



RESIDENTIAL EXPRESS



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Board of directors

President - Chantal Landry

Vice President - Kristen Steeves

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Sandy Scott Thibodeau

John Lunney

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Michael Miller



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.

Health & Safety Committee

Nathalie Lutes

Mavis Rodriguez

Obianuju Inomah

Navneet Sehgal

Christina Hill

Taiwo Obaniyi

Daniel Niles

Jane Umutoi



Team Building Committee

Janice Carter, Lyne LeBlanc, Monica Penney, Natasha LeBlanc, Jessica Gouchie, Kim Seldon, Johnathan Levesque, Nafisat Busari, Katelyn Crooks

MESSAGE FROM THE EXECUTIVE DIRECTOR

As we close out another busy and inspiring summer at Moncton Community Residences Inc. (MCRI), I'm pleased to reflect on the meaningful progress, community partnerships, and celebrations that have shaped these past few months.

One of the highlights of the season was learning that MCRI was selected as a finalist for the Chamber of Commerce's 2025 Business Excellence Awards in the Not-for-Profit of the Year category. This recognition reflects the dedication of our staff, Board, and community partners who continue to strengthen MCRI's mission each day. As part of the nomination process, a promotional video was created to share our story, another exciting step in showcasing the impact of our work.

Our marketing strategy also advanced this summer, with new website content being developed, updates to our organizational pamphlet, and the creation of a promotional video for Club Shades, helping to highlight the vibrancy and inclusivity of this growing program. These initiatives are part of our ongoing effort to ensure MCRI's story, and the people we serve, are visible and celebrated throughout the community.

Housing development and partnerships remain a major focus. We held productive meetings with various organizations and municipal partners in Moncton and Dieppe to explore potential affordable housing collaborations. Our presentations to both Moncton City Councilors and Dieppe's Committee of the Whole reinforced MCRI's vision to create inclusive, supportive living spaces for individuals with developmental challenges and complex needs.

This summer also marked a milestone for community engagement at our Annual General Meeting (AGM), where we welcomed outside partners for the first time in at least 16 years. The event demonstrated the strength of our growing network and reinforced the shared commitment across sectors to advance inclusion and opportunity.

We were also grateful to welcome volunteers through United Way's Day of Caring, who brought energy and kindness to three of our properties, a true reflection of community spirit.

Our internal focus has remained strong as well. Results from our technology survey were overwhelmingly positive, confirming that our teams feel confident and supported in their use of technology. We also continued to prioritize staff training and resources, with team members



*MCRI as Finalist, Non-Profit Organization
of the Year 2025*

participating in over 40 learning opportunities ranging from leadership development and workplace safety to equitable care standards and mental health first aid. In addition. Our leadership and board members took part in external conferences and training opportunities, including the National Supported Employment Conference and TalkExec leadership training.

The annual MCRI BBQ brought everyone together in the spirit of collaboration and connection. Thank you to the Team Building planning committee for their creativity and commitment to making these events such successes.

Recently, we also said heartfelt farewells and warm welcomes. We wish Melinda Mucci all the best as she moves on to new opportunities, and we're thrilled to welcome George Ijioma to the Supervisor role at MCRI. We also extend best wishes to Samantha Hudson as she begins her maternity leave, and a warm welcome to Sylvia Maoga, who joins our administrative team.

We've also continued to participate in community and sector-wide events, including the Disability Legislative Lunch in Fredericton, National Accessibility Week Community Expo, Chamber Business After Hours, and fundraising golf tournaments in support of local causes. MCRI also hosted the NB Home Support Association's Strategy Planning Event, and I was honored to accept an invitation to join the Chamber of Commerce Advocacy Committee, strengthening our voice on key issues that impact our members.

We are thankful for the ongoing support from the Moncton Meditation Group, and to the City of Moncton for their contributions, including a Soft Cost Grant, to advance our upcoming housing developments and donation in support of our annual BBQ.



EXECUTIVE DIRECTOR
MONCTON COMMUNITY
RESIDENCES INC.

As we move into fall, MCRI remains committed to growing partnerships, advancing housing solutions, and supporting our dedicated teams who make our mission possible. Thank you to everyone, our staff, partners, Board members, and community supporters, for another incredible season of impact and collaboration.

Some people want it to happen, some wish it would happen, others make it happen ~ Michael Jordan

MEMBER NOMINATIONS

Nirmaljeet Kaur - she is very organized and efficient, keeps her primary paperwork up to date and takes on extra paperwork duties as well. She is a good shift partner, always communicates and is always ready to help and share feedback with coworkers. She is involved with the youth and always tries to get them to follow their program.



Jack Murray - he successfully did an amazing job shopping at Costco and picking food for the whole house. He stayed on budget. Very proud of him especially since he doesn't like big crowds.

"Every Child Matters" Mi'kmaq

Veronique Leblanc - She has really stepped up to the plate in the last couple of months by being very helpful and cooperative with her providers.

Other nominations...

Kamaljeet Kaur, Jatin Seghal, Janice Carter, Balvinder Sudan, Monica Penney, Daniel Asante, Sukhjeet Kaur, Oluwayemisi Lala, Zettyline Wanyonyi, **Princess Peach**, Johnathan Levesque, Patience Isioha, Ashna Thomas, Nancy Donovan, Jessica Gouchie, **Lil lady**, Nathalie Lutes, Christopher Ayebe.



MCRI Annual Social will be on December 4th, 2025 5:30pm-9pm at Riverview Lion's Club (doors open from 5pm). Tickets available at the office

Team Meetings 2025

West Lane: Sep 25, Nov 6, Dec 4

Dominion: Oct 2, Oct 30, Dec 11

Railway: Sep 11, Oct 16, Nov 20

McSweeney: Oct 9, Nov 13, Dec 18

Dominion II: Sep 18, Oct 23, Nov 27

SILP: Sep 18, Oct 23, Nov 27

AFLA: Sep 17, Nov 12

It truly takes a village to not only raise a child but also to support youth in their development into thriving adults ~ Equitable Standards for transitions to adulthood for youth in care in Canada.

YEARS OF SERVICE

MCRI congratulates 🎉 🎉 🎉



Tonya Robichaud, 20 years with MCRI



5years Sep Daniel Niles

15years Oct David Buckler
Oct Zachery Hare

25years Oct Meghan Bourque
Nov Jamie Dobson

Congrats



Gregory Hatton, METS Greg Lawlor Volunteer of the Year Award



Cassandra Doucette (right), 15 years with MCRI



Brian Wood (left), 5 years with MCRI

It is in your hands to create a better world for all who live in it ~ Nelson Mandela



BROWNIE POINTS WERE EARNED (& ENJOYED)! ♦

On September 29, 2025, the much-anticipated **Best Homemade Brownies Showdown** took place at the Club Shades, transforming the space into a chocolate arena as five brave contestants rose to the challenge, each presenting their finest take on the classic brownie. The challenge was intense; the flavors were rich; and yes...the sugar crash was real.

Judges arrived armed with forks, a solemn dedication and questionable levels of self-control, to undertake the difficult task of evaluating each entry in order to crown the champion. 🍂

👩 The contestants brought their A-game! From indulgent, fudge-filled creations that melted hearts (and possibly dental fillings) to festive and "healthier" takes that made us question our life choices...the entries showcased impressive creativity. One bold contestant even incorporated peanut butter cups—a move that left a lasting impression. We tasted it all and we're still recovering!



The Judges? Despite their firm resolve of "just one bite," had experienced chocolate-induced euphoria by the second round (we're fairly certain some left still clutching onto brownie crumbs in their pockets).



After careful deliberation, and a few necessary re-tastings - a winner was declared: 🍂

👩 Congratulations to **Melanie Martin**, whose **crisp-edged, crackle-top, thick, fudgy-centered, and decadently chocolatey** brownie secured the top spot and took the crown!

👏 In the end, everyone was a winner - Special thanks to all the bakers, judges, and fearless taste-testers who survived the sugar-high and contributed to a successful and spirited event. Your enthusiasm (and sweet tooth) made it a truly memorable experience.

🔔 Stay tuned for our next culinary event - rumor has it, soup may be involved... and yes, stretchy pants may come in very handy. 🍂

#HomemadeBrownieBakeOff2025 #ClubShades

A cook is an artist who creates eatable pieces of art ~ Remez Sasson

EXPRESS SPOTLIGHT

Meet Tammie Lane (AFLA member)

We are excited to highlight Tammie Lane, a cherished member of our MCRJ AFLA family who has been with us for an incredible 32 years! Tammie is known for her kindness, caring, and loving nature. She is always willing to help others, no matter what challenges she faces. Tammie continues to inspire others with her positive spirit and deep care for others.

Fast facts about Tammie

Favorite color: Purple

Favorite food: Shepherd's Pie

Favorite holiday: Christmas

Quote: "You do what makes you happy"

Happy place: Home

3 words that describe you: Kind, caring, loving

Something you cannot live without: Her provider

Hobbies: writing recipes, playing Solitaire, circle words

Proudest about: When she learns something and helping others!

Life changing moment(s): Mom passed away

Fun facts: Watching TV

Destination of choice if all expense paid: Disney World

Favorite part of your job: Shredding paper, janitor work



We would also like to congratulate Tammie for joining the Constituency team of Ginette Petipas Taylor and helping out there. Way to Go Tammie!



Remembrance Day 11.11

When you go home, tell them of us and say, "for their tomorrow, we gave our today" ~ unknown

EXPRESS SPOTLIGHT

Meet Adediwura Oluyemi-Bakare (Youth care worker)

Adediwura has been working for MCRI since May 2024. She came to MCRI with a background in Education including Psychology, Caregiving, Trauma, Mental health & Resilience and Self-care. Ade as she is fondly called, is very welcoming to everyone and wants to help people be their best.



Fast facts about Adediwura

Favorite color: *Green & blue*

Favorite food: *Pounded yam (Poundo) with melon soup*

Favorite holiday: *Christmas*

Happy place: *Being home with her family, at church and going on outings*

3 words that describe you: *open to learning new things, diligent, honest*

Something you cannot live without: *her family and God*

Hobbies: *singing, cooking, dancing*

Proudest about: *Her family!*

Life changing moment(s): *coming to Canada in March of 2024 right in the middle of a Canadian winter*

Fun facts: *Enjoys singing*

Destination of choice if all expense paid: *Israel, UK and Dubai*

Favorite part of your job: *helping the members and co-workers*



Poundo & Melon soup

Les enfants sont comme des fleurs. Les arroser avec amour et soutien leur permet de s'épanouir ~ inconnu

EXPRESS SPOTLIGHT

Meet Sukhjeet Kaur (Youth care worker)

Sukhjeet started with MCRI in August of 2022 as a relief staff. She brings her calmness, patience and dedication to the individuals she supports. Besides from being a great team player, she makes a huge difference in the lives of the members.

Fast facts about Sukhjeet

Favorite color: Blue, Orange

Favorite food: Dal (Lentils), Kheer (rice pudding),
Makki ki roti (corn flat bread), Sarson ka saag
(mustard puree)

Favorite holiday: Festival of lights (Diwali)

Happy place: being home with family

3 words that describe you: Calm, patient, dedicated

Something you cannot live without: My family, prayer, listening to music

Hobbies: Cooking, listening to music, exercising

Proudest moment: Taking on any new task/ doing my best

Life changing moment(s): When I become a mother

Fun facts: I can't tell a joke, people take me seriously, but I'm
actually not (serious), Has a Master's degree in Mathematics

Destination of choice if all expense paid: Switzerland

Favorite part of your job: Helping youth when in crisis, doing
activities with them, taking them for walks



Sarson ka saag

*Safety is not the absence of threat; it is the presence of connection ~ Dr
Gabor Mate*

yojobean's



Review

Café: Damascus Coffee

(Where you will be welcomed with a smile and they remember you)

Reg. Hours: 7am - 4:30pm

Location: 710 Coverdale Rd. Riverview

Rating: ☕ ☕ ☕ ☕ ☐

Wi-fi Accessible: yes

Lunch hours: 11:30am – 1:30pm

Cost: Reasonable Prices

Menu

Hot/Iced, Coffee/Tea: (Expresso, Latte...)

Lunch/Baked goods (also Daily lunch specials)

Ambiance: Cozy and quiet, enjoy a good coffee and a perfect place for sharing secrets with friends.
Hope you drop by 😊

Free Training opportunity!!

Follow the link

<https://autismcertificationcenter.org/course-guide/many-faces-autism>, for a free 90 minutes long Many Faces of Autism: ASD Strategies in Action, from the Autism Certification Centre!



Cassandra's Reading

Like Sisters: Natalia takes the Lead

~by Cassandra Doucette

There are dogs coming to Seaview House and Natalia is offering for her sister Zoe and cousin Emma to take care of the dogs for their owners. But when lying about homework, a play and taking on too much gets to Natalia, it gets to be a lot and goes crashing down. What will Natalia do? Find out for yourself to see if you can get the book...

Happy Reading!

EXPRESS SPOTLIGHT

Meet Darla Northrup (Human Service Counselor)

Darla has been a valued member of MCRI since 2005. She is one of the main staff who helps run Club Shades on Wednesday and Friday nights. She began her career in the youth program before moving to SILP where she continues to shine bright.

Fast facts about Darla

Favorite color: Pink

Favorite food: Pizza

Favorite holiday: Vacations during summer season

Happy place: At the beach with sand on her toes and the ocean nearby

3 words that describe you: funny, loyal & patient

Something you cannot live without: Her grandchildren

Hobbies: Reading, collecting seashells and spending time at the beach

Proudest about: most proud of being a single mother and treasures the time she spends with her 5 grandchildren

Life changing moment(s): Cancer diagnosis which revealed her strength and resilience

Fun facts: She is a proud and loyal Maple Leafs fan through and through!

Destination of choice if all expense paid: Maldives for its beautiful scenery

Favorite part of your job: working with the members to identify solutions and overcome challenges.



Happy

Thanksgiving



Children are not things to be molded but people to be unfolded ~ Jess Lair

EXPRESS SPOTLIGHT

Meet Melissa Ferris (Youth care worker)

Melissa has been with MCRI since 2022. She is an asset to her team and will be the first one to step up when questions arise. She brings a sense of fun to the job and tries to keep the youth in the best spirits with humour and silliness.

Fast facts about Melissa

Favorite color: Purple

Favorite food: Australian meat pie; also her Avó (grandma)'s jardineria (Portuguese stew).

Favorite holiday: Christmas

Quote: "learn from yesterday, live for today, hope for tomorrow"

Happy place: At home with fur babies

3 words that describe you: Determined, strong, confident

Something you cannot live without: Her 2 cats

Hobbies: love to bake, read, watch TV shows, go out on hikes/ nature walks

Life changing moment(s): Her Avô (grandpa)'s passing in 2024 and not being able to be with him

Fun facts: Likes fishing, working out at the gym; cannot swim

Destination of choice if all expense paid: Portugal (mom's ancestral home) to see family and eat all the food she grew up on and also for the culture

Favorite part of your job: knowing that the youth look forward to her "just showing up". It's not always about the big things but also about being there and being present.



We do not inherit this land from our ancestors; we borrow it from our children ~Haida

EXPRESS SPOTLIGHT

Meet Sarah Octavious (Youth care worker)

Sarah has been a valued member of the MCRI family since 2016. She loves what she does, and it shines through in the connections she builds with the youth. Recently, Sarah applied to our AFLA program and has already begun transitioning one of our youth to eventually become part of her family once they come of age.

Fast facts about Sarah

Favorite color: Black

Favorite food: Fufu

Favorite holiday: Mother's Day

Quote: "how about that"

Happy place: home with her kids

3 words that describe you: ambitious, adventurous, team player

Something you cannot live without: God, human compassion

Hobbies: loves to sing

Proudest about: watching her boys grow up into productive men in society

Life changing moment(s): starting her own business

Fun facts: was very active in sports during her school years, especially soccer and volleyball!

Destination of choice if all expense paid: Jerusalem (experience of a lifetime)

Favorite part of your job: spending quality time with the youth and building strong relationships



If you don't like something, change it. If you can't change it, change your attitude ~ Maya Angelou

EXPRESS SPOTLIGHT

Meet Delna Joseph (Youth Care worker)

Delna has been with MCRI since 2024. She's always been the kind of person who loves to listen deeply and tries to understand what others are going through. Her hard work and positive attitude are truly appreciated and makes a huge difference.

Fast facts about Delna

Favorite color: Blue

Favorite food: All types of South-Indian food, especially non vegetarian foods

Favorite holiday: Christmas

Quote: *Never forget the ones who stood with you in your hardest times- they are the truest people in your life, cherish and hold onto them*

Happy place: Her family/ loving boyfriend

3 words that describe you: energetic, talkative, cheerful

Something you cannot live without: Chicken ("I love Chicken")

Hobbies: dancing, listening to music and going for long walks

Proudest about: proud of self for growing up into a better person

Life changing moment(s): Coming to Canada taught lots of life lessons

Fun facts: can write with both hands

Destination of choice if all expense paid: Kerala, India ("I miss my family/ friends")

Favorite part of your job: Able to see and experience other people's life experiences



LEST
WE
FORGET

Love the trees until their leaves fall off; then encourage them to try again next year- Chad Sugg

Mc SWEENEY

This summer was packed with fun and lots of outdoor activities!



We made the most of the warm weather by spending time in the pool, going on bike rides, and enjoying walks. A major highlight was all the trips to Magic Mountain—everyone had such a great time! 🍂

We also started a garden this year, and it turned out great! We grew a mix of fruits, vegetables, and some really beautiful flowers. On top of that, we kept busy with games like badminton and soccer, which were big hits. And of course, we had to cool off with some homemade ice cream—so fun and delicious! Thank you to our baker in the house! Always coming up with unique and delicious ideas. 🍂

As we head into fall, we've got lots of seasonal activities planned. We're looking forward to going apple picking, pumpkin carving and Halloween decorating - we can't wait to get creative and festive! We're also planning to visit a corn maze, which should be a fun adventure (maybe our "scarer" is about to become the one that gets a fright!).

One of our youths has moved on to living with a family. We will miss them, but at the same time we are so proud of them for all the growth they have accomplished in their time with us! Sending best wishes only to Mr. Tesla. 🍂

We've had some changes to our team recently and wanted to give a warm welcome to our new staff members Roseline, Jatin, Amandeep and Pavandeep! We're super excited to have you all join us and can't wait to get to know you better. We'll also like to extend a warm welcome our new youth Rosebud, we're happy to have you back at MCRI.

At the same time, we are sending our good wishes to Kamal, Ruth and Bosede who received opportunities to work in other programs. Kamal, Ruth and Bosede thank you so much for everything you have done here—you'll definitely be missed, and we wish you all the best in your new programs. 🍂



Humpty had a
great fall.

Autumn carries more gold in its pocket than all the other seasons ~ Jim Bishop

AFLA

Greetings from AFLA! 🍂

We hope everyone had a wonderful and refreshing summer!

We proudly celebrated a significant milestone within our AFLA family. Tonya Robichaud, a dedicated provider, has completed 20 years with MCRI. Cassandra Doucette, a member of the AFLA family, has completed 15 years with MCRI. Congratulations to both of them.

We also take a moment to bid farewell to one of our cherished providers, Jo-Anne Reid. Your contributions have made a lasting impact, and you will be greatly missed.

A big congratulations to Tammie Lane, one of our valued members, on joining the Constituency team of Ginette Petitpas Taylor. We are so proud of you, Tammie! 🍂

We also said goodbye to Linda Bourgeois, an AFLA member who has transitioned to special care. Linda has been a beloved member of our program, and she will be deeply missed. We wish her peace and comfort in this new chapter.

In loving memory of Marcel Goguen, a cherished AFLA member who recently passed away. Marcel was a valued member of our AFLA family, and he will remain in our hearts always.

We are pleased to welcome several new providers to our AFLA family. A heartfelt thank-you to both new and current providers who have been offering relief for our members and supporting one another—your efforts do not go unnoticed. 🍂

Some of our members had the joy of attending Rotary Camp, and we are happy to hear they had a wonderful time. 🍂

Our recent Providers' Meeting with the Executive Director was a great success. We also had a smooth transition of one of our members within our AFLA family.

Looking ahead, we are excited about the upcoming additions of new members and providers to our AFLA family. We are also enthusiastic about our upcoming team-building activity, a chance to strengthen our bonds and continue fostering a sense of unity within our AFLA family.

Thank you all for your continued dedication and hard work.

Until next time, enjoy the beautiful fall season!

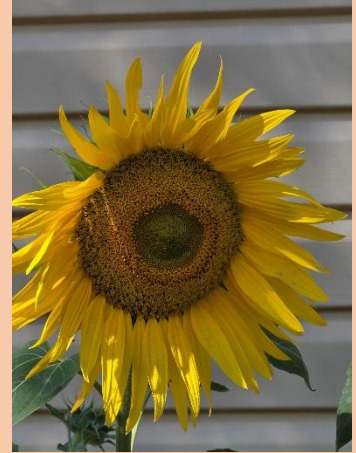


Farewell to Jo-Anne Reid

RAILWAY

Hello from Railway,

It's hard to believe that we are already in Fall. Time to bring out the cozy sweaters, hot drinks, pumpkin pies and apple desserts. Time to start planning some trips to the Apple Orchards, Open Farm Day and perhaps the Green Pig in Salisbury to explore the corn maze and picking your favorite pumpkin in time for Halloween. The members have already started talking about their Halloween Costumes.



The conversations are already underway of planning our TEAM BUILDING ACTIVITY for October, which everyone enjoys. I would like to thank the members that helped to water the sunflowers, the garden and new grass space this year on a regular basis during our very hot summer. The members enjoyed some green beans; we are still waiting on some cucumbers to get bigger from the garden. It was great to see the flowers bloom and the sunflowers reach their full beauty. Youth enjoyed their time with family this summer, and one youth took part in a Gala in Nova Scotia and worked there for part of the summer. So proud of you 😊



Pickles on his daily runs

All the youths are getting settled in to their school routines, and getting used to waking up early. Thanks for the extra help we had with planting the garden and flowers around the Railway home, the birds are enjoying the new feeder and PICKLES our Squirrel is having fun being mischievous having fun in the beans, digging in our flower pots. He is not shy at all. 🍂

I would like to thank the team and our relief staff for all the continued support they provide each time they arrive on shift to work with the youth, you all make a huge difference in their daily lives and each day is a new day. You play a huge part in their growth and hugely impact their lives. Thanks for capturing many great moments on the house camera. I greatly appreciate each and every one of you. We are all very proud of each of you 😊



I can smell autumn dancing in the breeze. The sweet chill of pumpkin and crisp sunburnt leaves. ~ Unknown

S I L P News



SILP Summer Highlights,

Magnetic Hill Zoo outing

Wow! Where did the summer go? We had so much fun making new memories that we didn't even notice time flying by. Our members had a memorable summer exploring our community and activities with staff and our two students, Chloe and Tay.

We crossed our fingers hoping for no rain for our annual Magic Mountain trip...it was a beautiful day with nonstop fun and laughter. Members also enjoyed visits to the zoo, a little friendly competition with mini golf, and beach days soaking up the vitamin sea- this summer gave us memories we'll never forget.

Some of our members also enjoyed peaceful moments on the trails, finding that much-needed inner calm away from the city buzz.

We're also excited to welcome our new team member, Ruth! Please give her a warm welcome if you see her around the office.

At the same time, we shared heartfelt goodbye to Richard, who has been a part of the MCRI family for many years. We wish him the very best as he starts this new chapter-he'll be greatly missed!!

Now we're looking ahead to fall: crisp leaves, cozy sweaters, pumpkin spice, and our upcoming annual fall trip to Belliveau Orchards in Memramcook.

Our very own Greg Hatton had received The Greg Lawlor Volunteer of the Year award with the Moncton METS. We are so proud of you!!!



We are pleased to recognize Brian Wood as he celebrates his 5th anniversary within SILP. His commitment and contributions over the years are greatly appreciated.

Here's to another great season ahead!

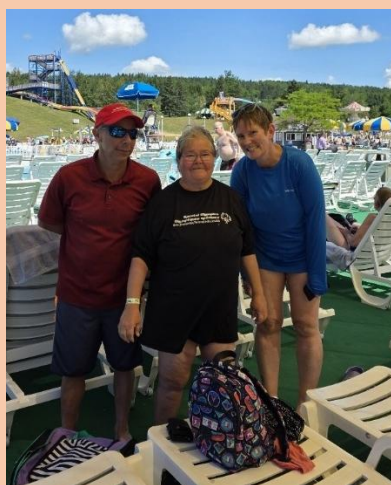
We're excited about the opportunities ahead. With summer vacation approaching, it's the perfect time to explore new activities and make the most of the season.



Club Shades Activity Night



Club Shades activity nights proved to be very popular throughout the summer. From line dancing Mondays to BBQs on Wednesdays and Fridays, the fun never stopped. Members jumped into water fights, game nights, crafts, live music, and our most popular- Bingo! No wonder participation is still going strong. Staff not only helped create these activities but also jumped right on the fun, making each event even more memorable. activities, craft nights, and movie nights, all while Fridays offer bingo and live music or a pool tournament. Hoping to see you at one of our activities.



*Right ~ Congratulations!!!
Danny Ayles & team for
winning the silver medal
at the Special Olympics
(Bocce ball) at Woodstock.*



*L'automne est un deuxième printemps où chaque feuille est une fleur ~
Albert Camus*

DOMINION II



"Five little pumpkins sitting on a wall..."



It is hard to believe that summer is fading and being replaced by the fresh, cool mornings of Fall. It's time to pack away the sunscreen and dig out your cozy sweaters and wool socks.

While we always have things to look forward to in the fall it is sad to say goodbye to the warm summer breezes, outdoor sits in the sun, water adventures at the beach and in the pools.

But, like I said, there are so many things to look forward to as the season changes. Nature hikes in the fall are a favorite of many people. Pumpkin pies are another. We won't forget the changing of colors in the trees, which many areas of the world aren't fortunate enough to experience. Thanksgiving festivities, decorating for Halloween. Apple picking, and so much more. Our shining youth at Dominion II even got to enjoy a special trip to Halifax and returned home with some very cool keepsakes and a whole lot of memories.



266 has some congratulations to offer and best wishes to a few of our team members who are returning to school to further their education. We wish you all the best!

We also have some shifting of positions and people at Dominion II, and although we will be sad to lose some of our team to other programs and placements, we will be glad to welcome our new members. The only constant in life is change, and we are fortunate to have so much familiarity and support around us when the big changes occur.

**"Anyone who
thinks fallen leaves
are dead has never
watched them
dancing on a
windy day."**

SHIRA TAMIR



Wishing everyone some fun fall adventures from Dominion II!



Test your smarts



- i. Why did the chef stop cooking?
- ii. What do you call a tree that doubts fall is coming?
- iii. Why did the apple pie go to a dentist?
- iv. Did you hear about the Italian Chef that died?
- v. What happened to the kid who ate a lot of pumpkin pies?

Life starts all over again when it gets crisp in the fall - F. Scott Fitzgerald

WEST LANE

Warm Fall Greetings from West Lane,



Summer has come to an end, and the trees are beginning to show their beautiful fall colors!

The youth had a wonderful summer filled with gardening (our garden boxes thrived!), slip-and-slides, swimming in the pool, and relaxing on floaties. We enjoyed plenty of backyard barbecues, laughter, and outings—visiting splash parks, playing mini golf, attending the Lobster Festival, and celebrating Canada Day, just to name a few.

This season also brought some changes. We said goodbye to one of our youths who turned 19—wishing her all the best in her new apartment and the exciting chapter ahead. At the same time, we warmly welcomed a new youth into the West Lane home and are enjoying getting to know one another.

Looking ahead, we'll be harvesting the last of our vegetables and herbs, hosting a Halloween Tie-Dye party, going apple picking, and taking hikes along local park trails. Fall baking and seasonal crafts will keep us busy as we decorate the house. **And of course—West Lane officially challenges all the other youth homes to a Halloween decorating contest!**

With school back in session, the kids are happy to be back in the classroom and reconnecting with friends and teachers.

As autumn unfolds, we encourage you to take time to wander through the woods and soak in the brilliant colors of the season. It's a simple joy that brings peace and renewal.

Until next time,

The West Lane Family

From Queen S

Some people would say,
"you'll forget about them"
"You'll get over it soon"
People even say,
"It's not that big of a deal"

But none of that is true for me,
I never will be. Not only because I am very
stubborn and hold onto things a lot longer
than I should.. But, because I will never
forget about anyone from MCRI, I will
never say my experience at my group
home was not a "big deal" and I will
especially never say that I will get over it.

But don't you want to know why?
My experience at MCRI was not over a
small period of time, sure it was longer
than others. But out of 3 placements this
one was exactly 570 days. (if you want to
count up until I would be 19 add nine

until august 1st 2025.

These staff helped me from running in
snowstorms and trying to end my life to
helping me budget because they know the
second I get a chance, I will indeed be
spending money on doordash and pop and
crazy things like my 4th console that I
probably will sell again!

The point is I made it and yeah I put a lot
of the work in, but so did they.



Lunar moth

DOMINION

Hello from Dominion!



This summer, the youths had a wonderful time soaking up the sunshine. They spent their days playing in parks and cooling off in splash pads. They also went on several summer drives and community walks, and they explored local nature parks.

Some of their other adventures included trips to Butterfly World and a visit to the Bouncy Castle Park where they bounced to their hearts' content. One of the youths enjoyed baking, and they all went out for ice cream treats. At Dominion, the house was filled with dancing, music, and laughter all summer long.



We enjoyed attending the company's annual summer BBQ at the office, and our youths participated in a Canada Day event hosted at one of the other youth homes. We had a pool party and BBQ. The kids had a blast!



We are sad to see some of our team members move on to different opportunities, but we are happy they are doing well. At the same time, we are happy to welcome the new members to our team!

We also welcomed a new youth this summer. It was a bit of an adjustment, but they are settling in well, building great relationships with their co-residents, and weekend visits with their family.

The Dominion team is excited to start enjoying the fall activities, doing crafts, going apple picking, creating scavenger hunts and getting lost in the corn mazes. The staff are already planning the Halloween theme week for October.



Team, I want to take a moment to express my deepest gratitude for the incredible support you've shown the newest youth in our program. We all know they had a difficult time adjusting, and it was your patience, empathy, and collaborative effort that made the difference. You didn't just help them; you created a space where they could finally feel safe and begin to thrive.



Please continue to offer the same level of support and understanding. It's not only changing this youth's experience, but it's also shaping the future of our program. Thank you for everything you do.



As we wrap up summer, the Dominion team would like to wish you all a wonderful fall season. We hope that you get to enjoy the crisp cool air, beautiful colors, and everything else this time of year brings.

La vie est faite de petits bonheurs ~ inconnu

LA RECETTE

Cheryl Slocum's Beet and Apple Soup

Apple-picking season is in full swing, and those fresh juicy apples deserve something special! Ready to try something new other than the usual pies and crisps, then check out this soup recipe.

Test your smarts
i) He ran out of
thyme ii) Disbe-leaf
iii) It needed a filling
iv) Past-a away v)
Autumny ache

For 8 servings, you will need:

- 1 tbsp. vegetable oil
- 6 cups chopped, peeled beets (about 8)
- 1 cup chopped onions
- 3 cups chopped apples (about 2 large such as Granny Smith)
- 1 $\frac{1}{2}$ tsp. salt
- $\frac{1}{2}$ tsp. fresh ground pepper
- 5 cups apple cider
- $\frac{1}{2}$ cup sour cream
- 1 tsp. dried mustard



Only the pure in heart can make a good soup ~ Ludwig van Beethoven



~Directions~

- ❖ **Make the soup:** Heat oil in a large saucepan over medium-high heat. Add the beets and onions and cook until onions soften, about 5 minutes. Add the apples and cook for 5 more minutes. Add 1 teaspoon salt, pepper, 4 cups cider, and 4 cups water. Bring soup to a boil, reduce to a simmer, cover, and cook until beets are tender, about 40 minutes. Puree small batches of soup in a blender until smooth, adding remaining cider as necessary to reach desired consistency. Bring soup to room temperature and chill until ready to serve.
- ❖ **Make sour-cream mixture:** Combine remaining ingredients in a small bowl and serve a tablespoon of the mixture with each serving.



Until the next issue!



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