

SUMMER 2024 NEWSLETTER



UPCOMING EVENTS

**Charlie Baird Pig Roast
September 7**

**60th Anniversary Celebration
September 27-29**

**Annual General Meeting
October 16**

Message from the Executive Director

I hope everyone has enjoyed the summer thus far and the beautiful weather it has brought.

At Brentwood the Leadership Team and a small but mighty group of volunteers have been focused on planning Brentwood's 60th Anniversary Celebration for September 27-29, 2024. We have intentionally designed a good part of the weekend to be family friendly, ending on a spiritual note with mass on Sunday, brunch, a choice of spiritual sessions to attend and viewing of a Father Paul tape. The only cost to alumni and visitors for the weekend will be the dinner tickets. There has been a lot of love and effort that has gone into making this a memorable occasion. If any out-of-town alumni are in need of accommodations, please contact Jamie Fowler as we still have limited availability.

Something exciting I would like to share with you is that our RONA greenhouse project and estate donation have paved the way for the installation of twin greenhouses which will allow us to kickstart horticultural therapy. Brentwood is always excited to take on new opportunities for growth and recovery.

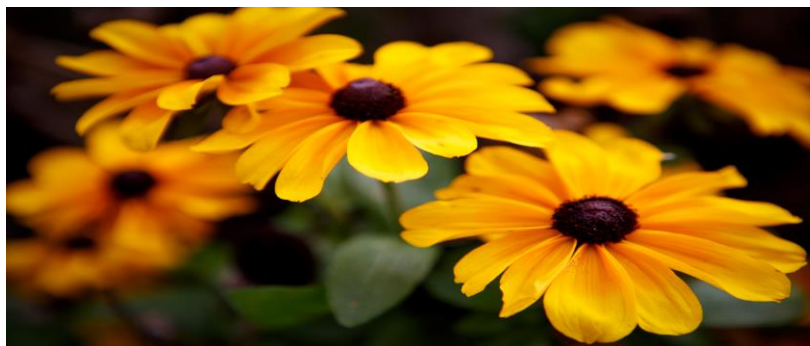
It always warms my heart to see so many new and returning alumni at the 10:30 am meetings and social events. Notably the golf tournament and the picnic were an overwhelming success and I suspect the pig roast and 60th Anniversary to continue this trend. I want to especially thank all the time and energy contributed by our staff and alumni volunteers to make these events so successful.

Just a reminder that board of director elections are coming up in the fall at our Annual General Meeting. You will soon be hearing more about the applicants running for election. I would like to thank Ken Courtenay and Sonja Grbevski for their time and dedication to our board. They have spent countless hours working for the good of Brentwood. It has been a pleasure and an honour to work with them as well as with the entire board of directors who volunteer their time and expertise.

Wishing everyone a happy and healthy rest of the summer.

Elizabeth Dulmage

Executive Director



Message from the Chair

"To everything there is a season and a time to every purpose under heaven". So, it is said in Ecclesiastes (and the Byrds!!). So it is summer and here at Brentwood we bracket our summers with a picnic, just passed, and September 7th, the Charlie Baird Pig Roast. For many now, children are out of school, vacations, beaches, swimming, golfing, boating, leisure activities, the joy of summer. Family time. This is what summer is for. Relaxation, rejuvenation, re-charging.

Twenty-nine years ago yesterday I entered Brentwood and not, as you can imagine, filled with the joyous spirit of summer. I was scared and desperate and ignorant - I had never attempted to fight the drug and alcohol addiction I was spinning in - this was my shot. I had very little psychologically or emotionally left but I did have three important feelings-thoughts--fear of failing this shot; willingness to listen out of desperation, and hope. At my core I still believed then, and now, in a Higher Power, and that people, when given the chance, have so much good in them. Never, and I mean never, did I think about being on the Board or, for goodness sakes being Chairperson. But here I am.

My summer is different now - I spin much less (still some!), do not have a bed check or mandatory wake up call, as then - and am blessed to be in a relationship giving me more joy than I ever thought I deserved - tomorrow, for example Kathy and I are dropping off gifts to her 8-year-old granddaughter, how cool is that.

But I remember, so important we remember, where and who we were. And tell the new ones who we were and are. Stan MacDonnell said years ago we were proof the program can work, and we are, and it is for us to tell how we felt, as I did then, and how better life can become, as mine has. And yours.

Have a joyous, rejuvenating, re-charging, relaxing summer.

Be well.

With warm regards,

Ken Courtenay, Board Chair



Thank You

2024 Board of Directors

BOARD OF DIRECTORS
2023-2024



Ken Courtenay, Chair



Sonja Grbevski, Vice Chair



Allen Provost, Treasurer



Grace Doiron, Secretary



Jenny Baird



Norbert Bolger



Scott Collier



Brooke Gyetvai



Ervin Keczem



Linda Lloyd-Dupuis



Glen Malott



Cari May



Rick Pilon



Maureen Rudall



Donna Ryan



Julie Santarossa

Updated November 27, 2023

Board resignations in 2024: Glenn Malott, Donna Ryan, Jenny Baird

This Edition's Spotlight...

Meet

The Kitchen Staff



Bryan Trudell



Matt Ditty, Head Chef



Jesse Trojek



Rene Beaulieu



Michelle Blythe

Brentwood New Hires

(since March 19, 2024)



Name
Jenny Baird
Director, Client Services



Name
Laurie Moore
RPN



Name
Ben Moradi
Project Coordinator
(Trillium Grant Funding)



Name
Jesse Trojek
Kitchen Help



Name
Marylene Lepine
Navigator

Redesigning Our Future Initiative

Project Teams Updates

ENHANCED PROGRAMMING



Workshops:

- We are working to implement workshops around developing life skills and learning what agencies in the community are available and how they can help.
- We have been successful in holding presentations
- Some goals we have set out to bring in are cooking classes, learning to maintain a bike, and budgeting

Meditation/Yoga:

- Meditation has been added into our programming and is running every Monday at 1:00pm in the main events hall.
- We are working on implementing Yoga again on a weekly basis



Physical Activity:

- We are doing a pilot project that alumni will come in and take fellowship who are seniors out to walk around Jackson Park from 12:15pm-12:45pm.
- We are also implementing work out space and times where fellowship can use guided workouts through Netflix to move their bodies.

BEST PRACTICE IMPLEMENTATION



- Completed Drug Testing Policy & Procedure including all tools
- Completed Staff Education
- Provided education and sign off for people on program
- The goal is Baseline Drug Test completed within 24 hours of admission for all clients and five randomized Drug Tests will be completed per week
- Manual Spreadsheet Tracking
- Completed by deadline

ALUMNI ENGAGEMENT



Our group's next focus is to implement Alumni volunteers at the Women's Duty desk. It's a great opportunity to give back and connect with people on program. You'll start hearing more about this in the coming weeks, but if interested please contact Russ Robinet (rrobinet@brentwoodrecovery.com) or Nicole Boussey (nboussey@brentwoodrecovery.com). We'll be starting with Mon-Fri shifts 7am-11am and 11am-3pm.

BRH NEW CHAPTER



No update.

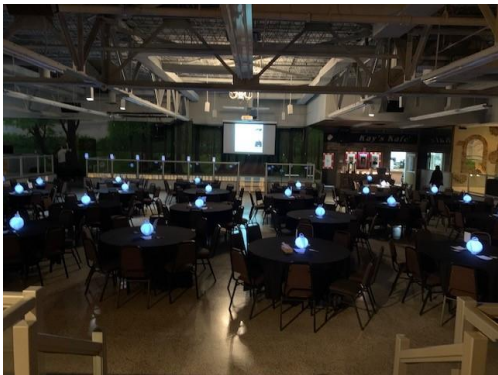
Social Events

Updates/Photos

Memorial Event

(Celebrating the Ones We Love and Lost)

March 22, 2024



Spring Fling Dance, April 20, 2024



Brentwood Fundraiser-Blue Jays vs Tigers



Blue Jays at Tigers

📅 May 25, 2024 1:10 PM EDT

📍 Comerica Park

Thank you to everyone who came out to the game. There were over 20 alumni and family members who attended. Brentwood profited a monetary donation from every ticket purchased, while attendees received a Tigers long sleeve cotton hoodie. We hope to hold this event annually. See you next year!

Brentwood Family Picnic , July 7, 2024



Fundraising News

Dream Home Lottery 33 – Ticket sales begin October 2024

<https://www.brentwoodlottery.com/>

Fundraising Events/Campaigns/Projects



**Father Paul Golf Scramble
Orchard View Golf Course
June 15, 2024**

A Great Success!



The Annual Father Paul's Golf Scramble recently took place at the beautiful Orchard View Golf Course drawing in over 80 enthusiastic golfers. The event was a wonderful opportunity for participants to join us for a day of fun, competition, and camaraderie, all in support of a worthy cause.

Thank you to all our sponsors (see list of sponsors below) who helped make the day a resounding success. Your generosity and support are instrumental in making this event possible. A special thank you goes to our hole-in-one sponsors (Windsor Hot Tub & Sauna Store & Motor City Chrysler), whose contributions added an exciting element to the day. Their commitment to our cause is deeply appreciated and underscored their dedication to the Brentwood community.

Volunteers played a pivotal role in ensuring the smooth operation of the tournament, from registration to on-course support, and their efforts did not go unnoticed. Their time and dedication were invaluable in making this event a success.



One of the highlights of the day was the fantastic array of door prizes. Our generous donors ensured that everyone had a chance to win something special, adding an extra layer of excitement to the event. From golf gear to gift certificates, the prizes were a hit with all attendees.



Of course, no golf tournament is complete without a delicious meal, and our hot lunch did not disappoint. Golfers gathered to refuel with a hearty and satisfying lunch, providing an opportunity to relax and share stories from the day's play.



Finally, we are immensely grateful for the support shown by the over 80 golfers who enthusiastically registered for the golf tournament. Your participation not only made this event a resounding success but also played a crucial role in ensuring the ongoing financial means to subsidize our alumni social activities. These activities play a vital role in fostering a sense of community and camaraderie among our alumni, providing necessary support for their continued journey in recovery. Thank you for your unwavering support!





As we reflect on this year’s tournament, we are reminded of the power of community and the importance of coming together to support meaningful causes. So again, thank you to everyone who participated, sponsored, volunteered, and contributed to making this event a memorable and impactful day for Brentwood Recovery Home.

We look forward to seeing you again next year for another fantastic day on the greens.

Warm regards,

Golf Committee 2024:

- Jeff DeActis, Alumni, Chair
- Gerry Farnham, Alumni
- Paul McCann, Staff
- Janis Cramp, Staff



Thank you to our generous sponsors!

Ambassador Bridge	Bigfoot Construction K&I Ltd
Chevaliers de Colomb	Empire Roofing Corporation
HL Hamilton Insurance	Holland Chemical
Iza Design & Manufacturing Inc	Ken Knapp Ford Sales & Leasing Ltd.
Kitchen Korner - 388456 Ontario Ltd	Knight of Columbus Ste Therese Council #9793
Leadec (CA) Inc	Local 636 I.B.E.W. General Fund
Lucier Glove & Safety Products	McTague Law Firm
Pioneer Machine Tool Sales Ltd.	Rene’s Auto Service
Riverview Steel	Roth Mosey Chartered Professional
The Feed Store – 1560883 Ontario	Unifor Local 195 – Flex N Gate
Unifor Local 200	Unifor Local 240
Unifor Local 2458	Unifor Local 444
Windsor Hot Tub & Sauna Store	

Charlie Baird Pig Roast Committee Planning



The Charlie Baird Annual Pig Roast is Saturday, September 7. Doors open at 5:00 pm. Dinner from 6:00 pm to 7:30 pm. Band and dancing at 8:00 pm. Musical entertainment provided by Mary Newland and The Blue Bayou Band. Open to family and friends 16 years or older. Tickets are \$25 per person and are available at reception and from committee members.

Spread the News

Brentwood Walkathon

Be advised that going forward all walkathons will be held Mother's Day weekend.

Room Bookings

Please use the following official names when booking rooms for your meetings through Jamie Fowler (519-253-2441 ext. 226 or jfowler@brentwoodrecovery.com.)

Training Room (former known as Admin. Building—presently lottery ticket sales office)

Lounge (used by Women's Support Group, between Mary Cadieux and Paul McCann's office/Fundraising Offices)

Boardroom (Father Paul Charbonneau Centre, 2nd Floor)

Events Hall (Father Paul Charbonneau Centre, Largest Main Floor Meeting Room)

Access to Father Paul Charbonneau Centre after 7 pm

Beginning Monday, August 12th the main entrance to the Fr. Paul Charbonneau Centre (double sliding doors) and the front entry door to the Dining Room hallway will be locked after 7 pm and reopened at 6 am. All access to the main building will be through the Men's Duty Office doors only.

Peer Support Information Session



On July 31, 2024, we hosted our Peer Support Information Session where participants had the chance to learn more about the unique, supportive relationships that can develop between individuals who share a common lived experience. We invited those with lived experience to sign up for an incredible opportunity to receive specialized training through Support House and the Canadian Mental Health Association (CMHA) at no cost to them. With 60 slots available, interested candidates underwent a consultation to determine their eligibility for this transformative learning opportunity. The training will be conducted in three separate cohorts of 20 participants each. Tentatively, the first cohort is scheduled to begin on September 11, 2024, and will span 15 weeks, with one class per week. Participants will receive invaluable training and, upon completion, a certificate that acknowledges their commitment and newly acquired skills. Following the completion of the first cohort, the second and third cohorts will commence.

If you're interested in joining the waitlist for either an in-person or online class, please reach out to Ben Moradi at bmoradi@brentwoodrecovery.com

Brentwood 60th Anniversary Planning



Mark Your Calendars - Brentwood Recovery Home 60th Anniversary Celebration!

Join us for a memorable weekend celebrating Brentwood Recovery Home's 60th anniversary from Friday, September 27th to Sunday, September 29th.

We kick off on Friday afternoon with a ground breaking ceremony at approximately 4:00 pm, marking the debut of our Zen Gardens – a testament to our strong community partnerships and inviting dignitaries to recognize Brentwood's vital work. Following this, join us for a delightful dinner (\$25.00 per ticket), as we celebrate Brentwood's rich history and past and the lasting impact on our alumni. Evening activities include your choice of social time, or a euchre or pool tournament.

Saturday, September 28th kicks off at 4:00 pm and is dedicated to family fun, including BBQ hotdogs and culminating in an evening dance featuring the energetic beats of Big Wiggle or a cozy family movie night with popcorn, all at no cost.

Our celebration concludes on Sunday, September 29th starting at 10:00 am with a complimentary breakfast and a focus on reflection, highlighting the present-day journey of recovery and its transformative effects on our current residents and recent alumni. The day's activities will emphasize spirituality and conclude with a viewing of a Father Paul tape.

If you have any questions or comments, please reach out to Janis Cramp, Volunteer/Special Projects Coordinator at jcramp@brentwoodrecovery.com or 519-253-2441, ext. 211.

Save the dates and join us for a weekend of remembrance, celebration, and community.

Diversity, Equity and Inclusivity Committee Update



So far, there have been three meetings and the Committee has committed to holding the first six meetings bi-weekly. After these initial meetings, we will transition to a monthly schedule. This structure aims to foster a consistent and meaningful dialogue on DEI topics.

We have had really great discussions with the committee and are looking to educate at each meeting. The first two meetings were more discussion-based and focused on getting to know each other. In the last meeting, discussion was about Equity vs. Equality, and our fourth meeting will focus on Unconscious Bias. These are 15-minute learnings at the beginning of each meeting with the hope that they will spark ideas or discussions on how these topics affect Brentwood. In the future, we hope to bring in guest speakers to continue expanding our committee's knowledge and increase our ability to affect change.

Some example discussions we have had so far include:

- What women representation and people of color are really represented in the main building?
- What resources and information packages are available for trans individuals?

For these sample questions, one committee member is gathering the history of women at Brentwood to present to the committee, while another member is looking at creating a package about trans health resources to also present to the committee. All these findings will be passed on to Senior Leadership in hopes that we can impact positive change. There are many more discussions, but these are just a few examples.

In our commitment to better understand and address DEI issues, Ben Moradi and Jenn Lavin have taken the opportunity to further educate themselves by attending various workshops and training sessions. Some of the sessions they have participated in include the Moosehide Campaign to End Violence Against Women, Embracing Antiracism Approaches hosted by the University of Windsor, the Trans Health Workshop, and the Understanding Discrimination Workshop.

Best regards,

Committee Members:

Ben Moradi, Alumni, Co-Chair
Jennifer Lavin, Staff, Co-Chair
Gabriel Rich, Alumni
Karen Rich, Alumni
Quaina Gaines, Staff
David Richardson, Staff
Chase Meloche, Alumni
Jamie Fowler, Staff
Bryan Trudell, Staff
Ben Dyke, Alumni
Dennis Torresan, Alumni
Sara Allen, Alumni
Billie-Jon Fitpatrick, Alumni



Women's Support Group

Meetings on Wednesdays at 6 pm

& Thursday mornings at 9:30 am

Please sign in at the main entrance before proceeding to the Youth Wing



Couples Group Meetings

every other Monday at 6 pm

(Next meeting: August 26)

Please sign in prior to proceeding to the Lounge

Youth Group Meetings

Ages 6-16

Every Tuesday at 6 pm

(Except for July and August)

Main Events Hall

Parents or Guardians must be in attendance.



Opens Arms with Service



Thank you to all who participate in making a difference in someone's recovery journey.

Anyone who would like to join and be on a team please call Catherine Howard at 226-975-3636.

Sunday Morning Church Services



Join us Sunday mornings at 10 am for mass/church services - friends and family are welcome!

Alternating one week Catholic mass, the next week non-denominational.

Review Weekly Announcements for details.

Euchre Tournaments

Mark your calendars! Last Friday of the Month

Next date: September 27

Euchre tournament starts at 7:30 pm in the Main Events Hall.

Doors open at 7 pm.



Brentwood Merchandise



Brentwood hoodies, T-shirts and golf shirts are available in different styles and colours.
Please see Jamie Fowler at reception (main entrance) to place your order.

Food Bank



The food bank is open Monday, Wednesdays & Fridays
from 9:30 am to 10:30 am.

Monetary donations are appreciated.

Online: etransfer@brentwoodrecovery.com (in memo write Food Bank) or
contact Nicole Wengrzynski at nwengrzy@gmail.com

Every little bit helps – \$5 makes a difference

Suggestions and Questions Box Area

Suggestions and questions can be submitted in the box under the TV by the main entrance.
Every month answers will be posted on the board above it.



Inspirational Messages

Inspirational messages--Recovery Gave Me... Templates are available for alumni to complete and post on the Suggestions & Questions bulletin board. They will be posted on the lobby TV.

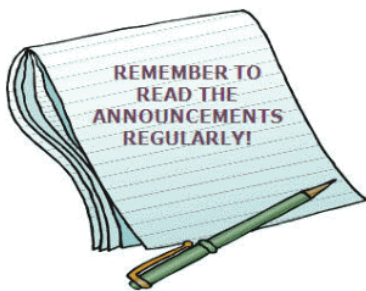


Sunday Afternoons with Father Paul

Every 1st and 3rd Sunday of the month now at 2:30 pm in the Training Centre.

Alumni and people on program are welcome.

Brentwood's Weekly Announcements.



Stay in the Know!

Announcements are shared

- main entrance lobby TV
- at the 10:30 am meetings
- by email (optional)