

Winter2011

ALPHA BITS

Sending Warm & Friendly Greetings to you and yours for the Holiday Season!



Now is the time to reflect on the year that has gone by

It has been a year of change and growth for Alpha Court.

In June we moved to our new location at 221 Wilson Street. Thanks to the efforts and patience of staff the move went smoothly.

In October 2011, the Ooshke Bemahdesewin Program celebrated the arrival of fall with a feast at our Jasper location. The Ooshke Bemahdesewin staff provided teachings through ceremony which included drumming and singing for Alpha Court clients and tenants.

Irma Churchill, a long-time Ooshke Bemahdesewin worker retired after 15 years of valuable service. We appreciate her hard work over the years and wish her a happy, healthy and fulfilling retirement. Irma will be missed by staff and clients.

In partnership with BISNO and CMHA, Alpha Court celebrated its 10th year of the Homelessness Initiative Project II (HIPII). Alpha Court's Housing Manager, Sharon Atwood, worked diligently at organizing a function at the Italian Centre in appreciation of the landlord's and their commitment to the program.

Cindee Richardson and Sharon Atwood of Alpha Court, along with George Drazenovich (CMHA) and Nicole Spivak-Nigro (BISNO), presented at the Psychosocial Rehabilitation Conference held in Cape Breton. They presented on strategies and experiences with the Homelessness Initiative Project II (HIPII).

In partnership with Dilico, PACE and BISNO, we celebrated the open-house of our Day program in November 2011. Thank you to clients and community members for making the event memorable.

There have been a number of changes with staff over the last year. Nicole Latour has taken on the role of Director of Community and Mental Health and Addiction Services. Barbara Armstrong has assumed the Intake Worker position. Joanne Boucher and Kevin Lyons are now Team Leaders within their program. We welcomed three new front-line staff: Rob Rea, Dionne Beardy and Ginette Antoniak.

We are in the final stages of completing the exterior renovations of our Jasper building by Habib Architects Inc. and Bur-met Contracting Ltd. funded by the Ministry of Health and Long-Term Care under SHRRP.



Season's Greetings

The Alpha Court Day Centre, in partnership with BISNO, PACE, and Dilico, is well underway. Join us for programs such as: yoga, meditation, addictions education, writing circle, community kitchen and much more.

The Centre is designed to assist people with an addiction and/or mental illness to gain skills to make healthy choices and improve the quality of their life .

The New Year is fast approaching, and so is new opportunity at the Day Centre. In January, the Alpha Court Day Centre will be expanding on the programs offered. People interested in attending the Day Program, please contact Jesse James, Day Program Coordinator at 683-7729 or 627-8831.



By Jesse James

Tidbits

Camp

Birds sing a new day has arrived,
Fog slowly rolls off the lake.
The loon sings its eerie tune.
A bear searches for his mate.

With a chill in the air, winter will soon be on its way.

Leaves fall from the branches of the trees in disarray.

Another season soon will be, chipmunks and squirrels shimmy up a tree,

With berries and nuts for their long winter rest. Survival of the fittest. The animals are put to the test.

By Gary Tripp

The Divine Healer

The Lord healed me the day I called to him
He freed me from bondage,
Death and from sin.

He is the divine healer, who said unto me: "You are precious in my eyes child, more precious than words can be."

He took away my burden and healed my broken heart.

In faith and in hope,
I now have a new start.

Thank you, divine healer for
This precious gift from above.

Of healing my broken heart,
Which turned to you in love.

By Patricia McDonald

BOARD OF DIRECTORS 2011/12



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We would like to express our thanks and appreciation to the members of Alpha Court's Board. We are fortunate to have an experienced team of committed and skilled professionals. We look forward to another great year.

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