



Message from the CEO

Spring is always such a positive season. It's a time of new beginnings and the promise of new opportunities, transition, and change.

At lunch recently, I had an interesting conversation with staff about "spring clean-ing" and what it means to become and remain clean of drugs and alcohol. It was a thought-provoking discussion and it caused me to reflect on what being "spring clean" means for Pacifica as a team and for the clients we serve.

Recovery in spring is the beginning of something new; a time for renewal and an opportunity to build something better. It's also recognizing what works for you in your recovery journey and what does not. Treatment centres are fertile ground for growing in positive ways and, while the growth process may be difficult, there is no better time than now to make a start. If you are beginning a "spring clean," reorganize your space and rid yourself of unnecessary items. Reflect on action that brought you to addiction and free yourself of unhealthy choices.

There have been some significant changes at Pacifica too at the start of this spring including the addition of a new counsellor, Ryan Grossi, who many of you will know, initially as a practicum student and later as a casual employee. We are very pleased to have him join our full-time team. In other staffing news, our program manager, Dale Wagner, has moved on. We wish him well in his new ventures and look forward to welcoming his replacement in the coming weeks.

My door is always open and I hope you will take the opportunity to get in touch if you have any questions. You can reach me by email [here](#).

Sincerely,

Alison Silgado



Cooking for Life

Our kitchen has been playing double-duty for the past couple of months as our second cohort of students under the instruction of Kitchen Supervisor Ianna Yelchinko participated in our Cooking for Life program.

The program is 12 weeks; participants receive 50 hours of instruction and 50 hours of practical hands-on experience. They learn basic skills including working with knives, chopping, sauces, soups, how to handle different cuts of meat, and different cooking methods and when to use which one. Before starting the course, students receive FOODSAFE Level 1 certification, paid for by Pacifica. Cooking for Life also includes other practical skills such as budgeting, how to shop wisely, and how to boost the nutritional value of our meals. At the request of the participants, Ianna and the students also visited Commercial Drive to help identify produce to shop for.

“We ensure our clients have nutritious meals while they stay with us,” said Ianna, “but many rely on food banks when they are on their own. This course teaches the life skills we all need in order to make healthier choices. Part of recovery is moving towards a healthier lifestyle and that’s what this course offers.”

Interested in knowing more about Cooking for Life or perhaps even signing up for our next class? Send your questions [here](#).



Pacifica alumni during our most recent Cooking for Life classes.

Updates in Norm Duncan Hall

Norm Duncan Hall is the heart of the centre. As our main gathering space, it is here that we hold our celebrations and where clients and alumni gather for group activities. We have been making improvements to the room to make it more accommodating and welcoming, including organizing some of the closets.

These photos show the difference you can make by adding some shelves and doing some reorganization:



Before and...



... after!

Board snapshot: Jerry Cox

Jerry Cox never does things half-way and once he puts his mind to something, he's unstoppable. Jerry joined the Pacifica board of directors in late 2018, upon the recommendation of former board member Terry McCarthy.

"I've known Terry for over 30 years; we're both insurance adjusters and both own our own businesses," said Jerry. "We're also both members of AA; I've been an active member for 26 years. When Terry suggested I get involved with Pacifica, my interest was piqued. I'm keen to do anything I can to help others in recovery."

Jerry has a stellar reputation within the insurance sector and served the B.C. chapter of the Canadian Independent Adjusters Association diligently for many years.

Jerry also sat on the board for AA District 36 Richmond.



Jerry Cox.

“I deal with people every day in my work and in great detail,” he added. “I’ve become very good at reading them and believe this will serve me well on the board’s human resources committee.”

Jerry has toured the centre and met the staff and several clients. He also attended the February graduation ceremony and was impressed with the positive atmosphere.

His business is Jerry’s top commitment and he has worked seven days a week for the past 25 years. He enjoys spending time with family and friends and he and his wife of 46 years enjoying escaping to Mexico a couple of times annually.

Staff profile: Meet Linda Debons, Intake Coordinator

For 27 years, Linda Debons has been the first person at Pacifica that every client connects with. As our intake coordinator, she receives all the admission referrals and goes through each with a fine-tooth comb to ensure all the forms are filled in correctly. She talks with the referral agents to ensure applicants are medically stable prior to arrival. And, she keeps in contact with people on the waiting list to let them know when an admission date comes available.

“I’ve been at Pacifica longer than any other employee and I enjoy working here,” said Linda, who started working part-time on the front desk. “I grew up in a family with alcohol and thought working here would be very rewarding.”



Linda Debons.

The best part of Linda’s job is being part of the clients’ journey.

“It’s great to see people coming through the doors,” she said. “It’s amazing to see the difference treatment makes and how they can change their lives. I want to see people turn their lives around. I love my job as I love helping others and I find that very fulfilling.”

Donor profile: Rackets & Runners

When Pacifica CEO Alison Silgado first reached out to [Rackets & Runners](#) owner Vanda Borean three years ago to ask for support with the centre’s exercise program, she was met with an overwhelmingly positive response.

“Addiction is one of our most serious community issues and treatment centres play an extremely relevant role in our society,” said Vanda. “My reaction to Alison’s request for footwear so Pacifica could incorporate fitness into its recovery program was that we would help any way we could.”

Since then, Rackets & Runners has served as a conduit for the donation of hundreds of gently used runners to Pacifica.

“Rackets & Runners has been around for over 40 years and we have an excellent relationship with our suppliers,” explained Vanda. “They use demo fleets to promote their new products and, once these are retired, the runners need new homes. A light bulb went on in my head: these retired demo fleets could go to Pacifica. We now work to keep that pipeline constantly filled with footwear.”



From left: Liz Thai, Nadia Borean, and Vanda Borean collect runners for Pacifica.

Vanda has family members and friends whose lives have been affected by addiction. Through Rackets & Runners' partnership with Pacifica, she feels she is able to make things a little better for people in recovery, which is very meaningful to her. Rackets & Runners also participates in the [Shoe Renu program](#) that sees donated shoes handed out in Vancouver's Downtown Eastside community several times a year.

"It's important that we all contribute to the well-being of our community," said Vanda. "It's the only way we can move forward. We know there are people who struggle and we feel honoured to give back to those who are less fortunate."

The difference donations make

Donations are the icing on Pacifica's cake... they allow us to offer a robust program that goes beyond what other treatment centres can. This includes our exercise program, our culinary program, and many other extras.

In addition to our [website's donation page](#), we have a [CanadaHelps page](#) where you can donate to us. No amount is too small and over 98 per cent of what you give is passed on to Pacifica (a 1.8 per cent processing fee benefits the charitable website itself). All these sites also allow payment via credit cards and donations over \$10 receive a tax receipt from the organization you donate through.

We are so grateful to everyone who makes a donation—large or small—to Pacifica. Every dollar counts and we appreciate your generosity.

We love in-kind donations too!

Our current needs include small radios and clear, non-tinted water bottles (for exercise program participants). If you can help, please get in touch at info@pacificatreatment.ca.

Canada Job Grants

Special thanks to Canada Jobs Grant for its generous donations over the past quarter. Staff training and professional development is a priority for us and funding from Canada Jobs Grants has allowed us to offer opportunities to 18 of our 20 staff so far this year. We appreciate being able to offer training in a meaningful way.





Pacifica staff attended a workshop on boundaries recently thanks to a Canada Jobs Grant.

Coming events

Vancouver Aquarium: April 6 and June 1

Pacifica clients pay a visit to our favourite Vancouver attraction.

Cycling with Pacifica: April 13, May 11 and June 8

Join us as we two-wheel around town aboard MOBI bikes. Alumni are welcome, as are volunteers. Contact Activity Coordinator, Brian Kellett: 604-872-5517 (ext. 235).

Swimming with Pacifica: April 20, May 25 and June 22

As part of a healthy lifestyle, Pacifica clients will make a splash at our local community centre pool.

Hiking with Pacifica: April 27, May 18 and June 15

We'll be exploring the great outdoors in areas around the Lower Mainland. If you would like to participate as a volunteer or alumni, please contact our activity coordinator, Brian Kellett: 604-872-5517 (ext. 235).

Cinco de Mayo: May 5

Clients celebrate this Mexican holiday with food and art.



Annual General Meeting: June 11

Join us for our AGM. Registration begins at 5:30 p.m. followed by the meeting at 5:45 p.m.

Race for Recovery: August 11

Mark your calendar for our second annual fun run and walk at Trout Lake Park. Our inaugural event last year was a great success and we look forward to seeing even more of our alumni and supporters turn out for this year's fundraiser. Stay tuned for details

Pacifica Treatment Centre Society's mission is to promote health and recovery from addiction through treatment, education and support that strengthens individuals, families and communities.

As a non-profit organization, we rely on our funders and donors for their generous support. If you would like to make a donation to Pacifica, please visit our [website](#).