

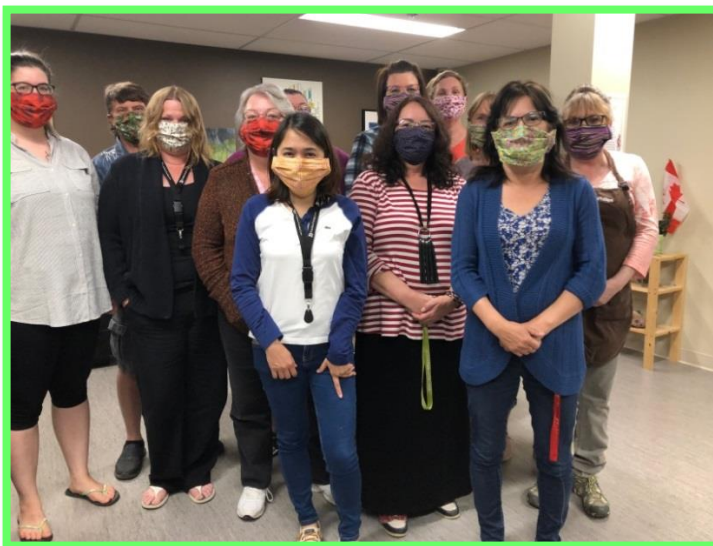


newsletter

COVID 19 and MRWSA Services

Mountain Rose Centre continues to provide services, although modified, to any person impacted by violence during the COVID 19 pandemic. This is accomplished by working closely with Alberta Health Services, Ministry of Community and Social Services, and Alberta Council of Women Shelters. At first we were having daily teleconferences to have a voice in the development of health safety protocols for women shelters across the province. Our first priority was to keep women shelters open as women shelters remain the safest place for women fleeing violence. We needed to adapt our services to ensure that we met the physical distancing, disinfecting, and isolation requirements outlined by public health officials.

Although we have adapted our services, all of our services remain open including: Emergency Shelter, Second Stage Shelter, Outreach Services, Parent Child Assistance Program (PCAP), Housing Support Services, Family Support Services, and Community Engagement Services. The Peer Support Program will be starting as soon as possible with some modification such as social distancing, PPE, and disinfecting. Please watch our website (www.mrwsa.net) for announcements.



Thank you "Sew Here's The Thing" Sewing Club for their donation of homemade face masks and Rainbow Ford for their donation of face shields.

Mission Statement: The Mountain Rose Women's Shelter Association is a non-profit charitable organization that provides resources and support to individuals and families impacted by domestic violence in the Town of Rocky Mountain House and Clearwater County.



Message from the Executive Director

Life is divided into three terms – that which was, which is, and which will be. Let us learn from the past to profit by the present, and from the present, to live better in the future.

William Wordsworth

We as a community, as a province, as a nation, have experienced something that has changed life as we know it. Mr. Wordsworth identified that “life is divided into three terms – that which was, which is, and which will be”. We are entering a new normal; one that will change the way that we look at the world. Many will pine for the past, some will adapt through the changes, and some will embrace the future. One thing is for sure, no matter how you walk through these challenges, if you walk through it with the support of friends, family, and your community, you will come out the other side. Yes we are all greatly impacted in one way or another – some have lost loved ones, others have lost their livelihoods, many have lost their connectivity but many more have stepped forward to help in any way they could. These are the unsung heroes: your neighbour that dropped off some groceries, the cab driver that stopped so you could get your mail, your grandson who visited you through the window every Monday at 6 o’clock, a friend that texted every day just to check in, and there are many more examples. These are the memories that will endure when we look back in a few years. We will remember the new friends we made, the times of laughter and the times of crying tears of compassion when we heard the good news stories.

We won’t forget any parts of the last months but my fervent hope is that we “learn from the past to profit by the present, and from the present, to live better in the future.”



MRWSA Volunteers

During this pandemic, MRWSA shelter has remained open to serve clients experiencing domestic violence. We've had to adapt to a few new changes with screening, sanitizing and PPE in our organization, but we are diligent with helping people in need.

Our volunteer programs however, have been put on hold to keep the community safe. We are thankful to the local businesses for supporting us with items such as PPE and food. Together we will weather this storm.

I am working with people who have had to rebook fundraising events. The food drive which was originally scheduled for June 13, 2020 has now been tentatively booked for the fall and a date will be assessed closer to that time. Our April bingo events were cancelled at Dovercourt Hall and I'm sure Faye will be in touch with me when it is safe to set up another month for us and when they will reopen for business. Our Legion Bingo event is still scheduled for October, but also will be assessed closer to the date. I also have been working with people who have had to change their safe ride plans, and it has been most challenging.

We stopped accepting community donations to the shelter in March, and I am thankful of our new building and storage area, as we have a decent stock pile of items on hand to get us through up to this point. We will make do with what we have on hand. It will be announced when we will resume accepting donations, and I am sure that the community will come forward with many items we will need to restock our coffers.

We still are accepting monetary donations and are grateful for any amount that comes our way.

So, while we wait and see how this pandemic progresses, we should all respect each other, social distance wherever possible, wash our hands like crazy (I have alligator hands currently) and pull together to survive and move forward in our lives with our new normal.

I will keep you posted by email or phone call once volunteer opportunities commence.

Take care everyone and stay safe.



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Mountain Rose Women's Shelter Association

Mountain Rose Centre

PO Box 325, 4708 46th Street

Rocky Mountain House, AB, T4T 1A3

Phone: 403.845.5339 Fax: 403.845.2124

Crisis Line: 1.877.845.4141

During Covid 19 pandemic, The Mountain Rose Centre is open and working for the community:

- The safety of women, children, and seniors facing abuse, as well as the safety of shelter workers, are our top priorities.
- Women's shelters remain the safest place for a woman fleeing violence. Our Shelter and Community Services are adapting our services to meet the physical distancing, disinfecting, and isolation requirements by public health officials so we can continue to meet the safety needs of the women, children, and seniors in our communities.
- Shelters are more than a bed. Our members are trained to help women assess their danger levels and create safety plans. We encourage anyone experiencing violence or abuse to contact the Outreach Workers and they will work to support your safety. Call 403-845-5339 to be connected to The Mountain Rose Centre.
- We know that in times of natural disasters, increased anxiety and external stressors increase and worsen domestic violence situations.
- We are also in contact with partners across the province to share and learn from innovative responses in our sector to this extraordinary situation.
- If you or someone you know is in immediate danger, call 911. If you suspect that someone's life may be in danger, please call 911. To speak to someone at the shelter, call our toll-free 24/7 line, 1-877-845-4141.
- We know Albertans want to help each other. Please make online financial donations to the Mountain Rose Centre at www.mrwsa.net
- The other thing Albertans can do is check in on each other and let those who may be feeling unsafe know of the supports available by phone or in person from their local women's shelter. You can find contact information for our member shelters at acws.ca/shelters.

Adapted from Alberta Council of Women's Shelter messaging document (April 6, 2020)

Outreach Services



*"Hope" is the thing with feathers-
That perches in the soul-
And sings the tune without the words-
And never stops - at all-
-Emily Dickinson, Poet*

During this difficult time of Covid19 our Outreach Services team is hoping everyone is trying to stay positive and is taking the necessary safety precautions to remain healthy. Due to Covid19 we are unable to run our regular group programs but we are accepting individual one on one appointments and walk in's. As soon as we are able to run our group programs again we will be posting the start-up dates on MRWSA's Website and Facebook Page.

Family Support Services



The Family Support Program is super excited that the playground was installed just outside of the Child Minding Room. Due to the structure being moved from our previous location to our new location Gordon, Mountain Rose Centre's Maintenance Man installed the new parts that needed replacing as well as did the placement of the ground covering. The Play structure was then approved for use shortly thereafter and the children have been having so much fun playing on the playground since then!

Some 'normality' seems to be returning to the Family Support Program now that the restrictions that came with Covid19 are slowly being lifted. The Enrichment Program has been able to have its first event in many months, partnering with Mountain Rose Centre's Housing Program in the Food Security/Stability Program and planting of two rented garden boxes at the Community Garden. Further programs will focus on taking care of the garden boxes and harvesting them.

We have also reinstated our Child Minding for moms partaking in programs, meeting with Mountain Rose Centre Services, or just needing a short break from time to time. We have added extra safety precautions due to Covid19.

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

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

....upcoming events

Members of the Church of Jesus Christ of Latter Day Saints will once again be doing a food drive for MRWSA in September 2020. Due to Covid19 a date has not yet been set. We will post on our Facebook Page as well as on our website the date when you can expect a bag to be placed on your door with a list of needed items. A date will also be posted when the Members will return to your neighborhood to pick up any donations you may have. Please have your bag of donations visible from the street on the day of pick up.

"Mountain Rose Centre"



Buy a brick for \$500

In support of the New Mountain Rose Centre

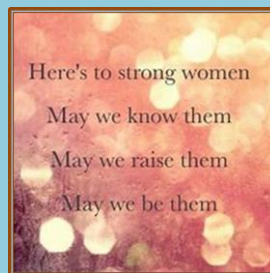
**Have your name or dedicate the brick in the name of a loved one.
Bricks are \$500 each and a charitable tax receipt is available.**

Contact Cindy Easton at 403.845.5339 to discuss ways to contribute.

PCAP – Parent Child Assistance Program



We survived the last few months. We ate more, rested more, complained more, and we were bored more... but we survived. As the communities reopen, I hope we remember how much we missed our families, friends, work and routines. I hope we keep our new found knowledge that we can survive change and make it our friend. We can lessen burdens and wish for more, because we are more.



Please be safe and healthy!

Clearwater County Housing Support Services



What a whirlwind of changes since the last newsletter. Due to the Covid-19, this has not meant housing cannot continue to provide services to the community. This just means safe practices and many phone calls. Please call and make an appointment if you need assistance.

This summer once again we have had a wonderful opportunity to obtain a couple of plots at the Community Garden. We have planted some vegetables in hopes to bring in some fresh vegetables in the fall and create some lasting relationships within the community.

~Wherever life plants you, bloom with grace~

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 now available

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

Project & Grant Supporters



GOVERNMENT OF ALBERTA Ministry of Community and Social Services and Status of Women Alberta

Town of Rocky Mountain House



Hospitaller Order of Saint John of Jerusalem



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.