

*Happy
Holidays*



Newsletter



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Today, tragedy
will change someone's
life... forever.

Support for victims
of crime and tragedy

Training Opportunities

It was great to see so many participate in the recent SafeTalk training. We hope everyone realized the benefit of this important training. We will keep everyone posted as these opportunities become available.

In the meantime, there are countless articles and resources you will find helpful in your roles as crisis responders. Here are a few you will find useful:

[Volunteer Canada News](#)

[Gaslighting in Intimate Relationships:](#)

[A Form of Coercive Control You Need to More About](#)

[What is Trauma-Informed Care](#)



PPE Reminder:

Although there are no mandatory requirements from our local health unit to wear PPE (masks, etc.), we strongly encourage all those attending calls in person to utilize the PPE provided. We want to keep you safe from COVID, colds and flu's. If you are low on PPE, please contact Annie and she will help replenish your stock.

Some Interesting Statistics:

(between April 1 to October 31, 2022)

220 incidents / crisis calls
376 people served

Of that, 165 calls came in between 8am to 5pm, 38 calls came in between 5pm and midnight, and 17 calls came in between midnight and 8am.

The breakdown of the types of calls are:
141 incidents were crime related with 64 being domestic violence related, followed by sexual assaults (primarily historical) and physical assault, criminal harassment and human trafficking. 79 calls were due to tragic circumstance.

602 referrals were made to long term community supports.

MVS volunteers provided 8971 hours on call.

Way to go Team!

WHAT A TEAM!

A shout out to this year's new volunteers:

Dan McPhedran Sandi Parkinson
Grace Heywood Elisa Best
Cathy Holditch Pat Campbell

Our team spirit will certainly help our newcomers feel welcome and supported.

A Team Reminder

- CR's** - don't forget to check in before your shift
- TL's** - don't forget to reach out to your CR's if you haven't received a check-in text & switch the line at the end of your shift.
- Team** - before you wrap up a call, be sure to determine who will be submitting the occurrence report.

BE SURE TO PRACTICE SELF CARE

It's been a difficult couple of years for most of us, which highlights the importance of our own mental health and self-care as we support those who need us. Practising self-care can help avoid burn out, improve our mood and reduce anxiety. By taking care of ourselves, we're able to be there for others when they need us, giving us the increased capacity to support others in our roles as crisis-responders.

Regardless of the number of shifts you generously give to MVS, be sure to develop tools, strategies and/or goals to maintain a physical, mental, emotional, professional self-care plan. Think about tools to draw on, activities you can do to take your mind off a troubling call, such as quiet time, outdoor walks, time with family or just a long hot bubble bath. Remember, we are a team! We'll include some more ideas in upcoming newsletters.

Let's create a community of self-care strategies. Share your self-care ideas with others on the team so that we can create a community of self-care strategies. Extend the debriefing after each call to share with your partner the self-care activity you plan for yourself. You'll be surprised what we'll learn from each other!

Message from our Board ...

Happy Holidays to all our staff and volunteers!

I would like to say thank you for the invitation of the Board to contribute to the MVS newsletter.

This year has been a bit confusing. We had a great summer with activities opening up; beautiful Thanksgiving with vibrant colours and a howling Halloween; and Covid 19 cases were on the decline! Now due to Covid 19 cases increasing with the onset of the winter season, along comes the flu and respiratory illnesses. Just when things were getting better!

Despite the increase in illnesses and complications within our community and around the world, you (staff and volunteers), have stepped up and continued to provide good quality, caring service to our community members.

The Board of Directors cannot say thank you enough for your determination and dedication to support our community members and other service providers. Thank you for providing wonderful and effective service and support as it not only helps our community members but it also builds and maintains the reputation of MVS.

As the Christmas holidays approach, the Board of Directors thank you for helping others who are struggling with life circumstances to have a better, more cheerful holiday season. Please know that your work, time and efforts do not go unnoticed.

I am sure you have heard/seen the Paul Davis commercial where the staff say, "I am a difference maker!" The Board sees all of you as "Difference Makers"; gifts to others whose path you cross. We hope that all of you will take care of yourselves so you can continue to provide a wonderful service. Please know the Board of Directors are here to support your Executive Director in supporting you.

We could NOT be more proud of you, your service and impact on others. Here's to all the "difference makers!"

Charlane Cluett

Board Chair with the MVS Board of Directors

Announcements:

Reinhard & Tiffany Gale would like to introduce you to their son Tate Herbert William Gale!! Born Sunday December 11 at 10:54 am, 8 lbs 9 ounces. Reinhard will be taking a little break from MVS as he spends time with family. Congrats!



Message from our Executive Director...

"None of us, including me, ever do great things. But we can all do small things, with great love, and together we can do something wonderful."
~ Mother Teresa

For an area as large as Muskoka, we have a small yet mighty Team! Day to day, we focus on individual shift coverage and managing resources, but in the true essence of being a Team, it takes many to fulfill a purpose.

Muskoka Victim Services has 5 staff, 30 volunteer Crisis Responders, 10 volunteer Team Leaders and 7 Board of Directors. Each and every person has an important role to keep MVS functioning for our essential purpose... to help others.

Our Board of Directors is a dedicated group of volunteers who oversee our governance and ensure that we are operating as we should. Most of the current board have been with us for several years because of their belief in the service MVS provides to the community.

Our volunteer responders are at the core of the work we do. Dedicated, selfless, empathetic and downright magnificent!

And our staff? They are our glue to put it all together.

We cannot do this without you all.

Thank you, thank you, thank YOU for all that you give.

Eva Zachary

Executive Director

*Happy
Birthday*

Warm wishes to all those celebrating their birthday in November and December:

Kaila, Reinhard, Jan, Holly, Sandi, Enid

STAY IN TOUCH

1-844-762-9945

29 Manitoba St., Suite 2 Bracebridge, ON P1L 1T8
mvs@muskokavs.ca

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