



Meetings: Tuesday 12 Noon

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JANUARY IS VOCATIONAL SERVICE MONTH

Happy Birthday		Happy Anniversary	
Jan 27: Sharon Kyle	Jan 28: Mike Davies		

UPCOMING SPEAKERS:

Jan 24: Ken Holland – Who’s Who	Jan 31:	Feb 7:
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LAST WEEK’S MEETING

President **Chili** presided.

Guests:

Alex Pope, Executive Director of the Fraser North Farmers Market Society, and Business/Software Consultant, guest of Ineke.

Laurel Hickman, Outreach Housing Manager for Alouette Addictions Services.

Program - Alouette Addictions Services



Laurel Hickman has worked for Alouette Addictions for five years. It is funded by Fraser Health, and the services are provided at no cost to the public. Laurel reviewed the various programs offered for adults and youth who are affected directly or indirectly by addictions and substance abuse.



As stated on the Fraser Health website:

Alouette Addiction Services provides all residents of Maple Ridge and Pitt Meadows the opportunity to learn about addictions and find ways to minimize the impact addictions have on each person's life. Services include:

- Counselling for any person or family member affected by alcohol and/or drug misuse.
- Education programs and group experiences geared toward the special needs of our client population (e.g. Meditation, Anxiety, Depression, Personal Growth, Anger Management, Mental Health)
- Assessment and referral to other resources as appropriate i.e. detox centres and residential treatment programs
- Outreach and education to groups who may be 'at risk' of developing a substance misuse problem
- Information and training for professionals in the community on a variety of substance misuse topics

- Opioid agonist treatment
- Youth outpatient/outreach series providing assessment, counselling, and referrals to other services for youth between 12 to 25 years.

Their Outreach Services help individuals experiencing homelessness or are at risk of homelessness to find the way around various complex problems, including health support and addictive services, replacing lost ID, income assistance, and help with locating safe housing options. Alouette Addictions does not itself have housing.

They operate an opioid replacement therapy clinic with two doctors accepting patients for methadone or suboxone treatment.

Laurel pointed out that 75% of those dying from drug overdose are male, and 85% of those deaths occur in their own home. It is not just street people who are affected by this problem.

Laurel also noted that volunteers are needed to work a few hours each day at The Hub, to work directly with the people on the street. Volunteers are needed, and this can be a rewarding experience.

Other Announcements

Ineke read a thank you note from the Seniors Centre, showing their appreciation for the seniors Christmas Lunch which our Rotary Club sponsored.

She also noted that \$775 was received as a donation from the Golden Ears United Church, in support of our Starfish Pack program.

Change of venue for January 24 meeting

All club members are reminded that on January 24 a regular club meeting will be held at the Legion on the corner of 224th St. and Brown Avenue. Watch for an email to be coming to all members, giving further information regarding this.

Submitted by Laurie Anderson