



FALL 2014

ALPHA BITS

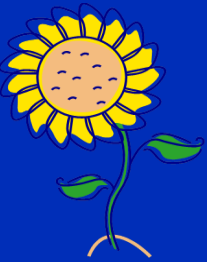


Alpha Court and Elevate NWO partnered to provide clients an incredible Halloween dance on October 27th. Staff from both agencies worked diligently to organize the event and ensure it was enjoyed by all. There was good food, good company and great dancing. The event was a great example of how collaboration and sharing of resources can benefit clients. We would like to express our sincere thanks to **Eat Local** for donating pizzas and the **Regional Food Distribution Association** for their donation.



Left to right: Joleen Ridler, Jennifer LaVoie, Sharon Greshuk, Sharon Wingfield, Wendy Gaudette, Linda Nahachewsky, and Sara Hampel





Pathways to Joy
Jan 15 - March 5th
2:30PM - 4:30PM

**A program to
support
recovery from
depression and
anxiety
Focusing on
nutrition,
movement, and
mindfulness
For questions
and registration
please call
Nele...346-3321**

I am going to be THAT guy!

YES, exercise is important. With a society saturated with technology, it is hard not to hear that old adage, "Get Fit!" or "Healthy Living". Although these quotes or sayings can be annoying, they do come with some weight and importance to them.

It has been widely known that daily exercise can benefit an individual physically, but it is not widely known that exercise may have many benefits mentally. Research done by clinical psychologist James Blumenthal of Duke University, has showed in test groups of people with major depressive disorder, that had exercised for four months, had higher rates of remission than their placebo grouped counterparts (Psychosomatic Medicine, 2007)

These results obviously could not predict future remission for these particular clients. But one year later, on client follow up it was found that subjects who exercised regularly had much lower depression scores than subjects who were less active. (Psychosomatic Medicine 2010)

Now before I flood you with research and statistics, I will keep it relatively simple. Regular, moderate exercise of a minimum of 3 times a week will help reduce or prevent:

- ◆ Heart Disease
- ◆ High Blood Pressure/Cholesterol
- ◆ Diabetes
- ◆ Anxiety and Depression
- ◆ Improves Sleep and Mood

If you are looking to make some changes with your health and everyday living, take a walk, ride a bike, or even go to a local gym to burn some energy. We also have some great programs at the Alpha Court Day Centre, if you are looking for free opportunities to learn boxing, weight and cardio workout programs, Yoga, and Zumba.

Article submitted by: Jesse James



DAY CENTRE

170 Windsor Street
Suite 221
Thunder Bay, ON
P7B 1V3

Volunteer Opportunities

The Day Centre is looking for volunteers to assist with recreational and educational programming.

We are looking for volunteers to create a program, help cook daily lunches and assist with already existing programming.

If you are interested please contact Sharon at 683-7729.

A valid Criminal Reference Check is required.

OOSHKE BEMAHDSEWIN'S DRUM GROUP



Pictured from left to right, Tammy Campbell (drum is made from deer hide), Linda Pruneau (drum is made from deer hide) and Saloma Bighead (drum is made from moose hide).

A number of Alpha Court clients came together earlier this year to participate in a one day workshop that allowed them to learn how to 'flesh' (removing the leftover meat & fat) and 'de-hair' a deer hide in order to prepare the hide to make a hand drum. The drum offers healing and teachings that help us to overcome emotional and spiritual challenges.

We learn to face life difficulties with strength and purpose when we put into practice these Spiritual life skills. To drum each day can be a prayer to give thanks to our Creator for the gift of life.

Just like humans, each drum, be it hand drum or big drum, has its own unique voice and vibration for the simple reason that each animal and tree from which the drum is made, have their own unique medicines; their spirits are part of the drum. The frame is made of a variety of woods that connect us to the 'standing people' (trees); the skin is a gift from a variety of animals (deer, moose, horse, cow, etc.) that connect us to the four-legged.

Drumming with others in a sharing circle is uplifting for the spirit. It gives us the chance to connect with others and form friendships. Our drum group is coed so both men and women can participate. We meet every 3rd Thursday of the month at 1241 Jasper Drive from 2-4 pm, in the Common Room. You do not need to have a drum to participate. We look forward to meeting you.

Article submitted by: Yvonne Pierre

WALKING GROUP

Each Thursday, the walking group meets at the Day Centre at 2:00 before heading out on a wonderful excursion. This is an excellent opportunity to socialize and make new friends while getting some moderate exercise in the beautiful outdoors. The group runs year round and we walk in all weather. Recently we have climbed Mount McKay, walked around Boulevard Lake, and hiked the trails that connect Centennial Park, Trowbridge Falls and the Cascades. This summer we also had a picnic at Hazelwood Lake where we roasted hot dogs and s'mores over a campfire. We welcome walkers of all fitness levels so please come out and join us.



**"I TOOK A
WALK IN THE
WOODS AND
CAME OUT
TALLER THAN
THE TREES"**

Henry David Thoreau

LGBT GROUP



Alpha Court now has a group for our lesbian, gay, bisexual, and transgender clients. We meet every second Friday from 2:30 to 4:30 for casual conversation and peer support in a safe, comfortable environment at our Day Centre. This group is open to all members of the LGBT community and is an opportunity to socialize and make new friends. For more information call Gary at 621-6519.

New Look

We have improved our website, designed with a fresh new look and user-friendly navigation as well as updated with the latest information about our services and programs. We hope it will make users of the website have a quicker, easier and more interactive experience. Check us out at www.alphacourt.ca.

Seeking Board of Directors

Alpha Court envisions a society where all people regardless of their mental health or addiction challenges can reach their full potential and live productive lives. We are currently **seeking applicants** for the **Board of Directors**. As a member of our Board, a Director acts in a position of trust for the community and is responsible for the effective governance and leadership of our organization.

Alpha Court's board is comprised of up to 12 individuals with a diverse set of disciplines and expertise. We welcome applications from candidates that exhibit the following skills and expertise in these areas:

- Legal expertise
- Financial acuity
- Community housing
- Keen interest in improving the community
- Ability to commit volunteer time

Ability to contribute specific skills and attributes to the organization

Interested applicants are asked to email a Letter of Interest to chenderson@alphacourt.ca or by mail to:

Nominating Committee
221 Wilson Street
Thunder Bay, ON P7B 1M7

Board Members 2014/15

President ♦ Sandra Buosi
Vice President ♦ Ed Dovick
Treasurer ♦ Jill Symington
Secretary ♦ Vacant

Directors

♦ Steve Sidorski
♦ Terri-Lynne
♦ Lyndia Elliot

Jasper Representative

♦ Inie Slaney

Dease Representative

♦ Karen Smith



Editorial Policy: Alpha Bits is a quarterly publication of Alpha Court Community Mental Health and Addiction Services.

Note: The opinions expressed are those of the respective authors and not necessarily those of the Committee. The Editor reserves the right to edit articles by content, length and style.