

# Community Integration Services Society

# NEWSLINK



2008 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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## Family Fun Fair

By Kahir

Wow! Fun! Amazing! These were just some of the sentiments which resonated with those who attended this year's annual fundraiser: Family Fun Fair. We were fortunate to have such a great crowd attend this year and no one left without a smile on their face. This year's carnival witnessed a myriad of entertainment including dancers, tae kwon do, and a Nintendo Wii competition. Attendees also participated in a number of fun and exciting carnival games. The afternoon would not have been complete without some great eats! Hot Dogs, cotton candy and refreshing lemonade were just some of the enjoyable delicacies of the afternoon.

We were extremely proud to showcase the artistic talents of our consumers in our Market Place. We were quick to sell beautifully hand made jewelry, cards, ceramic pots, ornaments and much more.

We would like to extend a sincere gratitude to all the volunteers and the community at large for making this fundraiser such an astounding success. Soon we'll be moving ahead at full force as next year's event will be here before we know it!!

Congratulations to all those involved in making this year's Family Fun Fair one to remember!

# From the Executive Director's Desk

By Shari

Fall is in the air with a few days of summer-like weather lingering for our enjoyment. It is good to see our regular program of the Coffee House resume with the completion of renovations at Place Maillardville.



*Wendy and Shari at the Taste of Tri Cities event.*

Wendy and I enjoyed representing CISS at the Taste of Tri Cities event at the Red Robinson Theatre on September 16th. The Chamber of Commerce did an exceptional job of organizing this event for the community and chamber businesses. The food and atmosphere were fantastic and we were able to network with people from all walks of life. Our hope is that we may have enticed some new comers to volunteer on the Board of Directors. Our current Board is small in size but big in dedication and support to our work. We are looking to expand the Board to engage a variety of people who possess a variety of skills particularly around financial experience and business development experience. Pam and I will be manning our annual Volunteer Booth at Coquitlam Center in October where we hope to continue with our Board recruitment as well as recruiting people to assist with our fundraising efforts.

We have just completed our CARF Survey on October 27<sup>th</sup> and 28<sup>th</sup>. CARF accreditation surveyors visited our work sites to analyze our community services and business practices as they relate to the CARF standards. We welcomed this feedback and prepared ourselves for the opportunity to learn and grow. I want to thank Mary and Kim for doing some extra work for us during the preparation phase. I would also like to thank all of the Program Managers and Staff for their preparation work. The systems looked clean and well oiled which is how we want to provide ongoing service to the people in our care.

A very special thank you to the Health & Safety Committee, the committee has thoroughly reviewed our H&S program this year and has made significant recommendations for improvements. Having a safe place to work in is the key to our service delivery model. Other people along the way have used their keen proof reading skills and have helped us make our medication administration system user friendly and safe for our consumers. Thank you to the families that provided us with references for the CARF team and to the Board of Directors who always support our work and who were involved in this year's certification.

Next steps, we will be given formal notification from CARF letting us know officially which standards we have recommendations to improve and the length of our certification award – one year or three years. Following our formal notification we will be required to complete a Conformance to Quality Report which informs CARF of how we will improve to meet the standard. This Conformance to Quality Report will be signed off annually verifying the improved work until the next survey.



*It takes a team!*



## Health and Safety Committee Update

By Brenda and Amber

The committee wishes to thank Savannah for being the Inlet H&S Rep. during these past several months and she will be missed but we may see her again as she has taken a 4 month leave from the society. We wish you happy travels! While in transition, Brenda had temporarily taken up the position for the Inlet team, we have since come to greet our newest committee member Cynthia Todd. Congratulations Cynthia!

As the H&S committee gets busy for the fall and winter season here are a few cool tips; make sure to keep your vehicle up and running by checking all your fluids, this includes power steering (if applicable), radiator-coolant, using the correct types of oil in the cold weather, brake fluid and wind shield washer. Also, check tire pressure monthly to ensure you're getting the most out of your mileage. Also, take a look at your hot water tank and furnace air filters. A few extra blankets in the trunk with a touque and mitts will come in handy when least expected...as I now know! Enjoy the fall colours and safe driving in the weather to come.

## What's New?

### At the Port Moody Office

#### By Wendy

Well, it was a great summer! We enjoyed the Summer Sports Festival, where many canoed, did Dragon Boating, Kayaking and had a great time! Many lunches in the parks under the sun. CISS had a great turnout for our huge summer Barbecue on July 10th. Many hotdogs and hamburgers were enjoyed by family and staff. A live musician entertained the whole park, thanks Ron! There was dancing, frisbee throwing, boccia ball games and lots of chatter and laughter! Some of the other events that people attended this summer were Kaleidoscope Ride entertainment at Queens Park, Consumers and staff attended a meeting at the Port Moody Public Library, as the library received a grant and wanted their input on different ways to use the grant. Everyone worked on crafts and signs for Family Fun Fair throughout the month of August which was hugely appreciated. Thanks to everyone who put in so many volunteer hours for this event. Corn Maze in Pitt Meadows, Blueberry Festival in Langley, and Burnaby Heritage Park were a few other places that were visited. All in all a very busy summer. Coffee House started back up on September 4<sup>th</sup>. First week was slow, but 2<sup>nd</sup> week much better. Coffee House has been renovated and has a fresh clean look to it. (It had closed for entire summer for renovations). Welcome back everyone! Welcome to Courtney, our new staff that has been recently hired, and welcome to Trisha from North Vancouver who has recently joined our team. Quite a few of the people we support worked at the Thrifty's Food Store grand opening in August, and all were very excited about it. Good job to everyone that participated!

### At Inlet

#### By Mary Joy

One staff has transferred from a PT position at Inlet to a FT position at the IDS office, you will be missed. We would like to welcome Tanya to a permanent part time position. We wish a farewell to Savannah, who has transferred to the North Van office. Three of the Inlet consumers Russell, Ed and Richard went on a vacation to a cabin in Meritt for a week with their residential staff, where they enjoyed relaxing, fishing and boating. Russell said he'd love to do it again. One other consumer enjoyed a one day over night camping trip, she appeared very excited about the whole event. Inlet was successful in completing their fundraising activities for CISS. All are looking forward to the upcoming months and the festive season that will soon be here!

### In North Vancouver

#### By Kathy

The past months have been busy with many changes. We said farewell to Trisha (sort of) as she left North Van for Port Moody. She will be missed! We wish her well in her new surroundings. We also hope to see her at coffee house. On that note, it is with great enthusiasm that we welcome the start of Java with friends now open again. Many people have been on holidays. Gordon, Barb & Margaret went to camp Sassamat. Scott went camping to Cultus Lake with his family, Melissa went to Whistler and Kathy went to Edmonton. Whew! What a busy time for our consumers. We have also had a busy summer, during program hours, getting ready for the Family Fun Fair. Thanks to everyone for all the great beading & ceramic pot making. It was truly a team effort with ALL staff & consumers participating in the projects. Congratulations to Rhinde who has started a new part time job at Shoppers and congratulations in advance to Melissa who will be starting a new job at North Shore Bowling. The Summer did not pass without our fair share of outings including Steveston, to see the replica of Christopher Columbus's boat, the Santa Maria. Everybody thought that this "ocean cruiser" was very small. Fort Langley via the Albion ferry is always fun, & this time we could get out on deck. Staff & consumers enjoyed a picnic at Queen Elizabeth park. The P.N.E. was a fun day in spite of the rain! We took in the Super Dog Show & the Peking Acrobats. Both shows were enjoyed immensely. In closing we would like to inform everyone that Dawn continues to recover at home from her fall and we wish her a speedy recovery – we miss you Dawn! We would like to also wish all the Summer Birthdays a very special happy birthday!

#### By Lee

We had a wonderful summer, long and hot. Plenty of summer activities took place including the Summer Sports Festival and the Consumer/Family BBQ held at Barnet Marine Park. Many people took the opportunity to research new activities or just hang out at the beach. Many individuals participated in the Grand opening of the new Thrifty's Foods. These were temporary paid positions. We hope in the future that permanent positions will become available. Many changes occurred on our team over the past few months. Nishi has left us and is moving on; we wish her all the best! Debbie, Laura and Amir have all resigned permanent part time positions and are currently on the casual list. John and Jessica have joined the team in temporary positions. A staff member who was working on two teams has been permanently transferred to our team. Krista continues her paid position at the dollar store and volunteers at the Lions care home three days per week. Trevor will be assisting Shannon on our first drumming class starting October 1<sup>st</sup>. There are limited spaces, so individuals that are interested should keep posted for upcoming classes. Geoff is enjoying his new found freedom with his new roommate. Brian is working hard at his paid position at Tim Horton's every Friday morning and also at his volunteer job two days per week at Kyle Kitchen. John currently works at his paid Volkswagen dealership job on a weekly basis and recent conversations with his boss confirms that he is doing a "fantastic" job. Rae recently acquired a new paid position at Mr. Pets working 4 hrs. twice per week. Congratulations Rae! Paul attended the Family Fun Fair on September 6<sup>th</sup>, donating half the sale of his jewellery to the CISS organization. Thanks Paul! Melody is settling in with new staff and visiting the managers weekly at the office. Nenad, Jesse, and Mike continue with their volunteer positions and trying new activities. All in all a busy, productive summer. Time to settle down, pick up activities that were put on hold, research job opportunities if desired as it looks like the upcoming months will be busy ones!

# Here are a few websites for you to check out just in time for the festive season! Enjoy!

By Wendy

[NorthPole.org](http://NorthPole.org)

Just a nice little site to visit for kids and adults alike.

<http://www.santas.net/aroundtheworld.htm>

Christmas around the world.

<http://www.the-north-pole.com/around/canada.html>

Christmas in Canada. A nice story about our history and Christmas.

<http://crafts.kaboose.com/holidays/christmas/christmas-crafts.html>

Crafts for all ages.

<http://allrecipes.com/Recipes/Holidays-and-Events/Christmas/Main.aspx>

Looking for some new recipes for Christmas? Check this page out.



*Dragon Boating in the summer!*

## From the Suggestion Box

By Shari



*Wendy and Lee having fun while they work.*

**Humor in the Workplace:** Our workplace has taken on a more relaxing feel over the past year, which makes it a great place to come to each day. A suggestion has been made that at times sarcastic humor can be taken the wrong way especially if used by a manager. We recognize that this can become a serious matter, so we will take this suggestion to heart and find more appropriate ways of having fun at work. Thank you for the suggestion.

**Fulfilling Responsibilities:** A suggestion has been made that prior to staff leaving their positions; whether internally at CISS or leaving permanently, that they fulfill their responsibilities particularly around paperwork (consumer tasks and committee work). The suggestion was that we give employees a list of tasks to complete prior to them leaving similar to the list of supplies that are issued to be returned before they leave. I agree that all of us should complete our work to the best of our ability so not to leave other staff with the burden of catching up their new work assignment. A possible solution to this issue could be that; upon receipt of a resignation or transfer letter the Program Manager will meet with the employee to generate a To Do list with

a target date for completion. When staff transfer internally the manager can call upon them to complete their To Do list if not completed by the target date, however; often resignations are done on short notice with no recourse available to the manager to assure that the work is complete. In good faith, most employees who are leaving the organization do an excellent job and are dedicated to the people they support and usually assure that their work is complete so not to affect the people they care about. Thank you for your suggestion and for your efforts to make our workplace efficient and accountable.

**Critical Incident Reports Online:** This suggestion has been made in the past and is one that all of us including Community Living British Columbia (CLBC) would like to see happen in the future. The Critical Incident Report document that staff is required to fill in each time they observe a critical incident is a CLBC document. CLBC is currently working with selected agencies to create a method to share private information over the internet. The future outcome would be for CLBC and service providers like CISS to complete contracts online as well as share private client information. While I too, wish that this system was already in place it isn't, so until the bugs are worked out staff will need to continue to hand write the critical incidents. Thank you for your suggestion.

Thank you for your ideas. The suggestion box is located on every site and is open to anyone who wishes to make a suggestion.



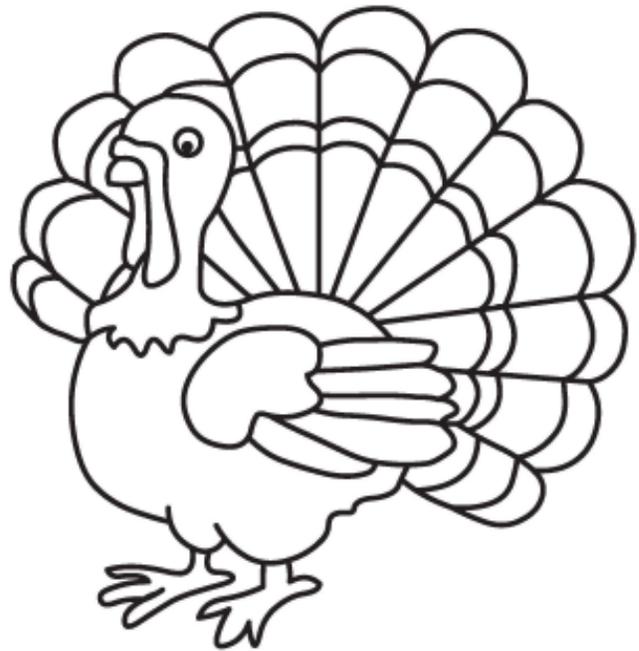
# HARVEST TIME

Unscramble the letters to make proper words:

- 1. GEPALNGT      1. \_\_\_\_\_
- 2. TCOEKHRAI    2. \_\_\_\_\_
- 3. RNCO            3. \_\_\_\_\_
- 4. RAKO            4. \_\_\_\_\_
- 5. AQSUHS        5. \_\_\_\_\_
- 6. NSIPHCA        6. \_\_\_\_\_
- 7. PREEPP         7. \_\_\_\_\_
- 8. OMAOTT         8. \_\_\_\_\_
- 9. UCBEURM       9. \_\_\_\_\_
- 10. INONO          10. \_\_\_\_\_
- 11. ATTSOOEP      11. \_\_\_\_\_
- 12. RCTSAOR       12. \_\_\_\_\_

Find answers on bottom of back page.

Colour the Turkey.



# MAGIC ACT



- ABRACADABRA
- BALL
- CAPE
- DISAPPEAR
- DISH
- FAKE
- FLOWERS
- GLASS
- HOUDINI
- MONEY
- MYSTIFIED
- POWER
- PRESTO
- RINGS
- ROPES
- SCARF
- SHOW
- STAGE
- SWORD
- TWIST
- WHITE
- WIZARD

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



# Personality Disorders

by Amber

When researching this topic I discovered approximately ten lists within the Diagnostic and Statistical Manual of Mental Disorders (DSM-4) which grouped together very specific personality disorders, or formally known as Character Disorders, into three clusters. These clusters define the ten specific disorders into categories such as: Odd or eccentric disorders, dramatic, emotional or erratic disorders, and anxious or fearful disorders. Notable differences between these groups were the varying affects on a person's thoughts, actions, behaviours and the perception of what would be considered appropriate behaviour(s) ranging from personal/ social situations and occupational/ general functional impairment.

Individuals are not usually diagnosed with a personality disorder under the age of 18 and symptoms must be present for at least one year, as many as 15% of U.S. adults have one or more personality disorders. Causes and risk factors of personality disorders are generally not singular but derive from a combination that includes personal history, biology, childhood traumas, genetics and family heredity. Persons with such disorders are at a significantly increased risk of social isolation, suicide, substance abuse, depression/ eating disorders and self destructive behaviours. There is no cure for these conditions, but medications can help and some disorders may improve with age. The better news is....those attending treatment, have the support of loved ones/ attend social programs and who are motivated to stick with therapy over many years are most likely to develop meaningful friendships and experience success in their endeavors.

References:

<http://www.mayoclinic.com/print/personality-disorders>  
[http://en.wikipedia.org/wiki/Personality\\_disorder](http://en.wikipedia.org/wiki/Personality_disorder)

## Lori, our volunteer at CISS

By Wendy

Lori started her volunteer position with CISS in the Fall of 2007. She is an amazing young lady with many talents. Some of her jobs have been typing, shredding, collating, photo-copying, organizing and she is always doing it with a smile on her face...okay, maybe not the vacuuming, right Lori? Also, she continues to volunteer at Archbishop Carney School in Port Coquitlam every Tuesday. Lori has participated in the B.C. Special Olympics in cross country skiing and has won many medals.



I sat down and asked her some questions and here are some of her replies. Her favourite color is pink, she prefers cats, and currently has no pets of her own, her favourite movie is Hairspray, and she likes to read the book, Full House. She likes to eat all kinds of salads and attends Special Olympic Bowling once a week. She has two sisters, and 1 brother and on her last birthday, she went out to dinner with her family. She likes to watch hockey on TV occasionally and likes to bowl in her spare time.

Lori says she likes to travel and she has been on a Mexican Cruise, to Hawaii, to Las Vegas, and to Italy!

Lori is always a pleasure to work with, she works very hard, and a wonderful asset to CISS.

## Kyle Kitchen Barbecue

By Rae

We volunteer our time at Kyle Kitchen on Mondays and Tuesdays. Some people cut veggies, make the soup and bake desserts. As well others help with the set up of tables and counting of money. We also serve the seniors their lunch. We work hard and enjoy what we do. Sometimes the seniors will give tips as well.

With that money we had a barbecue. We had it at Queens Park in New Westminster. We went to the Petting Zoo before the Barbecue. We saw little animals. We got to touch and take pictures with them.

After that we had our BBQ. The staff cooked the hotdogs and burgers. We had chips and pop. One of the staff took pictures of us. Unfortunately it was raining and chilly. It stopped for a little awhile, so two of the consumers played badminton.

Even though it wasn't the best weather we still had a great time together. We work hard in the kitchen, so to have a celebration was a wonderful thing to do.



*Sue, Sarah, and Lori enjoying the BBQ.*

# Helpful Hints

By Pam

Now that Fall is officially here, it always brings back the thought of good old home cooking and enjoying our favourite comfort foods to help us get through the winter months. Have you ever gone to make your favourite meal or dessert and you don't have all of the ingredients? Here are a few helpful substitutions that hopefully will assist you in the kitchen when you get into a pinch.

1. No baking powder? For each teaspoon of baking powder needed substitute  $\frac{1}{4}$  teaspoon baking soda and  $\frac{1}{2}$  teaspoon cream of tartar.



2. No semi sweet chocolate squares? Substitute 1 oz. unsweetened chocolate with 5 teaspoons of sugar for every 2 oz. semi sweet square needed. No unsweetened chocolate? Substitute 3 tablespoons of cocoa plus 3 tablespoons of shortening for oz. needed.

3. No cake flour? Substitute 1 cup less 2 tablespoons of all purpose flour.

4. No shortening for your pie crust? Substitute an equal amount of peanut butter. This is especially good when making a pecan or butterscotch pie.



5. No buttermilk when you need it? Add 1 tablespoon of lemon juice or white vinegar to each cup of regular milk in the recipe and let it sit for 5 minutes, OR mix 1  $\frac{3}{4}$  teaspoons of cream of tartar with a cup of regular milk and let it sit for several minutes OR use 1 cup of plain yogurt in place of the buttermilk.

6. No sour cream? Add 1 tablespoon of lemon juice to each cup of evaporated milk. This makes an acceptable substitution when cooking but do not use it as a topping.

7. No icing sugar? Pulverize granulated sugar in your blender. No brown sugar? For each cup needed substitute  $\frac{3}{4}$  cup of granulated white sugar plus  $\frac{1}{4}$  cup molasses.

8. No milk for your pancakes? Substitute club soda and you'll have the fluffiest pancakes ever but make sure you use all of the batter as it will not keep.

9. No allspice? For each teaspoon needed you can substitute  $\frac{1}{2}$  teaspoon cinnamon and 1 teaspoon ground cloves.

10. No Rolling Pin? Fill a jar with very cold water and then use it to roll out your pastry.

11. No tomato juice? For each cup of tomato juice needed use  $\frac{1}{2}$  cup of tomato sauce and mix together with  $\frac{1}{2}$  cup of water.

12. No ketchup or chili sauce? For each cup needed substitute 1 cup of tomato sauce plus  $\frac{1}{2}$  cup of sugar and 2 tablespoons of vinegar. (Use this substitution in cooked mixtures only).



These suggestions were taken from Lifetips.com

## BRAVOS

**Submitted by Mai Lan**

**Bravo to Linda** for giving her support in time of need at Coffee House with consumer and staff.

**Submitted by Lee**

**Bravo to Graziela** for outstanding contribution/commitment to the Kyle Kitchen program. Thanks for all your hard work!

**Submitted by Christina**

**Bravo to Susan** for helping out a staff member who was in a difficult situation.

**Submitted by Mai Lan**

**Bravo to Shari** for a wonderful NVCI refresher course. The class was fun, stimulating, thought provoking and REFRESHING.

**Submitted by Kahri**

**Bravo to Andrea, Kathy, Ed, and Mary** for going the extra mile in helping to re-organize the office making it safer, cleaner, and just more convenient.

## Volunteer Recognition

Throughout July, August, September participants at CISS donated 509 hours to the following:

Maplewood Farms, Kyle Kitchen, Coffee House, Friendship Church, Jolly-Olde Bookstore, Recycling, TLC Dog Grooming, St. John's Church, Meadowbrook School, Arch Bishop Carney School, Queen's Park, White Rock Flyer Delivery, Lady of Fatima Church, Neighbour Link, Share Society, Adopt-a-Trail, Gradening, Van Vacuuming, Thrifty Foods, Rogers Video, Lion's Senior Home, Costco Shopping, Crossroads Recycling, Meadowbrook School, Superstore shopping, St. John's Church, CISS gardens, B&J Auto Parts, McDonald's, Harry Jerome Recreation Centre, Lonsdale Bowling Alley and Calvary Church.

Awesome Job Everyone!!

## Parent & Family

by Wendy

Well, winter is just around the corner, and we are always looking for something to do on those long cold days and evenings. Community Integration Services Society runs a very successful Coffee House, Java With Friends each Thursday afternoon from 12:15 – 1:30. We have a live musician each week, who love to “rock it out” with the participants! There is a concession that sells soft drinks and snacks too! Come and meet old friends and make some new friends. L’Arche has just sent out a flyer and their Coffeehouse Evenings have started up once again. Saturday Oct 4<sup>th</sup> 7- 9 pm, Saturday January 31<sup>st</sup> 2009, March 14<sup>th</sup>, 2009 and Saturday April 25<sup>th</sup> 2009. All these events are at South Burnaby United Church Hall, 7591 Gray Ave. in Burnaby. If you are senior and like to have a reasonable priced lunch, stop by Kyle Kitchen every Tuesday, and the people we support serve up a tasty meal at 12 noon. Kyle Centre is at 125 Kyle Street in Port Moody. Your community usually puts out a recreation booklet each fall and winter. Don’t forget to check those out for some great new activities too!

## Brian’s Tim Horton’s Job

by Laura

You can always tell when it’s Friday! Brian arrives to the day program wearing his Tim Horton’s hat, shirt, and pants. Brian has been working at Tim Horton’s at Lougheed Mall for 6 months now. Staff at Tim Horton’s greet Brian with a big hello and he gets started right away. Brian has many duties. He refills the cookie tray and puts muffins in the tins to be baked. Brian will roll meat into their containers for sandwiches and he restocks any empty trays. Brian also restocks the empty napkin holders and takes out the garbage. Brian works hard for 2 hours every Friday. Way to go Brian! You are doing a great job we are proud of you!

## Thrifty Foods

By Rob Bottos

On August 13, 2008 Thrifty Foods opened a new grocery store at Sutter Brooke Place on Ioco Road in Port Moody. Due to the newness of the location, and the fact that there is still construction going on, Thrifty realized that they were going to need people to help direct traffic and this is where the CISS consumers became involved. Thrifty’s contacted Lee W and asked if any of our consumers would like to help direct traffic and earn some money. Needless to say our consumers leaped at the chance to make a visible contribution to their community and earn some money. Over the course of the next three days consumers from IDS, Inlet, and North Vancouver were visible on all the corners leading into Thrifty Foods, directing traffic to the underground parking lot. Despite high temperatures, our consumers soldiered on and did a fantastic job. For some of our consumers this was their first paid job while others like Lee have had paying jobs before. If given the opportunity again, Mark said he would definitely like to work at Thrifty Foods. When asked what he liked best about his contribution, Lee said earning money. So thank you to all of our consumers for doing an excellent job. Thanks also to Thrifty Foods for recognizing that people with disabilities have abilities and can make valuable contributions to their community. We hope this opportunity is just the beginning of what our consumers can do in our community.

## Consumer Spotlight: Mark Laity

by Amber

Mark has been a wonderful participant for many years here at CISS. Mark has been at both our Port Moody Inlet and IDS offices and has experienced many wonderful and diverse programs. During his several years while with the Society this social guy has participated in a wide range of activities such as bowling, swimming, mini-putt, club Aviva. He work outs at the gym and attends various gatherings like the Java With Friends Coffee House, craft and drama clubs. Mark is also very keen to try new activities and sports especially where he has the opportunity to meet new people and make new friends. When I think of



how to describe Mark I cannot help but to smile and recall much laughter, so much fun and most of all his big heart. Mark has a way of making you smile and to remember how great it is to start your day. Something interesting about Mark that I didn’t know was his cool connection to the pumpkin patch farm in Maple Ridge. Living in that area myself I see proof of his family’s roots each time I drive back home I see the “LAITY” street sign! I ALWAYS seem to have a grin on my face when I pass it... Mark has that affect on those he meets. Mark is looking for another friend who he can visit with and get together with on the weekends. Messages can be received and further information can be obtained at the Society’s head office. Keep up the good times and great memories!



*Lee participating in the Thrifty Food’s job.*

# Family Fun Fair 2008



*Arts and Crafts at Kidzone.*



*Trey at Planet Pitch.*



*Some of our amazing volunteers.*



*Mmmm! Cotton Candy!*



*Wendy and Mackenzie.*



*Shari and Kabir at the ticket station.*



*Jesse and Trevor enjoying a canoe ride.*



*Lee, enjoying himself at the BBQ.*



*Ashish admiring some model trains.*



*Derek and Quentin paddling hard.*



*Mark, Aleem, Christina, and John enjoying summer fun.*



*Mike, and Debbie dragonboating.*

## 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](mailto:shari.mahar@communityintegration.org). Membership forms are available for download: [www.communityintegration.org](http://www.communityintegration.org).

## Laughter

by Mai-Lan

Laughter is good medicine they say  
I know this to be so true.  
It takes up to 600 muscles to laugh they say  
Be proud of those laugh lines  
The mirth is there, plain to see.  
Laughter increases the immune system,  
Reduces stress, lowers blood pressure,  
Stimulates brain function and  
Burns calories, whoopee!

Like Bubbles, babies, bikes on a bus!  
A dog making his 'mark' on a tree, a flower  
A street sign and even on a box!  
How about eating ten donuts and be glad.  
Alas, laughing does not last but for  
For this lady I know, she has a blast  
With dogs, fur, and bunnies by the score  
There's plenty see that is silly, and funny.  
Ha, ha, ha, ho, ho, ho, hee, hee, hee!

I laugh at myself 'seeking' out humor.  
It's all there, everywhere, here and now,  
Laugh at the 'comedy of errors'.  
Laugh at life's contradictions, it sure  
To make the mood lighter and brighter.  
Laugh in the face of morbid fear.  
Laugh at tots who are so dear.  
Laugh at the spilt milk like yesteryear.

Give it a try, it feels fake and contrite  
Silly, giggly, goofy and dippy doozy  
It's time I use the muscles with all my might  
That were given to me so luckily,  
Then I am given another present  
Authenticity reveals itself  
By laughing now, here and  
In the Present

## 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

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**Thank you for your contribution!**

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

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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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