

I'm a Part of Something Good!

by Adam Richards



CONSTRUCTION OF THE TAYLOR BUILDING, JULY 1892

This past year I turned 50! It was a big deal to turn the corner on my 40s and there was no doubt that the idea of now being in my 50s was a little unnerving. Amid the personal unrest, I was faced with some professional trials and found myself leaning on the past years of learning and experience to help shape my decisions and to strengthen my confidence to take steps forward. We're celebrating **150 years** at The Cridge Centre this year, and it is imperative that we learn from the past 150 years to help direct us into the next 150 and to give us confidence as we continue to embrace the future.

So, what have we learned from the past 150 years?

- Community change happens when pioneers step into need with courage and humility as Edward and Mary did so long ago.
- It takes a team to take on this work... we do not walk alone.
- Innovation and creativity lead to new opportunities and renewal.
- Integrity and relationships build credibility and longevity.
- Leadership is not about position but about impact.
- Investing in people is the **best** investment.
- When God leads, all things are possible.

As we reflect on the above learning, let it spur us on with courage and faith to step into the next chapter of The Cridge Center for the Family. It is a privilege to serve in this tremendous organization, and I am humbled to be included in The Cridge Centre story. We are all responsible to honour the past by being brave with the future. Let us step together, in faith, in courage, and continue to Act Justly, Walk Humbly and Love Mercy.

Continuing in Community and Care

by Rachel Simmonds



MARY-ETHEL AUDLEY

Sometimes, things are just meant to be. Some people are just meant to be in our lives. You can walk through life and keep bumping into them until you find where your circles begin to overlap or draw closer. That's what happened to Mary-Ethel Audley. She and Greg Cran had been bumping into each other and running in the same circles for much of their adult lives. Greg Cran, as Mary-Ethel came to learn, was a great-great-grandson of Mary and Edward Cridge.

As she was bumping into Greg Cran, Mary-Ethel was also being drawn into the community, care, and leadership in The Cridge Centre. She joined the Board in the mid-90s, convinced Greg Cran to join her, witnessed the addition of the Child Care building, and watched as Shelley Morris stepped into the role of Chief Executive Officer. "I have to say, she just pulled everything together... I thought who could do better than Shelley?" For Mary-Ethel, the idea of The Cridge's legacy is intimately tied to the success and functionality of the organization.

On a personal side, the legacy of The Cridge Centre in her own life is the intersection of community and faith. The Cridge Centre has given her, "fabulous friends, and connections with people," as well as reconnected her with her faith.

"I just feel honoured to be part of this community... There are so many wonderful things that The Cridge does... I just find that when I start to feel a little bit down, it buoys me up to know that I'm involved in all of these programs, involved with The Cridge. It does so much for the community and has for so long... It's incredible."

So, what kind of legacy does Mary-Ethel envision for The Cridge Centre for the next 150 years? In a word: continuing. "I'd like to see it really solid and continue forward" in supporting those in our community and preparing for those that we don't know yet. Growing beyond what our expectations might be, continuing to change and adapt as it has for the past 150 years.



GLORIA HOEPPNER

In the Background Making a Big Impact

by Rachel Simmonds

When you think of making an impact, you might think of donating large sums of money, or being on the front lines of a health crisis, or maybe even going overseas to help in some humanitarian effort. For Gloria Hoepfner, doing the unknown and unglamorous jobs that allow programs at The Cridge Centre to function properly—the cleaning, sweeping, file organizing, or running various errands—are the ones that she feels the most useful in.

Gloria is one of those people who has spent a lifetime stepping into places that need assistance. She's volunteered at different organizations over the years, including Peers, CARTS (Christian Actions Reflecting The Spirit), and now here at The Cridge Centre. What keeps Gloria coming back to The Cridge Centre each week? "The people, the staff, the commitment to love." Gloria's joy is "being able to take some ordinary, mundane duty off of somebody's plate so that they can concentrate on other priorities. [She] enjoys being a background facilitator of someone's vision."

Despite being more of a background volunteer, the impact of what The Cridge does is not lost

on Gloria. One time in particular really stood out to her. "At Christmas time, I was in the Dovetail program to help with families picking up their hampers. I was amazed at the people who had donated the hampers, I mean, talk about extravagant kindness! I got to see when the parents came to pick up the hamper that had been assigned to them. The total disbelief on their face when they would see a table and under the table and around the table were all gifts for their family. It was really a privilege to witness that."

The Cridge Centre for the Family has served our community for 150 years because of people like Gloria Hoepfner, who volunteer in the background. Change doesn't have to look like world-changing policy or financial donations (although, those are nice), it can just be a willing heart ready to help. "I look around me and I have so much gratefulness in my heart for the things that God has built into my life, and I have to share that. Even if it's just sweeping and cleaning." Gloria, our hearts are filled with gratitude for you and your ministry of service – and for every other volunteer we are privileged to work with.

Walking the Talk

by Rachel Simmonds



MEASHA GALLAGHER,
STAFF MEMBER

Where do you see yourself in five years?

It's a pretty common question in job interviews. For Measha Gallagher, she's gone from her first day at The Cridge Centre in 2018 to being the Program Coordinator of Brain Injury Services and Intimate

Partner Violence/Brain Injury Services.

Measha's favourite story of her time at The Cridge Centre is tied to her previous supervisor, Tori Dach. Working with the clientele that she does, Measha was noticing herself, other staff members and contractors getting tired and burned out. Working in supportive brain injury recovery is incredibly meaningful, but also exhausting if you're not careful. "Is there a way that we can build self-

care into this?" Tori and Measha, through trial and error, restructured parts of their program to include elements that support the contractors—such as creating a communal space for contractors to come and unload after their work day. She is incredibly proud of the framework of care they have been able to build around their team, supporting their own self-care, as well as their ability to successfully support our clients.

As important as the outward work the programs and services The Cridge Centre provides are, Measha appreciates that it's also good on the inside and good to its own people. "Our staff are driven and passionate, but they are also well taken care of. There's a culture of taking care of yourself, not of burnout and working until you're dead."

Being a leader, exploring new territory, making new connections, and striving to better help their clients—that's what Measha appreciates the most. "We're walking the walk and talking the talk. It's not just talking about what we wish we could do. It's making the wish list and making it happen and actually taking steps."

The Future: Patience and Love

by Rachel Simmonds

"How am I going to help support my son? How am I going to help myself? How am I going to do anything?"

These were the questions swirling in Toni's mind after an aneurysm that left her with a brain injury. Faced with a totally unknown future that had just gotten exponentially harder, Toni felt defeated. "At that time, I'm like, whatever. I don't care. I don't care. Just leave me alone." After a recommendation from VIHA, Toni was connected to The Cridge Centre for the Family and to Janelle Breese Biagioni and Dale Breese (two brain injury support staff), whom Toni credits with saving her life. "After having some sessions with Janelle and Dale, they really got me thinking about what my life could actually be...They said, 'No, we're not going to leave you alone.' And if it wasn't for those two ladies, I probably wouldn't be here today...So this place has saved my life. Capital

letters, SAVED MY LIFE."

Toni is the most incredible person. With a heart truly made of gold, she lives her life wanting to make life better for someone else in some way. Her desire to be involved in something good is palpable. She is full of stories and excitement about the work she does through our Brain Injury Program with the lunch program at Pacific Christian School. The kids that she works with give her energy, and the friendships she has built with the others in the program that have sustained her. "The people that I went through that program with at the time, we're still friends. We get together. You know? They're my family."

For Toni, the future of The Cridge includes expanding the Brain Injury Program far beyond its current borders. The number of people that are already receiving support, and those that will need support is unfortunately growing quickly. What's needed are more case workers, more accessible housing specifically for women with brain injuries, and, "more patience and more love. That's all it is, as far as I'm concerned."



TONI KING



DEL PHILLIPS, BOARD MEMBER

Sprinters and Marathon Runners

by Rachel Simmonds

As a board member since the 1980s, Del Phillips has seen a lot of change over the years at The Cridge Centre for the Family. When he was the Director of Finance for the Board, The Cridge Centre was in desperate financial difficulty. Del and other members of the Board calculated and found that they had about seven more years of running the organization before they would have to declare bankruptcy. They, of necessity, entered a time of hard transitions and pivoting toward a sustainable future that would allow The Cridge Centre to continue to operate, and eventually to grow. It wasn't an easy transition—in order for the daycare to still operate, some staff positions had to be cut to balance the budget—but it was a transition that led to other doors of opportunity opening.

In the 90s, as the government Department of Social Services began to contract out services and provide funding, The Cridge Centre bought the property for what would become The Cridge

Transition House for Women and Brain Injury Programs. That addition combined with the childcare programs strengthened the organization and made for a more secure foundation to build on in the future. "That was a turning point for The Cridge, because as [those programs were] built, and more government programs came into existence we were able to deal with the losses. We started showing positive cash flow and things improved." Because of the innovation, commitment, and forward-thinking of a group of people with a vision for an exciting future, The Cridge Centre has remained a place of safety, and community and goodness for all people.

Del has always seen enormous potential in The Cridge Centre during these periods of transition. "There are people that are really valuable in terms of their ability to run a marathon with an organization, long-termers. There's also the importance of having the innovators and the sprinters that can just generate new ideas and the kind of initiative that moves an organization forward. We're in that transition period now where we can build on what we have." Now, we do need our marathoners. Our long-termers are the bedrock of the identity of The Cridge Centre. But, how exciting to think that The Cridge Centre is once again standing on the precipice of great change! That we can be the sprinters, the movers and shakers of the community for the next 150 years. It's with a sense of optimism that Del says the first 150 years were the tip of the iceberg. Who knows what the future will bring?

UPCOMING EVENTS

JOIN US FOR OUR 150TH ANNIVERSARY CELEBRATION!

Who: You, and the rest of our Cridge Community

When: September 16, 2023 from 11:00 AM to 3:00 PM

Where: 1307 Hillside Ave

Why: To celebrate 150 years of The Cridge Centre serving in your community! This is a family-friendly event. Watch for more details closer to the day.



COME TO OUR OPEN HOUSES!

Each of our programs will be hosting their own Open Houses during the year, and we'd love to see you at one of them! If you're interested in attending a specific one, please email communications@cridge.org

Seniors Center - August 11, 3 - 4:30 pm

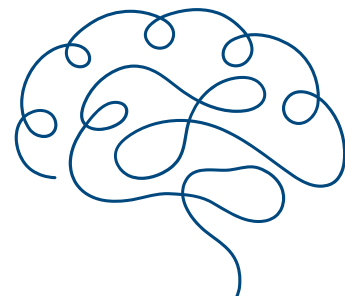
Brain Injury - October 6, 1 - 4 pm

Respite and Respatiality - October 18, 11 am- 1 pm

Child Care - September 16, during Anniversary Celebration

SURVIVE STRIVE THRIVE

Survive Strive Thrive is back again this year on October 14! This is a one-day workshop on life after brain injury. We have a full panel of speakers ranging from survivors to Ph.D. candidates and a documentary film; all MC'd by Jody Paterson. If you're interested in attending, you can learn more at our website at <https://cridge.org/bis/survive-strive-thrive-sst/>



Chef's Corner: A Celebration Drink – Empress Gin Mule



PHOTO AND RECIPE FROM EMPRESS 1908 GIN

All you need are three simple ingredients to create this simply stunning sip: fresh lime juice, ginger beer and of course, Empress 1908 Gin! Add the Empress Gin Mule to your summer celebration menu.

Ingredients

2oz Empress 1908 gin
 ½oz Lime juice
 3oz Ginger beer
 Lime wheel
 Mint leaves

Method:

In a glass, pour the gin, lime juice and ginger beer over ice. Garnish with a lime wheel and sprig of mint. Celebrate!

Donation Form

2023 – 07

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 _____

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Email _____

Signature _____

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

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

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How do you want to receive The Messenger?

We would like to start sending The Messenger to you by email.

If you don't have email, don't worry, we will continue to send it in the mail.

If you would like to receive it by email, please let Sharon know at scrozier@cridge.org

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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