



Training Available

Registration required at 403.845.5339
 Deadline to register is the 1st of each month

BYSTANDER APPROACH WITH A FOCUS ON ELDER ABUSE

HARASSMENT IS NEVER YOUR FAULT



BADASS BYSTANDER MOVES: THE FIVE D'S

The Five D's are different methods you can use to support someone who's being harassed.

DIRECT **DISTRACT** **DELEGATE** **DOCUMENT** **DELAY**

Confront the situation. Be firm, clear, and concise.

Take an indirect approach to de-escalate the situation.
 *Ask for the time or directions

Seek help from a third party.

If it is safe to do so, document the incident.

Check in with the person being harassed.

March 24 OR April 21 OR May 19, 2021
 on Zoom from 1 PM - 3 PM

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"It's Not Right!"

Neighbours, Friends and Families for Older Adults



Caroline Neighbourhood-Place Society

How You Can Identify Abuse and Help Older Adults at Risk



It's Not Right!
 Neighbours, Friends & Families for Older Adults

March 24 OR April 21 OR May 19, 2021
 on Zoom from 9 AM - 12 PM

Registration required at 403-845-5339
 Deadline to register is the 1st of each month





Message from the Executive Director

“Not everything that is faced can be changed, but nothing can be changed until it is faced.”

— James Baldwin

When I looked back at MRWSA e-newsletters, I realized that I have written about the Corona Virus and the pandemic for one full year. It was on February 24th, 2020 that Alberta had the first confirmed case; on March 12th Alberta implemented the first community restrictions; and on March 19th Alberta witnessed the first Covid related death. Our world and our community changed. Then the fears, uncertainty, blame, and the ugliest parts of our humanity reared its head. We each had to look within ourselves to lead the change for us as individuals, for our families, and our communities. We realized that “not everything that is faced can be changed, but nothing can be changed until it is faced”.

Once we faced the fact that the pandemic is real, we could start to change our responses to it. That was when we witnessed the cheering for the first responders, the vehicle ‘parades’ past long term care facilities, the volunteers handing out food to those in need, and toilet paper could be found on the store shelves again. There was an understanding that we were in this together as families, neighbours, and communities. We could make it through if we all did our part.

This is also true for the Mountain Rose Centre and the services that are provided. We knew that “not everything that is faced can be changed but nothing can be changed until it is faced”. There was a thoughtfulness as each person moved to face the change in the way needed to continue to provide supports; at times covering for each other with compassion; taking on more shifts or trading shifts to make it work; and being forgiving as each person came to understand this new way. I know I needed to take time to mourn the loss of what was and to accept what will come. Hopefully I can continue to accept what will come with grace and kindness as I lead the Mountain Rose Centre staff to continue to understand that “not everything that is faced can be changed but nothing can be changed until it is faced”.

MRWSA Volunteers



As we wait for our community to establish a new sense of normal we are very grateful to the members of our community who have come forward to join our volunteer pool, even during trying times such as these. Our activities are still limited due to Covid19 and with social distancing we have been able to have volunteers assist with the donation sorting in conjunction with our scheduled donation deliveries on Thursdays.

This Spring we will be participating with third party fundraising ideas by local business owners – so keep your eyes open to our Facebook page. We hope to be able to host some summer activities within Covid19 restrictions if they are still in place at that time. I will be doing a call out for volunteers once we are able to move forward.

Stay Healthy. Stay Safe.

Board of Directors

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Lisa Block

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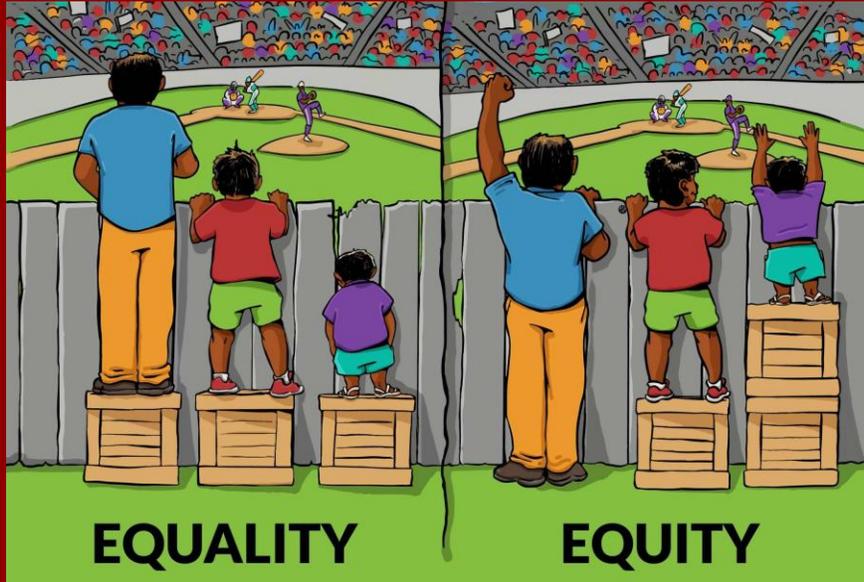
Secretary	Maureen Janke
Treasurer	Morgan Dahmer

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.



Equality verses Equity

These **systemic barriers** are often a function of geographical and racial background, class, gender, and ability. The **barriers** themselves could be financial, physical, geographical, or social.



EQUALITY VERSUS EQUITY



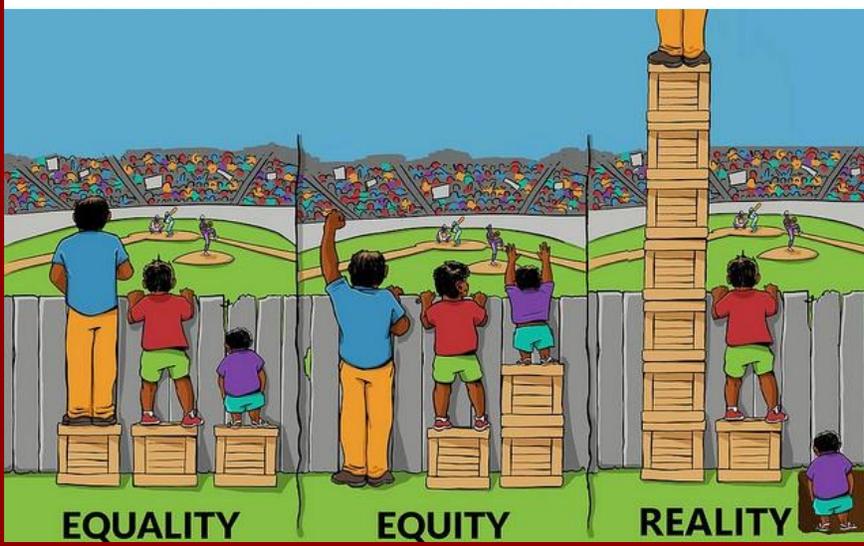
In the first image, it is assumed that everyone will benefit from the same supports. They are being treated equally.



In the second image, individuals are given different supports to make it possible for them to have equal access to the game. They are being treated equitably.



In the third image, all three can see the game without any supports or accommodations because the cause of the inequity was addressed. The systemic barrier has been removed.



Outreach Services



It has been an uneventful time for us as COVID has limited many of our services. We do however continue to meet with emergency shelter clients and 2nd Stage occupants on a regular basis for goal planning, advocacy, and support. We have also continued meeting with individuals in the community as so many are finding 'face to face' meetings more beneficial than online or phone meetings. Our Thursday evening support group is still on hold, but we are hoping to start things up again as soon as we are permitted to. The feedback to this group has been incredibly positive and is missed by those who participated. We also had a few community presentations lined up before COVID hit, and we are ready to proceed when these opportunities present themselves again.

Family Support Services



The Family Support Program at Mountain Rose Centre is continuing to work with the families in Emergency Shelter, Second Stage Shelter as well as with the families that have moved into the community. We support connections within the community that encourages families to foster supportive and healthy connections to organizations and other community members. The program is still able to host and join family oriented programs with the ever changing restrictions that the times allow. We have hosted outdoor activities such as a day of tobogganing and we handed out family fun kits containing games, crafts and activities for the families to enjoy at home.

The Family Support and Child Minding staff was recently invited by the Central Alberta FASD Network to take part in their Youth Program Generation Red Road training. We spent 3 days learning about the Red Road Approach which supports youth in healing from trauma, abuse and grief. The skills we learned through this training is already being passed on to the moms we support!

We received a grant to purchase some new toys for the Children's Playroom and both the children and the Child Minding staff were excited to have several creative and educational toys & games to play with!

We continue to partner with Mountain Rose Centre's Housing Program enabling the families we support to participate in the Home Kitchen Program. We have received some great feedback from the families that they are spending quality time together, learning new skills and are enjoying making nutritious and delicious meals together as a family!

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!

Because of You...

Mountain Rose Centre continues to provide services for individuals and families impacted by gender based violence due to the support of generous people in our community.

The statistics from January 1 to December 31, 2020 are:

Emergency Shelter provided safe accommodation & services to 221 women with 50 children. At the same time, another 233 women & 80 children were turned away due to capacity or other reasons. (Note: due to COVID restrictions, the Emergency Shelter closed 6 beds with only 15 beds open since March 2020).

Second Stage Transitional Shelter (5 apartments) worked with 8 families with 17 children.

Crisis Line received 753 crisis calls.

Community Service Programs provided support to 219 people impacted by gender based violence.

Other programs offered: Housing Support Services; Parent-Child Assistant Program; Elder Abuse Awareness Program; Senior Social Needs Coordinator; Community Engagement Program; & the MRWSA Volunteer Program.

Because of you...

Mountain Rose Centre



Buy a brick for \$500

In support of the 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.

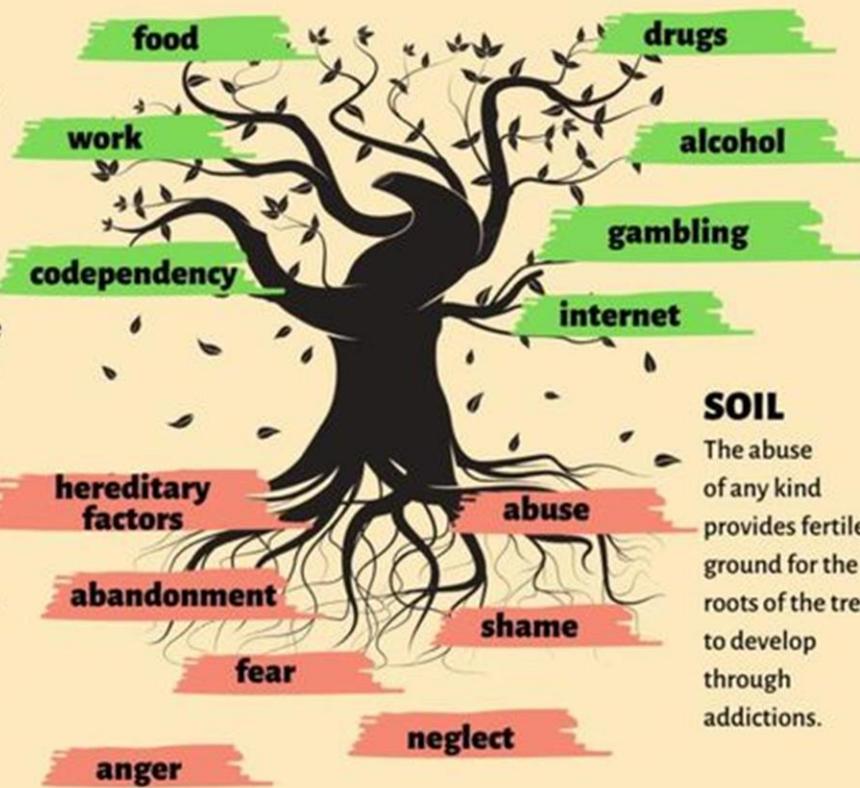
PCAP – Parent Child Assistance Program

THE TREE OF ADDICTIONS

Think of every addiction as a different branch of a tree. The trees have roots and the roots -if they find fertile ground- create addictions...

BRANCHES

There are many types of addictions (behaviours, events, experiences, people and substances), depending on the temperament and the culture of the person.



ROOTS

Different people may have different roots (or combinations of roots) for the same addiction.

SOIL

The abuse of any kind provides fertile ground for the roots of the tree to develop through addictions.

Cutting the branches of a tree does not solve the problem. The tree will get new branches. But if we focus on the roots and on the soil, there is hope...



Publisher of Therapy Resources

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



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.