



Newsletter

Mountain Rose Women's Shelter Association

Volume 34 / Fall 2021

You are invited to our Community Consultation

Thursday, November 4th, 2021

Pending Covid19 Restrictions

Rocky Canadian Legion
4911 49 Street
Rocky Mountain House AB

*Panel Discussions
and
Round Table Conversations*

Free of Charge

Everyone Welcome

Stone Soup For Housing

RSVP required
Crystal or Bonnie
403.845.5339

Door open 9:30 am

Event is from 10:00am to 3:00pm

Lunch is provided



Message from the Executive Director

"I suppose there are a lot of reasons to be jaded or sarcastic or bitter in life, but I hang on to the reasons why life is beautiful."
Kelli O'Hara

Looking back over the past 18 months, I realized that the Corona Pandemic has taken up much of my time, thoughts, and worries. It is easy to become "jaded or sarcastic or bitter" during this time of uncertainty. Sometimes to get through, I hold on, even if it is by my fingertips, "I hang on to the reasons why life is beautiful".

- MRWSA Staff team: I work with the most amazing group of people who have come together for a common purpose – working with and for people impacted by violence. This doesn't mean we always agree but we can have those hard conversations and still walk away having mutual respect.
- The Community: I live in a community that is the 'gateway to the west country' with scenery that people travel from other countries to witness – I only need to step outside to view the majestic Rocky Mountains to the west and the rolling prairies to the east. These beautiful views fill my soul every day.
- Friends near and far: You know who you are! Whether you are a phone call away or stop by for coffee, I know that we are there for each other. Connecting with each of you brings joy and beauty into my life.
- Family: From our humble beginnings in rural Saskatchewan, my extended family has settled across this amazing country: Newfoundland on the East Coast to Vancouver Island on the West Coast. Connecting across many regions allows me to see the beauty of many different people and cultures within our nation.
- Sisters: I have three very strong, independent, opinionated, passionate, kind, loving, and beautiful sisters who have listened to my rants, cries, laughter, and joys. Each of us has our flaws but we are always there for each other. These three women have filled my heart with love, compassion, and strength.
- My Husband: 25 years with this man who is my rock and my soft place to land, who keeps me laughing with his dry sense of humour and helps keep my two feet planted safely on the ground. I see the beauty in this man's heart every day.

We should all heed the words of Kelli O'Hara, *"I suppose there are a lot of reasons to be jaded or sarcastic or bitter in life, but I hang on to the reasons why life is beautiful."*

Let us all find our own reasons why life is beautiful.

Volunteers are Needed

Safe Ride / Bartending Program:

The MRWSA Safe Ride / Bartending Program provides these services to community events such as weddings and company parties (Christmas, staff appreciation, etc.) for a fee. This may be a safe ride or a bartending event or both for an event. This program raises up to \$10,000 per year which assists the Mountain Rose Centre to provide a variety of services. MRWSA has special insurance to provide coverage for any volunteer involved in these volunteer opportunities.

Safe Ride Program

Volunteers use their personal vehicle to provide safe transport from the event to where the guest(s) is staying within a 15 kilometer distance of Rocky Mountain House. The time commitment is 3 hours usually from 10 pm to 1 am but this fluctuates. Mileage can be reimbursed to the driver. Any cash tips received from the guests are donations to MRWSA.

Bartending Program

Volunteers support events by completing the bar service. One volunteer per event must have ProServe. The time commitment is 6 to 8 hours usually from 6 pm to 1 am but this fluctuates. Any cash tips received from the guests are donations to MRWSA.

Please **HELP** us continue this program in our community. If you have a few hours to spare or would like more information, please contact Cindy Easton to register as a volunteer with this program (ceaston@mrwsa.net).

Board of Directors

President
Sharon Kopchia-Ok

Vice President
Maureen Janke

Past President Lisa Block
Member Corrinne Bell
Member Chris Chabot
Member A. Mavis McGilvery
Member Trevor Scott
Member Miranda Titford

Secretary Diana Monfette
Treasurer Morgan Dahmer

COVID-19 continues to cause a significant reduction in fundraised dollars due to the increased competition for charitable donations as non-profits try to address increased costs from implementing safety during COVID-19. Restrictions also prohibit in-person fundraising activities, open doors to allow for walk-in donations and community events that help generate revenue. If possible, monetary donations are greatly appreciated. A Charitable Tax Receipt is issued for donations of \$10 plus.



Outreach



During the past few months, we have been able to run our Thursday evening support group and have had a steady number of women attend.

We continue to meet one on one with shelter clients and community members and have found the need for people to have someone to talk to increasing.

In addition, we have attended the Sundre Interagency and are working on several projects in collaboration with Mountain View Shelter in Olds and Neighborhood Place in Sundre.

PCAP – Parent Child Assistance Program



The Stages of Addiction

For the vast majority of people struggling with addiction, there are stages of substance use or abuse that lead to the circumstances resulting in the person becoming addicted. Sometimes, these stages may occur simultaneously. All of these steps are part of the chronic cycle of addiction.

In general, these stages include:

- Initial use
- Abuse
- Tolerance
- Dependence
- Addiction
- Relapse

Initial Use

There are many reasons that the individual who ends up struggling with an addiction might try the substance to start with. It can be as simple as getting a prescription to manage pain or a mental health issue. Whether or not that initial use is more likely to lead to addiction is often a matter of individual circumstances. A number of risk factors that can lead a person to have a higher risk of developing addiction, including:

- Family history of substance abuse or other mental health disorder
- Abuse or neglect
- Chaotic living environment
- Peer group or family that is permissive about substance use
- Depression, social issues, or loneliness

Nevertheless, even these risk factors won't necessarily lead to the high-risk individual developing a substance use disorder like addiction. Other contributing factors often factor in, including the subsequent stages of addiction.

Abuse

The next stage of the addiction cycle is substance abuse. This is the point at which the person is using the substance on a recurring, improper basis. Substance abuse is using a substance in a way that is harmful. Perhaps the individual who is taking a prescription painkiller decides to take higher doses or use the medication more frequently. In some cases, substance abuse first occurs if the person is using street drugs to self-treat mental or physical issues without the advice of a doctor.

..... Continued on Page 7

Family Support Services

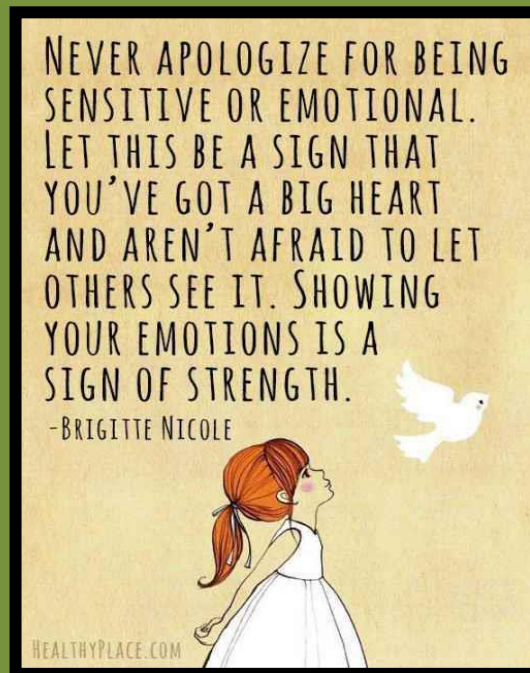


Our Family Support Program had a great summer, full of children's and family fun activities! The Child Minding Program incorporated out of school care in addition to pre-school care for our Second Stage families, having creative theme weeks in the playroom and exploring off property to engage and entertain the kids while on summer break, as well as hosting family activities: *Tie-Dyed *Played at the splash park *Planted, weeded and harvested the garden boxes *Enjoyed a scavenger hunt *Saw Space Jam at the movie theater *Spent a day at the lake *Went on a bug hunt *Painted Rocks orange to acknowledge and remember the Indigenous children of the Residential Schools.

In collaboration with Mountain Rose Centre's other programs, family activities included a community BBQ at the community garden, bowling, swimming and a fun day at the children's fishpond.

The harvesting of the fresh garden vegetables from our community garden boxes were distributed to the families we support.

Clearwater County Housing Support Services



Check out MRWSA Facebook page for more news, information and programs.

Check out MRWSA Website <http://mrwsa.net>

....upcoming events

Currently there are no upcoming events due to Covid19. Please stay safe!

6 THINGS YOU CAN DO IF YOU THINK A FRIEND MIGHT BE EXPERIENCING DOMESTIC ABUSE



**Mountain Rose
Women's Shelter
Association**

1. When it is safe to do so, virtually check in on your friends, family, and colleagues.
2. Believe them. Validate and empathize with their feelings.
3. Use I see & I feel statements. It's common that people don't recognize or label their own relationship as abusive.
4. If they want help, support them with safety planning.
5. Avoid victim-blaming. Many of us use harmful language without knowing it or meaning to be hurtful.
6. Educate yourself about the dynamics of domestic violence and abuse. Refer your friend to trained professionals – like the ones at women's shelters.

ACWS.CA



Thank you Members of The Church of Jesus Christ of Latter Day Saints for another successful food drive that took place on September 25th, 2021. Your continued support helps feed the Women and Children of the Shelter. Your team of volunteers are greatly appreciated.

A Big Thank You to all the community members who contributed with the items needed for the Women and Children of the Shelter. Your ongoing support impacts lives.

PCAP – Parent Child Assistance Program



Tolerance

When a person has been using a prescription drug or abusing other substances over a long period of time, the substance can cause changes in the brain that result in tolerance – a condition described as one in which the original dosage or use of the substance no longer produces the same physical or mental effect. As a result, the person using the substance may increase the dosage or frequency of use to try to recapture the original result. For a while, this might work. Then, over time, tolerance to this new dosage occurs, and the person increases again, creating a progression into heavy substance abuse. Tolerance is an indication that the brain has changed in response to the drug. For methamphetamine or other stimulants, this could include the loss of certain brain chemical receptors or a decrease in brain chemical production. Slowly, the person's brain adjusts and changes how it responds to the presence of the drug. This, over time, will lead to the next stage in the addiction cycle: dependence.

Dependence

At a certain point, the body or brain becomes dependent on having the substance to be able to function properly. As an example, a person who has been using cocaine or meth for a long time may find it impossible to feel pleasure without the drug – a condition called *anhedonia*. Not all drug dependence is addiction. For example, a person with chronic asthma may be dependent on a daily medication in order for that person to be able to breathe properly. However, this is not addiction. In this case, the body was not working properly before the drug was introduced, and the individual is using the medication to correct that function; the drug does not cause the dysfunction.

Addiction

Addiction is a specific, chronic mental health disorder that results in defined symptoms and behaviors that can be used to diagnose the condition. The 11 signs and symptoms of substance use disorders, like addiction include:

- Using more of the substance than the person originally planned
- Being unable to stop using the substance
- Experiencing relationship problems based on substance use
- Spending large amounts of time seeking or using the substance, or recovering from use
- Reducing participation in favorite activities in favor of substance use
- Being unable to keep up with daily responsibilities due to substance use
- Craving the substance
- Continuing to use the substance despite negative health effects
- Regularly using the substance in dangerous situations (while driving or operating machinery, etc.)
- Developing tolerance for the substance, as described above
- Experiencing withdrawal symptoms when use is stopped

Relapse

- A hallmark of any chronic condition is the potential for the person to relapse. In chronic conditions like diabetes or asthma, relapse is often expected as the individual and medical personnel work together to determine the treatment that makes it possible to manage the condition.

Interrupting the Cycle

- An individual may go through multiple attempts to stop using a substance before realizing that addiction is a factor. However, when addiction is diagnosed, it is possible to interrupt this cycle of addiction, abstinence, and relapse by getting professional treatment. Multiple methods, including cognitive and behavioral therapies, peer group support, and other physical and mental health treatments can encourage the person to develop tools for managing this chronic, recurring condition. The treatments in addiction rehab are designed to help the person learn to manage a chronic substance use disorder and reduce the likelihood of relapse to drug use. With motivation and experienced, certified help, these individuals can learn to interrupt the addiction cycle and move forward into recovery and results in a more positive future.

As a Community Member, I Support Mountain Rose Women's Shelter Association



by giving a gift of \$ _____



by giving a monthly gift of \$ _____

Name:

Address:

City: **Province:** **Postal Code:**

Home Phone: **Cell Phone:**

Email Address:



would like volunteer information



would like to sponsor an event



would like to do a third party event

Please mail your completed form and make cheque(s) payable to:

Interac is available

Mountain Rose Women's Shelter Association
PO Box 325
Rocky Mountain House AB T4T 1A3

Project & Grant Supporters



WOMEN'S SHELTERS CANADA
Shelters and Transition Houses
United to End Violence Against Women



Status of Women



Hospitaller Order of Saint John of Jerusalem

GOVERNMENT OF ALBERTA Ministry of Community and Social Services



Next to New Store

Town of Rocky Mountain House

Funded by the Government of Canada's Homelessness Partnering Strategy
Funded by the Government of Canada's Department of Women & Gender Equality
Funded by the Government of Canada's New Horizons for Seniors Program

Thank you to all event sponsors, community donors & volunteers

Incorporated under the Canada Revenue Agency Charities Act, Alberta's Society Act and Alberta's Charitable Fundraising Act.

You are receiving the Mountain Rose Women's Shelter Association's e-Newsletter because you are currently or have historically supported MRWSA as a volunteer, member or community supporter. If by chance your email address was added by mistake, please accept our apology and contact ldallacosta@mrwsa.net to be removed from our e-mailing list.

Each edition will include valuable information about our agency, such as dates for special events, information about domestic violence, ways to get involved, and highlights about our programs and services. Please feel free to contact ceaston@mrwsa.net directly if you have ideas for future newsletters, any comments, questions or concerns.