

## **Friends' Family Communique - Issue #5 (December 2018)**

Welcome to Issue #5. As with each issue, we hope you find this one informative and helpful in being better informed about Friends Housing, its people and its programs. Reader comments and suggestions regarding this family-focussed newsletter are always invited. Contact John Gosselin, Board Chair (204-488-1237-ph; [jgosseli@mts.net](mailto:jgosseli@mts.net)-email), any other board member (contact information can be found on the website) or Crystal, Mental Health Director (204-832-2254-ph; [friendshousing.cp@gmail.com](mailto:friendshousing.cp@gmail.com)-email).

### **Christmas 2018 Friends' Family Celebration**

A friendly reminder of this event happening on **Thursday, December 13 at 6:30 pm** at Maranatha Church (next door to Friends Housing and with lots of parking). As usual, a Christmas dinner for residents, staff and Board will take place immediately prior. All family members are invited to celebrate the season with friends - new and old - at what's become a much-anticipated annual event! Refreshments (desserts and beverages), music, karaoke and (fingers crossed) a surprise feature will be part of the evening, along with a bake sale and silent auction. RSVP to Crystal - ideally by November 30, but as late as December 7 - so we can plan accordingly. We look forward to seeing you!

#### **Five Ways YOU Can Help Make This Event A Success:**

1. Join your resident family member and the larger "Friends Housing community" at this special event.
2. Donate item(s) for the silent auction. (Themed baskets are being made; all donations – small or large - are very welcome but by no later than Friday, December 7 please). If you have any questions or want more information, call Crystal (204-832-2254).
3. Bid on a silent auction item or two – while getting some Christmas shopping done at the same time. (Note: As payment options will only be cash or personal cheque, make sure your wallet is well-stocked!)
4. Make a purchase at the Bake Sale table and cross off a holiday baking task on your "to do" list.
5. Bring an extra cheque, made out to "Friends Housing," for a year end donation to Friends Housing. We would be so appreciative – and happy to issue you an income tax receipt.

Whether one, two – or all five ways, we thank you in advance for your support!

### **Annual General Meeting 2018 Report**

The **business portion** of Friends Housing's AGM took place on Wednesday, October 17 at 5:00pm. Our bylaws state that the voting members of Friends Housing are the Board of

## FRIENDS HOUSING INC.

A Registered Charitable Organization  
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Directors, so required AGM business can take place before the public gathering. The Board for the coming year was elected (we welcome a new board member, Peter Burnett), officers were appointed and the audited financial statements were approved. The slate of officers for 2018/19 remains the same as last year: John Gosselin - Chair; Eleanor Webb - Vice-Chair; Dennis Perko - Treasurer; Lavina Allan - Secretary; Herb Schon, Jane Smith and Peter Burnett - Members at Large. For more information, contact John at 204-488-1237 or [jgosseli@mts.net](mailto:jgosseli@mts.net).

This was immediately followed by the **public meeting portion** at 5:30pm which was attended by about 20 people including residents, family members and guests.

The order of business was as follows:

1. John welcomed everyone and reported on the business from the preceding meeting, including a mention of the positive financial results of the previous year, in large part due to the work of Dennis Trochim and Murdoch Management.
2. Crystal Phillips, Mental Health Director reported on the year's highlights in her mental health support role. She thanked staff for their efforts – Loveeza, Activity Coordinator, and Eddy and Annette, Resident Caretakers, the latter providing extra eyes and ears when the office is closed. Particular mention was made of a recent new activity, ie. a knitting class led by a resident, which has been very well received.
3. Dennis Trochim reported on the year's property management highlights. The apartment building's fire safety system was upgraded to include 24/7 fire monitoring. All suites were inspected and a number of required minor repairs were made. Murdoch Management is working with the Board to identify future priorities and how to fund those goals.
4. Sheryl Giesbrecht, Manager of Recovery Supports, Canadian Mental Health Association (CMHA) gave a special presentation which was the highlight of the meeting. Sheryl described a number of programs and classes available to residents at the CMHA Learning Centre (930 Portage Ave) – including yoga and meditation classes, adult colouring, workshops (eg. Insights into Anxiety; Conquering Negative Thought Patterns), movie nights and many others. As well, Loveeza and Crystal are trying to work these classes into Friends Housing's activities' program. For further information, contact Crystal or go to [mbwpg.cmha.ca](http://mbwpg.cmha.ca).
5. The meeting ended with questions from the floor. These focussed on residents' concerns about cannabis. Dennis Trochim responded with information based on the Residential Tenancies Branch rules. Basically, the same rules apply to cannabis as to tobacco. Friends Housing is a non-smoking facility with a designated smoking area on the grounds. Dealing with any problems which may arise will begin with enforcement of our current non-smoking policy. For more details, refer to the "Friends Housing Rules and Regulations, July 29, 2018" document or contact Dennis at 204-982-2014.

The meeting ended with a lively social exchange around the food table.

### **Friends Housing Profile\*: Loveeza Arshad, Activity Coordinator**

#### **1. Tell us a little bit about your background.**

I am a Pakistani-Canadian whose family and I immigrated in 2004 to start our lives here in Winnipeg. Though I come from a close-knit family of four, I am part of a large

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extended family as well. Currently, I am working on my undergraduate degree in Psychology and will graduate in May 2019. I have also been taking several Crisis and Trauma Resource Institution workshops to date - with more being planned over the coming year - to help me do my job better.

2. **What are the key responsibilities of your position as Activity Coordinator?**

My key responsibilities are planning and executing a wide variety of activities and outings - from baking/cooking and craft classes to trips to grocery stores, restaurants, museums, etc.

3. **What is the part of your job that you like the most - and why?**

My favorite part is making connections with the residents. By attending the activities and events with them, I develop a close friendship with many which helps create a comfortable and caring environment for the tenants and myself.

4. **What is the part of your job that is the most challenging - and why?**

The most challenging part is “disconnecting” with my job after work hours. I have a lot of ideas that I want to follow through with but require much thought and planning. I also tend to do this thinking outside of work as my regular daily work activities usually take me out of the office. Another challenge is the fact that not all residents choose to participate in activities. For some, group activities/outings are simply “not their thing.” This means different approaches are needed. For example, I make some more of a one-on-one, personalized activity – playing a favourite board game with one resident while with another, I have a conversation about a personal passion of theirs, providing them an opportunity to discuss something they may not often have a chance to do. Using the right approach for each resident helps me build a good working relationship with residents.

5. **Is there any new initiative “in the works” – and/or one you would like to do?**

One initiative that I want to pursue is yoga classes. This activity would help the residents de-stress and/or relieve sore muscles. Though not a trained yoga instructor, I have a lot of knowledge about the topic. As well, I have always envisioned a “bigger” Friends Housing, one that would also be accessible to people in the community who are dealing with mental illness... somewhat like an adult day or drop-in program.

6. **What one key message would you like to communicate to residents’ families - maybe one key thing they can do to help make your program better/more effective?**

I would like residents’ families to connect with the staff here and let us know their thoughts and ideas on how we might best help their family member. I can be reached at 204-953-1161; [aloveeza@gmail.com](mailto:aloveeza@gmail.com).

\* **Friends Housing Profile** is an ongoing series featuring Board members, staff and other volunteers.

**May this season bring you the gifts of peace, joy and happiness.**

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**- The Board and Staff of Friends Housing**

**Next Issue: March 2019**