



Diversity and Cultural Awareness

As an agency, Alpha Court has been undergoing a self-assessment into how we currently provide services to the diverse population we serve. From this, we have devised a Cultural/ Diversity plan designed to encourage service delivery that is responsive and respectful of the diversity among the people we serve. This plan will encompass strategies, training and activities to promote a more accommodating and inclusive environment.

One such strategy is to offer Cultural Days at the Alpha Court Day Centre. In October we celebrated the German Culture by hosting Oktoberfest. Keep your eyes open for more cultural days to come and we will be looking for participants of the Day Centre to share their unique cultures with us.

Did you know that some Alpha Court staff members are fluent in languages other than English such as: Ojibway, French, Dutch and Flemish?





Negative Thoughts Group

One of the many groups offered at the Alpha Court Day Centre is "Controlling Negative Thoughts". This group meets weekly to discuss the different types of negative thinking and how it influences emotions and behaviors.

The Negative Thoughts group offers a safe place for participants to share similar experiences of having negative thinking patterns. As a group they learn to identify negative thought patterns and work through ways to handle situations in their lives

The benefits of this group is that it offers a sense of normalization; that everyone from time to time has thoughts that control the way we think or feel about ourselves, others or a situation. Participating in this group offers a sense of relief and freedom from negative thoughts; and in turn, offers more control of one's life.

Sara Hampel – Group Facilitator

Aging is not "lost youth" but a new stage of opportunity and strength.

-- Betty Friedan

"Resolve to be tender with the young, compassionate with the aged, sympathetic with the striving, and tolerant with the weak and the wrong. Sometime in your life you will have been all of these."

-- Dr. Robert H. Goddard (American rocket engineer 1882-1945)

Yoga

Yoga is one of the many activities offered at the Alpha Court Day Center. It is geared toward a diverse group of people, including individuals who may have mobility issues. Most of the yoga takes place in a sitting or laying position. If you do have to stand, an individual is able to modify using a chair. Individuals who have attended yoga on a regular basis have said that they have noticed that they have better mobility, as well as find themselves feeling less stressed when using yoga techniques. Yoga is a great way to calm the mind and body and is very beneficial to one's health.

Wendy Gaudette

Walking Group

Autumn is a great time of year to head outside and see what things you can find, start exploring. Discover some great scenery. The leaves are changing, the weather is fair and the outdoor spaces are an ever-changing wonder.

Alpha Court's walking group invites everyone to enjoy the great outdoors and socialize with others. The group walks in urban areas or hikes on local recreational trails weekly.

You are welcome to meet on Thursday's at 2:00 p.m. at our Jasper Apartments 1241 Jasper Drive.



For further information, please contact Maira at 346-3520 or Gary at 346-3525

Appreciation

Alpha Court continues to use the Ontario Common Assessment of Need (OCAN) as a primary assessment tool when providing services to clients. We wanted to take this opportunity to thank all of our clients for their on-going participation in the assessments and recognize the work they put forth. Partaking in the assessment gives you an opportunity to be active participants in the services you receive and provide feedback.



Barb Armstrong Retirement



It is bitter sweet to announce the retirement of Barb Armstrong, Program Manager with Alpha Court Community Mental Health and Addiction Services. Although it is difficult for us to say good-bye to Barb, her retirement is well

deserved following 23 years of dedicated service to the organization. Barb has witnessed the growth of Alpha Court and the resulting changes. Through it all, she has provided a steady, reliable and strong presence. Her work ethic and dedication to the people she served is admirable. Barb has taken on many roles during her time with Alpha Court and has excelled in them all.

It has been an honour to work along-side Barb; she will be greatly missed. The following quote sums up Barb's term as a Program Manager.

"A good leader inspires people to have confidence in the leader, a great leader inspires people to have confidence in themselves."

- Anonymous

Wishing you the best!!

Alpha Court Staff

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