



REVELSTOKE WOMEN'S SHELTER SOCIETY

ANNUAL REPORT
2025-26

CONTENTS

Revelstoke Women's Shelter Society

PO Box 1150
Revelstoke, BC, V0E 2S0

Administration:

250-837-4382
staff@revelstokewomensshelter.ca
executive@revelstokewomensshelter.ca

24/7 Crisis Line:

250-837-1111

Report design: Emily Kemp

Cover image: Our 2026 Coldest Night of the Year event in Revelstoke. Photo: Erika Reimer

MISSION

The Revelstoke Women's Shelter Society exists to offer support, assistance, information and referrals in a courteous and compassionate manner that respects the dignity, privacy, culture and diversity of women and children who are victims of abuse.

MANDATE

The society established Forsythe House as a safe home to provide women and children in our community with temporary shelter. The board of directors and staff of the society work in a non-judgemental manner to support women and their children while exploring their options.

ACKNOWLEDGMENT

We acknowledge and honour the four nations whose unneeded land is where we live, work and recreate: the Sinixt, Secwepemc, Syilx, and Ktunaxa.

Leadership Message.....	4
House Report – Megan.....	6
Moving Forward	
Program – Adria.....	7
Counselling – Phoebe.....	8
– Melyssa.....	9-10
Art Therapy – Marina.....	10-11
School Report – Imogen.....	12
CRN – Laura.....	13
Graphs.....	14
CNOY Photos.....	15



WHO WE ARE

For over 30 years our shelter, Forsythe House, has served as a place of refuge and support for women and their children at risk of all forms of abuse.

Photo: Christine Love Hewitt

WE HAVE PARTNERSHIPS WITH:



RISE Legal Aid Support: They assist women navigating the legal system with individual support, advocacy and referrals.



Community Connections Emergency Shelter Beds: Our shelter refers eligible individuals to the emergency shelter beds located in a local motel.



School District 19: We provide social programming to youth at Arrow Heights and Columbia Park Elementary Schools. At Revelstoke Secondary School we provide workshops on healthy relationships and consent to grade 8 students.



RCMP: We have a strong relationship to ensure client safety.

RCMP and RICAT (Revelstoke Integrated Case Assessment Team): We, along with other agencies including Interior Health, RCMP, Victim Services, Community Connections, Mental Health and Addictions and Probation partner to deliver this. The team assess and provide safety planning recommendations, guidance, services and support for the highest risk domestic violence cases.



Revelstoke Credit Union: We have our membership through the RCU and they support us with grants.



Revelstoke Library: Our local branch of the Okanagan Regional Library works with us on displaying out educational materials at the library.



Rise Up: An Indigenous group that provides holistic programs to empower Indigenous people.



Revelstoke Indigenous Friendship Society: They provide cultural connection and support to our Indigenous clients.



City of Revelstoke: We use their facilities to provide our community programming and workshops.



Local Food Initiative: We support their goal of enhancing food security in Revelstoke.



Revelstoke Seniors Centre Association: We run free weekly seniors chair yoga sessions.

LEADERSHIP MESSAGE

EXECUTIVE DIRECTOR

As the cost of living continues to rise and incidents of intimate partner violence increase across Canada, the demand for support services continues to grow without the corresponding increases in funding.

Despite these ongoing pressures, our organization remains steadfast in its commitment to supporting women and children experiencing violence and crisis within our community.

SECOND STAGE ON HOLD

This year brought significant disappointment as provincial funding cuts resulted in our second-stage housing project being placed on pause.

While we are grateful the project was not cancelled entirely, the delay highlights the continuing challenges non-profit organizations face in addressing urgent housing needs. Safe, affordable housing remains one of the most critical issues affecting women and families fleeing violence.

SOCIAL INEQUALITIES INCREASE

The ongoing housing crisis continues to create increasing challenges both provincially and locally. 81.5 % of our clients left our community due to housing insecurity.



We are witnessing higher rates of homelessness, substance use, and mental health concerns, while the resources available to respond to these growing needs remain limited.

These realities place additional strain on individuals, families, and the support systems working to assist them, and have significantly increased the complexity of client needs within our transition house. As a result, periods of downtime have become virtually nonexistent, with demand for support remaining constant.

APPRECIATION TO OUR STAFF

Despite these pressures, our staff continue to demonstrate remarkable dedication, compassion, and resilience in supporting women and children as they navigate complex systems and barriers. While progress is not always immediate, the team remains committed to providing advocacy, safety, and hope during some of the most difficult moments in our clients' lives.

Their perseverance and unwavering support continue to make a meaningful difference, helping women and families move toward greater stability and well-being.

OUR COURT SYSTEM NEEDS REFORM

Court systems also remain difficult to navigate and too often result in poor outcomes for those who have experienced violence. Between 2016 and 2024, there were 135 deaths related to intimate partner violence in the province, highlighting the urgent need for continued systemic reform and accountability.

The Coroners' Report identified five recommendations, including reforms to court processes and improvements to safety planning measures.

We remain hopeful that continued advocacy and public awareness will contribute to meaningful change in these areas. Our sister organizations report some progress in bail reform.

USE OF OUR SERVICES INCREASE

Despite the many challenges and barriers faced throughout the year, the transition house remained committed to helping women and children fleeing violence during the 2025–2026 fiscal year.

During this time, we provided a total of 1,154 bed nights. Demand for counselling services and outreach support increased by 33%, reflecting the growing need for accessible, community-based supports.



MORE FUNDRAISING NEEDED

These vital services are funded through grants, donations, and community fundraising efforts. This year, we were proud to exceed our fundraising goal through the CNOY fundraising event, surpassing our target by 7%.

This achievement was made possible through the generosity and continued support of local individuals, businesses, volunteers, and community partners. Their commitment to our mission plays an essential role in ensuring women and children in crisis continue to receive the support they need.

While this success is encouraging, the increasing demand for services means ongoing fundraising and community support will remain essential to sustaining and expanding the programs we provide.

As we move forward, we remain grateful for the dedication of our staff, board members, volunteers, donors, and community partners.

Together, we continue to create safety, support, and hope for women and children in our community.

Lynn Lepply

BOARD MEMBERS

President: Hannah Rawling

Vice-President: Kerstin Byman

Secretary: Phoebe Landers

Treasurer: Dallas Moore

Directors: Meg Irving, Gabrielle Larabee,
Émilie Gélinau

Thank you to outgoing board members:

Siobhan O'Conner and Meg Irving



TRANSITION HOUSE REPORT

HOUSE MANAGER – MEGAN LUND

I am continually inspired by the dedication, compassion, and resilience of our team. Every day, staff go above and beyond to support individuals facing some of life's greatest challenges.

Their commitment creates meaningful change, strengthens our community, and offers hope to those who need it most. I extend my sincere gratitude to each team member for the invaluable work you do.

2025-2026 SUPPORT NUMBERS

Our team responded to 484 calls from community members seeking support. Among those reaching out in crisis, nine men accessed assistance through our crisis line. While our primary focus remains supporting women and children, our crisis services are available to anyone in need.

DAILY HELP

Beyond providing a secure place to stay, our team delivered 447 individualized supports tailored to each person's unique circumstances.

These supports included legal advocacy, safety and next-step planning, on-site counselling, groceries and essential supplies, crisis intervention, transportation assistance, financial support, help completing forms and applications, and referrals to community agencies.

Every interaction represented an opportunity to help someone move toward greater safety, stability, and independence.

Our support extended beyond residential services. 38 vulnerable women accessed on-site supports without requiring overnight shelter.

Depending on their needs, women received assistance with safety planning, meals, laundry facilities, transportation, computer and phone access, referrals to community resources, and, often, the simple but powerful benefit of having a safe place and a compassionate person to talk to.

These services remain a vital lifeline, helping women maintain dignity, build connections, and find hope during difficult times.

PETS

We recognize that pets are often treasured members of the family and can be an important source of comfort and emotional support.

This year, Forsythe House welcomed and assisted 7 pets alongside the women and children in our care, recognizing the important bond between people and their pets, and ensuring that families could find safety together.

2023-24 HOUSE STATS



**30 women (14 Indigenous)
6 children
sheltered**



**85 crisis calls
399 support calls**



**38 women
utilized
onsit
services**



**447
individualized
supports**



MOVING FORWARD

ADRIA



YOGA CLASSES

These have been a huge success! At the Monday Night Women's Yoga Classes at the Community Centre, we went from having one or two women a few years ago, to 16 to 23 in a class. Similarly, Tuesday Chair Yoga classes at the Senior's Centre were so popular that they asked for a second class. We went from a class on Tuesdays to adding a Thursday class as well!



PUMPKIN CARVING EVENT

We hosted this at the Revelstoke Community College on October 26th, 2025, with four women and seven children in attendance.



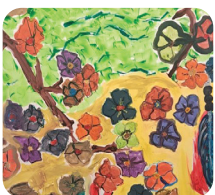
GINGERBREAD HOUSE DECORATING EVENT

We hosted on December 21st, 2025 at the Revelstoke Visual Arts Centre with 7 women and 4 children in attendance.



CHRISTMASTIME DOOR SWAG EVENT

We hosted on December 14th, 2025 at the Visual Arts Centre with 4 women attending, along with a volunteer facilitator.



REVELSTOKE COMMUNITY BANNER PROJECT:

On October 10, we produced a banner created by a shelter client with two women and one child painting and the other painted by a volunteer.



FUNDRAISING FOR CNOY

For February 28, 2026. This was our 6th year walking. This year, in 2026, we had a total of 92 walkers; 25 teams; 35 volunteers; and we raised a total of \$37,709 which was 107% of our goal!

FUNDRAISING AT THE DEN

We had a fundraising night on March 31st, where 10% of all food served on that date was donated to the Revelstoke Women's Shelter. That total raised was \$248.



WELLNESS FAIR

Art Therapist, Marina, and myself attended the annual Wellness Fair at the Revelstoke Secondary School on May 6th. We had a table representing the Women's Shelter offering an interactive collage board of "What Safety Means to You." We had a great turnout with youth taking part and engaging with the topic!



COMMUNITY GARDEN PLOT:

At the Revelstoke Visual Arts Centre (through the Local Food Initiative – LFI), for a third year!

In the past, we have been given donations of starters from local gardeners. This year staff attempted to start plants from seeds to be transplanted into the garden when it gets warmer.

Women and children have been invited to take part in all aspects of the garden. We will be planting, weeding, tending, and harvesting, while sharing expertise and learning together!

I am hopeful for a crop of produce to bring to the shelter which will reduce costs of groceries, and to offer produce to women in the community as a sustainable food source.

This will also offer a change for children to experience how a garden works and to have them get interested in this practice as they grow up.

CAMPING

A few years ago, we camped at Martha Creek for a night. I learned that one night is not enough. For the past two years we camped at Williamson Lake Campground, which is closer to town, and we stayed two nights. I learned that when we camp closer to home, we can order pizza to be delivered to our site! We will be offering this experience

MOVING FORWARD COUNSELLING PROGRAM PHOEBE TOOP (RPC-C)

About Phoebe

Phoebe Toop joined the Revelstoke Women's Shelter Society in May 2023 as a registered professional counsellor and provides counselling to individuals and couples through the Moving Forward outreach program. Her practice is person-centred, trauma-informed, consent-conscious, and feminist, with a focus on creating a safe, supportive space for clients to process trauma and work toward their goals. As a member of the LGBTQIA2S+ community, Phoebe welcomes individuals of all gender identities and sexual orientations.

THE THERAPEUTIC PROCESS

Clients supported by Phoebe often present with emotional overwhelm, burnout, and elevated stress. Reaching out for support is often an important first step toward stabilisation and movement toward personal goals. In the early stages of therapy, the focus is typically on helping clients regulate the nervous system through intentional somatic and psychological practices.

Guided by each client's pace and priorities, the therapeutic process may then involve exploring emotionally significant life events, attachment patterns, and self-limiting beliefs or behaviours. As insight develops, clients are supported to strengthen coping strategies and build self-efficacy, with the aim of feeling increasingly resourced to continue their growth independently.



Benefits of Therapy

Therapy provides a non-judgemental, dedicated space where clients can articulate their internal experiences and receive compassionate support and validation. By putting their experiences into words, clients are given opportunities to feel seen and understood within an emotionally safe environment.

Through an objective stance and unconditional positive regard, the therapist can help clients examine and reframe unhelpful narratives, moving toward perspectives that more accurately reflect their values, strengths, and sense of self.

When offered early and without barriers, counselling contributes to broader community efforts to prevent gender-based violence by addressing risk factors, strengthening relational capacity, and connecting clients to ongoing supports.

DIRECTION FOR THE FUTURE

Phoebe remains committed to ongoing professional development and regularly engages with current research and training in psychology and psychotherapy.

Drawing on both lived experience and clinical practice, she continues to refine her approach in order to respond effectively to client needs. Areas of professional interest include Accelerated Experiential Dynamic Psychotherapy, Developmental Needs Meeting Strategy, and Compassion Focused Therapy.

With additional funding, the Moving Forward counselling program would be well positioned to expand timely access to individual and relationship-based support for a greater number of men, women, children, and families.

Expanded access would support both recovery and prevention by strengthening coping and communication skills, reducing isolation, and helping clients build safer relationship patterns and stronger community supports—key protective factors in addressing gender-based violence.

STATISTICS

Phoebe provided services to 21 clients across 136 sessions.

Based on estimated market rates, the value of these services would be approximately \$21,080.

MOVING FORWARD

COUNSELLING PROGRAM

MELYSSA HUDSON. CCC

(CANADIAN CERTIFIED)



- The majority have grown up in low-income homes with limited access to education or financial resources
- Many have experienced early life around addictions.

DEMOGRAPHIC INFORMATION – 2025

42 female clients in 2025
2 Indigenous individuals
19 have children
1 youth under 14
3 Seniors 65+
2 Transgendered Female

Professional Training & Expertise

It has been three years since I've begun providing psychotherapy for the Revelstoke Women's Shelter Society. Drawing upon my certifications and training, I have brought diverse therapeutic interventions to the Shelter's clients both in-house and outreach.

In 2025 I completed a certification for EMDR for first responders to further my development in this evidenced-based trauma processing tool.

For the most part, 2025 was focused on expanding my community workshop offerings and expanding my radio segment from 20 minutes to a bi-weekly to weekly one-hour slot on Revelstoke's community radio station that now streams their show content on multiple podcast platforms. I often use the radio platform to share events and increase awareness of the shelter's programs.

Completed Training 2025-26:

- o EMDR for First Responders (Certification)
- o EMDR for Complex Trauma (Certification)
- o First Responder Trauma (Certification)
- o Internal Family Systems: Interventions for Trauma (Training)
- o Cognitive Behavioral Therapy for Trauma (Training)
- o Suicide Intervention (Training)
- o Decolonization (Training)

WHO ARE MY CLIENTS?

- primarily cis-gendered women
- currently in unsafe relationships, who are fleeing physical violence or are experiencing other forms of abuse
- Some are using substances to some level of problematic functioning
- Many have either been forced into being homeless by their abuser or have chosen to become unhoused to keep themselves (and their children) safe
- Almost all these women have experienced extensive childhood abuse (sexual assault, physical or emotional abuse, emotional abandonment) or had significant traumatic events (sexual assault, bodily harm, near death experiences) in early adulthood

Primary Psychological Issues & Implications

Around 75% of my clients have met the criteria for Post-Traumatic Stress Disorder (PTSD),

Complex Post-Traumatic Stress Disorder (CPTSD), major depression, and social anxiety. About 40% of my clients meet the criteria for psychological disorders because of unmanaged/undiagnosed ADHD and about 15% of them meet the criteria for major mood and personality disorders such as borderline personality disorder, and bipolar disorder.

The implications of the amount of major mood and personality disorders is that these are psychological issues that are best suited for collaborative clinical care from psychiatrists, psychologists and/or a physician.

Without the oversight from these clinicians, the ability for a counsellor to fully support these more serious clients can limit successful therapeutic outcomes. These advanced diagnoses do require more specialized training and typically fall outside the scope of practice of many counsellors/psychotherapists.

I spend about 5+ hours a month consulting with local physicians, psychologists, and other experts to ensure my ethical diligence and provide the most informed care that I can for the RWSS clients with these higher psychological needs. Some of this time goes uncompensated for due to budget constraints.

At times, I refer our clients to more specialized care however, due to high waitlist for psychiatric or specialized care, clients often return deflated from high costs or waitlists to access our care.

This only demonstrates are critical funding for this outreach program is and more importantly, mental health providers that invest in more specialized training to meet the needs of many of these highrisk clients.

NOTICEABLE TRENDS

At the end of 2025 there was a noticeable increase in service requests that has carried into 2026. As of April 2026, I have a 3-to-4-week waitlist with new clients emailing me for services almost weekly. Moreover, the amount of women 35+ has increased with many seeking supports for loss of identity, depression or a lack of life fulfilment.

HOW I HELP MY CLIENTS

I use evidence-based psychological theories that get to the roots of resolving internal distress.

I combine psychodynamic theory, Polyvagal Theory and Internal Family Systems approach to resolve early attachment injuries that form the basis of an individual's subsequent trauma responses to abusive relationships.

Outreach clients: This year, I have collaborated with Victims Services multiple times supporting clients immediately after a domestic situation, or traumatic event where the RCMP have been involved.

This collaboration has brought me at the intersection of abuse in the workplace and into the temporary foreign worker sector.

I successfully supported an employee who was trapped in a closed permit, find her way into a vulnerable permit which allowed her to leave the unsafe workplace and



I look forward to my sessions. It feels so good to talk about this

- C.D. TESTIMONIAL

remain employed legally. I often come across the early stages of abuse in relationships in the outreach population.

This is a critical intervention period where I ensure the client has awareness on the myriads of services available to them if they choose to leave their situation. I work collaboratively to identify detailed plans on how they will leave, where they will go, what they will bring and what they can expect to do the first few weeks of leaving abuse.

These discussions are of high importance as they instill a sense of agency and power for an individual who is being controlled and abused by their partners.

For the year of 2025, I provided 259 hours of services for RWSS for inhouse and outreach clients. This totals just over \$36,000 of a professional counselling service.

Summary

2025 was a busy year for my interactions with in-house clients. Overall, due to the increased awareness of the community counselling service, I have received more seniors, and immigrants than previous years. The diversity of the clientele in the community is expanding, and this is great for accessibility to typically underserved communities.

The push for Coldest Night of the Year has drawn noticeable growth of service seeking. While the summer unfolds and clients tend to be distracted by the summer weather, I hope to continue to see the community counselling program increase in demand.

MOVING FORWARD

ART THERAPY

MARINA RACHINSKI, DKATI

About Marina

Marina is passionate about helping individuals find their inner resources and process trauma. She has a background in dance, psychology and yoga.

She is drawn to working with the Revelstoke Women's Shelter as she sees clients within their sociocultural context, understanding that women and non-binary folks are subject to different pressures and constraints



to those influencing men. Survivors of domestic violence live under a patriarchal context.

Under this context, socialization patterns tend to result in women giving away their power in relationships, often without being aware of it.

As a feminist therapist, Marina integrates a variety of strategies aimed at increasing autonomy and empowerment in a culturally sensitive manner.

Marina believes in the power of the therapeutic relationship: we are hurt in relationship, and we can heal in relationship.



THE ART THERAPY PROGRAM

I have been providing art therapy services through RWSS since October 2022. I have recently completed my registration as a Psychotherapist through CRPO, and have additional training in trauma-informed yoga and yoga psychology.

I include a holistic lens, breathwork, and mindfulness practices in my work as an art therapist and it has been my pleasure to hold the Women's Trauma-Informed Yoga and Chair Yoga through the shelter.

This year, I held art therapy sessions with individuals, parent-child dyads, and families through the Women's Shelter outreach program. I held weekly Open Studio, drop-in style art therapy groups in the shelter, and 4 art therapy workshops in the community. I was delighted to host a booth at the Mental Health Fair and offer Healthy Relationships & Consent workshops at the high school.

What is Art Therapy?

Art therapy uses the expressive and self-reflective aspects of the creative process to address issues across the whole spectrum of human experience. Art therapy is especially helpful for processing trauma as it is a non-verbal and sensory experience.

Art can help circumnavigate the defenses of the conscious mind and allow unconscious material to be brought to light. Working with images can be a way to express emotion and story without using words. Making creative choices can be empowering, playful and a source of pleasure!

No art experience is required. Art therapy works with the underlying belief that creativity is innately healing & that every human is creative / an artist.

WHAT DO SESSIONS LOOK LIKE?

- Individual one-on-one sessions
- Dyads between couples or single parents and their child/children
- Family art therapy between family members
- Groups of people who share similar challenges

STATISTICS

Total Sessions: 370 (Market Value: \$62,900)

Age range: 7-93

44 Children (4/month)

176 Women (15/month)

23 LGBTQ+ (2/month)

6 Men (0.5/month)

Income: Low to Middle Socio-Economic Status

Cultural Identity: Canadian (all), Indigenous (3), Immigrated to Canada (1)

Hours total (Art Therapy, Social Media, Staff Meetings & Trainings): 1065.5

Weekly average: 20.5

FEEDBACK

“My art therapy sessions with Marina have been truly transformative. Through the creative process I unlocked parts of my psyche that I had long kept hidden.”

“Thank you SO much, Marina. I thoroughly enjoyed this class, and your calm and nurturing demeanor. I felt very welcomed and comfortable and I appreciated the opportunity to express myself through art in a safe space.”

SCHOOL REPORT

HEALTHY RELATIONSHIPS AND PROSOCIAL SKILLS GROUP – ELEMENTARY SCHOOL PROGRAM

IMOGEN



Grade 5 and 6 students from three elementary schools were referred to this program based on needs.

The group met regularly and provided a structured, supportive environment.

The group provided meaningful opportunities for students to strengthen social-emotional skills that support success both inside and outside the classroom. Feedback from students and school staff indicated positive outcomes related to peer interactions, communication skills, and social functioning.

Students demonstrated growth in several areas:
Improved Social Skills: Students showed increased confidence when interacting with peers and were more willing to participate in group discussions and collaborative activities.

Enhanced Communication: Many students improved their ability to express thoughts and feelings appropriately while practicing active listening and respectful communication.

Increased Empathy and Understanding: Participants demonstrated greater awareness of how their actions affect others and developed stronger perspective-taking skills.

Better Conflict Resolution: Students learned strategies for managing disagreements and resolving conflicts in constructive and respectful ways.

Improved Emotional Regulation: Participants gained tools for recognizing emotions and using coping strategies to manage frustration, disappointment, and stress.

Stronger Peer Relationships: Students reported positive experiences developing friendships, building trust, and working cooperatively with peers from different schools.

Increased Self-Confidence: Many students demonstrated greater self-assurance when contributing ideas, participating in activities, and navigating social situations.

CONSENT EDUCATION PROGRAM – HIGH SCHOOL PROGRAM

PHOEBE AND MARINA

This was delivered to Grade 8 students to increase awareness and understanding of healthy relationships, personal boundaries, communication, and consent.

The program was designed to provide age-appropriate education that supports students in developing respectful interactions with peers and promotes a safe and inclusive school environment.

The program contributed to ongoing efforts to promote safe, respectful relationships.

Students demonstrated growth in several areas:
Increased Understanding of Consent: What it means and its role in respectful relationships.

Greater Awareness of Personal Boundaries: And respecting the boundaries of others.

Improved Communication Skills: Students practiced communicating clearly and checking for understanding and agreement.

Enhanced Critical Thinking: Discussions encouraged students to analyze complex social situations and consider the perspectives and experiences of others.

Promotion of Respectful Relationships: Reinforced values of respect, empathy, accountability, and personal responsibility in peer interactions.

Increased Confidence in Seeking Help: Students were provided with information about trusted adults and support resources.



REVELSTOKE SENIOR LIFE MAGAZINE

LAURA



It's hard to believe that monthly Revelstoke Senior Life newsletter has been around for almost four years.

Started in December 2022 by then-CRN coordinator, Laura Stovel, the newsletter sought to provide interesting local articles, connect seniors and inform them of events, activities and services. This was especially important in late 2022 as people were just starting to take part in community events again after the isolation of the Covid-19 epidemic.

Isolation can contribute to loneliness, anxiety and make abuse easier. The newsletter sought to break that isolation by helping seniors connect with others. Most seniors received the newsletter by e-mail but not all seniors use the internet. We also printed 50 copies and distributed them to places where seniors congregated around town.

In November 2024, Imogen Whale took over as CRN coordinator and became editor of Revelstoke Senior Life, although Laura continued to write articles. During this time, we started to distribute paper copies to some isolated seniors and add a friendly visit. For Laura, who does the distribution, this is one of the best parts of the job.

COVERING STORIES THAT MATTER

We love to receive stories and poems from readers and publish many of them.

We also can draw attention to issues important to seniors. For example, senior Madeline Crilley was pushing for a sidewalk across Mackenzie Avenue at Seventh Street and wrote a letter to the city. Seventh Street East had been identified in the city's 2021 Age-Friendly Plan as an age-friendly route.

The street connects with the pathway down to the Seniors' Centre, library and community centre. We highlighted Madeline's concern in our September 2024 issue and city workers painted a crosswalk across Mackenzie Avenue the following spring. Later, Madeline highlighted the danger of bikes going fast up the

pathway down to the community centre – a danger to many people, including seniors. Again, Revelstoke Senior Life covered the story.

We also follow up on stories that might otherwise have been forgotten. For example, there is an interest in having natural burials in Revelstoke – burying the body in the cemetery without cremation or chemicals.

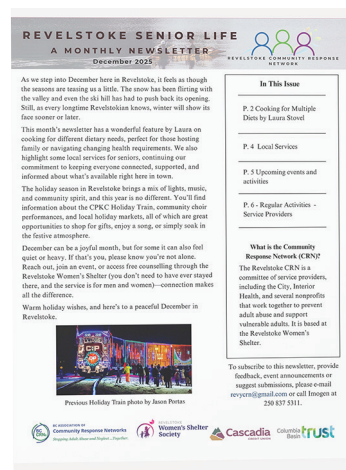
In January 2024, Revelstoke Senior Life interviewed Mayor Gary Sulz, a former funeral director, about that possibility and we were assured that an area of the cemetery was suitable for this and a natural burial site could happen. City Council approved the initiative that February and staff began to research what this would require.

Today, we still don't have a natural burial site but progress has been made in preparing for it. We were able to include an update from Mayor Sulz in our last issue.

CHANGES AND OUTCOMES THIS YEAR

This June, Laura took over editing the newsletter from Imogen who stepped down from her CRN role, but not before contributing a wonderful article on the impressive new accessibility features at the Revelstoke Railway Museum. Imogen was an excellent editor and she and Laura worked well as a writing and production team.

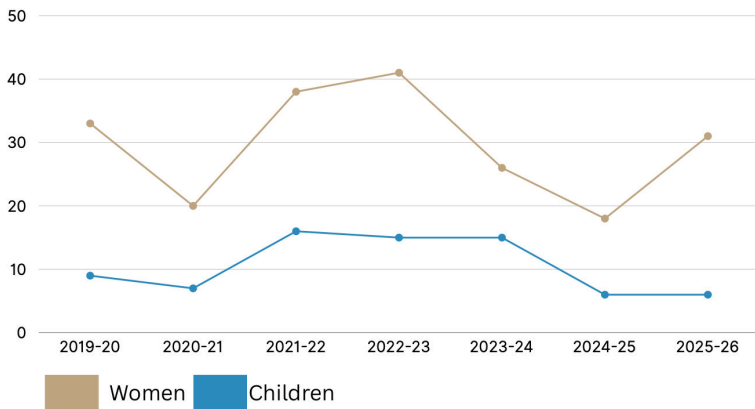
Today, we have 221 e-mail subscribers and continue to print 50 copies a month. We know that these are shared and that we reach more than 300 Revelstoke seniors each month.



The Community Response Network (CRN) was co-facilitated by Imogen and Laura while Marina ran the seniors' yoga.

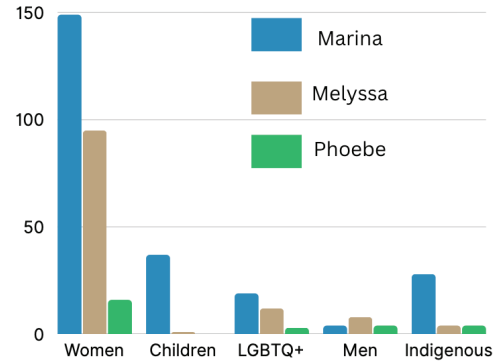
GRAPHS

Women and Children Stays

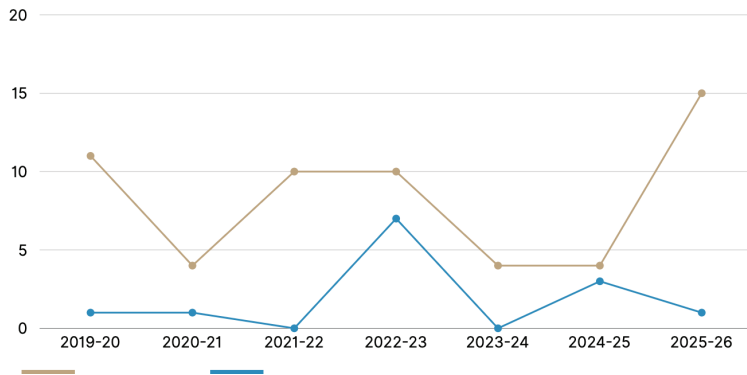


Counselling and Art Therapy Sessions

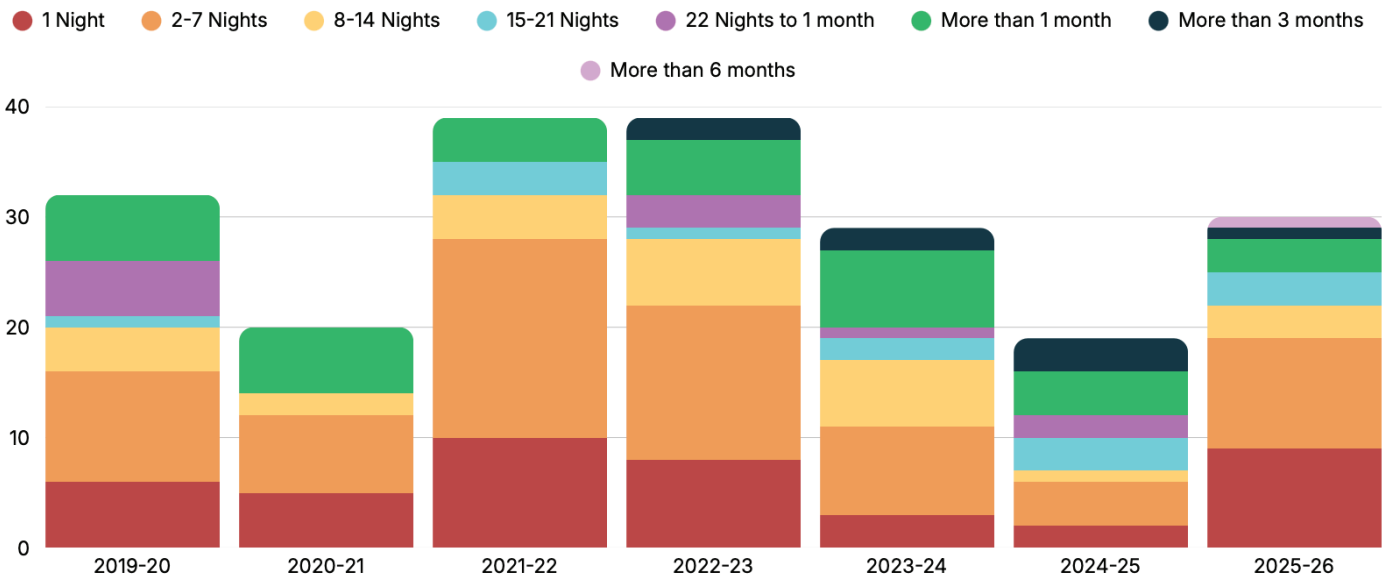
A total of 715 sessions were held between April 1, 2025 and April 1, 2026



Indigenous and Culturally Diverse Stays



Length of Stay



PHOTOS

COLDEST NIGHT OF THE YEAR

The Coldest Night of the Year fundraiser event was held in February 2026 raising 107% of our goal of \$35,000.

THANKS TO OUR SPONSORS!:

- Kat Cadegan Jewellery:** \$1,500
- Southside Market:** \$1,000 (6th year being involved)
- Cronometer:** \$1,000
- Canyon Industrial Electrical Services:** \$1,000
- Revelstoke Family Pharmacy:** \$1,000
- Basecamp Resorts/Everwild Canmore:** \$500
- East End Auto Body:** \$500
- Revelstoke Mountain Resort:** \$500
- Revelstoke Dental Centre:** \$500
- Velocity Plumbing and Heating:** \$500 (3rd year involved)

GOODS AND SERVICES SPONSORS

- Holm Coffee:** Beverage rest stop (2nd year involved)
- Silverwinds:** Printing (6th year involved)
- Tim Hortons:** Food and Beverage (6th year involved)
- Erika Riemer Photography:** Photography

NOTABLE MENTIONS

- Downie Timber:** \$2,000 donated (6th year)
- Caribou Kids Daycare team:** raised an amazing \$2,780!
- Jill Chaney:** raised \$2,083 in her Steps for Warmth team
- Royal Bank Revelstoke branch:** \$1,500 (bank grant)
- Iron Creek Excavation:** \$1,500 donated
- Big Steel Box:** \$1,470 raised
- Ed's Diesel & Gas Supply Ltd:** \$1,000 donated
- Vape Street Revelstoke:** \$1,000 donated
- Left Field Florist:** donated centrepieces





REVELSTOKE

**Women's Shelter
Society**