Crossroads marks Bell Lets Talk Day.
Crossroads is on the Web!

Crossroads has recently made the decision to redesign the Clubhouse Website. The consensus at the Club was that our site needed a fresh look. With a new development team and intuitive software program, we were able to present a new website that was professional and exciting.

New Features

There are new features on the website such as a blog page which will be updated with upcoming events. The website will also be regularly updated with copies of “The Password” made available for download. For those of you who haven’t checked out our new site design, please feel free to do so at your leisure. The Crossroads website can be found at www.crossroadscapebreton.ca. Crossroads hopes you enjoy our site’s new look which will be available in the near future.
On January 31st, 2018 Crossroads participated in the annual Bell Let’s Talk Day. A contingent from Crossroads took part in the day by creating a banner with the Bell Let’s Talk slogan. The banner was taken to the Cape Breton Regional Hospital where passersby were invited to sign their names to the banner as a means of expressing their commitment to this cause. During the visit an estimated 175 signatures were collected.

At the clubhouse itself, hand prints were made by colleagues on the banner upon its return from the Regional. In addition to the banner, colleagues also wrote personal sentiments and anecdotes upon sheets of paper containing the Bell Let’s Talk logo.

Luckily, crossroads was visited by local employees from Bell. When they heard about Crossroads involvement with The Bell Let’s Project day, they were more than happy to participate with their involvement in Crossroads activities. Crossroads was more than grateful for their participation and we thank them with all sincerity.

The day proved to be successful for the Clubhouse, leading to high expectation for Bell Let’s Talk day in 2019.
Notable Events

EE dinner at Lunch Time.

There has been a change to the time of the EE dinner. Instead of taking place late in the afternoon, a decision was made to have the event take place during lunch time on the free meal day for the month. The event consists of programs agreed to ahead of time. The event has a master of ceremonies who opens the meeting and greets the scheduled speakers. The speakers are usually those involved in Transitional, Supported or Independent employment and those who are participating in Educational programs, giving testimonials to the experiences to that point. Tips on obtaining and keeping these positions is offered to those in attendance. At the end of the meeting the master of ceremonies will close the meeting before the lunch for that day is served.

Valentines Day

The spirit of Valentines Day was in the air at the clubhouse on February along with the scents of tea and cake. The afternoon of February 14th saw Crossroads play host to a Valentines Tea. The above mentioned beverage was served along with carrot cake. Colleagues took in the day in a casual and lighthearted manner. The experience was positive for all those who attended. Later during the evening program, colleagues got to decorate cookies that were made in the kitchen earlier.

St. Patrick’s Day

Irish eyes are smiling, on Crossroads! On March 16th all the colleagues with Irish roots, (and those without) will be taking part in a celebration of Saint Patrick’s Day. A tea and social will be happening at 2:30 on this day. Erin go Bragh from Crossroads.
Food Security

ATTENTION! ATTENTION!

Food security is looking for more members. You may be asking yourself “What is food security?” Food security helps people attain healthy and sustainable food on a low budget. We want to make sure that people have sufficient food for the month. We started two years ago and meet every Wednesday from 1:30-2:30 p.m. in the dining room. The first 30 minutes involves discussion about what needs to be done, and the second half involves getting involved in the work. There are different variations of work associated within the group. We plant both vegetable and herbs inside and outside our clubhouse. We have a community garden that we maintain during the spring and summer. In addition we promote education, weekly flyer sale updates, workshops, and guest speakers surrounding the topic of healthy food. Join us on March 6, at 11 a.m. with holistic nutritionist Charlotte Porier. Charlotte will be focusing on food & your mood and what a holistic nutritionist can offer. If you have any questions pertaining to food security, please speak with Mike or Sylvia.

If you want to help the community and learn about healthy food: please join us. All are welcome.
My name is Christine and I have been at Crossroads for over a year. I look forward to coming to the Crossroads Clubhouse. Crossroads gives me a sense of purpose. I love working with both the staff and members. I find I have more confidence doing my work. I would let anyone who wishes to join Crossroads know that it’s a great place to come to meet people. The staff and members are willing to help out and it’s a friendly place to be.

- Christine N
Crossroads Word Search

BEAT     UNIT     MEETINGS     HAIRNET     EMPLOYMENT
HAPPY    BISTRO    SHARING     INDEPENDENCE   EDUCATION
LAUGH    GRATITUDE WELCOMING   PARTNERSHIP   ANNOUNCEMENTS
RESPECT  HUMOR     COMMUNITY    CONFERENCE
Birthdays

1. Michael MI, Cynthia W
3. Roddie M
6 Paul G
8. Keith MD, Jason D
9. Tiffany P
11. Chiyo
13. Blair P, Rachel M
14. Louise L, Tish MC
15. Rosemarie C
19. Donald CA
22. Michael B
23. Sam S
24. Theresa S, Jackie L, Kaitlyln
25. Pauline ML
27. Annette M
30. Michael C
31. Therese MA, Lucy G & Jillian B
Employer Appreciation Night

We hosted our annual Employer Appreciation Night on Wednesday, February 28th. We will be showcasing the event in next month’s password. A huge thank you goes out to everyone who made the night such a success.

New Member Updates….

Crossroads would like to welcome our newest members to the club Erin M, Anthony M, & Rory D. We are committed to increasing our membership and host an orientation on the second Tuesday of every month. If you know someone who might be interested in membership, the first step is to call the main line at 567-7961 and book a tour.

Smoking Cessation Program

There will be a new smoking cessation program starting up in April. The program is 14 weeks long and sessions are once a week for 1-1.5 hours. A sign up sheet will be posted on the events board if you are interested. If you have any questions please see Jennifer in the BE²AT Unit.
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<td>Conference planning @ 1pm</td>
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<td>Food Security 1:30 pm Stemming Policy Discussion 2:30 Bingo $2/ Karaoke/ Board games</td>
<td>World Food Day Wellness &amp; Leisure Meeting @ 1:30</td>
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<td>Conference planning @ 1pm</td>
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<td>Food Security 1:30 pm Video Game Night</td>
<td>Build your own pizza World Food Day</td>
<td>Big Breakfast 9:30 Pizza Day</td>
<td>St Patrick's Day Tea @ 1:30pm</td>
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<td>World Food Day</td>
<td>Closed for Good Friday</td>
<td>Check in for update...</td>
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Credits

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