character house to offer shelter to the

women and children who need it so desperately. We are grateful for all the wisdom and caring of the many staff, volunteers, and students who have supported women and children to reclaim their lives. And we are grateful to each and every one of those thousands of women and children who have sought our shelter and support, and shared their wisdom and courage with us.

We are grateful to all of the funders, donors, and community supporters who have made it possible to provide our services for 30 years. Their support has not only helped in so many practical ways but has also sent each woman and child the powerful message that their efforts to stop the violence in their lives are supported by their entire community.

Our gratitude extends to the future. We want a future in which violence against women is no longer a threat. We are grateful for each day that gets us closer to that future.

Marlene Goley, Manager of The Cridge Transition House for Women

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.

Back in March 2020, I would never have imagined the immense gratitude that would flow from coping with a global pandemic. These past 18 months have been full of fear, grief, loss and uncertainty. In the midst of it all, our staff, residents, and supporters of **The Supportive Transitional Housing program** have shown a strength and resilience that I am so thankful to God for.

My heart was filled with gratitude when:

- Staff altered their work schedules to accommodate social distancing and provide longer hours of service to residents.
- Donors dropped off food, gift cards, quilts and toys for families feeling the impacts of isolation.
- Residents decorated the outside of their homes to show solidarity and support for one another.
- Staff adapted services and created wonderful activities for residents either online or outdoors.
- A couple who had cancelled their wedding due to the pandemic donated all of their catering to our clients. What a delicious meal for every household!
- Every single resident who showed up at the Dovetail Office door over the past 18 months was happy to wear a mask.
- Board members, society members, and supporters of The Cridge Centre showed their care by praying for our staff and residents.



We have had a front-row seat as God has taken this terrible pandemic and used it to create many beautiful blessings. We are filled with gratitude!

Candace Stretch, Manager of Supportive Housing & Family Services



Celebrating the re-opening of the dining room

While Covid-19 raged through our world, our communities and sometimes our homes, I think it's fair to say that our **seniors** in Long Term Care and Assisted Living have lived with the most significant restrictions and the greatest losses in BC. Our seniors have struggled with complete lockdown, isolation, and depression. Yet, we have been so fortunate not to have had a case here at The Cridge Centre while so many of the elders in our province and across the country have been so terribly impacted.

Over the past 18 months, we watched our residents connect by learning to use Zoom or FaceTime for the first time, families bringing encouraging

signs for seniors to see, daily phone calls – it's been so inspiring to see, and we are filled with gratitude for every small joy.

The things that we have all missed – funerals, weddings, and birthdays – will never be regained. At the same time, we have learned many great things about our seniors – how resilient, strong, and loving they are. They often get hit the hardest with life's blows, but they find ways to cope, ways to adapt, and they hunker down and get through it. They inspire us every day!

Sarah Smith, Manager of The Cridge Village Seniors' Centre Services

Chef's Corner:

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

Apple and Celery Turkey Sliders

Yield: makes about 20 small patties.

1 kg ground turkey
100 ml green onions chopped
200 ml celery minced
2 apples peel on and diced small
45 g butter unsalted
10 ml salt
3 ml white pepper
lemon juice and zest
bunch parsley minced
2.5 ml ground sage

Method: Cook green onions, celery, and apples until tender in the butter. Let cool. Add the remaining ingredients and combine. Using a scoop or tablespoon, form into patties. Refrigerate for about two hours (or overnight) so patties firm up, and the flavours develop. Cook in a skillet using a small amount of butter until golden on both sides. Place on a rack and finish cooking in the oven at 350 °F. Cook until an internal temperature reaches 74°C or 165°F (using a probe thermometer). Serve on small buns or on their own with a side salad and cranberry mayo (equal amounts of cranberry sauce and mayo).



Cranberry Sauce

Yield: 500 ml

500 ml cranberries (fresh or frozen)
30 ml water
60 g sugar
Juice and zest of orange

Method: Add all ingredients to a saucepot, bring to simmer, and cover. Turn heat down and cook gently for about 10 minutes. Allow to cool. Serve or refrigerate.





A Gift of Gratitude

After the past 20 months of COVID-stress, we have so much to be grateful for!

We are so grateful for:

- YOU and YOUR faithful support!
- Our healthy staff and clients
- A community that cares for the vulnerable
- All of the dedicated staff who continue to serve as essential workers



What are you **grateful** for?

This fall, make **a gift of gratitude** in support of all the families and individuals who we serve every day.



- Online donation: cridge.org/give1/
- Cheque: 1307 Hillside Ave., Victoria, V8T 0A2
- Debit or Credit: call 250 995 6427 or email scrozier@cridge.org

Your donation will be matched for a total of up to \$30,000!
THANK YOU for your generosity and support!



act justly | love mercy | walk humbly

This year the **Young Parent Outreach Program** was able to make sure all 26 families received gift cards so they had access to fresh, nutritious and yummy food for their Thanksgiving spread. "This just upped our weekend dinner 1000%, from just another dinner to one I can be proud to serve my family this year. Thank you!"

Nicole Andrews, The Cridge Young Parent Outreach Worker



2021 - 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: _____
☐ Mr ☐ Mrs ☐ Ms Other _____ ☐ Gift of Gratitude.

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/ • 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 # 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.



Upcoming Events

STUFF THE STOCKING

November 28 - December 4, 2021

New format - DIGITAL!

Support The Cridge Respite program by donating online or by mail. Watch our social media pages for opportunities to win a prize!

For more information email

cstretch@cridge.org

Please mark your donation as

"Stuff the Stocking"



NOTE: Please double check the accuracy of your name and address and notify Sharon Crozier of any changes via email to scrozier@cridge.org or by phone at 250-995-6427.

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