

Spring is in the air!



Our 10 Live-In Group Home Workers

Staff Appreciation Dinner

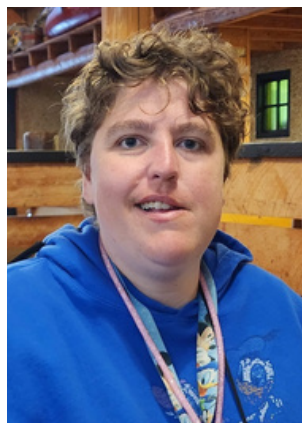
Staff gathered at 4 Mile Brewpub to share a meal and mingle with friends and family. These events are at the heart of Shekinah's community well-being, promoting connection with others and an environment to share our goals and experiences.

Mandt training



Mandt training session

This February, a third round of Mandt training took place at the Gorge Pavilion. Led by Home Coordinator Brenda and Live-In worker Reddon, participants spent sixteen hours learning about safe communication, conflict resolution, and crisis de-escalation. These concepts are essential within the Shekinah community because they foster safe, healthy interactions between staff and Core Members and they promote a compassionate and caring community and home environment. To date, 36 staff members have completed Mandt training, and another round of training is coming up in April!



Remembering Rachael

In memory of Rachael Buchanan, Home Coordinator Karra shares the following words: I once asked Rachel what she thought the meaning of beauty was. "It is the simple things in life, you know?" she replied, "Like

the sound of birds all around, or the feeling of the sun warming you up; the bright colours of all the flowers in the spring or the ocean air on your face." May we remember her in these precious moments and carry her with us, forever in our laughter.

Volunteer Opportunity

Do you know someone who has an interest in home maintenance? Shekinah has a volunteer opening on its Quality Assurance Committee that performs a physical inspection one to two times annually in all its homes. The inspection results are turned over to Shekinah's Executive Director who then hires someone to do the repairs. The committee is very dedicated to Shekinah and its Core Members and we look forward to someone with a big heart and strong values to help out. Ideally, this person could also fill a recent vacancy on the Board of Directors, focusing on the Quality Assurance role. For further information please contact Executive Director Corinne McGregor at [250-595-1014](tel:250-595-1014)



Happy Birthday Jamie!

Friends and family recently gathered to mingle over cake and music to celebrate Jamie's 46th birthday! Very best wishes to Jamie!

Meet our Live-In Group Home Worker: Reddon

Reddon has been living and working as a Live In Group Home Worker at Shekinah for two years now, sharing compassion and positivity with the community. Reddon explains that Live-Ins "don't just provide good care, but good companionship." They work and live with Core Members, getting to know them and how to best advocate for them in their daily lives. "As an immigrant, I never feel out of place. Living here at Shekinah makes me feel so cared for. From my manager Brenda who is like my second mom, to our Executive Director Corinne who is my number one fan and supporter of my achievements, Shekinah is a family to me." He describes

Victoria as "the perfect place to be; good people, good environment, and especially great seasons." Reddon has gained loads of experience and training through his role, obtaining a Class 4 driver's license, a Mandt instructors' certification, and learning to communicate in Signed English. Since coming to Canada, Reddon has been apart from his family as they navigate immigration, "My family has been my joy after my shifts. They are my inspiration, my guiding star, my everything.". During challenging moments, Reddon says he "remained strong and goal-oriented which made [his] life with Shekinah worthwhile."



Reddon with Brenda (above) and on FaceTime with his daughter (below)



Members out in the community

Take a look at some of the activities our Core Members get up to in their daily lives!



Pat, June, Fiona, and David H. celebrating Valentine's in style



Michael and Andrew at Craigdarroch Castle



Albert fueling the van



Duck wrangling with Cheryl

Reach out!

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Contributions of any kind make a huge difference in our community. They fund the programs and activities that empower our Core Members to flourish; living the lives that they choose, supported by an exceptional group of assistants and staff. Please contact us to learn more about how to assist or donate to our caring community.