



Benefit of Membership

- 1. Receive notice of meetings of the Association**
- 2. Attend any meeting of the Association**
- 3. Speak at any meeting of the Association**
- 4. Vote at the Annual General Meeting**
- 5. Receive early bird notification to all Association events**

Membership is open to all persons who support the purpose and are interested in furthering the goals of MRWSA.

If you would like to become a member of Mountain Rose Women's Shelter Association please contact Linda Dallacosta at 403.845.5339 or by email ldallacosta@mrwsa.net. Membership is \$10.00 annually from April 1st to March 31st.





Message from the Executive Director

The Mountain Rose Centre works every day to help our community heal. Whether that is with individuals or families experiencing gender-based violence or working with other service agencies to fill the service gaps. The Mountain Rose Centre is here every day, 24 hours a day, 7 days a week.

We do this through our organization's Belief Statements:

- We believe in empowering survivors of gender-based violence through making them aware of choices, options, and resources.
- We believe in respecting the choices of all persons through support and acceptance.
- We believe in the right of all persons to be safe and secure.
- We accord individual respect and caring to all persons.

This is accomplished through individual supports, community partnerships, and continuous learning. If you walk through our doors and we can't help you, we will find another agency that can help. Our focus is on gender-based violence which encompasses intimate partner violence, family violence, elder abuse, violence in the form of trafficking, and/or violence against the most marginalized in our community (addiction use disorders, homelessness, or other challenges).

Did you know that the programs at the Mountain Rose Centre are offered to women, men, and families (single parent families, extended families, and nuclear families)? For example, the Housing Support Program works with any person or family that is struggling with housing stability (homeless, vicariously housed, low-income persons, and seniors). Most of the programs at the Mountain Rose Centre are all-gender services except for the Emergency Shelter and 2nd Stage Shelter who work exclusively with women and children impacted by violence.

We do this because we believe that "in every community, there is work to be done. In every nation, there are wounds to heal. In every heart, there is the power to do it".

Please support the work we do by purchasing a membership to our organization.

More from our Executive Director

Mountain Rose Centre's Economic Impact in Clearwater County

"Economic impacts occur anytime money changes hands, from consumer to business or even business to business. The biggest misconception is that there is a single value that represents the mystical concept of economic impact. Economic impact is typically measured using four metrics; (1) employment, (2) household earnings, (3) economic output, and (4) value added.

Employment (or jobs) is probably the easiest one. Typically, employment impact is reported as a headcount of jobs—not in terms of full-time equivalents. So, employment consists of a count of jobs that include both full-time and part-time workers. In this way, 10 full-time workers and 10 part-time workers would be reported as 20 jobs. Studies may vary in how this is reported, but most models take this headcount approach.

Household earnings (or workers' earnings or labor income) is the total amount of income paid to all workers and owners, including wages and salaries, employer provided benefits, and business owner profits. Some studies might report salaries which, depending on how things were calculated, could be correct too.

Economic output (or gross output or output) is the total dollar amount of all sales made or the value of goods and services created in the activity under analysis. Economic output represents the money spent to purchase all of the inputs to a product as well as the money received when the product is sold. This measure is a duplicative total because the value of inputs is counted multiple times when those products are used in the production of other goods and services. Consider a wood furniture manufacturer who buys raw lumber for \$50, cuts, sands and stains the wood to create a chair that sells for \$200. Economic output in this example would be \$250. If this sounds problematic, and you'd rather focus just on the value added at each step, you're in luck.

Value added is the total dollar amount of only new sales made. Therefore, it is output minus the value of anything that was already sold in the market. In our wood furniture example, value added is \$200.

For the typical economic development impact analysis for a new business locating or expanding in a community, employment and household earnings are the most meaningful measures. A new business will generate an impact on economic output and value added but the scale of that impact typically doesn't warrant the use of economic output or value added. This is to say; these measures won't provide any meaningful insight to the project. The easier-to-comprehend impacts of employment and household earnings are the most instructive measures to analyze and report." Retrieved from <https://impactdatasource.com/whats-my-economic-impact/> on February 28, 2022.



Mountain Rose Centre's Economic Impact in Clearwater County continued

Utilizing the example from "Impact Data Source" to highlight the economic impact of the Mountain Rose Women's Shelter Association (Mountain Rose Centre) in Clearwater County, we will discuss the following two metrics: Employment and Household Earnings.

In 2011, MRWSA employed 13 employees (9 full time and 4 part time). In the past 10 years, MRWSA has grown. We now have 33 employees (23 full time and 10 part time). The growth in employment opportunities has slowly increased over the past 10 years with a larger expansion of opportunities in 2019/20 that coincided with the opening of the Mountain Rose Centre. This highlights the economic impact that the Mountain Rose Centre has had on employment in Clearwater County.

In 2011, the total amount of income paid to all workers was \$411,175. This has also increased over the past 10 years. In 2021, the total amount of income paid to all workers was \$1,289,112. This income is then utilized to pay household living expenses, groceries, vehicle (purchase, gas, repairs), utilities, taxes, and much more. This highlights the economic impact that the Mountain Rose Centre has had on household earnings in Clearwater County.

Mountain Rose Women's Shelter Association is a charitable, not-for-profit organization that is funded by many funding bodies including Federal & Provincial governments, Corporate & Community Foundations, and other non-government organizations.

We would like to send out a big THANK YOU to the Clearwater Regional FCSS for inviting us to their Wellness Day at Pioneer Ranch Camp on February 2nd 2022.

Along with our team was also Asokewin Friendship Centre, Clearwater Regional FCSS, and the Family Resource Network/McMan.

The day was filled with lots of outdoor activities such as; snowshoeing, ice skating, sleigh rides, and lots of indoor art activities too.

Our team really enjoyed the wellness day and being able to connect with other agencies in our community.

Thank you again to CR FCSS for hosting this wonderful event for us all. We hope we can do it again soon!



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).

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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

As outreach workers we continue to work one on one with women staying in our shelter as well as individuals in our community. We continue to share information and resources to support and equip women, men, and children to better recognize abuse and take the safe steps to live lives free from the cycle of abuse.

Our Support Group was moved from Thursday evenings to Wednesday evening due to a scheduling conflict. We still meet from 6:30 to 8 pm and have a consistent group of women attending. This year we have explored topics such as belonging, courage and grounding techniques. We are sometimes able to include a craft project which is always well received.



Community Outreach

As the Community Outreach Worker, I have the pleasure of connecting with people and organizations in the communities surrounding Rocky Mountain House to bring both information and some of the services we provide at Mountain Rose Centre into outlying communities. This makes our services accessible to those individuals who may not have the means to travel to Rocky Mountain House to access our services. I am sharing information about our organization and the services and programs we offer to support individuals affected by gender-based violence. This includes information on the many types of domestic violence and abuse, the cycle of abuse, and safety planning. I am offering materials and support to help those concerned about experiencing domestic violence or abuse in intimate, non-intimate, or family relationships. I am building working relationships with other service providers who are also passionate about addressing gender-based violence, abuse and trauma, addiction, poverty, and mental health resources. In March I will be starting to offer Outreach support in Caroline and also have several presentations and meetings scheduled to assess the need for Outreach support in the First Nations communities around Rocky Mountain House.



Family Support Services



A lot of exciting changes have happened over the past few months.

Our Family Support Worker took on an interim Community Outreach roll and our Child Services Worker moved into the Family Support roll. With the changes there has been a lot of discussion about the needs of our clients and the community, and how we can work towards a better tomorrow for all! Making the world a better place starts with our children and youth. Ensuring we have programs in place to support them and their parents is just a small way we make a difference.

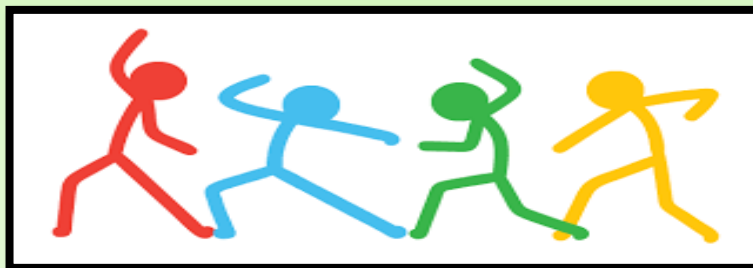
We had a family in our Second Stage Housing Program be the first to complete the entire 18-month program. It was a joyous occasion as we reflected on the growth of the family and transitioned them to their new home. Family Support is implementing the follow-up program and will continue to work with the family over the next few months.

Over the holiday season we participated in a few holiday crafts and games. Group activities have been rare the last few months, but Family Support is planning enrichment activities as things begin to open again. These activities often take place on a day off from school so the whole family can participate. Some things we will be doing are free play at the gymnastics club, winter park picnics, starting our garden seeds, and collaborative crafts!

Clearwater County Housing Support Services

“Affordable housing brings stability, economic diversity and improves the physical quality of the neighbourhood.”

– John Woods



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!

PCAP – Parent Child Assistance Program

10 ways to make positive change in your life

1. Exercise

It is important to exercise your mind as much as your body. You need to stretch, flex, and expand your mind, body and your soul. Read a book. Write a story or a poem. Learn. Teach. Go to the library. Take a class. Go to the gym. Go for a walk. Learn a new language. It doesn't matter what you do...just do it.

2. Nourish yourself well

How you eat and what you put in your body matters. Your body and your brain need fuel to do all the things you want to do. You cannot be running around on empty! Take the time to nourish yourself.

3. Hydrate

Your body is like a flower. It needs water and sunshine to grow and develop. Drink water like it's your job.

4. Nourish yourself well

Breathing is the most important thing you need to do. Nice deep even breaths that fill your lungs. It feeds your body and your mind. It can even calm you down so you can think better. If you don't know where to start, try this 7-4-8 exercise:
- Breathe in for a count of 7, then hold your breath for a count of 4, and then slowly breathe out for a count of 8.

5. Meditate

Taking a moment for yourself is very important. Time to think things through. Sitting still for a quiet moment to think of what you really want and what you need to do in an organized manner, can be the best thing for your well-being.

6. Weigh Your Options Carefully

Don't rush into decisions. Take the time you need to make the right choices for you. Seek help or guidance from someone you trust that has your best interest in mind. It is okay to make the best decision for "today" - tomorrow might need you to make another decision, but that can wait. Don't feel overwhelmed. You got this. One step at a time. One decision at a time.

7. Look on The Other Side of The Fence

To make a proper decision you sometimes might need to look on the other side of things. You might be missing opportunities by staying on your side of the fence. It is okay to challenge your thinking or boundaries in a positive way. Try new things, new foods, new experiences...you never know what you might like unless you try.

8. Challenge Yourself

Take that class. Eat that food. Go to a new country. Go back to school. Take that holiday. Wear those clothes in the back of your closet. Meet that new person. Start that new job. Just do it!

9. Be Bold

Try something new. Go on an adventure. Go somewhere by yourself. Ask for what you want. Do what makes you happy. Take that day off. Take that new job. Offer your opinion. Make changes without regret. Change your mind without explanation. Say "no" when you mean no! Be who you want to be!

10. Love Yourself

Keep promises to yourself. Do what you say you are going to do. Have boundaries. Say NO. Demand respect. Put yourself first. Do things that make you happy. Never giving up. Give yourself the compassion you deserve. Treat yourself well!

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

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WOMEN'S SHELTERS CANADA
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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.