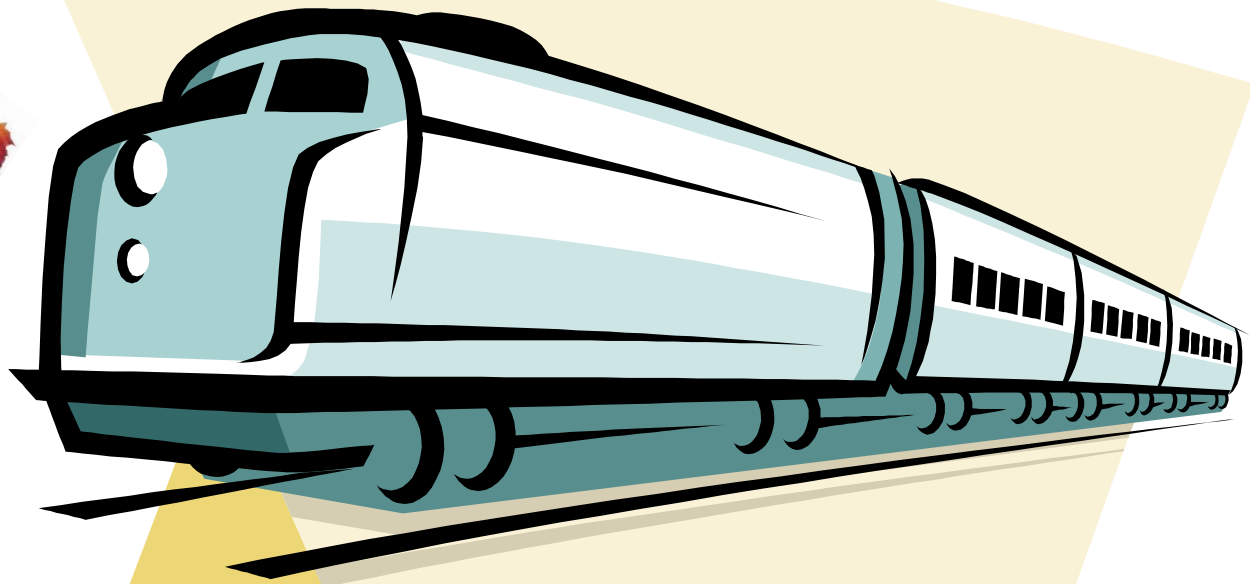


Residential Express



Fall-2018
Issue- 145



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Joke of the month

Last night, my kids and I were sitting in the living room and I said to them, "I never want to live in a vegetative state, dependent on some machine and fluids from a bottle. If that ever happens, just pull the plug." They got up, unplugged the computer, and threw out my wine, the little idiots!



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.



Message from the CEO



Congratulations to Noella Smith who is retiring from the organization after more than 30 years of dedicated service. The rest of us “old timers” are extremely jealous. Many times in this newsletter I have emphasized the wealth we have in our abundance of employees who show true dedication and commitment to our respectful service philosophy, simply none more so than Noella, and for decades she has been a driving force behind this successful organizational culture.

When it comes to MCRI Noella is all in. She has always led by example, being a role model for others, a mentor, a teacher, and a trusted advisor. She has enlightened many to the issues faced daily by those we support. She is fierce in her determination to ensure everyone gets the respect they deserve no matter what their disadvantages may be or who may be disrespecting them. Her commitment to those who the organization supports is unwavering no matter what challenges are being faced. Noella has fought for children’s full inclusion in our education system when it was lacking and for services to those who have fallen through the gaps in the provincial support system. Without her efforts many individuals would have been further disadvantaged and far less successful in our community.

Her actions have allowed her to earn enormous respect from everyone she interacts with from members receiving and providing services, parents and families, her peers, other service agencies, our provincial partners, her co-workers and of course myself. Her presence at MCRI will be greatly missed.

Noella started her career as a volunteer in 1986 and soon afterwards began working in our adult community residence on Dominion Street as a front line staff person. At that time people were being deinstitutionalized and funding mechanisms were more suitable to facilitating respectful service delivery in the community allowing MCRI to operate numerous successful adult community residences. Her supervisor quickly identified her as an excellent staff person and began relying on her more and more.

Over the years MCRI was able to offer her opportunities to gain more education and training which she always excelled at and incorporated into her approaches with those she supported as well as those she interacted with in other capacities. Noella moved from a front line position to a supervisory one quickly then eventually on to our administrative team. This investment in her career has been a huge asset to MCRI and helped to confirm with me the important management lesson of cultivating talent from within.

Many of us still have some work to do to accept that she will not be a part of our team going forward but it helps to know she will always be a huge part of the MCRI family and we wish her all the best in her well-deserved retirement. Congratulations Noella!!

Have fun Greg

I attribute my success to this: I never gave or took any excuse.

– Florence Nightingale



MEMBER NOMINATIONS



FRANK AYLES – VERY KIND AND HELPFUL WITH STEPHANE WHEN HE BROKE HIS KEY OFF IN HIS DOOR.

LEO BOURQUE – FOR HIS DEVOTION AND CARE TOWARDS HIS WIFE DURING HER RECENT ILLNESS.

BERNICE DAIGLE – FOR BEING SO UNDERSTANDING WITH ALL THE EXTRA STAFF SUPPORT IN HER APARTMENT .

MARTHE KIKUNI – FOR ALL THE EXTRA WORK CLEANING, MAKING SALADS.

OTHER NOMINATIONS:

DONNA CROSSMAN
SCOTT DONOVAN
JOEL ST PIERRE
JACKIE McALLISTER

ALVERA BANYIYEZAKO
SUSAN WILE
TERI MacKINNON
RICHARD POWER



Mandt Schedule

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

November 6, 13, 20 - Stephanie
January 8, 15, 22 - Alison
March 12, 19, 26 - Nathalie
May 7, 14, 21 - Mavis

STAFF MEETINGS

West Lane - October 11, November 15, December 20 (team)
AFLA - October 18, November 22, December 27
Dominion - October 25, November 29, January 3 (team)
SILP - November 1, December 6, January 10 (team)
Railway - October 4, November 8, December 13, January 17 (team)
266 Dominion St. - October 26, November 23, December 20

Want to learn more about what is like being on Call at MCRI?
Check out Page 6!!

"The journey of a thousand miles starts with a single step." Lao Tzu

Years of Service

5 years	September	Kari Cunningham Jose Serugendo Zachary Rouselle
10 years	October	Joel St Pierre
	November	Miguel Power
15 years	September	Tanus LeBlanc Rose-Marie Cormier
30 years	November	Terrence LeBlanc



Lyne Leblanc 30 years with MCRI already!

Birthday

September

Daigle Bernice, Zachary Hare, Ed Briggs, Stephanie Leger, Nicholas Raworth, Yannik Cuma, Cyan Roop-Ross, Isabelle Ogilvie, Stephanie Yeomans, Susan Wile, Chelsea Christie, Karah-Bryne Hanna, Emma Agnew, Edith Gautreau, Sheldon Hopper, Tammy Goguen

October

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

November

Peter Maxwell, Tanus Leblanc, Robert Kirkpatrick, Mathew Tingley, Gary Graham, Jean Pierre Daigle, Scott Donovan, Jazmyn McIntyre, Shaynna Goodine, Obiageli Maduekwe, Oumar Traore, Lyne LeBlanc, Christina Hill, Henrietta A. Nkengasong, Janice Carter, Brandi Simon, Kelly Glencross, Lori Feltham, Dorothy Zoellner, Lorraine Leger, John Daigle.

Age is something that doesn't matter unless you are a cheese!





Summer is over!!!

This was a strenuous summer! Summers are always a busy time of the year. School activities stop and the youth get ready for more outings and events. This is also the time when most of the staff would take a well-deserved break to spend some time with their family. As our CEO, Greg Blizzard, announced in his last reports for the Spring/18 and Summer/18 Newsletters, the budget from the youth residents was cut under the new contract and we noticed it! Trying to maintain the quality of our services, finding enough staff and keeping up with the requirements has been exhausting. Thank you to our amazing staff that worked so many extra hours and did their best so our youth could have a great summer. Thank you for understanding all the challenges and changes we had to go through this summer. You rock!



What is it like being On call at MCRI?

We all know about MCRI On call but, how much do we actually know?

MCRI on call runs a 24 hours 7 days a week service to assist MCRI staff and clients with emergencies. We do not have a call center with staff waiting and ready to take the calls. We have a flip phone that we rotate every week between the staff that does On Call. The person doing on call works 40 hours a week (and potentially few more hours). We carry the duties of our regular job plus answer and take care of every call that the On Call phone receives during that week.

If you have called On Call and no one answered right away, chances are the person doing On Call was driving (it is illegal to answer your phone while driving even for MCRI employees, you know) or taking a shower, or using the bathroom or changing some diapers or even taking their own children to the hospital, or simply on the other line. After all, the person doing on call has to take care of their own family and themselves during that week too. If we don't answer your call, please, leave us a message and we will call you back.

MCRI serves more than 140 individuals and had about the same number of employees, plus almost 30 families that support members. That makes more than 310 people who could potentially call the On Call. For that reason, we advise employees to contact the On Call only for emergencies or when the protocol indicates that you should do so (e.g. if you are not able to make it to work or will be late, if there is a crisis, etc.) If you receive services, you should call On Call in case of emergencies or if you don't feel safe. If you are calling On Call unnecessarily, you may be blocking the phone for someone who is actually having an emergency.

On the other hand, the person On call may not be able to answer all of your questions. For example, if you are calling to know what to do in a specific situation, the person on call may or may not be familiar with your program or the person you are calling about. Although the person On call will try to help you, we may not be able to get the real picture of what is going on by talking on the phone or we may not be familiar with the person you are calling about. We recommend staff to always check the care plan and brainstorm with team members to find the best solution, after all, you know the people you work with the best.

Considering that we receive so many calls from so many people in different programs, make sure On Call understand who you are, what program you are in and what you need from them (we employ and support people that have the same name and have very different needs). Always communicate with On call by calling, never by texting (we just have a flip phone, remember?)

Sometimes, the Person On Call may receive different calls at the same time, someone may need to go to the hospital, different employees may call in sick for the same or different program at the same time and a crisis may be going on in one of our programs. On Call can only take care of one thing at a time and has to prioritize what is more important at the moment. Decisions are made considering the circumstances and the level of priority of each situation. Please, keep in mind that when we have to transfer staff or compel someone it is because resources have already been exhausted. We certainly appreciate your cooperation and support to On Call. Thank you for understanding that we offer 24 hours support and that MCRI is committed to offering the best service.





DOMINION



Hi everyone, our youth are starting to get adjusted to the routine change of school starting again. Some of the youth have gone to the apple orchard in the last couple of weekends and we've all have enjoyed some yummy Apple Crumble. Some of the youth are already talking about picking out some pumpkins to carve their favorite characters, also some talks about Halloween Costumes for the youth that like to Trick or Treat. We're also planning something fun for everyone around Halloween, and who doesn't want extra little goodies especially chocolate!!!

We would like to welcome Chioma, Nick, Vanessa, Anita, Steve and Gad to the Dominion street team. Hope everyone will enjoy the beautiful Fall foliage that will unfold around us all in the next few weeks the prettiest time of year. Time to put on some extra layers, enjoy all those apple ciders and pumpkin treats. We would like to wish all of you a Happy Thanksgiving on October 8th enjoy your turkey dinner with all the fixings. The time of year to remind us all of the great things we have in our lives to be thankful for.

Until next time 😊

I want to be a Caterpillar. Eat a lot, sleep for a while, wake up beautiful.



RAILWAY



HI EVERYONE! WELL SUMMER IS OVER, I GUESS, BUT WE HAD A PRETTY GOOD ONE AT RAILWAY. WE ARE ALL GETTING READY TO GO BACK TO SCHOOL. TWO OF OUR BOYS TOOK QUITE A BIT OF INTEREST IN OUR GARDEN PROJECT HELPING TO PLANT AND TAKE PICTURES.



Happiness is a choice that requires effort at times. -Aeschylus



AFLA

Hi again from the AFLA program. Here we are again at the end of another summer. Mostly everyone has had a very good summer. We are now looking forward to all the fun that fall can bring. We wish Inez a quick recovery, she has been in the hospital for few weeks now. Thank you so much to her providers for their dedication, hard work and consistency.

We wish you all a Happy Thanksgiving in advance and hope that your Holiday preparations go smoothly. Thanks again to all the caregivers for your dedication to the people you care for. Until next time, have fun and stay safe.

Cassandra's Reading

Let Your Inner Start Shine

by Cassandra

Suzanne goes with her mother all over the state to film parts for a movie. When things get hard for Suzanne her mother calls in a friend to help Suzanne with some of the jobs. Things take a turn. When things get really bad, Suzanne posts something and gets her phone taken away but, when she meets some friends at Vidcon and all kinds of fans, that is what makes Suzanne true to herself.



If I am not on Facebook for more than two days -CALL THE POLICE!!!



I never met a pumpkin I didn't like.

West Lane



Hi Everyone,

What an amazing summer we have had! The garden was a big hit with the youth. The Sunflowers are absolutely beautiful. One of our youth played soccer and brought home a bronze medal. Another one of our youth went to summer camp at Sky Zone and he had a blast. Over all it has been a fun summer. Now for the fall and winter...hopefully we will have just as much fun which I'm sure we will! Apple picking is a definite must. We will also be doing a pumpkin carving contest and Halloween decorating contest. Lots to look forward too. Until next time enjoy the season ☺

Don't text me when I am in the middle of texting you, now I have to change my whole text!

Things to go During the Fall season!

Make a list of things you're thankful for **Pick apples** **MAKE S'MORES** **Carve pumpkins** **DO A CORN MAZE** **Decorate with DIY fall wreaths** **Rake leaves** **PLAY IN THE LEAVES** **TAKE PHOTOS OF THE CHANGING SEASONS** **Paint your nails in Fall colors** **Have a picnic in a park** **Bake a pumpkin pie.** **MAKE A SCARECROW** **Make corn-husk dolls** **BAKE A PUMPKIN PIE** **Go for a scenic hike** **Put on rain boots and jump in puddles** **Make apple sauce** **Tell ghost stories** **HAVE A PUMPKIN SPICE LATTE** **Watch a scary movie**

If you fall, I'll be there -Floor



SILP NEWS



Well folks, we had an amazing summer full of fun! Our annual trip to Magic Mountain was a blast! We would like to thank Brittany B. for all of her help this summer. We sure enjoyed having you around and will miss you! We would like to welcome Jasmine J. to our SILP family.

We would like to congratulate all of our athletes for their success at the Special Olympics Nationals in Antigonish. We are very proud of all of you! We would also like to congratulate Mathieu L. & Meaghan on their commitment ceremony.

We are looking forward to our annual apple picking trip. We will be sending out a memo with all the details shortly. It should be just in time for Thanksgiving! We hope everyone has a Spooktacular Halloween!!!

MEET JOEL ST. PIERRE

Joel has been part of our big MCRI family for 10 years already!!! He is one of those members that everybody knows and everybody loves.

Joel is a big hockey fan, he likes watching hockey, playing hockey and wearing his hockey sweater. He also plays ball during the summer and curling during winter. He loves riding his bike and hanging out with his friends, especially with Greg H.

He enjoys going to activities in the community; his favorite outing this season was going apple picking with his MCRI friends.

When we asked people what came to their mind when thinking about Joel, they said:

- *He loves to laugh!* -He is so friendly! -He has an infectious smile!
- He is so sweet! **-HE IS FUNNY!** -Everybody loves Joel! -He loves curling!
-He is responsible. -He brightens up my day! -He is always happy!



It's not you -It's your social media behavior.

266 Dominion



Fall is here, now it's time to enjoy some cooler weather and the colours of the leaves changing! Welcome to everyone on the team and to our youth. Thank you to everyone for pulling together as a team right away and getting the house set up and ready for our youth. Your hard work is appreciated.

We want to wish good luck to Marthe as she leaves us to pursue her education in child care. Best wishes!

Our youth is looking forward to accomplish his goals for this fall. Youth is working towards gaining independence skills for independent living.

Until next time, have a safe and wonderful autumn!!

The team



My favorite color is October ☺



Club Shades News



**EAT YOUR
VEGETABLES, DON'T
BECOME ONE!!**



If you keep good food in your fridge, you will eat good food.

-Errick McAdams

Club Shades Wednesday Meal

This was an exceptional summer at Club Shades!! Members were busy preparing, cooking and serving lots of food. This was possible thank you to the amazing team that put everything together! All of you that helped doing groceries, providing recipes and ideas, preparing food, cooking, serving and cleaning up made it possible for Club Shades to offer such healthy meals to its members. You had made a big difference at Club Shades!

Special thank you to Roger, Hermes for all the yumminess they added to the menu. You really went the extra mile to make us feel special. Your creativity and culinary skills are much appreciated!

We have no words to thank Debbie Smith for their consistent support and supply of amazing fresh vegetables from her garden. We had lots of beans, cucumbers, tomatoes, tons of zucchini, beets and even eggplant!!! Amazing!! We were certainly spoiled this summer!!



Linda Bourgeois came to celebrate her birthday with us at Club Shades. She had a great time!!

It is not happy people who are thankful; it is thankful people who are happy.

News from the garden

The Garden at West Lane was a great success. Youth worked hard tilling the soil, planting and watering the garden during the season. They enjoyed painting birdhouses to decorate the garden and painting the raised beds.



If life gives you weeds.... make herbal tea. -Paula Banning

Garden Contest!!

One of our enthusiast participants planted lots of sunflowers!!! All of his sunflowers did very well, he must have a real green thumb!! Congratulation to Mike Wazowski who got first place in the sunflower contest!! Congratulations to Magic Man for getting second place!! You'll receive your price soon!!! This was a real fun activity and in the name of all us, we want to thank you for making our garden so beautiful. Sunflowers make our garden happier!!!



La Recette

This time we have two recipes! One is the amazing Zucchini /Blueberries muffins that Brittaney made for us during the summer and the other one, Pumpkin Chocolate Chips Cookies, was a contribution of Ronda Saulnier, who received this recipe from her gramma!!

Zucchini / Blueberries muffins

Ingredients:

1 $\frac{3}{4}$ Cup flour
2tsp Baking powder
 $\frac{1}{4}$ rolled oats
 $\frac{1}{4}$ tsp salt
1 cup Zucchini
 $\frac{1}{3}$ cup of apple sauce
2 tsp vanilla extract
 $\frac{1}{2}$ Cup almond milk
 $\frac{1}{2}$ cup of maple syrup
 $\frac{1}{3}$ cup blueberries



Directions:

Mix everything and bake at 340F for 45 minutes.

If you really want to make a friend, go to someone's house and eat with him - the people who give you their food give you their heart. - Cesar Chavez

Team Building Committee Update

MCRI's Social Tickets will be for sale on October 9th until November 23rd. This year the social is going to be on December 6th at the Riverview Lions Club. Price for tickets is \$9.00 and this includes a dinner and a dance. To buy your ticket, see Melanie at the main office.

Hope to see you there!

Pumpkin Chocolate Chips Cookie

Ingredients:

$\frac{1}{2}$ cup margarine
1 $\frac{1}{2}$ cup of sugar
1 egg (beaten)
1 tsp vanilla
1 cup canned pumpkin
(or cooked pumpkin)
2 $\frac{1}{2}$ cups of flour
1tsp cinnamon
 $\frac{1}{2}$ tsp nutmeg
1 tsp baking powder
1tsp soda
 $\frac{1}{2}$ tsp salt
6 oz chocolate chips



Directions:

Preheat oven to 325 F. Cream together margarine and sugar. Add egg, vanilla and can of pumpkin everything. Add flour, cinnamon, nutmeg, baking powder, soda and salt. Now add chips (raisins can be added instead of chips). Mix and drop on greased cookie sheet. Bake 12- 15 minutes until done.



These beautiful and yummy turkeys' cookies were backed by Mike Wazowski at Dominion Street. He did a great job and shared his cookies with other youth and staff!

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

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