

VOLUME 42 · WINTER 2023

# MOUNTAIN ROSE CENTRE NEWSLETTER

## Community Events

The Comedy Night Fundraiser on September 29th was full of laughs, snacks and a great time for all. Thank you for all who attended as well as our sponsors: Canlin Resources, Rewind Radio, 7 Eleven and Old Dutch. Bingo and Casino nights were a great success with many volunteers stepping up to make these much needed fundraising opportunities possible. Thank you!



## Tickets on Sale NOW!

**Vegas Vendetta**  
**MURDER**  
**MYSTERY**  
**DINNER**  
**THEATRE**

**10 MAY, 2024 | DINNER @ 7 PM**  
**DANCE TO FOLLOW**

Lou Soppit Community Centre  
Rocky Mountain House, AB

[www.mrwsa.net](http://www.mrwsa.net)

Tickets \$75 (members \$65)  
Reserved Table of 8 for \$600  
Reserved seating for 4 people \$300



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# A Message from our Executive Director

BY CINDY EASTON



It is the time for Christmas with all the festivities, light displays shopping, wrapping, food preparation, and meeting with loved ones. As Winston Churchill pointed out “Christmas is a season not only of rejoicing but of reflection”. It is the time of year again when we reflect on the past 12 months. As I take that stroll through my memories, I realize the sheer number of individuals that have impacted our organization with their thoughtfulness.

Volunteers, who have fund-raised, sorted donations, planted flowers, sat through meetings, and gave of themselves to help women and children fleeing violence. Individuals, companies, and organizations that have provided financial support so that we can keep our doors open to provide three meals a day, offer personal hygiene items such as shampoo, toothpaste, and brushes, give clothing, school supplies, and provide transportation. Every contribution sends a message of hope to the women and children accessing MRC services.

Many years ago, domestic violence was ‘viewed’ as a family issue... something not to be concerned about because as long as it happened behind closed doors, it wasn’t really there. In our community today, things are changing. We realize the negative impact gender-based violence has on everyone...the abuser, the survivor, the aunts, uncles, friends, and the children – especially the children. Our community, neighbours, friends, caregivers, teachers, coaches, businesses ... well, everyone is impacted. It is Mountain Rose Centre’s Vision to have “A World Without Gender-Based Violence” but we can’t do it alone, it will take this community to work together to end violence.

While you are rejoicing this Christmas season, take time to reflect on your past year; think about those who may be alone or suffering or hungry and think about ways that you can lessen those burdens so that next Christmas season you may reflect on the impact (large or small) that you made on someone else’s life.

So, from my walk down memory lane, I thank you all from the bottom of my heart. From my family to yours...

MERRY CHRISTMAS

“Christmas is  
a season not  
only of  
rejoicing, but  
of reflection.”

WINSTON CHURCHILL







## Housing Supports

### CANADA'S HOUSING SHORTAGE & HOMELESSNESS CRISIS

Canada's homeless crisis is a pressing issue that demands urgent attention. Millions of people will move to Canada over the next 20 years but where will they live? We already cannot house existing Canadians. While data attempts to quantify the extent of homelessness in the country, recent research suggests that the situation is far worse than what is currently reported. The severe housing shortage is contributing to unprecedented increases in housing prices in almost every part of the country which in turn, raising the numbers on people experiencing homelessness.

Canada is known for its stunning landscapes, friendly people, and maple syrup. However, beneath its picturesque veneer lies a sobering truth - a homeless and housing crisis that is far bigger than what current data suggests. Prospective home buyers are tempering their expectations. Some are settling for a less impressive house than they wanted. Others are leaving their communities entirely, moving to a more affordable part of the country – in turn driving up prices and starting the same cycle there.

In addition to the issue of rising housing costs, gathering data on homelessness is no easy task. Current methods often rely on surveys, counts, and outreach programs. Many individuals experiencing homelessness may not be reached by these methods, leading to an underestimation of the problem.

Another challenge is the under representation of specific groups within the homeless population. Certain demographics, such as youth, Indigenous peoples, and women with families, have unique experiences that may go unnoticed in traditional data collection. This under representation perpetuates a distorted picture of the crisis.

The transient nature of some individuals' living situations, couch-surfing among friends, or staying in overcrowded accommodations can make it challenging to classify them as homeless. Not all homeless individuals are visibly on the streets or residing in shelters. Hidden homelessness refers to those who seek temporary accommodation with friends or family or live in inadequate or unsafe housing. These individuals may not be captured in traditional data collection efforts, leading to an incomplete understanding of the crisis.

By recognizing the hidden reality of homelessness as well as the increase in those experiencing homelessness due to increased housing costs, we can work towards a future where every person in Canada has a safe and stable place to call home.

**Everyone  
deserves a  
home.**

You can help by raising awareness about the hidden reality of homelessness and the unrealistic rises in housing costs. This can be done by sharing information, engaging in discussions, and challenging the stereotypes and misconceptions associated with homelessness. Many of us are one missed pay cheque, one crisis or less, away from experiencing homelessness ourselves.

Supporting local organizations and initiatives that provide shelter, food, and support to those experiencing homelessness is another way to make an impact.





## Community Engagement

Community engagement assists with government applications particular to the client's needs both in shelter and in the community. Challenges include the digital nature of most government paperwork, the lack of technological knowledge, applicable devices and/or reliable internet access. Increasing needs as the cost of living continues to rise is an ever present challenge that we work hard to overcome.



Volunteer activity was a blur this fall including a Casino in Red Deer, as well as BINGO at Dovercourt hall on Tuesday evenings for the month of October. Moving into the holiday season, there will be opportunities to help out with our Adopt a Family program. Check out our website, Facebook or page 9 of this newsletter for ways to volunteer!



"There's nothing quite as fulfilling as seeing the smile on an elderly person's face when you help them out."





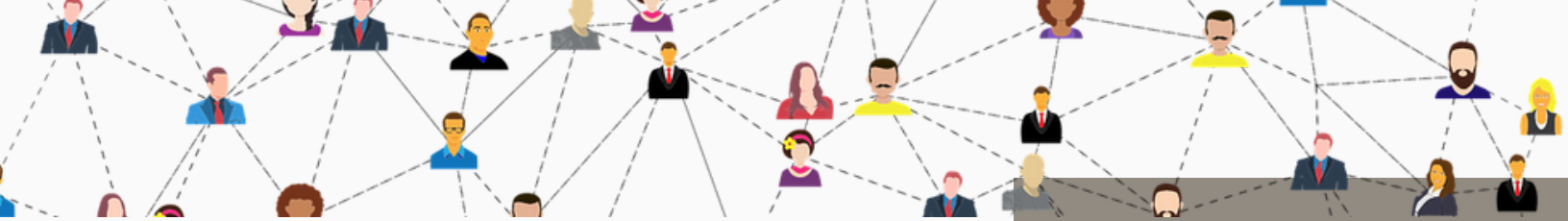


## Family Supports

The Family Support team welcomed Lindsay this past fall. Lindsay is the Childcare Worker and has quickly made a difference in the lives of the families we work with at The Mountain Rose Centre. Lindsay has been learning the ins-and-outs of shelter childcare. She completed several workshops, courses, and conferences in the last few months. Lindsay has also taught the team a few things from her vast knowledge and experience. Lindsay and Carolyn, the Family Support Worker, were invited by the Alberta Council of Women's Shelters to attend a three-day conference and training in Canmore this November, for shelter childcare workers. Topics including child development and how to support children in the shelter. It is our belief that always learning new things ensures we are providing the best care and service to our clients and their children!

**"I'm Always  
Learning New  
Things." -  
Serena Williams**





## Outreach Programs

Our outreach team continues to support women staying in shelter to achieve their goals such as obtaining identification, health care cards, Alberta Works applications, making and providing support to various appointments within the community. For example, support with medical and mental health appointments and connection to community supports as well as court support as needed.

We offer one-on-one support to women within our shelter, as well as women and men in the community.

Our women's support group runs every other Thursday from 2:00-3:30 pm, with our last group of the year being December 14, 2023. We will be taking a break over the holidays, and then resume Thursday January 11, 2024. We cover various topics and offer the opportunity for open discussions. This is provided in a safe, comfortable, and non-judgmental environment. Oh, and the snacks- we can't forget about the snacks and coffee.

**“Hope is being able to see that there is light despite all the darkness.”**

**---Desmond Tutu---**





# Community Outreach

On November 19, 2023, for Purple Thursday, The Caroline branch of the Canadian Royal Purple gifted Mountain Rose Centre with a virtual link to the Purple Thursday Symposium, a conference raising awareness on the Intersection of Intimate Partner Violence and Brain Injury. The speakers were engaging and informative, speaking about statistics, current research, supports for those that have suffered an Intimate partner Violence traumatic brain injury or injuries, and what the repercussions may be for individuals experiencing one or more injuries to the brain and not seeking out or receiving supports for their injury.

Intimate partner violence caused brain injury can occur from any blow to the head, neck, or face, but can also happen when a blow to the body causes sudden jarring or shaking of the head, or from a penetrating injury. Up to 90% of Intimate Partner

Violence incidents involve hits to the head, face and neck, including strangulation (Haag et al., 2022) Research further indicates that up to 75% of women who experience Intimate Partner Violence also experience Brain Injury (Tocallino et al., 2022) ranging from a mild to moderate to severe brain injury. These injuries can affect the way the brain works and these statistics show the importance of people in support roles to be knowledgeable about brain injury stemming from Intimate Partner Violence incidents as well as the possible symptoms of brain injury, with the aim of reducing untreated brain injury and better supporting those that have experienced a brain injury through intimate partner violence and improving a person's health and well being after intimate partner caused brain injury.

To learn more about local community resources through the Abused and Brain Injured Toolkit please go to: [www.abtoolkit.ca](http://www.abtoolkit.ca)

Or scan the following QR code:



## What are the symptoms of Brain Injury?

A person does not need to be knocked out (lose consciousness) to suffer a brain injury. Some people may not remember the details of their injury even if they are not knocked out. Here are some common symptoms:

### Physical:

- Headaches or head pressure
- Dizziness
- Nausea and vomiting
- Blurred or fuzzy vision
- Sensitivity to light or sound
- Feeling tired or having no energy

### Cognitive:

- Having trouble with memory
- Unable to learn new information
- Having trouble organizing tasks
- Not thinking clearly

### Emotional:

- Feeling more emotional than usual
- Easily upset or angered
- Feeling nervous or anxious

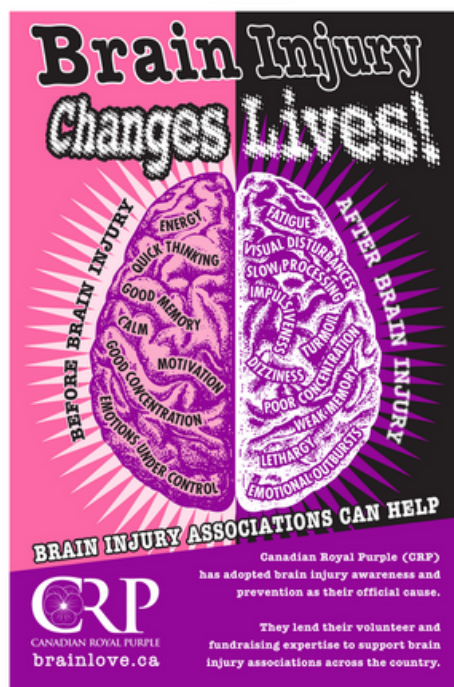
### Sleep-related:

- Sleeping more or less than usual

This resource is for information purposes only and does not replace medical advice. This resource is to be made available free of charge and only used for non-commercial purposes. It is protected by copyright. BrainLove is sharing this with permission.

This resource is based off one developed by the ABI Research Lab, University of Toronto, and Parachute supported by funding from the Government of Canada's Emergency Community Support Fund and Community Foundations of Canada and from the Canada Research Chairs Program. It is being shared with their permission.

[www.brainlove.ca](http://www.brainlove.ca)



## What should I do if I suspect I have a concussion or a brain injury?

It is recommended that if a person might have a brain injury, they should see a medical doctor or nurse practitioner as soon as it is safe. If you think you might have one, consider going to an emergency department or making an appointment with your primary care provider. They can help you get the care you need and find other services and brain injury support groups.

## What can happen if survivors of suspected concussion or brain injury don't seek medical care?

Waiting to get medical care may have some risks. It can result in symptoms that last longer, permanent disability, or death. If a person is still healing from a brain injury and they get another injury to their head, it can be very dangerous. They can have more severe symptoms, symptoms that last a long time or a deadly brain injury.

## How long will it take to heal?

The time it takes to heal following a brain injury depends on many factors. It can depend on the person's age, sex and gender. It can also depend on any medical conditions they had before the injury (e.g., depression, migraine headaches or a previous brain injury). The severity of the injury, stress, sleep and access to psychological and emotional support and medical care can also affect healing time. No two injuries are the same. Some survivors will recover within weeks or months. Others may experience permanent symptoms or disability that need ongoing care and support.

There are ways to improve a person's health and wellbeing after brain injury, even many years after the injury.

## For more information:

- Speak to your healthcare provider, or visit these websites and/or your local brain injury association.
- Ontario Neurotrauma Foundation: [www.braininjuryguidelines.org](http://www.braininjuryguidelines.org)
- Parachute: [www.parachute.ca/concussion](http://www.parachute.ca/concussion)

[www.brainlove.ca](http://www.brainlove.ca)



## Become a Member



Becoming a member of the Mountain Rose Women's Shelter helps us to support the community!

Not only does the membership come with perks, it also allows you to become more involved with our organization as well as gives you the opportunity to help spread our mission and help us to continue to support those who are in need.

Joining an organization by way of membership is the best thing that people believe they can do to show support of the organizations mission!

**Memberships  
and Volunteer  
Opportunities  
available online  
at [mrwsa.net](http://mrwsa.net)**



Name:  
Address:  
Email:  
Phone #:

Mail this information, with  
a \$10 cheque payable to  
Mountain Rose Centre  
Box 325  
Rocky Mountain House, AB  
T4T 1A3  
or stop in at 4708-46 Street  
(cheque, cash, credit or  
debit availble).

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 ([ceaston@mrwsa.net](mailto:ceaston@mrwsa.net))

## Volunteers Needed

### SAFE RIDE/ BARTENDING PROGRAM

This program provides services to community events such as weddings and company parties (Christmas, Staff Appreciation, etc.) for a fee.

This may be for one service or both. This program raises up to \$10,000 annually to assist the Mountain Rose Centre in providing a variety of services.

[MRWSA has special insurance to provide coverage for any volunteer involved in these volunteer opportunities.](#)

Safe Ride - volunteers use their own vehicle to provide safe transport from the event to where guest(s) are staying within 15km of RMH. The time commitment is usually 3 hours from 10 PM to 1 AM but this may fluctuate. Mileage can be reimbursed to the driver. Any cash tips received from guests are to be considered donations to MRWSA.

Bartending - volunteers support events by completing bar service to patrons. One volunteer per event must have ProServe. The time commitment is 6-8 hours usually from 6PM to 1 AM, however, this may fluctuate. Any cash tips received from guests are to be considered donations to MRWSA.





## Board of Directors



**President:** Sharon Kopchia-Ok  
**Vice President:** Maureen Janke  
**Secretary:** Diana Monfette  
**Director:** Faye Roseth  
**Director:** Miranda Titford  
**Treasurer:** Meghan Tuite



Support  
initiatives that  
resonate with  
you



Faye Roseth, Meghan Tuite, Maureen Janke, Miranda Titford, Sharon Kopchia-Ok; Missing from the photo: Diana Monfette





## How to Donate



As a community member, you may choose to support the Mountain Rose Centre in a variety of ways. You may:

- Give a one time gift of \$\_\_\_\_\_ OR a monthly gift of \$\_\_\_\_\_

Donations may be made online at [mrwsa.net](http://mrwsa.net), in person or via mail. Please mail cheques, payable to Mountain Rose Women's Shelter Association with the information below, to:

Mountain Rose Centre, Box 325, Rocky Mountain House, AB T4T 1A3

Please contact us with your name, address, phone number, and email address. Let us know if you would be interested in:

- volunteer information
- sponsoring an event
- hosting a 3rd party event

**\*Interac available on-site\***

# thank you

## TO ALL OF OUR SPONSORS

## Projects and Grant Sponsors

Thank you to all event sponsors, community donors & volunteers.

**Mountain Rose Women's Shelter Association is incorporated under the CRA Charities Act, Alberta's Society Act and Alberta's Charitable Fundraising Act.**

You are receiving the Mountain Rose Centre's 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 apologies and contact [rzezula@mrwsa.net](mailto:rzezula@mrwsa.net) to be removed from our email list. Each edition includes valuable information about our agency, 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](mailto:ceaston@mrwsa.net) directly if you have ideas for future newsletters, comments, questions or concerns.



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