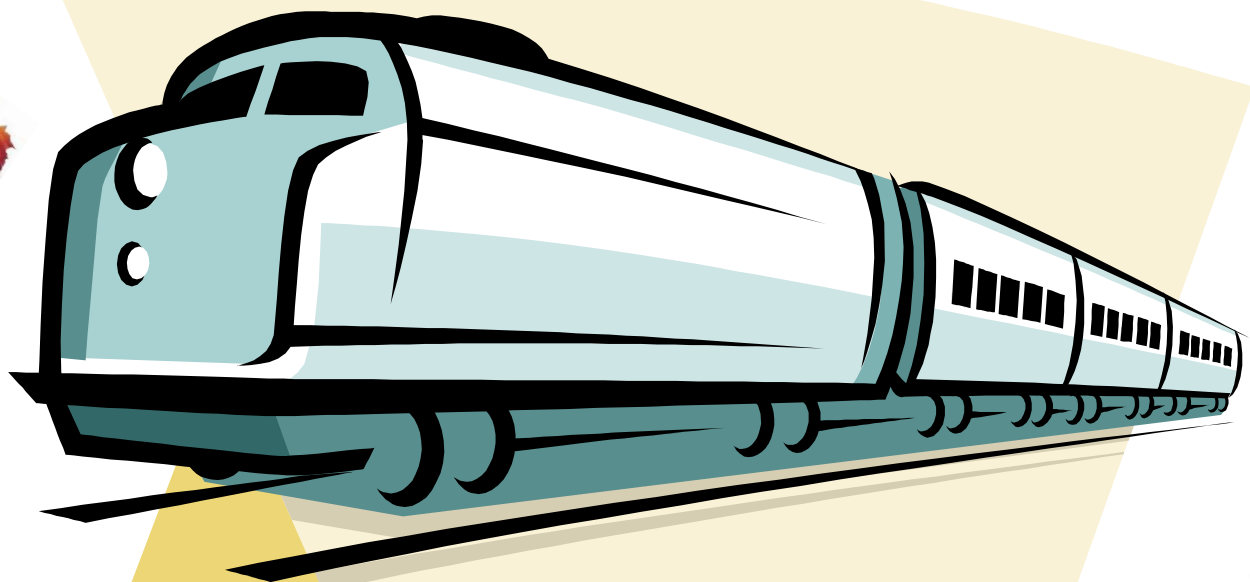


# Residential Express



*Fall-2017*  
*Issue- 141*





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President - Monik Gagnon  
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 Marlene Harrity  
 Lyne LeBlanc  
 Tracy Leblanc  
 Natalie Lutes  
 Melinda Mucci  
 Luanne Rafferty  
 Ronda Saulnier  
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#### Health-Safety

Nina LeBlanc  
 Alison Caissie  
 Natalie Lutes  
 George MacDonald  
 Jennifer Cyr  
 Pauline Goguen  
 Jody Nielsen  
 Melanie Martin  
 Mavis Rodriguez

[monctoncommunityresidences.com](http://monctoncommunityresidences.com)



#### Joke of the month

A Scottish mother visits her son in his New York City apartment and asks, “How do you find the Americans, Donald?”

“Mother,” says Donald, “they’re such noisy people. One neighbor won’t stop banging his head against the wall, while the other screams and screams all night long.”

“Oh, Donald! How do you manage to put up with them?”

“What can I do? I just lie in bed quietly, playing my bagpipes.”



REMEMBRANCE DAY  
*Lest We Forget*

#### Mission Statement

*Moncton Community Residences Incorporated is a non-profit organization that provides residential options and support for individuals with developmental challenges in the various aspects of their progressing lives.*



Happy  
  
 Thanksgiving





## *MCRI: Where Do We Come From?*

Moncton Community Residences Incorporated (MCRI) first started in 1967 by a group of parents who wanted living alternatives for their children who typically would have been placed in one of the two large psychiatric hospitals in N.B. (that housed people with disabilities, the criminally insane, seniors, and those with psychiatric concerns). Instead, the parents had two homes built through fundraising and paid live-in House Parents for each home to look after 6-10 children. After awhile the parents realized managing the finances and other needs of the home was becoming too difficult so they decided to incorporate their program, which is when MCRI officially began (1974). Incorporated with a new Board of Directors and a General Manager, MCRI next opened a third House Parent home for children (1975).

As community social programs continued to evolve the government was receiving more pressure to close institutions because of reported deplorable conditions and treatment of its residents. It was then (August 1<sup>st</sup>, 1978) that MCRI received funding to open the first 24 hour staffed Community Residence in N.B. By 1980 plans were well underway to close the William F Roberts Hospital School and the Centre Care institutions in favour of community based options. Under the Hatfield government, and thanks to the Minister of Health Nancy Clarke Teed, both institutions eventually closed. Mrs. Teed was hailed a hero by parents and many of the organizations who believed in this cause and all were saddened when she died in a tragic car accident a few years after her time in office.

Non profit organizations were soon setup across the province to start up Community Residences that could house youth and adults exiting from the two institutions. MCRI was the leading organization in N.B. in this project and at one time operated 15 Community Residences for adults and youth. The residents of Community Residences needed a great deal of physical and emotional support and were often difficult to manage in the early years of living in the community; nonetheless, MCRI made a commitment that they would work hard to transition Community Residence residents to a life of stability and onward to more self-sufficient living options. In fact, MCRI was the organization that created the new pathways that would transition residents from 24 staffed homes to more self-sufficient and less costly programs. In 1981 MCRI started the Supported Independent Living Program (SILP) which transitioned adults from Community Residences and family settings to live on their own, in their own place, with MCRI bringing daily living supports. Next, in 1983, MCRI opened its first Alternate Family Living Arrangement Program (called the Peer Program at the time) to do similar services in paid family settings.

When the McKenna Government came in to power (and no heroes in sight) there was a move by then Minister of Health, Dr. Russell King to reduce the funding to Community Residences and move disabled individuals from Community Residences back into institutional settings because Nursing Homes had a surplus of vacant beds. With reduced funding many non profit organizations could not operate safely. Some closed all together, while others went from Community Residences of 4-5 residents to 6-10 so that they could generate enough income to operate. Naturally, the "homey" feel of a Community Residence was lost in part and financial struggles were ongoing. MCRI also faced this funding trauma and over the next few years closed most of its residences.

Thankfully, by that time, MCRI had well established itself in transitioning from Community Residences to other residential programs and was serving more people than ever before. This forward thinking paid off plus it saved the tax payers hundreds of thousands of dollars. When MCRI had many Community Residences it was easier to transition people to more self-sufficient/less costly AFLA and SILP style programs. And, though the Government did not provide transition funding to move people from Community Residences to other residential programs MCRI was committed to spending time and funds to help people move to the next phase of independence. The constant closing of community residences did eventually slow MCRI's transition of people (because there were simply fewer homes to transition people from); but again, MCRI would continue to try to transition people from homes right up to the last day each community residence closed. This cost the organization massive amounts of money but they did it anyway because it was the right thing to do. For example: Just recently MCRI managed to transition four of the eight residents at West Lane to other MCRI programs before its closing.

### **What does it mean not having an adult Community Residence(s)?**

1. First off, it costs the taxpayers more money. Though profit Community Residence businesses usually operate less expensive in the short-term they always cost more in the long-term. This is because most/if not all profit Community Residence businesses are not motivated to give up their funding source by transitioning people to less costly

programs. Private business operators are also not interested in losing income during the transition period. This means people stay longer than they need to, which in the end costs the government more money.

2. When you don't have a Community Residence(s) it means there is no temporary place of relief for AFLA Providers (which is needed from time-to-time) and/or no place of safety when a person's placement stops temporarily due to a crisis. This effect reduces admissions and the ability to transition people. As a result individuals are placed in those previously mentioned places with little to no motivation to move them to the next phase of self-sufficiency.
3. Youth graduating from MCRI's youth Community Residences may not be able to transition to other MCRI residential programs if they are first in need of an adult Community Residence.
4. Without community residences people coming to MCRI now must be able to have enough self-sufficiency to go directly into other residential programs without a Community Residence transition period. This increases the number of ineligible applicants that can join at this level of MCRI service.

### Conclusion

The closure of the home on West Lane is a sad day and it will have an effect on future families looking for assistance for their sons and daughter to live self-sufficiently beyond the boundaries of community residence living; nonetheless, that doesn't mean we will give up on Community Residence transitioning. For decades MCRI has had transition programs both internally and externally. We transitioned from Community Residence to AFLA, AFLA to SILP and/or other combinations of transitions. We also transition with external community partners such as: Mental Health, Social Development, Reconnect and the Association for Community Living. Though we've closed our final adult Community Residence it won't stop us from trying to transition in the future, such as:

- ◆ Advocating to Social Development to open future adult transition homes through MCRI, Social Development, Parent Groups or other non profit sources. Today's "NO" in government is tomorrow's "PLEASE ASSIST US."
- ◆ Pressuring Social Development to challenge Profit Community Residences to start transition programs so that people living in their services can move on to something less costly and more self-sufficient.

In the 35+ years that followed my first day on the job (August 1<sup>st</sup>, 1978) MCRI has constantly pursued self-sufficiency for the many people they support. Today we serve more people, in more programs, at a lesser cost than ever before and it is because of programs like Community Residences that we were able to reach these milestones. Moving people along a forward path is what MCRI dedicates itself to and will always dedicate itself to.

Jerry Kirkpatrick  
MCRI Board of Directors Secretary

*Do small  
things with  
GREAT love.*





# MEMBER NOMINATIONS



**MICHELLE NOVAKOVIC** – FOR HER FLEXIBILITY AND WILLINGNESS TO DO WHATEVER IS NEEDED. SHE ALWAYS TAKES INITIATIVE.

**TERRY CARSON** – FOR BEING A TROOPER THROUGHOUT HIS SURGERY AND RECOVERY TIME.

**TAKIEU KEMOKAI** – HAS A GREAT SENSE OF HUMOR, HARDWORKING, RESPONDS TO CRISIS VERY QUICKLY.



## OTHER NOMINATIONS:

**KELSIE DICKSON x2**  
**JOSE SERUNGENDO**  
**JACKIE LEBLANC x2**  
**SHANE LEVESQUE**  
**LUCY WILSON x2**

**THERESA KENNEDY**  
**LORI ALLAIN**  
**OLU HAMZAT**  
**NAT LUTES**  
**TERI MACKINNON**

**SHABANI RINGO**  
**GARY GRAHAM**  
**CHRISTINA HILL**  
**MEAGHAN ROBINS**  
**LORRAINE LEGER**



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*Inside every seed is the potential for an incredible harvest – Farrah Gray*

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## Training Schedule Mandt Schedule

Classes are held at the Club beginning at 9:15 am until 1:15 p.m. Call Melanie (859-1829) or Jennifer (859-1827) to register

November 7, 14, 21 - Mavis  
January 9,16, 23 - Stephanie  
March 6, 13, 20 - Alison

## STAFF MEETINGS

**AFLA** - October 26, November 30  
**Dominion** - November 2(team), December 7  
**SILP** -October 5, November 9, December 14  
**Railway** -October 12, November 16, December 21(team)

**266 Dominion** - October19, November 23, January 4



*This is time to harvest not only food grains but human potential. - Sadhguru*

# Years of Service

5 years	September	Takieu Kemokai
		Taiwoo Obaniyi
	October	Teri Mackinnon
		Ashley Rector
		Sarah Furlong
10 years		Kelsie Dickson
	November	Chelsea Christie
		Jo-Anne Reid
	September	Robert Kirkpatrick
		Roger Donelle
15 years	November	Kathy Bourgeois
		Darren/ Tammy Gauvin
		Nina LeBlanc
	October	Theresa Kennedy
		Greg Blizzard



## Birthdays

### September

Terry Carson, Marc Boudreau, Bernice Daigle, Zachary Hare, Ed Briggs, Stephanie Leger, Stephanie Yeomans, Susan Wile, Yi Yang, Katie LeBlanc, Chelsea Christie, Shane Levesque, Tammy Goguen, Sheldon Hopper, Milla Ingalls.

### October



Kenny Guthrie, Matthew McEachern, Denis Hopper, Meghan Bourque, Danny Ayles, Michael Melanson, Cathy MacIntosh, Michelle Novakovic, Christena Hamer, Nathalie Lutes, Donna Crossman, Olu Hamzat, Meghan Corvec, Kristal Novakovic, Hermes Fung, Ronda Saulnier, Marie Felice Melanson, Bob Bannister

### November

Peter Maxwell, Tanus LeBlanc, Robert Kirkpatrick, Matthew Tingley, Gary Grahman, Jean Pierre Daigle, Hannah Rushton, Shayna Goodine, Oumar Traore, Lyne LeBlanc, Comfort Obaniyi, Christina Hill, Janice Carter, Scott Donovan, Devin Joyce, Kelly Glencross, Lori Feltham, Dorothy Zoellner, Lorraine Leger,

*I like birthdays, but I think too many can kill you.*





# Dominion



It's hard to believe that Summer is all over and everybody is back in school and adjusting to the new routine. All the youth are starting to talk about upcoming exciting Fall activities such as apple picking and purchasing pumpkins to carve. It will soon be time to start thinking about Halloween costumes and decorating for Fall.

We would like to welcome Kathy, Lucy, Michelle, Colton, Marthe and Shane to the Dominion street team! We will also miss Sarah Furlong, as she has moved on and we wish her the best of luck in her future adventures!

Until next time, hope you all enjoy the beautiful Fall sceneries, warm sweaters and apple ciders.



## *Music Notes*



Four underrated albums that you may want to check out. Recommended by one of the residents at Dominion.

Sieges Even – Uneven (1997), Sophisticated (1995)  
Metallica – Load (1996), Reload (1997)  
Artillery – By Inheritance (1990)



*Live is the art of drawing without an eraser.*





# RAILWAY



Hi from all of us at Railway! We had a great summer. Two of the boys went to camp this summer, one to paintball camp and one to a canoeing camp. Time was spent volunteering, going to the gym, on outings with support workers and on family visits. The boys have also been enjoying their independent time in the community. We welcomed a new member to our home in July.



A zookeeper is ordering new animals. As he fills out the forms, he types "two mongeese." That doesn't look right, so he tries "two mongoose," then "two mongooses." Giving up, he types, "One mongoose, and while you're at it, send another one."



*I have a mustard seed and I am not afraid to use it – Pope Benedict XVI*





# AFLA

Here we are again in the fall of another year. We have had a few bumps in the program recently but things have improved since. We lost one of our long time members at the beginning of September. Rest in peace Claude Doucette. We will miss you. We give our sincere condolences to his alternate family providers Therese Mercure and Rheal and also to his roommate Louise Chiasson. I would like to welcome three new care providers Linda and John Daigle and Claudette Cudmore. Also a big welcome to the AFLA program Logan Turner, Linda Bourgeois, Keith Compton and Leonard Goguen. We are glad to have you all join us. Have a great fall season. Until next time, stay safe.



*No rain, no flowers*



## Something to think about...

Today I will be going to the bank and I know I will have to wait in a long line as my punishment for not wanting to use the self-serve machines. As usual, there will only be a couple of tellers opened. As I look around and see all the tellers' stations that are closed, I will be reminded how the banks are making huge profits by having their self-serve machines doing the job of humans.

Later in the day, I will be grocery shopping. Again, I will have to wait in a long line with only a few cashiers opened. While the automated self-serve machine will be going full swing with only one staff needed to operate those machines. As I look around and see all the cashier stations that are closed, I will be reminded of the huge profits these stores are making. Just like the banks, these machines don't need to be paid a salary, or given health benefits and they don't support a family or pay taxes.

On my way home, I'll be passing by the hospital. Again, I'll be reminded of my stay at the hospital. How short staffed they were and how the proper care was not there.

When I questioned the bank, stores, etc. about shortness of staff, they justify it by saying they can't find staff because people today don't want to work. I guess they are too lazy. I suppose it is better to blame the poor for being poor.

When I go to the food bank, wow!! What a busy place! And I look at people's faces, how sad. Especially when one realizes most of these people had jobs and were self-sufficient until they lost their jobs to machines (so called modern technology).

If you lose your job today, it is EI for a few months at 50% of your salary. After, if you still don't have a job, it will be social assistance. For many people if they are not fortunate enough to get a low housing unit, they become homeless. But don't worry, if one dies from starvation or cold, the government will pay for a basic funeral.

I believe, as a caring society, we can change all of this by working together and doing everything within our power to protect and preserve jobs. Therefore, I am asking each and every one when doing banking or shopping, do not use self-serve machines and insist on service. This is a good start to protect jobs and the working class of people will thank you.

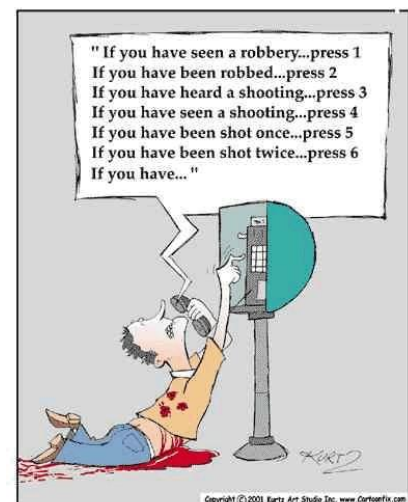
Terry LeBlanc

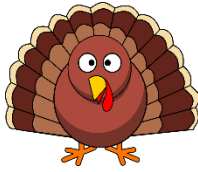
## Reading suggestion:

"The adventures of Daring Do and the Eternal Flower"

By A.K. Yearling with G.M. Berrow

Daring Do goes on an adventure with her uncle Gallant True to find the Eternal Flower and destroy the flower itself because it dangers all of pony kind. If Ahuizotl, a dog like monster, drinks its sweet nectar; he will have the power of immortal life. Will Ahuizotl succeed or will Daring Do and her uncle destroy the Eternal Flower?





## SILP NEWS

Well folks, it's that time of year again to put on our sweaters and rake the leaves! We had a wonderful summer and once again, made some great memories. We had a fun time at Magic Mountain and our annual BBQ was delicious as ever. Once again, we would like to thank Lexi B. for her help this year as our summer student. Good Luck at SMU Lexi! We would like to welcome Thomas B., Lindsey T., Hermes F., and Lori A., to our SILP program. We would like to congratulate Ashley R., and Steve on the birth of their beautiful baby boy, Harley!

We will be going on our annual Apple Picking trip very soon. A memo will be passed out when we have details. Congrats to all of our Special Olympics athletes who participated in the summer games. We are proud of each and every one of you!

We hope everyone has a happy and safe Halloween and a very happy thanksgiving to all! Don't forget to change your clocks on Nov 5<sup>th</sup>. The time will be going back one hour.

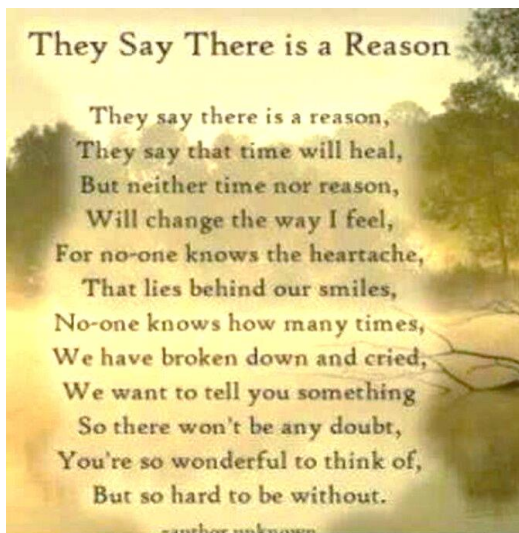


Shawn Lemaire had a great time during the Special Olympics provincial games last summer. He participated in golf winning the gold medal!! Way to go!!

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*In Loving Memory of our Beautiful Linda Johnson. You will forever be missed and in our hearts.*

*The language of friendship is not words but meanings. -Henry David Thoreau*



*Don't judge each day by the harvest you reap but for the seeds that you plant. -Robert Louis Stevenson*



## MCRI Annual Barbeque



Another successful Barbeque this year! Thank you to all of you that worked so hard for others to enjoy! Great food, great people, great time!!



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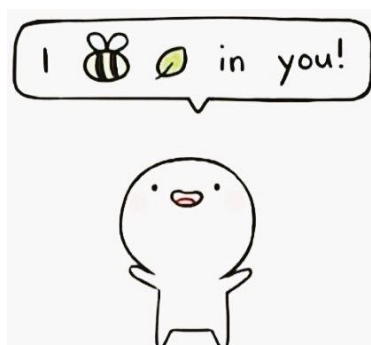
*If the broom fits, ride it!*

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## News from Club Shades



Everyone had an awesome time when Terry LeBlanc, Chris Briggs and Darlene Turcotte came to the club to entertain us. Hope they come back again! Thank you guys! Great job!



**Lest We Forget**





# Just for Fun



1. Second grade –Music

How many musicians play in a quintet?

2. Third grade – Health

What type of food would be best for you if you were in a low-sodium diet?

A. Low calorie

C. Low salt

B. Low carb

D. Sugar free

3. Fourth grade –Astronomy

What is it called when the Earth passes between the Moon and the Sun.

4. Fourth Grade –Chemistry

On the periodic table, what gas is represented by the letters “He”?

5. Fifth grade – World geography

In what country is the city of Mecca?



## Tobie's Brain teaser Riddle

On a rare occasion today comes before yesterday. What am I?



## Contest!!



Find the skeleton!! There is only one skeleton in the newsletter. Call Mavis 875-2496 if you find it for a chance to win a \$10.00 Tim Hortons gift card.

**Tobie's Brain Teaser Riddle answer:**  
-A Dictionary

1. Five musicians play in a quintet.
2. C. Low salt
3. When the Earth passes between the Moon and the Sun, it is called an eclipse.
4. Helium.
5. Saudi Arabia.

**Just for Fun Answers:**

*They make cat food out of cow, fish, turkey, chicken & lamb meat—but not mouse meat, which is probably all cats want.*



# MONCTON EMPLOYMENT & TRAINING SERVICES, INC. **HOLIDAY SCHEDULE** **2017/18**



14 - Good Friday  
17 - Easter Monday

April 2017							October 2017						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1	1	2	3	4	5	6	7
2	3	4	5	6	7	8	8	9	10	11	12	13	14
9	10	11	12	13	14	15	15	16	17	18	19	20	21
16	17	18	19	20	21	22	22	23	24	25	26	27	28
23	24	25	26	27	28	29	29	30	31				
30													

9 - Thanksgiving Day

22 - Victoria Day

May 2017							November 2017						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6				1	2	3	4
7	8	9	10	11	12	13	5	6	7	8	9	10	11
14	15	16	17	18	19	20	12	13	14	15	16	17	18
21	22	23	24	25	26	27	19	20	21	22	23	24	25
28	29	30	31				26	27	28	29	30		

13 - Remembrance Day  
Holiday

3 - Canada Day  
Holiday

June 2017							December 2017						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2						1	2
4	5	6	7	8	9	10	3	4	5	6	7	8	9
11	12	13	14	15	16	17	10	11	12	13	14	15	16
18	19	20	21	22	23	24	17	18	19	20	21	22	23
25	26	27	28	29	30		24	25	26	27	28	29	30
							31						

25 to 29 - Christmas  
Holiday

7 - New Brunswick Day

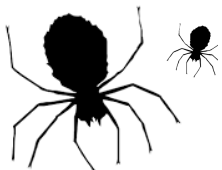
July 2017							January 2018						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1		1	2	3	4	5	6
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9	10	11	12	13	14	15	14	15	16	17	18	19	20
16	17	18	19	20	21	22	21	22	23	24	25	26	27
23	24	25	26	27	28	29	28	29	30	31			
30	31												

1 - New Year's  
Holiday

4 - Labour Day

August 2017							February 2018						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
												1	2
6	7	8	9	10	11	12	4	5	6	7	8	9	10
13	14	15	16	17	18	19	11	12	13	14	15	16	17
20	21	22	23	24	25	26	18	19	20	21	22	23	24
27	28	29	30	31			25	26	27	28			

19 - Family Day



September 2017							March 2018						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1						1	2
3	4	5	6	7	8	9	4	5	6	7	8	9	10
10	11	12	13	14	15	16	11	12	13	14	15	16	17
17	18	19	20	21	22	23	18	19	20	21	22	23	24
24	25	26	27	28	29	30	25	26	27	28	29	30	31

30 - Good Friday





# La Recette

Susan Wile has shared an awesome recipe with her coworkers. It became so popular that we think you'll love it too! Enjoy!  
Thank you Susan!

## Easy Avocado Alfredo Sauce

### Ingredients:

- 1 Avocado
- 3 tbsp. olive oil
- ½ cup shredded parmesan
- 1 ½ clove garlic (minced)

### Directions:

Puree everything  
Need 3 cups cooked penne pasta. **Do not rinse!** Add sauce, heat from pasta will heat and melt cheese in sauce.  
Yum! Yum! Yum!



Vitamin K – Fiber – Potassium – Folate – Vitamin B6 – Vitamin C – Copper



Avocados have been cultivated since 8,000 BC and they are valued for their delicious taste and amazing health benefits! Did you know that avocados:

- ❖ Contain heart-healthy monounsaturated fats
- ❖ Help to provide antioxidant protection for the body
- ❖ Promote healthy bones with their vitamin K content
- ❖ Give our body a natural lift of energy from B vitamins
- ❖ Have been shown to aid in reducing cholesterol
- ❖ Are rich in potassium for helping maintain normal blood pressure
- ❖ Contain anti-inflammatory properties
- ❖ Can promote good digestion with their fiber content
- ❖ Are rich in many beneficial carotenoids
- ❖ Provide the body with all 18 essential amino acids

IF WE'RE NOT MEANT  
TO HAVE MIDNIGHT  
SNACKS, **WHY IS  
THERE A LIGHT  
IN THE FRIDGE?**



May your stuffing be tasty  
May your turkey plump,  
May your potatoes and gravy  
Have nary a lump.



May your yams be delicious  
And your pies take the prize,  
And may your Thanksgiving dinner  
Stay off your thighs!