

# RESIDENTIAL EXPRESS



### Volunteer Board of Directors

President - Monik Gagnon  
Vice President – Margie McFee  
Treasurer – Patricia Maidment  
Secretary – Jerry Kirkpatrick  
Debbie Smith  
Jacques Bernard  
Joanne Landry  
Gillian Johnson  
Ken Ross  
Chantal Landry

### Team Building/Facilitators

Lori Allain  
Alison Cassie  
Marlene Harrity  
Lyne LeBlanc  
Tracy Leblanc  
Natalie Lutes  
Melinda Mucci  
Luanne Rafferty  
Ronda Saulnier  
Teri Tobin

### 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

I've given up social media for the New Year and am trying to make friends outside Facebook while applying the same principles. Every day, I walk down the street and tell passersby what I've eaten, how I feel, what I did the night before, and what I will do tomorrow. Then I give them pictures of my family, my dog, and me gardening. I also listen to their conversations and tell them I love them. And it works. I already have three people following me—two police officers and a psychiatrist.



### 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.*

*"The little things? The little moments? They aren't little." – Jon Kabat-Zinn*

## *Message of the CEO*

Last week MCRI held our annual Christmas social event, a special thank you to all the people who organize and decorate for this event and make it possible for our members to attend. Every year at the social the organization recognizes a few of our most amazing members. This year Nina LeBlanc from the SILP team was the very deserving Board of Directors award winner, I am not sure she has recovered from the surprise yet, while two just as deserving AFLA families were runners up; Brian and Lyla Cunningham as well as Therese Mercure and Real Allain. The Humanitarian Award winner was Kelsie Dickson from the Dominion Street team, with Marcel LeBlanc as the recipient of the Rita Agnew award. Congratulations on behalf of the Board of Directors to all those recognized for their achievements, the organization is certainly greater as a result of their efforts.

November marked my 30<sup>th</sup> year with MCRI and as I reflect on that time I certainly feel honored to be a small part of the organizations success and privileged to have been involved in the lives of so many exceptional people. My career with MCRI started totally by accident, I have learned that many great things have happened by accident and this has certainly been the case for me. While simply trying to improve the look of my graduate studies application by adding more community involvement I began working with MCRI. The work was hard and the pay was low but the people were amazing and I was hooked. Luckily I was still able to pursue more educational opportunities throughout my time with the organization. It is still hard to believe that 30 years has gone by but I guess it is true that time flies when you are having fun.

I wish I could say that I have another 30 years to spend with MCRI but of course that is not the case. One thing that still remains today is that the organization has a wealth of amazing people, many who are only beginning their time here and who will contribute to our future success.

As another year draws to a close on behalf of MCRI I would like to wish everyone and their families a happy holiday season and a prosperous 2018.

Greg



## MEMBER NOMINATIONS



**The Tallest Youth in the Company** – For making such a good effort to make the new youth feel welcome and helping the other youth not feel left out.

**JP Daigle** – very cooperative and tries to do whatever is asked of him.

**Nick Rayworth** – Has adapted well from The Youth With a Future Program to a regular job.

**Kelsie Dickson** – Helps everyone cope with the daily stress. For being helpful and fair and always there when needed.

**Shaynna Goodine** – Has done so much for the clients and staff while being the ARC. She has been very helpful and great with teamwork.

**Maggie Crawford** – For hard work and professionalism.

### OTHER NOMINATIONS:

Stephanie Haynes  
Christina Hill  
Nikki Kennedy  
Kathy Savoie  
Ronda Saulnier  
Assia Hussein  
Olga Rybalchenko  
Terry LeBlanc  
Emma McFayden

Linda Bourgeois  
Lu Rafferty  
Marissa Swift  
Jane Umutoni  
Darrin Murray  
Mrcel LeBlanc  
Catherine Pissi  
Kula Kemokai

Nina LeBlanc  
Linda Daigle  
Dan Hill  
Comfort Obaniyi  
Sonja & Rene LeBreton  
Jackie McAllister  
Takieu Kemokai  
Alvera Banyiyezako

## 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

January 9, 16, 23 – Stephanie

March 6, 13, 20 – Alison

## STAFF MEETINGS

**West Lane** – Jan. 4, Feb. 8, March 15, (team) April 19 May 24

**AFLA** – Jan. 11, Feb. 15, March 22, April 26, May 31

**Dominion** – Jan 18, Feb 22, March 29 (team), May 3

**SILP** – Jan. 25(team), March 1, April 5, May 10

**Railway** – Dec. 21, Feb. 1, March 8, April 12, May 17 (team)



*Happiness is homemade.*

## Years of service

5 Years	January	Isabelle Cormier
10 Years	January	Doreen Maillet
	February	Matthew McEachern
20 Years	December	Janice Carter
		Kenny Babineau
		Becky LeBlanc
30 years	November	Greg Blizzard



Janice Carter 20 years  
with MCRI already!!



Greg Blizzard 30 years  
with MCRI!!

Our goal is not to simply equip staff to respond to crisis but to create environments where crisis is avoided or averted when and wherever possible. So I challenge all of you to not forget the "Why?" in your perspective roles. Why are you working where you work? Is it to collect a paycheck? Is it to create safety? Is it to empower the lives of the people you serve? Is it to create healthy relationships? It's a simple question that has a unique answer to each of us.

Kevin Mandt

The Mandt System, President

## Birthdays

### December

Joanne Landry, Courtney Hicks, Maurice Bernard, Paul Robichaud, David Buckler, Richard Power, Marcel Goguen, Richard LeBlanc, Linda Evans, Blaine Hare, Matthew Feltham, Jose Serugendo, Raven Ladham, Darlene Turcotte, Angela Fushtey, Ashley Rector, Veronica Green, Gerarda Robichaud, Monica-Dawn Penney, Theresa Kennedy, Bertha Bisanti, Colette LaCroix, Janice Breau, Julie Bannister



### January

Kim Cormier, Thelma Cormier, Alice Collicott, Becky LeBlanc, Normand Joanis, Chris Briggs, Chelsea Hazlett, Bernard Kagimbi, Olga Rybalchenko, Victoria Hessian, Jonathan Nielsen, Takieu Kemokai, Melissa Roberts, Moise Safari, Jennifer Cyr, Massa Kemokai, Melinda Mucci, Nicolette Kennedy, Rebecca Law, Lori Allain, Alison Caissie, Ryan Courchesne-Richard, Jaron Buchanan, Lindsey Thynne, Geraldine Hopper, Therese Mercure, Sonja LeBreton, Alison Cassie, Tony LeBlanc

### February

Rose Leger, Frank Ayles, Omer Leger, Jesica Lane, Craig Lamb, Tom Belliveau, Stephanie Losier, John McMahon, Vicky Bordage, Drew Blight, Cassandra Doucette, Henry Cormier, Claire Ayles, Rashidatu Nyei, Luanne Rafferty, Jessica Gouchie, Nicole Mackenzie, Assia Hussein, Christy Lewis, Marlene Harrity, Lucy Wilson, Gregory Blizzard, Colton Chase, Melanie Martin, Marie-Jeanne Carter, Robert Breau, Rosa LeBlanc, Claudette Cudmore, Stephen Simon, Roger Bourque

*I don't get older,  
I level up.*





# AFLA NEWS

Hello everyone. Here we are once again getting closer to Christmas and New Years. The last three months have been fairly stable for us however we have lost another of our long time members, Brenda Gould. May she rest in peace. Our condolences to her caregivers, Rosa and Guy LeBlanc.

Everyone is getting ready for the Holiday Season and are very excited. We have enjoyed a beautiful fall and hope that winter will not be to hard on us. Our MCRI Social was a success again this year. I would like to congratulate Therese Mercure, Rheal Allain, Brian and Lyla Cunningham for coming in as runners up for the Board of Directors Award. It was well deserved. Also would like to congratulate Brian and Lyla on becoming Grand-Parents in October. Enjoy this precious little one. I also would like to welcome Edith Gautreau and Roger into our membership. Edith was a caregiver in the AFLA program before and we are very happy to welcome her back. Until next time, have a happy and safe holiday season!

## **The Adventures of Daring Do and the marked thief of Marapore**

By A.K. Yearling G.M Berrow

Another adventure awaits for Daring Do in a place called Marapore, one of the tricorn villages. It started when Daring got back to her little cottage. There was a mystery pony named GoldenRule who asked Daring for some help in clues such as a book and some cream. Daring Do has to save the tricorn villages from a pony named Mojo. Will Daring save every pony from Mojo?

Contribution of Cassandra Doucette

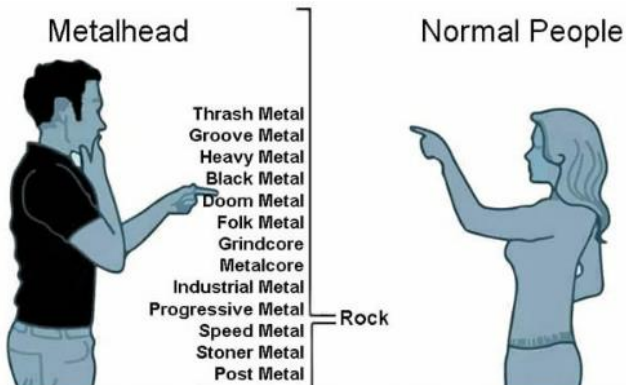


"For the youth that went out trick-or-treating, they came home with lots of goodies! It's hard to believe that all of the leaves have fallen and we are starting to prepare for the winter months ahead. Looking forward to winter activities and hot chocolates!

We would like to welcome Raven, Victoria and Christena to our Dominion street team!! We would also like to congratulate Lori and Greg on the birth of their beautiful baby girl, Ryah!

Until next time, we hope that everyone has a Merry Christmas and a great year ahead in 2018!

From the Dominion Street team. "



One of the youth from Dominion has been helping with the newsletter. He found many of the quotes, images and jokes in this issue. He has shown to be very responsible and committed to this job. Unfortunately, we didn't have enough space to include all the material he collected. Thank you so much for your hard work!



*What's the difference between the Christmas alphabet and the ordinary alphabet?  
The Christmas alphabet has Noel.*



# RAILWAY



Hi from all of us at Railway! We had a great Summer. Lots of time with Support Workers, Some family visits, a couple of the boys attended Summer Camp. We welcomed a new Resident in July. Two of the boys are due to graduate this year so lots to look forward to.

*What's a good winter tip?... Never catch snowflakes with your tongue until all the birds have gone south for the winter.*



Thank you to the youth at Railway who has helped to proof read our newsletter. You always do a great job and we appreciate your collaboration. Thank you!



*Why is a chili called 'chili' when it's really hot?*

*"There are far better things ahead than any we leave behind." –C.S. Lewis*





## West Lane Youth



OUR HOME IS NEW TO MCRI. WE OPENED IN EARLY NOVEMBER AND HAVE TWO YOUTH LIVING WITH US AT THE PRESENT TIME. WE LOVE OUR NEW HOME AND WOULD LIKE TO THANK GEORGE MACDONALD AND THE CREW FOR ALL THE HARD WORK GETTING IT READY FOR US. WE ARE ENJOYING MAKING IT OUR OWN. WATCH FOR YARD IMPROVEMENTS IN THE SPRING 😊

*"True love begins when nothing is looked for in return."*

*~ Antoine De Saint-Exupery*



Gizmo, West Lane's pet for many years, passed away last October 11<sup>th</sup>. He was a good friend and company for many of our clients and staff who miss him very much. His ashes are resting in the Memorial Garden.



*What do you call people who are afraid of Santa Claus?*

*-Claustrophobic.*



# SILP



Ho Ho Ho! It's that time of year again. Time for hats and mittens and hot chocolate! We would like to welcome Cynthia back to SILP. Also we would like to congratulate Kari C. and Kenny on the birth of their beautiful baby girl, Molly! As well we would like to congratulate Lori A. and Greg on the birth of their beautiful baby girl, Ryah!

Our annual Christmas Social was full of fun and dancing! We would like to congratulate Marcel Leblanc for being the recipient of the 2017 Rita Agnew Achievement award. Very well deserved Marcel! Also, we want to congratulate Nicholas R., and Roger M., for completing their course at CCRW and finding employment. Awesome job guys!

We would like to thank all of our hard working and wonderful SILP Staff for helping to get everyone through the holidays.... All of your hard work is so much appreciated! We hope everyone has a Very Merry Christmas and a Happy New Year!



**Special Olympics**

Mathieu LeBlanc had a great time during the SO Southeast summer games. He participated in bowling and swimming and got a total of 6 medals.



Food collected by MCRI staff to support members. More information on page 12.

SILP's employees had have excellent initiatives this season! Susan Wile organized the Healthy Living Challenge. During several weeks she collected and delivered tips about health, nutrition, recipes, how to get organized for the holidays and how to achieve our personal goals. This project also had a community component where members were able to help others. Thank you Susan for encouraging and motivating us during this time.

On the other hand, Natalie Lutes started a "secret" initiative that spread very quickly. Natalie's idea was to leave a note with kind words for others and asked them to "pass the kind words on". As a result, people started receiving notes with positive words, a coffee fairy moved into the office, some wine glasses (empty) appeared mysteriously, candies were left on the desks, to just name a few. People's reaction to this random acts of kindness were so pleasant to see!

Thank you Susan and Natalie. Your ideas remind us that a little can go a long way. What you say, what you do have a big impact on others. Be kind!

*What do you call a snowman in the summer?... A puddle!*



## MCRI Social 2017



This year recipient of the Rita Agnew Award is: Marcel LeBlanc.

Another great social this year!

Thank you to all the members that joined us for a great night of laughs, dance and togetherness.

Thank you to all of you that worked so hard to put this event together.



The recipient of the Orris Gallant Humanitarian Award is: Kelsie Dickson.



Board of Director Runners up: Therese Mercure and Rheal Allain



This year recipient of the Board of Directors award is: Nina LeBlanc.



Board of Director Runners up: Lila and Brian Cunningham



Thank you to Joanne Landry for playing the music! Great job as always!!



“Even the strongest blizzards start with a single snowflake.” — Sara Raasch, Snow Like Ashes

## *Food for Thoughts*

Once again, thank you to all the employees of MCRI who went above and beyond their duties to help our members by donating extra food.

With the recent reduction of financial assistance for some of our members in the SILP program, we have seen many of them struggling to cover their basic needs. Many of them are already accessing, or in the process of accessing the food bank because they cannot afford to pay for groceries. Their income is barely enough to pay for rent and utilities. Over the last 45 years of operation, it is the first time our organization has seen our members depending on the food bank and other community resources to access food.

According to the City of Moncton Housing Needs Assessment (April 26-28, 2017) done by SHS Consulting, a bachelor apartment (average \$574.00 monthly rent) is not affordable unless the household income is more than \$21,809.00 a year. Unfortunately, people who are on social assistance (most of our clients) only receive \$9,156.00 a year (\$763.00 monthly) leaving them with an average of \$2,268.00 a year (\$189.00 a month) to pay for utilities, transportation, medical expenses, clothing, food and other needs. According to Statistics Canada the average household food expenditure (food bought from stores) for N.B. in 2016 was \$5,402.00 a year (\$450.00 a month). The social assistance rates for a person with disability in N.B. are the lowest in the country.

In the recent weeks, a food drop off box was placed in the main office, where staff contributed food for all members in need. This is a huge contribution considering their already tight budgets.

A total of 12 clients have benefited so far from the food our staff collected. This short term solution helped our members to have a “better” Christmas but how are they going to afford food in the future? Beside coaching and supporting our clients to become more independent and gain autonomy, we are being faced with the challenge to find community resources to help them to cover their basic needs. Thank you again for working so hard to ensure our people live with dignity.

## **Food as a Human Right in Canada**

The human right to food is recognized in several international conventions such as the Universal Declaration of Human Rights, placing legal obligations on States to respect, protect, and fulfil the right to food. Yet despite Canada being a signatory to those treaties, 13% of its households continue to be food insecure. The right to food in Canada has been historically overlooked due to neoliberal governance approaches which leave responsibility for this issue in the hands of civil society organizations unequipped to fill the gap of state responsibility. In 2012, the UN Special Rapporteur on the right to food visited Canada to investigate this phenomenon and the government’s response was dismissive. Canada must become more proactive in its obligation to realize food security within its borders in order to end the violation of this human right. Various blueprints for improvement have been proposed, among which is amending the Canadian Charter of Rights and Freedoms to explicitly include the right to food, as has been successfully done in several countries. This change would increase both the accountability of public authorities and the willingness of courts to enforce this right. Nothing less than this monumental shift will do justice to the importance of the right to food for all Canadians.

*Source: Food as a Human Right in Canada, Vanessa Pike (Young), RD, MPH | Dalla Lana School of Public Health, University of Toronto*

**For more information about the resources available in the community, please check the Street Survival Guide for the Greater Moncton Area 2017-2018 available online at the City of Moncton website.**



# Just for Fun



## Christmas traditions around the world.

### 1. Italy

**Tradition:** Presents on a broomstick

A good witch called La Befana delivers children's presents on January 6th using a broomstick rather than a sleigh. But if you've been bad – expect lumps of coal.

### 2. Serbia

**Tradition:** Tying up mum and dad

Here it's not tradition to give presents at Christmas, but on the Sundays before. Two Sundays before 25 December, the children tie up their mum. She then has to pay a ransom in the form of gifts to be freed. The following Sunday the same happens with dad.

### 3. Netherlands

**Tradition:** Sinterklaas and Black Peter

In Holland Santa Claus is called Sinterklaas. He doesn't live at the North Pole, but in sunny Spain and arrives by steamboat with a helper called Black Peter rather than an elf.

### 7. Australia

**Tradition:** Rudolph the red nosed Kangaroo

Of course Down Under Christmas falls in summer. There tradition has it that Father Christmas swaps his reindeer for 'six white boomers' or kangaroos. It's also traditional to enjoy a barbecue on the beach on the big day.

### 6. Spain

**Tradition:** A different sort of Christmas log

In the region of Catalonia traditional Nativity scenes get a cheeky addition in the form of a character called the 'caganer'. And there's no polite way to say this – the figure is squatting as if going to the toilet. Sometimes they are shepherds, but can even be footballers or politicians.

## Tobie's Brain teaser

A man leaves home, goes a good distance and turn left. He goes the same distance and takes another left turn. Once again he goes the same distance and turns left. When he gets home there are 2 masked men there. Who are they?



## Santa Claus

I R E N O A S U S R S V D Y  
K U Y O D I P U C S E R I E  
A D L R L M I L K R I C A N  
B O L T M A N D O S K D C M  
L L E H D A A C R A O A R I  
I P B P A D C L E N O S S H  
T H K O L N Y P C T C H A C  
Z H P L S B S E N A S E C O  
E T E E W U T U A P L R K A  
N K L W C S A L D K E C Y N  
Y N L H W R I L I M I O E E  
P O H S K R O W C K G E R X  
R E N N O D V M P L H T T I  
R E I N D E E R E L V E S V

Belly  
Claus  
Milk  
Cookies  
Blitzen  
Dancer  
Sack  
Dasher  
Chimney  
Sleigh  
North Pole  
Reindeer  
Workshop  
Santa  
Rudolph  
Cupid  
Vixen  
Donner  
Elves

## Sudoku

5		7			8		6	4
6	8		3					9
9		3			6			
		5	2	1				
				9	3	8		
			1			6		7
4					7		8	2
7	6		8			9		3

*What do you get from sitting on the ice too long?... Polaroids!*





## La Recette



On a cold, blustery day, there's nothing quite like cocoa made the good, old-fashioned way.



### Ingredients:

2 tablespoons sugar  
1 tablespoon unsweetened cocoa  
¼ cup water  
¾ cup 1% milk  
Miniature marshmallows (optional)  
1 cinnamon stick, 10 cm long

1. In a small saucepan, combine the sugar and cocoa. Add the water. Over moderate heat, bring the mixture to a boil, stirring constantly until the sugar has dissolved. Lower the heat and simmer 2 minutes, whisking constantly.
2. Stir in the milk. Increase the heat to moderate and cook until the cocoa is heated through; do not allow the mixture to boil.
3. To serve, pour cocoa into a mug or cup. If desired, top with several marshmallows and use the cinnamon sticks as a stirrer.

*Makes 1 serving*

*To avoid taking down my Christmas lights, I'm turning my house into an Italian restaurant.*

### Wellness –Are you taking care of yourself?

Easy to make, cheap and fragrant bath salts

3 cups of Epsom salts  
1tbsp glycerin  
A favorite perfume, cologne or essential oil.

Pour the Epsom salts in a bowl, then add 1 tbsp. glycerin and some of your favorite perfume, cologne or essential oil. Stir the ingredients until all of it is combined. Pack the mix in an airtight container. Apothecary jars with latch work well and come in different sizes and sometimes colors. Look in the housewares or kitchen department of your favorite discount department store.

Add ½ to ¾ cup to a warm bath and enjoy! You can also use it as a Christmas gift.

SPREAD LOVE  
AS THICK AS  
you would  
MUTELA .x



Tobie's Brain teaser answer: The catcher and the umpire. He is playing baseball.

You can subscribe to receive the Residential Express by email through our web site:

<http://www.monctoncommunityresidences.com/newsletter/>