

Spring  
2013

# ALPHA BITS



## Art Program

Painting, drawing and any type of art is a form of creative expression. There is creativity in everyone.

The Day Centre Art Program is every Wednesday from 2:00 - 4:00 pm and welcomes all individuals with or without known artistic talents to come and express thoughts and feeling on canvas or through other artistic methods.



"I dream my painting and I paint my dream."  
— [Vincent van Gogh](#)



## Walking Group



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

### Cheesy Sausage Calzone

4 Ingredients:

Prep Time 15 min

Total Time 30 Min

1 can Pillsbury Grands refrigerated biscuits

1 cup cooked crumbled sausage

1 cup shredded mozzarella cheese

Press biscuits into 5-inch round. Place on ungreased large cookie sheet.

Spread 1 Tbsp pizza sauce on half of each round with 1/2 of edge; top each with 2 Tbsp each of the sausage and cheese. Fold dough over filling; press edges with fork to seal.

Bake at 375 12-15 minutes or until golden.

## Rock Climbing

Indoor Rock Climbing at the Alpha Court Day Centre

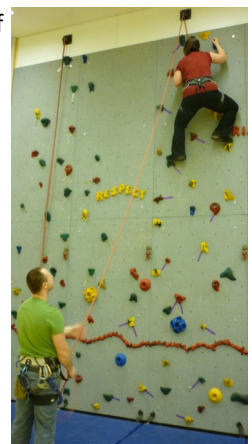
Since Alpha Court opened the Day Centre I have had the pleasure of running the rock climbing wall and introducing participants to the sport. Rock climbing is great fun and an excellent exercise for your muscles, cardiovascular system, flexibility and overall fitness. It is easy for new participants to get started with no prior knowledge or special abilities. I always tell people that if you can climb a ladder then you can rock climb.

Did you know rock climbing is good for your mental health? For one, rock climbing requires you to concentrate on what you are doing and is much like meditation. It's a great way to improve your mindfulness, lower blood pressure, increase mental focus and boost your mood. Confidence is also increased and the lessons learned while climbing are sure to

spill over into other aspects of your life. After all, before the climb begins we are looking up at a large, intimidating mess which we are not sure if we can ever reach the top of. Sounds a lot like life doesn't it? However, by breaking the climb down into a series of smaller, more manageable steps, we realize that our goals are within reach and we are capable of achieving things we once thought impossible. The word "can't" is replaced with the word "try" and we realize that we don't know what we are capable of until we try.

See you at the wall!

John Henry,  
Community  
Mental Health  
Worker



## Tapping into Potential JOB FAIR

Tuesday, March 19, 2013 - 9AM to 3PM

Lakehead Labour Centre – 929 Fort William Road

The Tapping Into Potential initiative aims to further promote the Choice, Flexibility and Control that all persons with disabilities have when seeking employment and the many supports and services that are available.

We invite everyone to attend this event, and gain first-hand knowledge of all that is available in our community.

Alpha Court will have a display

## DBT

All front-line staff are now trained in Dialectical Behaviour Therapy (Skills). Look forward to upcoming training for clients. Its main goal is to teach the patient skills to cope with stress, regulate emotions and improve relationships with others. The focus of DBT is on helping the client learn and apply skills that will decrease emotion dysregulation and unhealthy attempts to cope with strong emotions.

## A Special Thanks...

On the evening of Thursday March 7<sup>th</sup>, first year students from the Social Service Worker Program at Confederation College hosted an agency appreciation event. It was apparent the students put a lot of effort into researching local agencies and designing displays. This was a very innovative way to introduce first year students to the services available in Thunder Bay and provide them the chance to identify future placement opportunities.

We would like to thank the College, and in particular, Sean Woods, for his display on Alpha Court.



### Out of the Darkness Memorial Walk

for suicide awareness

3RD ANNUAL

Sunday May 5, 2013

Confederation College, Cafeteria

5:00-6:00pm Registration

6:00pm Opening ceremonies

6:30pm Walk begins

8:00pm Closing

HAVE YOU BEEN AFFECTED BY SUICIDE?

Join others to remember and celebrate the lives of loved ones lost to suicide

Raise awareness about depression and suicide and decrease stigma surrounding it

A Memorial Wall will be available to place a photo of your loved one

**\*\*NO PRE-REGISTRATION REQUIRED\*\***

For more information about this FREE event or to volunteer, please contact:

Margaret Hajdinjak:

margaret1@tbaytel.net or (807) 577-0824

Or visit us on Facebook at Out of the Darkness

Rain or shine, walk with us!

Confederation COLLEGE

## Mental Health Network

May 6 - 12, 2013 is Mental Health Week.

Mental Health Week is an annual national event to encourage people from all walks of life to learn, talk, reflect and engage with others on all issues relating to mental health.

Visit [www.alphacourt.ca/news](http://www.alphacourt.ca/news) for more information on activities.

## Sharon Atwood Retirement



Sharon has been employed by Alpha Court for over fourteen years and has held several positions within our organization. Sharon will be greatly missed; she provided excellent services to both landlords and tenants. She spearheaded many staff events seeing the importance of promoting staff cohesion and wellness in the workplace. We wish Sharon the very best in her retirement!

We are having an OPEN HOUSE  
and invite our Clients, Tenants,  
Landlords and Partnering Agencies.

April 5, 2013  
2-4 pm  
221 Wilson Street

Come and give Sharon Atwood  
farewell wishes and meet the new  
Director of Property Management,  
Gina Armenti.

## Client Satisfaction

Our client satisfaction survey is underway. We want to know what we are doing well and how we can improve our services.

To show our appreciation for taking the time to complete the survey, a ticket has been attached to each survey. Once your survey has been submitted your ticket will be placed in a hat and draw for a \$50.00 gift certificate for groceries.

**SURVEY DRAW DATE**

**APRIL 2, 2013**

Please call 683-8200 to  
find out if you hold the  
winning number.

“What you do  
makes a  
difference,  
and you have  
to decide what  
kind of  
difference you  
want to  
make.”

— Jane Goodall

## Board Members

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