



# Newsletter

Mountain Rose Women's Shelter Association

Volume 33 / Summer 2021



## Mountain Rose Women's Shelter

### **ANNUAL GENERAL MEETING**

The Mountain Rose Women's Shelter invites all  
interested community members and volunteers to  
attend their Annual General Meeting

**Thursday, June 17, 2021**

**6:00 pm at the Mountain Rose Centre  
4708 46 Street, Rocky Mountain House AB  
(Unless Covid Restrictions will require an online meeting)**



### Message from the Executive Director

***"As the seasons change so do we; may we be aware we are shifting just like the wind."***

***-Anonymous***

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The change of the season from winter to spring and now summer, brings us hope for longer days, warmer weather, and more sunshine. But 'as the seasons change so do we; may we be aware we are shifting just like the wind.'

Just like the wind, we came from different directions, at times with strong gale force, at other times with little gusts but through this past year dealing with the COVID pandemic, we kept shifting like the wind. Shifting to meet the ever-changing regulations; shifting to meet the needs of the people we support; and shifting to support our co-workers as they navigated through family responsibilities, safety requirements and remaining on the job.

We shifted, we adapted, we changed. At times, this was not pretty. We became discouraged, we became angry, we became sad. But these emotions also shifted to understanding, to compassion, and to hope. With the increase in vaccinations in our community, we can now see the light at the end of a very dark tunnel.

The Mountain Rose Centre Staff Team made this past year bearable. I am proud and humbled to work with such a wonderful group of people.



## *Volunteers are Needed*

### *Safe Ride / Bartending Program:*

The MRWSA Safe Ride / Bartending Program provides these services to community events such as weddings and company parties (Christmas, staff appreciation, etc.) for a fee. This may be a safe ride or a bartending event or both for an event. This program raises up to \$10,000 per year which assists the Mountain Rose Centre to provide a variety of services. MRWSA has special insurance to provide coverage for any volunteer involved in these volunteer opportunities.

### *Safe Ride Program*

Volunteers use their personal vehicle to provide safe transport from the event to where the guest(s) is staying within a 15 kilometer distance of Rocky Mountain House. The time commitment is 3 hours usually from 10 pm to 1 am but this fluctuates. Mileage can be reimbursed to the driver. Any cash tips received from the guests are donations to MRWSA.

### *Bartending Program*

Volunteers support events by completing the bar service. One volunteer per event must have ProServe. The time commitment is 6 to 8 hours usually from 6 pm to 1 am but this fluctuates. Any cash tips received from the guests are donations to MRWSA.

Please **HELP** us continue this program in our community. If you have a few hours to spare or would like more information, please contact Cindy Easton to register as a volunteer with this program ([ceaston@mrwsa.net](mailto:ceaston@mrwsa.net)).



### **Board of Directors**

**President**  
**Lisa Block**

**Vice President**  
**Sharon Kopchia-Okon**

<b>Member</b>	<b>Corrinne Bell</b>
<b>Member</b>	<b>A. Mavis McGilvery</b>
<b>Member</b>	<b>Diana Monfette</b>
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<b>Secretary</b>	<b>Maureen Janke</b>
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COVID-19 continues to cause a significant reduction in fundraised dollars due to the increased competition for charitable donations as non-profits try to address increased costs from implementing safety during COVID-19. Restrictions also prohibit in-person fundraising activities, open doors to allow for walk-in donations and community events that help generate revenue. If possible, monetary donations are greatly appreciated. A Charitable Tax Receipt is issued for donations of \$10 plus.



# Canadian Benefit for Parents of Young Victims of Crime

The death or disappearance of a child is devastating. It can leave parents grief stricken and unable to work. Federal income support is available for parents coping with the death or disappearance of a child as a result of a probable criminal offence and who suffer a loss of income when they take time away from work to cope with this tragedy.

Once completed, send your Application Form, along with the original signed Employment Form(s) and the Incident Report Form, to:

Canadian Benefit for Parents of Young Victims of Crime  
Processing Centre  
PO Box 8232, STN T  
Ottawa ON K1G 3H7

## BENEFIT AMOUNT AND DURATION

You may be eligible to receive \$450 per week, before tax, every two weeks. You may receive up to 35 weeks of income support during the two-year period immediately following the incident. The benefit is considered taxable income. Income tax will be deducted from your benefit amount, and you will receive a statement of income slip for income tax purposes at the end of the year. The benefit can be shared between multiple eligible parents.

## ELIGIBILITY

To receive the Canadian Benefit for Parents of Young Victims of Crime, applicant(s) and the incident must meet the following criteria:

### APPLICANT ELIGIBILITY CRITERIA

You must:

- be legally responsible for the child or children involved in the incident;
- have recent labour force attachment, having earned at least \$6,500 in the previous calendar year or in the 52 weeks prior to the incident;
- be on leave from employment or working no more than 50 percent of your regular work week, up to a maximum of 20 hours per week;
- have a valid Social Insurance Number;
- not have been charged with committing a probable Criminal Code offence that led to the death or disappearance of the child; and
- not be receiving any type of Employment Insurance benefits or Québec Parental Insurance Plan (QPIP) benefits

### INCIDENT ELIGIBILITY CRITERIA

- The child must be deceased or missing as a result of a probable Criminal Code offence;
- The child must have been under 25 years old at the time of the incident;
- The incident must have occurred in Canada;
- In the case of a missing child, the child must have been missing for over a week; and
- In the case of a deceased child, where the child is 14 years of age or older, it must be improbable that the child was a willing party to the crime that led to their death.

## APPLYING

You can apply online or by mail using the **Canadian Benefit for Parents of Young Victims of Crime Application Form** at [canada.ca/parents-young-victims-crime](http://canada.ca/parents-young-victims-crime). The following two forms must also be completed and sent with your application:

**Employment Form** – must be completed and signed by the employer that you are currently working for or that you worked for in the 52 weeks before the incident occurred. If you are self-employed or are reporting both self-employed and employment earnings, you must also submit your Canada Revenue Agency notice of assessment from the previous income tax year.

**Incident Report Form** – must be completed and stamped by the law enforcement agency where the incident was reported.

You can download this publication by going online: [publiccentre.edsc.gc.ca](http://publiccentre.edsc.gc.ca)

This document is available on demand in multiple formats (large print, MP3, Braille, audio CD, e-text CD, or DAISY), by contacting 1 800 O-Canada (1-800-622-6232). If you use a teletypewriter (TTY), call 1-800-926-9105.

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Cat. No.: SG5-74/2018E-PDF  
ISBN : 978-0-660-27956-5  
EDSC N° : IN-491-09-18F

For more information or to apply, visit [canada.ca/parents-young-victims-crime](http://canada.ca/parents-young-victims-crime) or call 1 800 O-Canada

Service  
Canada



## Outreach Services



The Outreach team is currently on hold for in person group meetings but is looking forward to offering this service again as soon as we are able. We had a good turn out to our evening support group leading up to the latest COVID restrictions and have received feedback from the participants that this is a much-appreciated service that we provide. We have continued to meet with emergency and second stage guests on a regular basis for one on one meetings and have tried our best to meet with community clients as needs have arisen. With the opening of restrictions, it is expected that in person group meetings will resume the week of June 7<sup>th</sup> with Covid19 protocols followed. Please call Glenda or Kjersti, 403.845.5339 for more information.

## Family Support Services



The Family Support Program has enjoyed hosting several Enrichment Activities throughout the spring, focusing on providing a supported environment where moms and their children, both in Emergency Shelter, Second Stage Housing, as well as having moved into safe and stable housing in the community, can enjoy time together as a family; connecting, reconnecting, and repairing relationships that have been stained by the stress of domestic violence in the family's past. Throughout the spring we hosted an Easter Themed Scavenger Hunt for Families, we planted both flowers as well as a variety of fruit and vegetables in several garden boxes that we have been able to install on Mountain Rose Centre property, as well as the garden boxes we once again rented at the Community Garden this season. The community families we support continue to participate in the Collective Kitchen Program in collaboration with Mountain Rose Center's Housing Program in the Food Security/Stability Program. It is a pleasure to provide a variety of nutritious groceries to families and hear stories and see pictures of the family spending time making a variety of meals together!

Just recently we added an additional team member to our team with the addition of a second child minding worker for the summer months! We are excited for the increase possibilities this holds for summer programming, both on and off property!

## Clearwater County Housing Support Services



**"At the end of life we will not be judged** by how many diplomas **we have** received, how much money **we have** made, how many great things **we have** done. **We will be judged** by **"I was** hungry, and you gave me something to eat, **I was** naked and you clothed me. **I was** homeless, and you took me in."**- Mother Teresa**

Check out MRWSA Facebook page for more news, information and programs.

Check out MRWSA Website <http://mrwsa.net>

### ....upcoming events

**Currently there are no upcoming events due to Covid19. Please stay safe!**



## You are Invited

### Help Determine the Future & Vision of MRWSA

MRWSA Board of Directors have initiated a Strategic Planning process to guide the organization for the next 3 to 5 years. With the support of Kim Pasula (Governance Facilitator), the Board of Directors invite you to be part of this process. A preliminary survey will be shared by Mr. Pasula at the end of August for preparation for the Strategic Planning Day on October 2, 2021.

If you are interested in participating in the survey and/or would like to attend the Strategic Planning Day on October 2, 2021, please contact Cindy Easton at [ceaston@mrwsa.net](mailto:ceaston@mrwsa.net) or 403-845-5339 for more information.

It is very important to have your voices heard as MRWSA works to meet the needs of our community.

### Mountain Rose Centre



*Buy a brick for \$500*

**In support of the Mountain Rose Centre**

**Have your name or dedicate the brick in the name of a loved one.  
Bricks are \$500 each and a charitable tax receipt is available.**

**Contact Cindy Easton at 403.845.5339 to discuss ways to contribute.**

## PCAP – Parent Child Assistance Program



### What Are the Causes of Addiction?

There is no single cause of addiction; [people begin using substances for many reasons](#) and one person's path to addiction may look drastically different from that of another.

Apart from the case of beginning drug use via a prescription from a doctor, there are 4 main reasons people may try substances:

- To feel good. Drugs may lure people with the appeal of:
  - A euphoric high.
  - Feelings of power.
  - Increased confidence.
  - Energy.
  - Relaxation.
- To feel better. Someone with anxiety, high stress, or depression might turn to drugs to try and manage distressing symptoms.
- To do better. Some drugs have the reputation of improving athletic or academic performance, so people may see them as a way of getting ahead or even just keeping up.
- To fit in or experiment. People, adolescents especially, may use out of sheer curiosity or to try and impress their peers.

### What Are the Signs of Addiction?

Physical changes, such as:

- Drastic weight loss or gain.
- Changes in appearance and/or hygiene.
- Dilated or constricted pupils.
- Red eyes.
- Slurred speech/problems with motor coordination.

Psychological changes, such as:

- Increasing anger, irritability, and aggression.
- Rapid mood changes.
- Odd and bizarre thoughts, e.g., being extremely paranoid for no reason.
- Loss of motivation.
- Hallucinations – seeing, hearing, feeling, smelling, or tasting things that are not present.

Social changes, such as:

- Spending more time with a new group of friends.
- Increased conflict or isolation from previous support system.
- Lying and secretiveness.
- Sudden involvement in criminal activity.

If you or someone you know is impacted with drug use, please call Rocky Mental Health at 403.844.5235

## As a Community Member, I Support Mountain Rose Women's Shelter Association



by giving a gift of \$ \_\_\_\_\_



by giving a monthly gift of \$ \_\_\_\_\_

Name: .....

Address: .....

City: ..... Province: ..... Postal Code: .....

Home Phone: ..... Cell Phone: .....

Email Address: .....



would like volunteer information



would like to sponsor an event



would like to do a third party event

Please mail your completed form and make cheque(s) payable to:

**Interac is available**

Mountain Rose Women's Shelter Association  
PO Box 325  
Rocky Mountain House AB T4T 1A3

## Project & Grant Supporters



WOMEN'S SHELTERS CANADA  
Shelters and Transition Houses  
United to End Violence  
Against Women



Status of Women



Hospitaller Order of Saint John of Jerusalem

GOVERNMENT OF ALBERTA Ministry of Community and Social Services



Next to New Store

Town of Rocky Mountain House

Funded by the Government of Canada's Homelessness Partnering Strategy  
Funded by the Government of Canada's Department of Women & Gender Equality  
Funded by the Government of Canada's New Horizons for Seniors Program

**Thank you to all event sponsors, community donors & volunteers**

Incorporated under the Canada Revenue Agency Charities Act, Alberta's Society Act and Alberta's Charitable Fundraising Act.

You are receiving the Mountain Rose Women's Shelter Association's e-Newsletter because you are currently or have historically supported MRWSA as a volunteer, member or community supporter. If by chance your email address was added by mistake, please accept our apology and contact [ldallacosta@mrwsa.net](mailto:ldallacosta@mrwsa.net) to be removed from our e-mailing list.

Each edition will include valuable information about our agency, such as dates for special events, information about domestic violence, ways to get involved, and highlights about our programs and services. Please feel free to contact [ceaston@mrwsa.net](mailto:ceaston@mrwsa.net) directly if you have ideas for future newsletters, any comments, questions or concerns.