



SPRING/SUMMER 2015

ALPHA BITS

Message from the Newly Appointed Executive Director for Alpha Court

I would like to thank everyone who attended the open house on May 20th, 2015 to join me in celebrating my appointment as Executive Director and also the many well-wishers.

In 1999, when I started with the Organization, I was in awe of how progressive the philosophy and approaches to client services were. A number of years later, I am honoured to be the Executive Director of Alpha Court and will continue to ensure we remain progressive, client-centred and provide high quality services. I credit the founders, clients, former Executive Directors, Board Members and staff with working diligently to bring the Agency to where it is today and I will continue to build on their labours.

I am fortunate to be working with a diverse and experienced Board of Directors to provide the strategic direction for the Agency. I look forward to continuing our work with clients, community partners, funders and stakeholders to improve service provision and work toward building a system that provides a continuum of services and is responsive to client need.

Nicole Latour, RSW, MPH
Executive Director



Thank you to Our Volunteers

Alpha Court's Day Centre has been in operation now for approximately four years and part of its success is attributed to the volunteers who commit their time and energy to the centre. The volunteers assist with the hot lunch program and group facilitation. We would like to acknowledge the following volunteers for their on-going contributions: Don Drew, Colin Smyk, Shannon Anderson, Chris Berg, Keegan Richard, Marianne Berner and Marnie Lidstone.

The Day Centre is always looking for volunteers and new program ideas. Please contact Sharon or Jesse at 683-7729.



Employee Wellness at Alpha Court

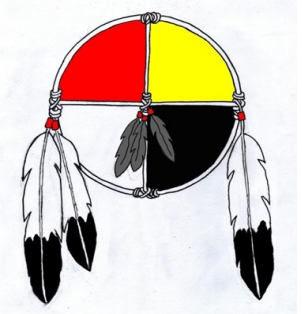
Alpha Court strives to promote health and wellness for the people we serve; however, the health of the employees is just as important. Employees of Alpha Court work in an environment that is character-

ized as high stress and emotionally demanding which can lead to compassion fatigue, increased sick time usage and lowered moral.

In response to this, Alpha Court has established a "Wellness Committee". The committee is charged with identifying strategies to enhance the mental and physical health of its employees. Some of the activities for staff have included: walks; meditation and presentations from our EAP provider. In the near future, we are looking forward to tai chi and laughter yoga.

Did you know?

Alpha Court offers a Case Management program specific to Anishnawbe Adults. The program is called Ooshke Bemahdesewin. Case Managers offer culturally appropriate services and programs to people 16 years of age and older who identify as wanting culturally specific services. In addition to Case Management, clients of this program can participate in activities such as: hand drumming; traditional teachings; traditional crafts and bannock and tea.



Women's Empowerment Group



"Supportive group for women who wish to improve self-esteem, learn to deal with difficult situations in their life in a positive way and connect with other women. We also discuss different topics such as anxiety, depression, and many other topics that women face in today's world"

- Joleen Ridler

Recovery Quilt

Alpha Court is looking for clients (Alpha Court and Alpha Court Day Centre) who would be interested in working on a quilt under the theme of "recovery" (what it means to you). The quilt, once finished, will be used as a promotional piece for the Agency at community events. Client involvement is paramount to this project as it helps to show the connectedness of the community and service provider in each stitch sewn.

Participants in this project do not necessarily need to know how to quilt as there are a number of different techniques we can utilize for the project to accommodate all skill levels. Designs can be laid out by the individual and then completed by someone else in order to allow anyone who is interested to participate.

Recovery, as a theme, provides a wide variety of expressive pieces that can be produced in an almost infinite amount of different forms. Quilted squares are woven together after completion to encompass the strength of people on the journey together while celebrating the individual creativity and strength of each participant.

As this project will be in conjunction with the Thunder Bay Public Library, there is the opportunity to have quilting time at other venues outside of the Day Centre or other properties occupied by Alpha Court. This will enable the project to be more accessible to clients in the community.

Currently, we are looking for participant numbers in order to ascertain appropriate square sizes for the project. If you are interested, please contact Robert at Alpha Court by calling 683-8200.

Help us celebrate recovery in the past, present and future!

Yesterday is but a dream, and tomorrow is only a vision, but today well lived makes every yesterday a dream of happiness and every tomorrow a vision of hope.

- Anonymous

Retirement - Reina Durand

A long-time employee of Alpha Court retired after 24 years of exceptional service. In her time with the Organization, Reina Durand enriched the lives of many and has been an example to strive toward. Even though she left the helping profession, we know she will continue to lend a hand to those in need and touch the lives of those around her because that is who she is. We wish Reina all the best in her journey to come with her family and friends.



Board Members 2014/15

President ♦ Sandra Buosi
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 ♦ Steve Sidorski
 ♦ Don Smith

Jasper Representative

♦ Inie Slaney

Dease Representative

♦ Karen Smith

ANNUAL GENERAL MEETING

PLEASE JOIN US

THURSDAY, JUNE 18th, 2015

at

ALPHA COURT DAY CENTRE

221-270 Windsor Street, Thunder Bay, ON P7B 1V6

5:30 PM

Opening Ceremony

Dinner and Refreshments (Guitar - Logan James)

Special Guest Speaker(s)

Special Guest "Pine Cone Boyka"
 (Comedy Performance)

AGM and Election of Officers

Closing Ceremony

~ Kindly RSVP by Friday, June 12th, 2015 to Chantal at 683-8200

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.