



# RESIDENTIAL EXPRESS



### **Volunteer Board of Directors**

President – Jerry Kirkpatrick  
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Treasurer – Patricia Maidment  
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Ron MacIssac  
Dave Tripp  
Marianne Mephram-Newton  
Lynne Brewer

### **Team Building/Facilitators**

Lori Allain  
Marlene Harrity  
Lyne LeBlanc  
Tracy Leblanc  
Natalie Lutes  
Alvera Banyiyezako  
Luanne Rafferty  
Nina LeBlanc  
Ronda Saulnier  
Donna Crossman

### **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 senior citizen was on the operating table, awaiting surgery. He had insisted that his son, a well-known surgeon, perform the operation his way. Before the anesthesia, he motioned his son.

“Yes Dad, What is it?”

“Just do your best, son; don’t be nervous... and remember, if I should die, your mother is going to come to live with you and your wife.”



#### ***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*

Happy New Year everyone wishing you a prosperous 2019!!

In case you missed it, we held our annual Christmas Social Thursday December 6<sup>th</sup> at the Riverview Lions center. Tickets for the event were a hot commodity. This was the first year we have partnered with the Riverview Lions and they certainly helped us have a very successful event, this partnership should ensure this event continues for many years to come. A big thank you to all the members of the Team Building committee, the administrative staff and all the other volunteers that helped make this event happen. The center was wonderfully decorated and the meal was great.

Of course every year at the social we recognize some of our outstanding members through several awards that come with cash prizes, gifts, or donations to charitable causes. The winners are chosen by the Board of Directors and the Team Building Committee.

This year Nathalie Lutes was selected as the winner of the Board of Directors Award, Nathalie formerly worked in SILP but has been outstanding lately as the temporary supervisor of our West Lane children's program that started after the closure of the adult service at West Lane. Congratulations Nathalie! Two runners up were also selected and recognized, Alvera Banyiyezako who has been a wonderful staff person at Dominion, and Susan Wile a great asset in our SILP program. All of these ladies are very deserving of recognition for their dedication and professionalism. This is always a very difficult award to choose a winner for as we have so many deserving members, so congratulations to those who were recognized.

The Humanitarian Award winner was Lucy Wilson, the Rita Agnew award was shared by two co-winners Manon LeBlanc and Cassandra Doucette. 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.

As another year begins on behalf of MCRI I would like to wish everyone and their families a happy holiday season and the best of luck in the new year.

Greg



He who has not Christmas in his heart will never find it under a tree."~ Roy L. Smith



## MEMBERS NOMINATIONS



**Ryan C Richard** – For taking on the role of ARC, a new responsibility, he will do a fantastic job! Always being there for backup and making sure staff are supported.

**Brian Wood** – For going out in the rain to cook hot dogs when we ran out of food for Club Supper 😊

**Emma McFadyen** – For being such a great help in the last month, she has really stepped up as a primary worker. Always interested in making positive changes, open minded, really appreciate working with someone who is fully engaged.



**Raven Ladham** – She has been working really hard to make the youth feel welcome and finding ideas to keep them busy. She helped make their birthday special and is always patient.



## OTHER NOMINATIONS



Christina Hamer  
Krista Sherwood  
Linda Daigle  
Camo Trooper  
#1 Firefighter  
Chris Briggs  
Christina Hill  
Alvin Yorke

Nick MacDonald x2  
Blaine Hare  
Nathalie Lutes x3  
Jose Serungendo x4  
Theresa Kennedy  
Michelle Novakovic  
Alvera Banyiyezako  
Cassandra Doucette

Tom Belliveau  
Larry McDuff  
Pauline Goguen  
Gabriela Silverio  
Bernard Busungu  
Jillian Lavigne  
Catherine Pissi  
Edith Gautreau



*Everyone and everything around you is your teacher. –Ken Keyes*



## Mandt Schedule

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

January 8, 15, 22 - Alison  
March 12, 19, 26 - Nathalie  
May 7, 14, 21 - Mavis



## STAFF MEETINGS

**West Lane** - December 20 (team), January 24, February 21, March 28, April 25(team), May 30, June 27  
**AFLA** - December 27, February 28, May 2  
**Dominion** - January 3 (team), January 31, March 7, April 4, May 9 (team), June 6  
**SILP** - January 10 (team), February 7, March 14, April 11, May 16 (team), June 13  
**Railway** - December 13, January 17 (team), February 14, March 21, April 18, May 23(team), June 20  
**266 DS** - December 21, January 18, February 15, March 15, April 12, May 10, June 7

*Those who cannot live fully often become destroyers of life.*



## Years of service

5 years	December	Keith Compton
10 years	December	Darlene Turcotte
		Stephane Landry
		Louise Poirier
	January	Fraser Walsh
		Vicky Bordage
	February	Amanda Flannagan
		Joanne Landry
35 year	February	Alison Caissie



Terry LeBlanc has been with  
MCRI for 30 years!!!

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



## BIRTHDAYS

### December

Joanne Landry, Courtney Hicks, Maurice Bernard, Paul Robichaud, David Buckler, Richard Power, Marcel Goguen, Richard LeBlanc, Linda Evans, Blaine Haire, Theresa Kennedy, Bertha Bisanti, Colette LaCroix, Janice Breau, Monica-Dawn Penney, Julie Bannister, Charmaine Saulnier, Jose Serugendo, Raven Ladham, Amanda Gould, Krista Sherwood, Darlene Turcotte, Kyle Sears, Faith Kobusinge, Trisha Perron, Gerarda Robichaud

### January

Henry Cormier, Claire Ayles, Kim Cormier, Thelma Cormier, Alice Collicott, Becky LeBlanc, Normand Joanis, Chris Briggs, Chelzea Hazlett, Geraldine Hopper, Sonja LeBreton, Alison Caissie, Tony LeBlanc, Jody Nielsen, Takieu Kemokai, Moise Safari, Jennifer Cyr, Massa Kemokai, Erick Kabangu, Melinda Mucci, Rebecca Law, Lori Allain, Chioma Nwogu, Ryan Courchesne-Richard, Jaron Buchanan, Lindsey Thynne

### February

Rose Leger, Frank Ayles, Omer Leger, Jessica Lane, Craig Lamb, Tom Belliveau, Stephanie Losier, John McMahon, Vicky Bordage, Drew Blight, Casandra Doucette, Stephen Simon, Roger Bourque, Nyei Rashidatu, Luanne Rafferty, Jessica Gouchie, Assia Hussein, Victoria okongwu, Christy Lewis, Nicholas MacDonald, Marlene Harrity, Samantha Edwards, Lucy Wilson, Gregory Blizzard, Melanie Martin



*Inside every older person is a younger person — wondering what the hell happened?*  
Cora Harvey Armstrong



## MCRI 2018 ANNUAL SOCIAL



## AWARDS!!!



This year the Rita Agnew Award was shared between: Manon Leblanc and Cassandra Doucette!!



Natalie Lutes was the recipient of the Board of Directors award!



Lucy Wilson was the recipient of the Orris Garland Humanitarian Award!



This year Board of Director Runners up were: Alvera Banyiyezako and Susan Wile!

Congratulations to all the award winners. They worked really hard for everything they accomplished. They are a real inspiration for our organization! Thank you so much to Team Building for the great job they did organizing this event and all the volunteers that came to help.

Special Thank you to the Riverview Lions Club for hosting and supporting this event. Volunteer Lions did an amazing job preparing the supper and helping us with everything we needed. Your hard work is making a change in our community!! Thank you to all members, family and friends that joined us to celebrate another year growing together. ☺ Merry Christmas!!!

Let us put our minds together and see what life we can make for our children. —Sitting Bull



# RAILWAY

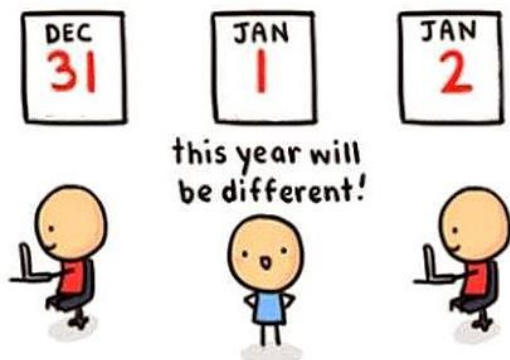
**WINTER IS DEFINITELY HERE AND WE ARE READY TO HAVE FUN IN THE SNOW. OUR TREE IS UP AND DECORATED, MOST OF THE GIFTS ARE PURCHASED SO BRING ON CHRISTMAS. THANKS TO THE STAFF FOR WORKING SO HARD TO MAKE SURE CHRISTMAS IS SPECIAL.**



RA Student feeding the squirrels



Scary musician at RA on Halloween night!!



Thank you to all regular and relief staff that took extra shifts during the Holidays season and worked long hours. Your hard work and dedication is so appreciated! Because of workers like you we can maintain the quality of our services during the Holidays!

*Worry doesn't help tomorrow's troubles, but it does ruin today's happiness – author unknown*



## 266 DOMINION

What a great fall season we have had!! The youth enjoyed trick or treating on Halloween and several trips to local parks. The youth also loved going to Get Air for some indoor fun.

We want to welcome to the team: Krista, Emma A. Salomon and Uju! And congratulations to Dominic on his college graduation!

As the winter season is upon us; the youth are looking forward to making snow men outside and having hot chocolate inside to warm up after. The youth will also show off their artsy side by making some Christmas crafts to help decorate the house.

We hope everyone has a Merry Christmas and Happy New Year!!!

Thank you to everyone for being so welcoming to our youth!!



## West Lane

Hi Everyone,

Hope everyone is staying warm! West Lane has been busy getting ready for the holidays causing great excitement in the house. The house is decorated and the 3 trees are trimmed. We're not sure why the kids decided to put up 3 trees? We are hoping that they aren't expecting gifts under each one! We want to welcome some new staff to our team Erick Kabangu, Raymond Marcyniuk and Cyrika Green. We would also like to congratulate Henrietta Nkengasong and Gabriella Silverio on getting their diplomas in Human Service Counselling.

All the youth had a great time at the annual social and as usual it was a great success.

Happy Holidays to everyone from The West Lane Crew.

Merry Christmas



people are lonely because they build walls instead of bridges.





## SILP NEWS

Jingle Bells and Ho Ho Ho Everybody! It's that time of year again! It is time to dig out our hats and mittens! SILP would like to welcome Amanda G., and Assia H., to our program. Our annual Xmas Social was full of fun and dancing as usual! We have some pretty amazing dancers here at MCRI.

We would like to congratulate Joel St. P., and Jessica B on their new jobs. Congrats! We would also like to congratulate the Special Olympic Floor Hockey team for their huge win at the Regionals this year as they brought home gold medals!! Congrats!!

We would like to give a huge thanks to our staff for all of the extra work they put in for the Holidays! It is so appreciated! The SILP family would like to wish everyone Happy Holidays!



### Soup Extravaganza!!!!

Club Shades will be having a Soup Extravaganza on March 21<sup>st</sup> 2019. Tickets will cost \$5.00 each and will be on sale on February 2019. The money collected during this event will be used to support the Wednesday Meal program at the Club.

We have already confirmed that Stephanie will be making her amazing chicken soup and Alison will be making her "to die for" homemade beer bread. More details will be announced soon!!!



Follow your heart but take your brain with you



# AFLA

Hi everyone! The AFLA Program has been quiet over the past few months. We have lost one client and we have a new member joining us in February, 2019. Everyone had a very good fall season and now are looking forward to the Holiday Season. I would like to congratulate Cassandra Doucette on receiving the Rita Agnew award at our Social on December 6<sup>th</sup>. Keep up the good work Cassandra! We are very proud of you. We would like to wish everyone a very Merry Christmas and a prosperous New Year! Until next time, stay warm and safe.

*I have lots of hidden talents. The problem is, even I can't find them*

## Cassandra's Reading

Contribution of Cassandra Doucette

### **Let Your Inner Star Shine** **A son for the season**

It's the holiday season. Tenney and her bandmate Logan, had played the end for a big pop star. When videos of a famous song reach the charts on YouTube it's time to think of a road tour. Can Tenney and Logan do it or will there be some bad notes along the way?

Merry Christmas and Happy New Year.

L♥ve,  
Cassandra.



For the summer of 2016, Cassandra Doucette has been writing the Reading Suggestions section for the Residential Express.

I want to recognize Cassandra's dedication to the newsletter. She is the only contributor that doesn't receive a reminder to bring her contribution in and still she is the first one to have her material ready (far before the due date).

We want to thank her for sharing her reading with us and for being so responsible with this task.

Thank you Cassandra, you are doing a great job!!!!

The Editor.

I want to be the reason you look down at your phone and smile, then walk into a pole.



## 325 Dom

Hi everyone, can't believe that winter only starts December 21 and we've had several amounts of snow all ready, hope this means we get an early spring. The youth have enjoyed bundling up and enjoying their walks, playing in the back yard, sliding and warming up with hot chocolate.

You can feel the Christmas Spirit in the air with all the youth putting up their Christmas trees, and adding their special touches to their trees and the smell of cookies baking. They are also enjoying their snow days they've had this far, and will be anxiously waiting to have their break for the holidays. Soon we will be having our Secret Santa Party with our youth which they all enjoy.

I would like to welcome Lori back from her maternity leave, you were missed by all. One of the youth was so happy Shortcake was coming back.

I would like to welcome Karah and Jennifer to the Dominion Street team. I would also like to thank Alvera for stepping up and being the ARC while I was out earlier this year, and while Lori was off as well. It's always great having someone that knows our youth well, great job.

The team at Dominion would like to wish everyone a Merry Christmas and a Happy New Year in 2019.

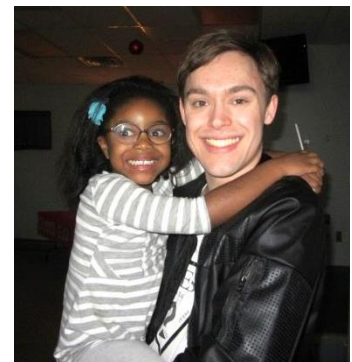
Until next time ☺



Mike Wazowsky has been baking at 325 Dom!!! Mike is a great baker and very artistic!! Keep the good work up Mike!!!



Thank you so much to Cory Saulnier and McNicole Kyeyune for all their work and help during the social. We had a great team of helpers but Cory and McNicole (only 12 years old) went the extra mile!! You guys rock!!!!



Brielle Diamond and Cory Saulnier having fun at the social!

I am my problem, but also my solution

## La Recette

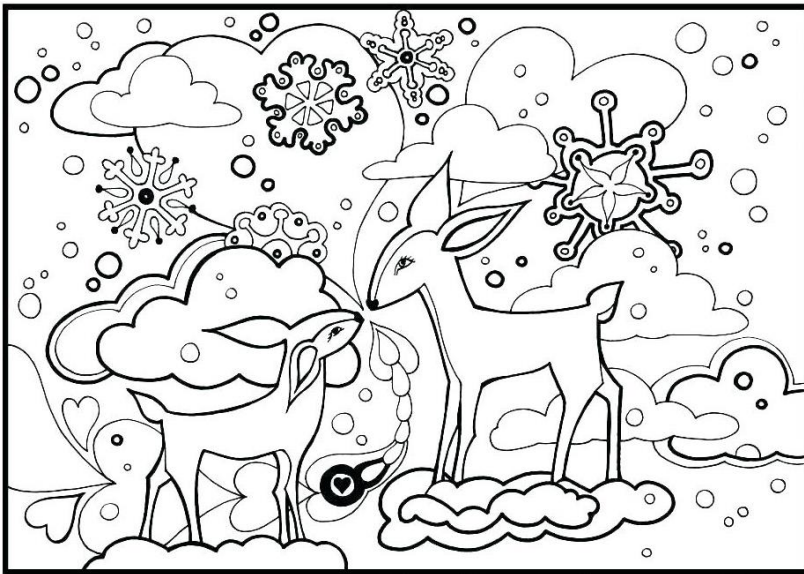
### Ingredients

- 4 Mars Bars
- 1/2 cup butter
- 3 cups Rice Krispies
- Topping:
- 1 cup chocolate chips, semi-sweet
- 1/4 cup butter or margarine



### Instructions

1. Melt the Mars bars and butter together in a pot, then mix the Rice Krispies in with them, coating the cereal completely.
2. Transfer to a well greased 9x9 or 8x8 pan.
3. Melt the chocolate and butter for the topping, stirring until smooth, then pour it on top.
4. Cool in the fridge then cut into pieces and serve.



### Be safe during winter!!! Basic Precautions

Winter and ice should not stop you from going outdoors, be prepared!!

1. Choose a good pair of winter boots. For warmth and stability look for these features: well-insulated, waterproof, thick non-slip tread sole made of natural rubber, wide low heels, light-weight.
2. Ice grippers on footwear can help you walk on hard packed snow and ice. But be careful! Grippers become dangerously slippery and must be removed before walking on smooth surfaces such as stone, tile and ceramic. Before buying the grippers, be sure that you are able to attach and remove them from your boots, this is best done sitting down.
3. Use a cane, or even a pair of ski poles or walking sticks to help with balance. Make sure they're the right height for you.
4. Help other road users see you by wearing bright colors or adding reflective material to clothing.
5. Prevent heat loss by wearing a warm hat, scarf, and mittens or gloves. Dressing in layers may also keep you warmer.
6. Keep entranceways and sidewalks clear of ice and snow. Report hazards on sidewalks or pathways to your landlord or the City.

Sources: Ottawa Public Health, Niagara Region Public Health