

# Community Integration Services Society

# NEWSLINK



2007 Fall Issue

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Community Integration Services Society is committed to enabling individuals with disabilities to become active members of their own communities



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## Ultimate Sports Day 2007

By Wendy

On September 8, 2007 Community Integration Services Society held our 4th Ultimate Sports Day fundraising event which was very successful. Check inside for more information about sponsors, donors, and volunteers.



# From the Executive Director's Desk

By Shari

Fall is a beautiful time of the year. It always feels like a new beginning once we enter into September. For CISS we have our major fund raising event (Ultimate Sports Day USD) every September. This year's event was held just down the road from the head office at Moody Elementary School. A wonderfully determined and dedicated group worked steadily on this year's USD since last January. A warm and heartfelt thank you to my team: Lee Weisgarber, Kahir Lalji, Pam Galt and Sue Davis. I enjoyed working with you closely on USD and learned to have a little fun even during the crunch time. Thank you for juggling this event into your day to day busy schedules. USD 2007 was terrific with the added special activities: carnival games, DJ station, cake sales and break dancers. Steve our USD Event Coordinator came along and picked up the pace with the event and completed the final details for the day. Steve's enthusiasm and interest in the event was evident that day when he arrived with a full crew of volunteers from our management and staff teams, family and friends and volunteers from the community. Steve and his friends dazzled the group with their expert Break Dancing moves. Thank you Steve and we hope that you will re-join the team for next year's USD.



We had very positive feedback from everyone who was in attendance at the event. The most consistent complaint was that it was too hot on the field. Who would have thought that we would be so lucky to have such a warm day in September given our summer weather this year. Special recognition needs to be given to the North Vancouver team and the two IDS teams for hosting awareness events prior to the USD. The North Vancouver team held two events: a White Elephant Sale at Maple Woods Farm and a bottle drive, Wendy's IDS team held a bake sale and Lee's IDS team held a penny drive. The money generated from the four events helped offset the costs of this year's event. To the managers and their staff thank you for your donations and participation in these special events.



I would like to thank all of our generous donors for this year's Ultimate Sports Day Event. Major donors were; Petro Canada for donating the team and volunteer t shirts, Remax for donating tents, Popeye Supplements; Jack Cewe; Choices Market and Four Star Auto Leasing; and a private employee; for making substantial cash donations to run the event, The Beat Cruiser and Timmy Cruiser for being present and handing out treats at the event, Taiko Fit Michelle Unrau for providing the teams with a warm up session, Bea's Promotions for donating team ribbons, Thrifty Foods and the Davis family for supplying chips, juice, pop and water, Frogstone Grill for donating veggies and desserts and Monte Cristo for donating cakes, Kidz Zone for providing children with activities and balloons, the Tri City News for free advertising and Kim and Jared Slind for generously donating the equipment and DJ music. Other businesses donated products and gift certificates which were used for raffle prizes and team prizes: Canada Safeway, Costco, Tim Horton's, Starbucks, Staples, Coquitlam Center, Frogstone Grill, Walmart, Super Store, Vancouver Aquarium, Whitecaps, AAA Horse Carriage, City of Coquitlam, Rona, The Bay, Mark's Work Warehouse, Vancouver Port Authority, Leavitt Machinery, Saint St. Grill, Angelo's

Salon, Rogers, Kast Hair Studio, Me n Ed's, Pasto Polo, Pitt Meadow Golf Course, Newlands Golf Course, Caulfield Dance School, Greater Vancouver Zoo, Plum, Jonker Auto Group, Cactus Club, White Spot, Earls Restaurant, Dollars & Cents, Sammi J Pepper, The Keg, Milestones Grill & Bar, Bea's Promotions, and Smile & Shine Flowers.

My very favorite memory of the day was seeing a group of people pushing a wheelchair across the gravel field. ....there was so much determination to be successful. Our program participants and their families taking part in both running the stations and being on a team, made the day especially exciting. The kindness, generosity and healthy competition surrounded and embraced us that day; this is what makes all of the work worth doing. Congratulations to the first place team: Brent, Niel, Jared and Mike, the second place team Carol and Stew, Lori and Sarah and the third place team Corinne, Graeme, Mike and Rachel with back up player Michelle. The event raised \$2000.00 this year, a noble amount, however in order for us to reach our vision of having our own facility to expand our services and support people on wait lists; we need to raise more money. Please mark your calendars for next year's Ultimate Sports Day SEPTEMBER 6<sup>TH</sup>



2008. We need your continued support to achieve our Ultimate Potential as a service provider. To contribute in next year's event please join our USD committee which will start planning the 2008 USD in January. You can join by contacting Shari at 604-461-2131.

## What's New?

### At Inlet By Mary Joy

Inlet staff and consumers have enjoyed the summer, participating in a few picnics, one at Barnet Beach where those participating enjoyed bocce ball, crafts, badminton and tattoos. The Music therapist came out to entertain as well. Consumers and staff have enjoyed participating in music therapy for the past few months with our new music therapist, Chris; he is very upbeat, enthusiastic and interactive with the consumers. Some consumers, who have participated from a distance in the past, are now participating in the music room and engaging in the activity. Way to go Chris!



Vancouver Aquarium

Inlet staff and consumers are continuing to work on a volunteer calendar for CISS. The Community Garden is done for the season. Thank you to all the volunteers for taking care of our garden; we all appreciate the hard work and have enjoyed some of the tomatoes and cucumbers. The Talent club has decided to take a wrap and has closed its' doors. Inlet staff and consumers may randomly work on a play or karaoke, depending on the interest, we'll keep you posted.

### At the Port Moody Office

#### By Lee

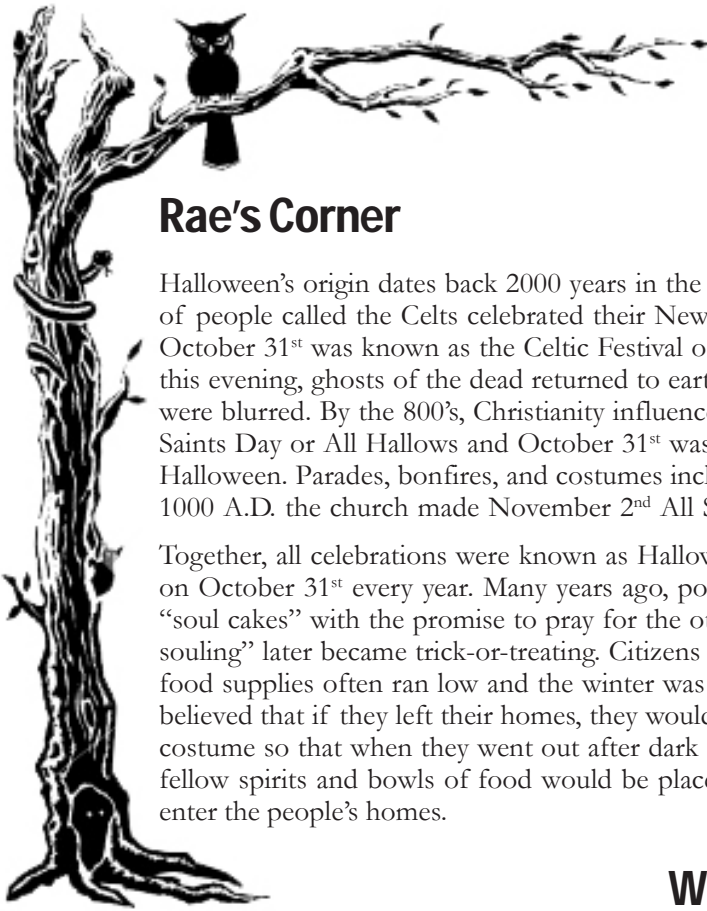
Fall is here, it seems like it arrived too fast after such a short summer! Nishi's beach party on September 21st, at Belcarra Park was great. The weather did not cooperate, however the activities and Nishi's hula dance were lots of fun! Thank you to everyone for participating in our penny drive fundraiser. The pennies were pouring in and it was very exciting watching the jars fill up. Wendy Langridge created a tracking poster that was put up at the head office for people to watch the process. A total of \$163.50 was collected for our Ultimate Sports Day! We welcome Amalia to our team, she is our new Kyle Kitchen contact and I know she will do a great job. Please introduce yourself and help her to feel welcome. Krista and Kerry have started a new volunteer job at Lions Care Seniors Home on Mondays, Krista and Rae are volunteering on Tuesdays. Nishi and Kerry have started a rhythm and dance class on Tuesdays. Archbishop Carney School recycling program is up and running after summer break with Mike and Jesse working Tuesdays and Rae once again assisting Mike on Thursdays. Krista and Trevor are volunteering on Thursday at the Lions Care home. John and Jesse are job hunting on Fridays. Everyone seems to have a full schedule and are excited to get back into it. I hope your fall and winter are pleasant with lots of great opportunities.

#### By Wendy

It has been a very busy summer! Lots of vacations taken, and stories to tell, as everyone came back from their various trips. The weather didn't really cooperate though, did it? Let's hope for a mild fall and winter, so we can get out and enjoy all sorts of activities. We welcome our two new staff Julie and Rob, and say good bye to Zorina and Kim, who have moved on to new endeavours. Quentin has begun his volunteer job once again with B & J Parts. Way to go Quentin! Mark's Aunt Heather, who owns Laity Pumpkin Patch donated 35 pumpkins to the SPOOKTACULAR event for Community Living Days which was held on October 12<sup>th</sup> 2007. One young lady we support, has started working at CISS head office with general clean up every 2<sup>nd</sup> week, and we want to thank her so much for doing such a great job. Thanks B! All the people we support do some wonderful volunteer work. Wouldn't it be nice to see them get paid positions? Go to BCACL's website, [http://www.bcacl.org/community\\_living\\_month/index.cfm](http://www.bcacl.org/community_living_month/index.cfm) where they highlight employment for people with disabilities as this year's theme for Community Living Month.

### In North Vancouver By Kathy

The fall has arrived with beautiful colors & lovely orange pumpkins. Time has come to say goodbye to the sunny outdoor activities and hello to the crisp weather and fun indoor activities. The North Vancouver programs would like to extend a warm welcome to three new consumers – Jamal, Ashley, and Shelina. They bring a myriad of interests and backgrounds to the teams and are a delight to work with. Margot remains at home, but is frequently visited by consumers and staff. As she continues to recover from her fall, Margot still enjoys the company of her friends and the songs they sing for her. We regret to say that Dawn had a fall over the summer and had broken her ankle resulting in her having to stay home – Dawn was missed by staff and consumers. On a more positive note, due to her drive and ambition Dawn has recovered and is back at program. Dawn is 82 years young and quite the busy lady. Welcome back Dawn. We would also like to congratulate Russell and his wife on their move from Upper Lonsdale to Lower Lonsdale. The couple have settled in quite comfortably in their lovely new apartment. Greg and Gordon also had an eventful summer with Greg going on a cruise to Alaska, and Gordon to California. Both claimed they had a wonderful time....ohhhh the food and lots of it!!



## Rae's Corner

Halloween's origin dates back 2000 years in the United Kingdom and Northern France, when a group of people called the Celts celebrated their New Year on November 1<sup>st</sup> much like our New Years Eve. October 31<sup>st</sup> was known as the Celtic Festival of Samhain (pronounced sow-in). It was believed that on this evening, ghosts of the dead returned to earth and the boundaries between the living and the dead were blurred. By the 800's, Christianity influence caused the day of November 1<sup>st</sup> to be known as All Saints Day or All Hallows and October 31<sup>st</sup> was known as All Hallows Eve which eventually became Halloween. Parades, bonfires, and costumes including angels and devils were used on this night. Later in 1000 A.D. the church made November 2<sup>nd</sup> All Souls day in honour of the dead.

Together, all celebrations were known as Hallowmas which is now known as Halloween and celebrated on October 31<sup>st</sup> every year. Many years ago, poor people begged for food and received pastries called "soul cakes" with the promise to pray for the other families loved ones. This practice of "going-a-souling" later became trick-or-treating. Citizens were once given ale, food, and money. At this time, food supplies often ran low and the winter was a worrying and uncertain time for many. People believed that if they left their homes, they would encounter ghosts. Therefore, they dressed up in a costume so that when they went out after dark the ghosts of the dead would mistake them as their fellow spirits and bowls of food would be placed outside homes so spirits would be content and not enter the people's homes.

## Word Search



You are walking through a field, and you find something to eat. It doesn't have bones, and it doesn't have meat. You pick it up and put it into your pocket. You take it home and put it on a shelf, but 3 days later it walks away. What is it?

(eggs ur)



E	E	N	T	E	R	N	R	E	T	N	E	E	S	T
N	T	D	A	E	Y	D	O	L	E	M	R	N	Y	E
T	Q	A	T	N	O	J	O	H	N	E	E	T	R	E
E	U	N	E	E	N	T	E	R	R	A	T	E	E	E
R	E	E	A	A	R	E	T	N	E	I	N	R	F	E
E	N	N	N	I	S	H	I	N	A	N	E	E	I	R
N	T	E	A	R	G	E	R	G	A	T	J	J	N	R
T	I	S	H	A	N	A	E	I	N	E	E	A	N	R
E	N	T	S	E	N	O	R	E	N	S	R	A	E	F
R	N	H	E	Y	F	B	A	T	S	I	R	K	J	E
R	T	I	A	F	R	H	E	E	P	A	U	L	R	T
E	N	T	E	R	T	R	M	Y	E	N	T	E	R	N
T	E	K	I	M	A	D	E	A	E	N	T	E	R	J
N	R	E	T	N	E	S	A	K	R	N	R	R	H	E
E	R	O	V	E	R	T	E	N	E	K	C	A	J	N
N	H	R	E	E	E	O	E	E	N	T	E	G	K	S

There are 20 people in an empty, square room. Each person has full sight of the entire room and everyone in it without turning his head or body, or moving in any way (other than the eyes). Where can you place an apple so that all but one person can see it?

(Place the apple on one person's head.)

Circle the words on the list; you can go up, down, backwards, forwards, and diagonally.

Dan  
Jennifer  
John  
Sarah  
Greg  
Jesse  
Krista

Geoff  
Trevor  
Mark  
Nenad  
Mike  
Melody  
Shana

Rae  
Kerry  
Quentin  
Brian  
Paul  
Jack





## Beach Party Review

By Nishi and Laurel

On Friday September 21<sup>st</sup> of 2007 Nishi had a beach party at Belcarra Park. Due to poor weather there was only a small group of individuals who came. Nishi did a great job with decorating the undercover area. Participants made lei necklaces, blew bubbles, and showed off their hula hooping skills. Nishi also performed a Hawaiian dance for everyone! It was a great success overall and an awesome effort by Nishi in completing her goal of planning a beach party. Way to go Nishi, keep up the good work!

## Amber's Websites

[www.caregivers.bc.ca](http://www.caregivers.bc.ca)

Phone: 604-686-3793

Caregivers Network of Surrey/Delta is a community based support network that offers FREE services and programs to those who provide care to a family member or friend suffering from a chronic or long term illness or developmental or physical disability. This website caught my attention due to its exceptional variety of informative services such as its educational sessions, one on one and group support services that act as management plans for both the caregiver and person being cared for. In particular, there are day and evening networking groups who meet frequently and share information and resources with other caregivers, each support group offers emotional and social support in an informal setting co-facilitated by volunteer health professionals. Additional links to resources are offered, in association with Caregivers Association of B.C.

### Daytime Support Group Northcrest Care Centre

6771 120<sup>th</sup> St.

10:00am-12:00pm

Meets each third Wednesday of the month.

(parking available on 67<sup>th</sup> Street)

### Evening Support Group Comeshare Centre

13855 68<sup>th</sup> Avenue

7:00pm-9:00pm

Meets each last Monday of the month

(parking available on site)

## Edie Perala of Summit Enterprises

By Wendy

Edie has been supplying Community Integration Services Society with some wonderful musicians for our Thursday afternoon Java With Friends Coffee House for 10 years! She got her start in helping us out through Anthony, one of our regular musicians. Anthony called her up one day to ask if she knew other musicians who might be interested in helping CISS out each Thursday, and so began the wonderful relationship with us. Edie told me the musicians that she lines up for the Coffee House love coming because it is the best audience! Who can argue with that? I have seen the participants Rockin' & a Rollin' to some terrific music! Everyone is up dancing or singing along with the musician. Edie told me that the musicians rarely turn down working at



our Coffee House...they love coming. I asked Edie to tell me a bit about herself as I only know her from talking to her on the phone a few times a year. She runs her own Entertainment Booking Agency, Summit Entertainment and has been in the business for 20 years. She has such acts as Nearly Neil, and Abracadabra through her organization. Her daughter, Gena has just released a CD recently and Edie is every bit the "proud Mom!"

Edie is originally from the Bronx in New York, grew up with Al Pacino...yes really, and moved to BC in 1972. She is an ex carny girl, and worked at the carnivals on the games, calling out to people to come and join in. It looks like she comes to the entertainment business quite naturally. Thanks Edie for all your volunteer time, and as she states, "It is my way of giving back to the community." You have given us a lot Edie, and have helped us to run a very successful, well attended event that runs all year long.

## Family Corner

By Wendy

October is Community Living Month. Events went on all month to celebrate the successes of people with disabilities. The theme was to promote and support community inclusion and celebrate the many

contributions that citizens with developmental disabilities bring to our communities.

Community Integration Services Society, Community

Ventures Society, Fraserside Community Services Society, SHARE Family and Community Services, and Simon Fraser Society for Community Living recently put on a SPOOKTACULAR event at the Salisbury

Centre in Port Coquitlam. Donations to the food bank were made in lieu of admission. Games, treats, colouring, costumes, entertainment, crafts and music were all part of a fun day! Some of the other organizations in attendance were BC Association for

Community Living, Family Support Institute, and Community Living BC to share information, and be an important part of the festivities.

Need staff? People with disabilities can work for your company! Watch for resumes and those job applications coming your way.



## Staff Feature: Spotlight on April

By Wendy



It was very interesting meeting with April. I don't get to chat with her much, as she works at Inlet, but I found her to be very diverse and leads a very busy life.

I asked her a lot of questions, and here are a few of my favourite answers.

April was born in New Westminster, so she hasn't moved too far from her birthplace. She enjoys gardening, crafts, Greek food, and her favourite flowers are freesias. No wonder...they have such a beautiful fragrance!

April is an active person who enjoys swimming, cycling and walking in her spare time.

We talked a bit about her childhood, and she has one older sister. One of her favourite memories is going fishing with her family at the cabin when she was younger. As a matter of fact, her dream is to retire at a cabin by the lake, sounds lovely doesn't it?

She considers herself a fairly good cook, enjoys whodunit mysteries and Sylvia Browne books.

April enjoys learning and would love to go back to school sometime down the road.

We appreciate April's continued commitment and dedication to her job and to the people she supports and congratulate her on five years of service.



## Community Partner: Volunteering Myth

By Mai-Lan Jackson

Myth: Employees with disabilities have a higher absentee rate than people without disabilities. Fact: Studies by firms such as Dupont show that employees with disabilities are not absent any more than people without disabilities. Google internet "Employees with Disabilities"-NCWDA-Institute for Community Inclusion/Facts and Figures Volunteering is one of the ways in which people develop real community. It is in sharing of oneself that unique relationships develop and deepen with time between people. As Chantal marks her 1 year anniversary of volunteering with TLC Grooming, we want to share a bit of this happy story with you. Chantal met Cathy while she was taking a stroll on a beautiful sunny day in Port Moody. There was an immediate connection between this bright, cheerful lady and Chantal both being animal lovers. Cathy owns and operates a pet grooming business with her mother, Linda who works daily with her. These wonderful ladies were happy to share their time and cuddly friends with Chantal. Undauntingly dedicated, Chantal goes to TLC Grooming twice a week to take one of Linda's or Cathy's personal dogs out for a walk. While walking in the community with the dog, Chantal gives the dog a little brushing before returning to TLC. Chantal loves observing Cathy and Linda professionally grooming the dogs; more so when they are being bathed! Every visit to TLC has brought smiles, many different stories to exchange, meeting new customers and the excitement of seeing their dogs. Chantal has come to know Cathy, and Linda who are compassionate, generous, and have great sense of humour. Their employees Kelly and Craig who have a gentle and unassuming presence also give (tender loving care) to the dogs. Chantal has also bonded with Cathy and Linda's dogs; Juniper, Tucker, Kendra, Moccasin, Slipper, Chelsea, and Sparkle; there is instant recognition and joy upon seeing Chantal's face. Their relationships with each other have flourished in this warm establishment and continues to grow with each visit. The bonding that occurs between people and dogs is a wonderful environment for facilitating relationships between people. People share their stories, their dreams and aspirations as well as their sadness and loss (for their pets, etc.). Such reciprocity between people develops faith, trust, loyalty, support and empathy for each other. In short, volunteering builds community.

## From the Suggestion Box

By Shari

Thank you to everyone who has been contributing to our onsite office suggestion boxes located in every CISS program. Our goal is to continually learn and grow and make every effort to improve our quality of service.

### Staff Development

Thank you for the suggestion of training staff in ASL (Sign Language). It is a great benefit to the consumers and CISS supports continued education for our staff. We have had three sign language courses offered to the staff and clients over the past several years and attempt to keep ourselves using these skills so we don't forget because it is kind of like riding a bike. Some staff who work directly with people who normally use ASL to communicate have taken more in-depth training in the community and have had at least a portion of their course paid for through our Staff development training budget. I will put your suggestion forward to the Manager in Charge of Staff Development and see what we can come up with. In the mean time please feel free to borrow any of the society's resources for ASL by contacting Lee at IDS.

### Staff Vehicles:

Your idea for the Society to pay for bi-annual cleaning of staff vehicles is very good however at this time I can only recommend that staff access the seat protectors from the office and that you keep all of your vehicle receipts and submit them to Income Tax each year as a work expense. I appreciate the cost associated with the upkeep of your vehicle.

### Fundraising Name Change:

Your right it is about time to change our Ultimate Sports Day (USD) name. We agree the name is not recognized in the community, therefore; we will take your recommendation for the USD 2008 event. We may bend your ear with some new names in the New Year.

# Pam's Helpful Hints

By Pam

No matter what the season we always seem to be worrying about our weight and trying to stay fit. The combination of trying to eat healthy and keep active in our everyday lives is becoming more and more of a struggle. I don't know about you but the older I get the harder it is and the more work it seems to be. I read this article which inspired me as it mentioned things that I do everyday, but never really considered to be real exercise. I have always been a believer that I have to sweat in order for exercise to be beneficial. The following activities claim to burn 100 calories in the amount of time indicated.

Rope jumping	8 minutes
Hiking hills (no load)	12 minutes
Mowing lawn with push mower	13 minutes
Tennis	13 minutes
Aerobic dancing	14 minutes
Stacking wood	16 minutes
Weight lifting (free weights)	17 minutes
Pushing a stroller	20 minutes
Wheeling self in a wheelchair	20 minutes
Table tennis	21 minutes
Food shopping (in store)	23 minutes
Fly fishing	23 minutes
Weeding the garden	23 minutes
Treading water	23 minutes
Sweeping/vacuuming	23 minutes
Window cleaning	25 minutes
Cooking	25 minutes
Washing/waxing car	25 minutes
Raking the yard	27 minutes
Ballroom dancing	29 minutes



These are estimates based on a person weighing 150 pounds working at a moderate and continuous pace. It doesn't really matter what type of exercise or activity you do as long as you keep your body moving and work your muscles in some way shape or form. You will burn calories and raise your metabolism both during the workout and for hours afterward - You can't lose!

(The list of activities was taken from the Wellness Encyclopedia - Houghton Mifflin 1991)

## BRAVOS

### Submitted by Shari

**Bravos** to Rosella, Linda, Wendy L., Kahir, Pam, Mary Joy, Lisa M. and board members Peter Dawe and Sue Davis for volunteering at the 4th Annual Sports Day.

### Submitted by John & Bruce

**Bravo** to Linda for donating bottled water to the Coffee House concession.

### Submitted by Kahir

**Bravo** to Andrea for all of your extra effort in designing the Ultimate Sports day poster. Your artistic talents and creativity have enhanced our program.

### Submitted by Lee

**Bravo** to Shannon for temporarily filling in for a committee member who is away for a long period of time.

**Bravo** to Laura for successfully obtaining a volunteer job that four individuals can work at.

### Submitted by Mary Joy

**Bravo** to Wendi H for taking it upon herself to launder miscellaneous items from the Inlet program.

### Submitted by Brenda

**Bravo** to Dee for maintaining the couch slip covers.

## Volunteer Recognition

Throughout July, August, and September participants at CISS donated 5849 hours to the following:

Adopt-A-Trail - Rocky Point Park, Archbishop Carney School, Calvary Church, CLS Coffee House, Coquitlam Animal Shelter, Coquitlam Community Garden, Costco, Eagle Ridge Church, Friendship Baptist Church, Java with Friends Coffee House, Jolly Olde Bookstore, Kyle Kitchen Senior Lunch Program, Lady of Fatima Church, Pronto Deli, Queen's Park Hospital, Recycling, Share Society Thrift Store, Drama Club, Neighbour Link Share, and the West Vancouver Seniors Centre .

Awesome Job Everyone!!

# Cerebral Palsy

By Amber

Previously named “Little’s disease,” after English surgeon, William Little, who in the 1860’s was the first to document signs and symptoms of this disorder presently known as spastic diplegia, one of a group of neurological disorders labeled under the term of Cerebral palsy.

Neurological researchers have categorized the term cerebral palsy into distinct definitions with cerebral, referring to the two halves of our brain, in this case to the area that guides and directs our motor skills/muscle movement and palsy, the loss or impairment of motor function. Something to note, although cerebral palsy affects muscle movement, this disorder is not caused by defects in the nerves or muscles itself but rather by abnormalities inside the brain that interrupt or disturb our brains ability to have control over our movements. Several early signs and symptoms include; lack of muscle coordination while performing specific movements, stiff or tight muscles and exaggerated reflexes, walking with one foot or leg dragging, walking on the toes, excessive drooling, difficulties swallowing and / or speaking, shaking and involuntary movements. It is important to realize that symptoms will vary from one individual to the other, some people may develop additional medical disorders such as impaired vision or hearing, abnormal physical sensations of perceptions whereas another may not require any specific assistance. It is not hereditary nor does it gender or culturally select its onset in such a way. Although the majority of children who are born with this condition it may not be detected for months or perhaps years later.

Cerebral palsy cannot be cured. However, an early intervention plan that is tailored for an individuals specific requirements, coupled with a supportive family and /or atmosphere, will severely promote an accomplishment of both long and short term goals and success.

Jhamak Ghimire: What Helen Keller was to the deaf/blind community, Jhamak Ghimire is to Nepal. Born in 1980 with Cerebral Palsy, Ghimire did not let it get her down. Despite all odds, she learned to read and write and went on to become one of the most leading, and respected literary figures of Nepal.

Greg Walloch, Chris Fonseca and Geri Jewell combated CP to become the finest comedians, actors and performers. Geri is still remembered for her role in the television show, ‘The Facts of Life’.

Chris Nolan and Christy Brown: eminent Irish Writers /Poets. Christy Brown’s life formed the backdrop of the Academy Award winning film, ‘My Left Foot’. He typed and painted with his left foot, to which the film owes its name.

Thomas Ritter, Attorney and Brother of Actor, deceased John Ritter, helped start United Cerebral Palsy Associations Inc., Anne McDonald is an Australian Writer and Social Critic; Ruth Senkenwitz Mercer, Writer/Lecturer; Gaby Brimmer, overcame the challenges of severe Cerebral Palsy, by writing novels using her left foot; John Callahan is a quadriplegic cartoonist; Arthur Campbell Jr. was a stout advocate of his rights as a CP individual; Dan Keplinger paints using his head pointer, while Christopher Nolen, a novelist, uses his head pointer to type out his novels.

Norman Kunc, a renowned speaker and self advocate who resides in B.C. has a Bachelor’s Degree in Humanities and a Master of Science degree in Family Therapy.

## References:

Cerebral Palsy: Hope Through Research: National Institute of Neurological Disorders and Strokes.

[http://www.ninds.nih.gov/disorders/cerebral\\_palsy/detail\\_cerebral\\_palsy.htm](http://www.ninds.nih.gov/disorders/cerebral_palsy/detail_cerebral_palsy.htm)

Cerebral Palsy: A Guide for Care

[http://gait.aidi.udel.edu/res695/homepage/pd\\_ortho/clinics/c\\_palsy/cpweb.htm](http://gait.aidi.udel.edu/res695/homepage/pd_ortho/clinics/c_palsy/cpweb.htm)



Derek learning to ski. Way to go Derek!



## Health and Safety Committee Update

By Wendy and Shari

Our next Health & safety Committee will be on November 19th 2007. The agenda will include: the Mentoring program, Kyle Kitchen safety goals, CIR summary reports for 2007, drills and reviewing H&S Feedback Forms that may have been submitted. All sites successfully completed their Self Inspection at the end of June the next inspection will be in January 2008.



# Ultimate Sports Day 2007





Crafty Lorraine.



Dan at the ABC Restaurant Party.



The ladies ready for a day out.



Maria taking good care of our garden.



Mark enjoying a great lunch at the ABC Restaurant Party.



Wendy face painting at Spooktacular event, celebrating Community Living Month.

## CISS Membership

CISS would like to present to you, the stakeholders, the opportunity to become official supporters of the society. You are invited to become a member of the Society today.

As a **Member of CISS** you will enjoy the following benefits:

- ✓ Voting privileges at our Annual General Meeting
- ✓ Subscription to Newslink, our quarterly newsletter
- ✓ Invitations to society events:
  - Annual Christmas Party
  - Annual Barbeque
  - Special Events

The annual fee for a membership is \$20.00. For more information please contact us at 604.461.2131 or email Shari at shari.mahar@communityintegration.org. Membership forms are available for download: [www.communityintegration.org](http://www.communityintegration.org).

## LIFE BEFORE THE COMPUTER

MEMORY WAS SOMETHING THAT  
YOU LOST WITH AGE  
AN APPLICATION WAS FOR  
EMPLOYMENT  
A PROGRAM WAS A TV SHOW  
A CURSOR USED PROFANITY  
A KEYBOARD WAS A PIANO  
A WEB WAS A SPIDER'S HOME  
A VIRUS WAS THE FLU  
A CD WAS A BANK ACCOUNT  
A HARD DRIVE WAS A LONG TRIP  
ON THE ROAD  
A MOUSE PAD WAS WHERE A  
MOUSE LIVED



The group enjoying a day at the zoo!

## CISS COFFEE HOUSE COME JOIN THE FUN!



**Thursday**  
**12:15 - 1:30 p.m.**



**Place Mallairdville**  
**1200 Cartier St.**  
**Coquitlam**

**\$2.00 admission**  
**concession also**  
**available**  
**(coffee, pop, chips)**



**Live Music**

**Door Prizes**

**Dancing**

**Opportunities to**  
**Socialize**



**We need your support**

Please support CISS by donating to our 2007 fundraising campaign.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_

Enclosed is a cheque or money order (made payable to Community Integration Services Society) for the amount of:

- \$25       \$50       \$100       other

Your charitable receipt will be sent to the above address.

**Thank you for your contribution!**

Members of the Newsletter Committee include: Amber, Kahir, Cristina, Laurel, and Wendy.

Layout by Kimberley S.

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604 444 4452



If you would like to submit an article, picture, or creative work e-mail your submission to:  
wendy.langridge@communityintegration.org

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[www.communityintegration.org](http://www.communityintegration.org)

**Community Integration Services Society**

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