

February



February Events Members ONLY

12th Valentines Dance 1pm-3pm
Knights of Columbus
19th Family Day

Jackie's Celebrity Corner

Vikki
Executive Director

If you weren't working at Alternatives what would you be doing?

Helping in some capacity, maybe a daycare

What is the last gift you gave someone?

Calendar to my Mom of all of her kids in black and white

If you won a million dollars what would you do?

Pay off Braidwood and go on an Alaskan Cruise

What is your favourite food?

Home made pizza

What do you like to do in your spare time?

Be outside, hike trails

What was your worst subject in school?

Math

What is your worst fear?

Heights and small spaces

What is something no one would know about you?

I don't like morning drop ins because of my crazy hair

If you could have a super power what would it be?

Healing

What is your one annoying habit?

Never sit when company is around, I'm always tidying

What country/city would you like to visit?

New York

Who is your celebrity crush or guilty pleasure?

George Clooney



Vikki's 2 cents

Happy New Year!!

I hope everyone had a wonderful holiday season with family and friends. At Alternatives we are welcoming 2018 in a whirlwind of activity. Our Braidwood Neighbourhood Project has gained both community and media attention. Also, our energetic employees are hard at work on the next FUNdraiser right now. Energy 99.7 and County 105 (Mike and Myles in the Morning) invited Alternatives to talk about who we are, what wonderful programs we offer and to also help us promote our Braidwood Neighbourhood Project. We were so excited to share our message on January 16th, 'live and on-air'.

Niki at Chex TV then did a feature story about us on January 19th at 11:00 pm. Jerry, Tamara and I did a bang-up job on camera. It was very exciting in a



'nerve wracking-fingernail biting' kind of way.

We are so appreciative of all the opportunities to showcase Alternatives and to reach out to our community in these ways. I want to thank everyone that is helping us in so many ways.

On top of playing 'celebrities' Alternatives was approved for a \$10,000 grant from Peterborough Foundation. This money will allow us to continue renovations, completing all the drywall and painting very soon. Our front foyer will be dedicated to Peterborough Foundation and, as with all contributions of \$100 or more, a leaf will be sprouted on our Giving Tree in their honour.

2018 is going to be great year for us at Alternatives and I hope it will be for all you as well!!

Cheers, Vikki

FUNDRAISING Updates

**A HUGE Thank you to
Peterborough
Foundation for the grant
of \$10,000.**

SWag Line



Contact Jackie to see more options..
JackieC@alternativesptbo.ca or
(705)742-0806

GRILLED CHICKEN CONDON BLEU-ish SANDWICHES

Ingredients

- 2 slices of whole wheat bread
- 2 tablespoons softened butter
- 1 tablespoon sour cream
- 2 slices Swiss Cheese
- 1 thick slice deli cooked chicken breast meat
- 1 slice deli ham



Directions

1. Spread butter on the outsides of the bread slices.
2. Spread sour cream on the insides of the bread slices.
3. On one slice of bread layer one slice of cheese, one slice of chicken meat, one slice of ham, 2nd slice of cheese and then the 2nd slice of bread.
4. In a small skillet over medium heat, grill the sandwich on both sides until the meat is heated, the cheese is melted, and the bread is toasty.

EMPLOYMENT SUPPORTS Update

The ES team would like to extend our thanks and gratitude to all the other teams at Alternatives for their support of our Employment program! Your constant referrals and employer leads are very much appreciated! We couldn't do it without you!

We want to share a quick success story for our client Ashley.

Ashley came into the program in 2006 and was off to a very "wobbly start". She was very unhappy and had a very hard time with any type of direction from an employer...at that time she was known for her fishnet stockings and funky hair dos.

She worked with some of the best Alternatives has, Sheila, Jo - she went out of the program for a few years and returned to work with Sue and Penny in 2010.

She persevered, one tiresome placement at a time (her words) She could not understand why she was not getting work. She had a very negative outlook back then.

It was after countless meetings and pep talks she took Alternatives staff advice and counsel and learned to take her experiences and find a positive spin on them!

Today Ashley is a absolutely lovely young lady who is working full-time for Quaker. She is so pro-active and put together now...she has been an inspiration and we are all so proud of her!

We look forward to her monthly visits and continue to root for her success.

The Russell TOYOTA

"For the Love of Magic" Show

Hors d'oeuvres • Prizes • Silent Auction •

February 14, 2018
7:00pm to 9:30pm

\$25

Ashburnham Reception Centre
840 Armour Rd Peterborough, ON

*Proceeds in support of the
Braidwood Neighbourhood Project

GET TICKETS **snaptix**
snaptix.alternativesptbo.ca

Call Alternatives to reserve your tickets
705-742-0806



Things We Do

Our qualified and experienced support staff provide a wide range of services and supports;

- daytime activity programs (eg. cooking, healthy relationships)
- individual, customized supports
- personal goal setting
- new skill training
- access to social and recreational opportunities
- involvement in sports and wellness Programs (eg. bowling, lazer tag)
- connecting to groups of interest
- find volunteer opportunities
- prepare for employment
- involvement in evening activities with peers
- experience summer Rez-life programs
- involvement in summer day camps

For More information please contact Sheila
sheilag@alternativesptbo.ca or 705 742-0806

FUNDAMENTAL SKILLS Day Program Update

"Fundamental Skills Day Program is back into the swing of things after all the

hustle and bustle of the holidays! We've started up some new groups for the next 3 months including emotional intelligence, meditation, yoga and art projects. We've also introduced a new placement student, Bailey, from Sir Sandford Fleming's DSW program. Bailey will be putting her knowledge and skills to the test helping us out until April. Check out our Instagram account to see some pictures of the Day Program in action!"

Advanced SKILLS

Healthy Relationships is doing amazing at Crestwood with a mixed group of 12 and the students are loving it. They are all participating and speaking up.

We began at Holy Cross last week and have a mixed group of 8 students. Teachers are very receptive and excited for the curriculum to be taught.



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