

Community Integration Services Society

NEWSLINK



2005/2006 Winter Issue

Volume 9, No. 4

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



Winter in the Fraser Valley isn't so bad. Nenad puts on his gloves and enjoys some basketball on a crisp winter day.

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Change is Good!

Change can be scary! When we find ourselves in new surroundings or situations we can easily feel overwhelmed or out of place. Fear of the new and unknown can be pretty uncomfortable, like the bitter cold of winter. There have been a few major changes at CISS recently and many of us have experienced some of these feelings.

How do we deal with changes? Like Nenad in the picture above, we adapt. We put on our gloves, or whatever applies to the situation, and go about our business. It feels different for a while but the new eventually becomes normal and we become comfortable with it. Luckily, most of us are very good at adapting to new surroundings and situations, and thanks to all those who are so willing to adapt, CISS has been able to continue operating as usual. The important thing to remember with change is that when something is lost it is always replaced with something new, and often something better. The hard part is to see that in the midst of change.

To read about the changes that have taken place in the past few months see *From the Executive Director's Desk* and the *What's New* page.

From the (Acting) Executive Director's Desk

By Shari



The two CARF Surveyors pose with Board Members Sue and Peter (top), and Christina (bottom). We thank them for their professional and respectful demeanour during the survey.

Community Integration Services Society has been involved in constant change since the end of the summer. Our first transition was moving two of our offices to different locations. This was done in response to our Accessibility Plan in order to make our offices in the Tri-City area more accessible for the people we serve. Inlet Enterprises has moved into the old CISS head office space. The head office has moved down the hall in the same office building.

Sorting, packing and planning the move, while continuing to provide uninterrupted services, made for a busy time. Inlet had the most significant change, going from a space that had a kitchen to a space that does not have running water. Mary Joy, the Program Manager, and her staff team did an exceptional job. The new Inlet looks professional, organized and fully meets the needs of the people that require on-site support. The head office teams have moved to a much more spacious office which better meets their growing needs. Everyone seems to be adjusting well to the change.

We celebrated our move at an open house on November 10 and at the same time we had a going-away party for Glenn, who has left the Society after six years and has joined Community Living British Columbia (CLBC). Though we are very sad to see him leave we are happy to be able to stay in contact with him in his new position as Quality Service Manager in the Simon Fraser Region. While the Society fills the vacant position of Executive Director I have accepted the role of Acting Executive Director until the end of January 2006. In the mean time Lee has accepted my regular position of Program Manager.

Thank you to everyone who made the transition smooth; we appreciate all of your support.

In November the staff of Community Integration Services Society became unionized (BCGEU). The staff and management teams have done a very good job of staying focused on the daily business of the Society during this phase and the certification drive did not in any way cause any added stress to the people served.

After many years of hard work the Society has recently completed Accreditation. On December 7, 8, and 9 two people from CARF did a survey on our systems. Though we do not know the outcome of the survey we do feel quite positive that we were successful and will be issued a three-year certification. Like many agencies before us this has been a very long process that involved many people. Many employees both current and past have played an integral role in the Society being accredited. I would like to thank Glenn for all the years of work he put into getting us to the final phase; Cindy, who started off working as a summer student, hired to get us started on the very thick CARF manual; Lisa (IDS) and Tara (Inlet), who helped shape the outline of how CISS was going to address the standards; Christina (Program Manager), who has been so diligent at keeping us on track and who created a system for the CARF surveyors that allowed them to move through their work independently; and the Board of Directors, who played an important role in creating a strategic plan. Special thanks go out to Christina, Pam, Wendy and Mary Joy from the administration team, who have contributed to so many of the requirements within the standards; and to Linda, Carolyn, Lisa, Bruce and Kim for pulling together the final pieces of the Health & Safety section. Finally I would like to thank all Society employees, families, friends and colleagues for making this experience so rich and meaningful. We couldn't have done it without you.

The Health and Safety Committee Update

By Linda



Our Health and Safety Committee met recently to update all Health and Safety binders. We also have our emergency car kits in place. There are still some items that we are in need of. These are being addressed and we hope to add them in the next month.

We send a special thank you to Tom Morris of Interfor, Maple Ridge and to Lloyd Miller of ESCO in Port Coquitlam for their kind donation of respirators for our kits. We would also like to thank Shelley Biggs from Western Safety Supplies for her assistance and donation of the remainder of the respirators we needed. Thank you also to Bruce, Pam, Lisa, Pamela, and Corene for their assistance in filling these backpacks. Thank you to everyone from the other offices who also helped in getting the car kits ready.

What's New?

At Inlet - By Mary Joy

Inlet Enterprises moved office locations at the end of October, as mentioned in our last newsletter. We are now on St. Johns Street in Port Moody. Everyone seems to have adjusted well and new opportunities keep coming up.

Welcome back to Lim, who has accepted a full-time contract position, and wishing all the best to a regular staff who is taking a paternity leave. Welcome to Rosella who has temporarily joined the Inlet team in September. Farewell to Rose who will be moving on from a part-time position, best of luck to you in your future endeavours. Farewell to the ladies of Campbell House who recently retired from Inlet and relocated to Maple Ridge.

We had a great turnout for our open house on November 10 and wish to express our appreciation to all those who were able to attend. Thank you to the team for their efforts in preparing for accreditation.

At the Port Moody Office - By Wendy and Lee

Quite a few changes have happened in the last few months. We've moved down the hall from #205 to #200 and everyone is getting used to the new, larger office. We had a wonderful open house and enjoyed all the visitors who came and checked out the new digs! There was plenty of food, laughter and just catching up with old friends.

With the transition of Glenn leaving to work at CLBC, Shari stepping in graciously as the Acting Executive Director, and Lee chipping in as the interim Program Manager, things have gone amazingly well.

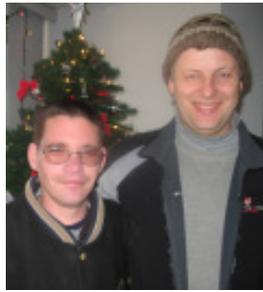
Everyone was very busy helping out with the accreditation process, and we appreciate all the extra effort so many people have put into it. Special thanks go out to all the staff who went the extra mile and chipped in to help when asked. Everyone was so gracious and willing to be a part of making our organization shine!

We have two new relief staff, Cristina and Nancy, and a new regular staff, Amir. We are also expecting two new consumers. Hopefully by the time this newsletter is out, they will be settled in and feeling very much a part of CISS. Thank you to Bruce for filling in for a regular staff who is on paternity leave and to Nicole for taking Lee's shifts while she is working in the office.

Kerry is going on vacation for the month of December, returning to regular programs in January and Wendy is taking a well-deserved vacation to Mexico at the end of January. Lucky lady!

Java With Friends Coffee House continues to be a successful venture with all the hard work from the staff and consumers that go there every week to run it. Thanks to Dan for coming on Fridays to do the banking for the Coffee House! Craft classes on Wednesdays are getting rave reviews too! It is nice to see the crafts that are being done and shown off for us to see.

Shelley's garage sale fundraiser was a huge success raising \$104.98 for Mike's trip to Newfoundland (see article on page 7).



Derek and Stephan pose in front of the Christmas tree at the new Inlet Enterprises office.

In North Vancouver - By Trisha

One of the most noteworthy mentions here is to congratulate Barbara on being with us for 10 years. Barbara first made her debut with CISS in September of 1995. She has also recently complimented us by increasing her program hours from 2 afternoons to three full days each week, and has expressed that she is thrilled to participate in a variety of activities she missed previously. It has been an exciting year of changes for Barbara who now is residing at Padwick House where she is flourishing. See the *Spotlight On Barb* on page 8.

Our North Shore team is pleased to extend a welcome to couple Christine and Russell into our Leisure Services program. Russell has told us that although he would prefer playing hockey he is content to join his wife in our program activities. Christine is eager to meet new friends through our services. Currently they attend one afternoon per week but look forward to increasing their hours of participation to 2-3 days per week. We would also like to wish a fond farewell to Ashraf, who has gone to Egypt.



What a beautiful smile! Dana, who joined CISS only a few months ago, seems to be enjoying her new surroundings.



Helpful Hints – Bananas

By Pam

I received this email recently and found it quite interesting. This really isn't a helpful hint but you may find it interesting, especially if you take bananas for granted. We've all heard that an apple a day keeps the doctor away but perhaps you should be eating a banana instead.

Bananas provide natural sugars (sucrose, fructose and glucose) as well as fiber. By eating just 2 a day, this will provide you with enough energy to do a 90-minute workout.

Bananas have been known to help with depression as they contain tryptophan (a type of protein that the body converts into serotonin which is known to make you relax, improve your mood and generally make you feel happier). Tryptophan is also known to help those affected with seasonal affective disorder due to its natural mood enhancer.

If you suffer from high blood pressure eat a banana. It is extremely high in potassium yet low in salt and has been recognized as the perfect fruit to reduce the risk of high blood pressure and stroke. By making a banana a regular part of your diet you may cut your chance of stroke by 40%.

Too much partying leave you with a hangover the next morning??? Try a banana milkshake sweetened with honey. The banana calms the stomach while the honey restores depleted blood sugar and the milk will soothe and re-hydrate your system.

If you are bothered with heartburn try eating a banana. Bananas have a natural antacid effect on the body and will ease the discomfort of heartburn.

Bananas may also help those trying to quit smoking. The potassium and magnesium found in them help the body fight the effects of nicotine withdrawal.

Want to try a natural alternative to removing warts, try taking a piece of the banana skin (yellow side out) and placing it on the wart and securing it with surgical tape. It's worth a try!

Suffering from mosquito bites and can't seem to get any relief? Try rubbing the affected area with the inside of a banana skin. Many people find it reduces swelling and irritation.

If you're still not sold yet on bananas, maybe this will convince you. Compared to apples they have four times the protein, twice the carbohydrates, three times the phosphorous, five times the vitamin A and iron, twice as many other vitamins and minerals, are rich in potassium and best of all they're INEXPENSIVE.

For best results make sure your bananas are ripe. A ripe banana is yellow with brown spots.

Whipped Shortbread Cookies

By Carolyn

- | | |
|----------------|-------------------|
| 1 lb (454g) | Butter (firm) |
| 1 cup (250ml) | Icing Sugar |
| 2 tsp (10ml) | Vanilla |
| 3 cups (750ml) | All-purpose Flour |
| ½ cup (125ml) | Cornstarch |



- Cream together butter and icing sugar, add vanilla.
- Add flour and cornstarch, beat until smooth. Chill for 30 minutes.
- On a lightly floured surface, roll out dough to ½" (1.25cm) thick. Use festive cookie cutters.
- Bake at 350 F (175 C) for 10-12 minutes *Cookies should not be brown.

*Variation – form dough into small balls & roll into a cinnamon-sugar mixture before baking.

Why are bananas never lonely?
Because they hang around in bunches.



Brian celebrated his 31st birthday with friends at his home. The party was outstanding!

Crocodiles and Tarantulas and Cockroaches... Oh My!

By Nishi, Kim and Laurel

During day program I have participated in lots of neat activities. In the past year I have been very interested in bugs and reptiles. I have had the opportunity to explore different places and books about bugs and reptiles during day program. One place I went to is called The Bug Lab located in New Westminster. I saw cockroaches, walking sticks, leaf bugs, millipedes, spiders, and beetles. I was most interested in cockroaches and spiders. I learned that there are 40 different types of cockroaches from all parts of the world except for Antarctica. I also learned, at the Bug Lab and in books, that tarantulas are very interesting. When they are scared they shed the hair on their abdomen as defense, the hairs cause irritation and distraction to their predators. Tarantulas eat all kinds of beetles, especially ground beetles and June beetles. They also eat grasshoppers and caterpillars.



Another place I went to a couple of times is called The Reptile Refuge located in White Rock. They have lots of reptiles and spiders. Some of the reptiles I saw there were lizards, snakes, turtles, and Caiman crocodiles. My favorite reptile was the turtle named Megatroid. I learned a lot about

Caiman crocodiles. They can move 3 miles per hour walking long distances on land, and they mostly have broad snouts and eat larger prey. When they close their mouths the fourth tooth of the lower jaw is the only one that is not visible. Also, I really enjoyed looking at the baboon-horned spider

which I learned is very poisonous. I learned that geckos bob their heads up and down a lot too. I really enjoyed my visit to both of these places and recommend that everyone take some time to visit them too.

The Bug Lab

616 Columbia St.
New Westminster, BC
V3M 1A5
604-523-BUGS (2847)
www.thebuglady.com
www.thebuglab.com

Rainforest Reptile Refuge Society

1395 176 St.
Surrey, BC V3S 9S7
604-538-1711
or 604-536-1791
www.rainforestsearch.com

Adam's Website Picks

Here is a look at some of my favorite websites. A lot of these sites will focus on computer technologies and How-To guides on some of the most popular computer activities.

Video editing and personal movie creation - www.videohelp.com

This site will help you to make your own VideoCDs, SVCDs or DVDs that can be played on your standalone DVD Player from video sources like DVD, Video, TV, DV, Cam or downloaded movie clips like DivX, MOV, RM, WMV and ASF. They also have extensive lists of Capture Cards, DVD Media, computer DVD Writers, desktop DVD Recorders and desktop DVD Players with features, compatibility information and user comments.

Computer technologies - www.tomshardware.com/index.html

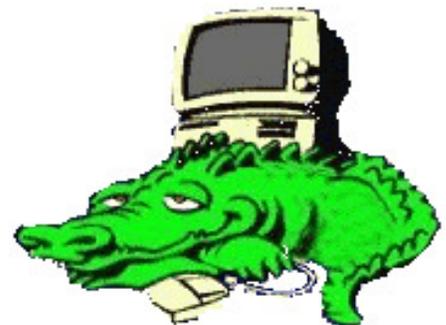
This is a great site for all things computer related. It covers reviews of new technologies and offers guides on installing hardware and software on your computer. If there is anything you want to know about computers this is the site to visit.

For Inquiring Minds Only - www.theinquirer.net

This is a true geek's haven. This up-to-the-minute website brings all the news and gossip relating to the electronic industry on a global scale. Want to know what is going to be the next big thing in consumer electronics? Well this is the site that will have the news first.

Movie Reviews, Previews and Statistics - www.boxofficejojo.com

Want to know how well your favourite movie did in the theatres? Or are you not sure if it's worth your money to see that new release. This is a great site for both. Box office Mojo is a comprehensive site that details all the statistical information about movies. There are also some good articles on some of the up and coming movies. And this site offers some great reviews so as to make sure you are going to be spending your money well.



The Power of Colour

By Mary Joy



Many theories have developed concerning the importance of colour in our lives. There have been studies about the characteristics of people who share the same eye colour. Some researchers claim to have found traits that are common to each eye colour group: blue-eyed, brown-eyed and green-eyed.

They don't go into grey, light or dark, etc. You have to fit into one or the other, or more than one like bluish green or greenish brown. There are exceptions to their findings, but the majority of people may have the following traits. You be the judge.

Blue eyes:

Less impulsive behaviour; less likely to allow their feelings to sway their judgment; tendency toward logical thinking; ability to see straight to the cause of a problem; devises strategy before plunging into action; ambitious; tends to get others to do some of their work; efficient administrators; usually has some degree of mechanical ability.

Brown eyes:

Tends to be more emotional; needs to relate to people; cares deeply for family; affectionate; has a serious nature; handles problems well, but is inclined to do so emotionally; deepest need is to be loved; their love is not selfish, but is a reaching out to others; strongly sympathetic; wants to help rather than hurt.

Green eyes:

Flexible; quick to react; reaches judgments rapidly and is likely to be correct; feels pulled in opposing directions, then becomes irritable; endowed with ready insight; cannot easily be classified; realizes there is something special about them.

Favourite Quote

By Bruce

"The best things in life aren't things."

Author unknown

What are the best things in your life?

Party Decorations

By the Craft Club

The CISS Craft Club made some beautiful stars for Community Integration Services Society's annual Christmas party. Each table in the hall where the party took place was graced with one of them.



Play Review - Celia

By Erin and Nicole

I went to see "Celia", a play put on by Terry Fox Secondary School. As I sat watching I could see people in the dark in a circle with a picture of Celia there. The play was about a girl who lived in a group home with other people who also had special needs like herself.

When you see her she is always happy, even when she is in pain as you watch her struggle with leukemia and with her relationship with her parents. The message I got from this play was that she is someone who has a daily struggle yet makes her life worth living. As well, I learned that the Crossroads Hospice Society provides grievance sessions that can help people when they have lost someone.

I enjoyed the play, but for me it was hard to watch because it reminded me of my dad's death. I think everyone should see it because it is about someone who is struck with cancer and it could help a lot of people understand what a person goes through when they have cancer. I also thought the actors truly brought the play to life.

Community Integration Services Society would like to say a special thank you to the following people and organizations for their support in the form of a donation of tickets to the play *Celia* at the Terry Fox Theatre. Everyone who attended really enjoyed it.

**Pete O'Reilly and
Crossroads Hospice Society**

The Lions Club

Community Ventures Society

Your support was greatly appreciated!

Garage Sale Proceeds Go to Mike's Wish

By Mike and Laurel

On October 17, 2005 Shelley and Kim held a garage sale at Kyle Centre. The garage sale was a big success, raising \$104.98. All proceeds from the garage sale have gone towards Mike's wish to go on a trip to Newfoundland. In total Mike has collected \$800.50 for his trip. Mike would like to send out a big thank you to Shelley and Kim for all of their hard work in organizing and collecting donations for the garage sale. Mike would also like to thank everyone who has contributed thus far in making his dream come true.

BRAVOS

BRAVO to Linda for all the hard work and dedication at putting together the Health & Safety Emergency car kits and for obtaining donations from local businesses. This helped to bring down the overall cost. Submitted by Shari.

BRAVO to Carolyn for putting together the Health & Safety Emergency van kits and for being so creative at displaying the CISS name and contact number on the outside of the bag. Submitted by Shari.

BRAVO to Bruce for being flexible and for taking on so many last-minute projects. Your hard work helped in every area of the Society. We appreciate all of your effort and your eye for detail. Submitted by Shari.

BRAVO to Pam, Christina, Wendy and Mary Joy for the long hours, the hard work and the dedication at making sure that everything was in perfect shape and that the surveyors were comfortable and treated well during our recent CARF Accreditation Survey. Thank you. Submitted by Shari.

BRAVO to Christine for acquiring an electric guitar for Nenad. Christine put alot of time and effort into finding this guitar, some of it on her own time. Submitted by Lee.

BRAVO to Shari for pulling our team together and working many long hours preparing CISS for the recent CARF Accreditation Survey. A special thank you goes out to you for putting so much effort into preparing all the last minute details. Submitted by the Management Team.



Thank you to Steve, who regularly plays music at Inlet Enterprises' music therapy program, for entertaining at our Christmas luncheon once again this year.



Thank You

By Rae

I would like to thank the staff at CISS from the bottom of my heart for being my support workers. I have been here for a few years now and CISS is like a second home to me. I love being with you guys a lot. Everyday I look forward to attending the program.

Volunteer Recognition

Throughout September, October and November, participants at CISS donated 561.41 hours to the following:

Adopt-A-Trail - Rocky Point Park, Archbishop Carney School, Calvary Church, Coquitlam Community Garden, Eagle Ridge Church, Friendship Baptist Church, Java with Friends Coffee House, Jolly Olde Bookstore, Kyle Kitchen Senior Lunch Program, Lady of Fatima Church, North Vancouver Seniors Centre, Queen's Park Hospital, Recycling, Red Cross, Ridge Meadows Women's Centre, Share Society Thrift Store, Rogers Video, Senior Shopping IGA, West Vancouver SPCA, Wildlife Rescue.

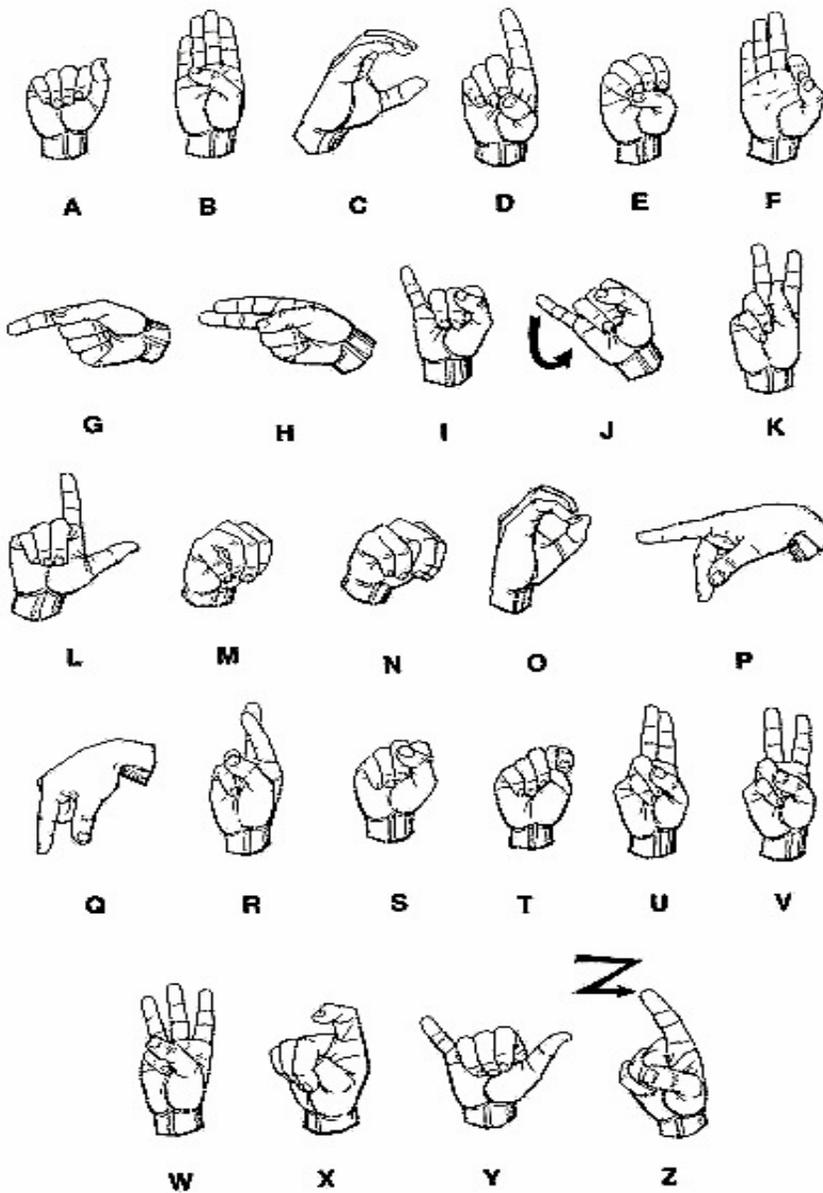
Great Job Everyone!!



Nicole, Rae, Trevor and Brian enjoy each other's company on a skytrain ride downtown to see the gingerbread display.

Sign Language Feature

By Bruce



American Sign Language Manual Alphabet

The idea of using hand gestures to communicate goes back at least as far as the Greek philosophers, and probably further. It has always been the logical way to communicate for people with speech or hearing impairments. It wasn't until the 1500's that structured systems for this form of communication were created. Initially, these systems were taught on a small, private scale. In the late 1700's schools that taught sign language began to appear in Europe. The first such school in America was founded in 1817.

Through the centuries the use of sign language has become more formalized, providing people with speech or hearing impairments with a common means of communication. Many of the present-day signs used in American Sign Language, though modified, have been derived from the French sign system. Sign language is used in many countries today and each has developed its own system, which has been standardized to some extent within that country. The American Sign Language system is one of the most complete and expressive sign language systems of any country in the world today.

Most signs represent ideas rather than single words. Many signs use a visual image for signing an idea, like the sign for house. Other signs are represented by actions, such as the sign for coffee. Signs that represent the letters in the English alphabet make up the American Sign Language Manual Alphabet. These signs are used in Fingerspelling, mostly to spell proper names. They are also sometimes used to make new signs using the first letter of a word to represent the entire word.



Consumer Profile: Spotlight on Barb

By Trisha



It was September 18, 1995 when Barb prepared for her introduction to the CISS Leisure Services program in North Vancouver. This friendly lady initially joined the program on Monday mornings with the hopes of utilizing various resources in her community as well as meeting new friends. What began as three hours weekly has increased to three full days that Barb attends her senior's program.

Now a decade later, Barb has established herself as a fun-loving and enthusiastic member of the North Shore team. Barbara has an assortment of interests and is always open to discovering new activities. Barb is always willing to take the initiative in extending a warm welcome to new people joining our program. Fully equipped with a winning smile, wicked sense of humour and warm personality, it is no wonder that Barb is in our spotlight this season.

We hope to be shining the spotlight on Barb to celebrate her next decade with CISS as well.

Cerebral Palsy

By Pamela

Cerebral palsy affects 1 out of every 1,000 infants, however it is 10 times more common in premature babies. Cerebral palsy is a neurological condition, resulting from a brain injury. It is characterized by poor muscle control, jerking movements (spastically), paralysis and other neurological disturbances. The brain injury causing cerebral palsy may occur during pregnancy, during birth, after birth, or between the ages of 3 to 5 years. The brain injury in the young infant or child causes faulty development of, or damage to, the motor areas of the brain, displacing the brain's ability to control movement and posture.

Developmental delays of motor development in infants or children with cerebral palsy generally begin to appear between 3 to 5 years of age. A young infant or child will frequently be slow to reach developmental milestones such as rolling over, sitting, crawling, smiling, or walking.

Symptoms of cerebral palsy may differ from child to child and may change over time. Some children with cerebral palsy are also affected by other medical disorders, including seizures, or mental impairment, but cerebral palsy does not always cause a profound handicap.

The four main types of cerebral palsy are: spastic (stiff and difficult movement), athetoid (involuntary and uncontrolled movement), ataxic (disturbed sense of balance and depth perception) and mixed (a combination of the three previous types). Spastic cerebral palsy occurs in approximately 70 percent of children affected with cerebral palsy. In spastic cerebral palsy stiffness may affect both arms and legs, mainly the legs, or only the arm and leg of one side. The affected arms are generally poorly developed and weak. Approximately 25 percent of children diagnosed with spastic cerebral palsy experience seizures. Athetoid cerebral palsy occurs in approximately 20 percent of affected children. In athetoid cerebral palsy movement of the arms, legs and body are slow, and uncontrollable. Movements may also be abrupt and jerky. Emotional upsets may make the movements worse, while relaxation, medication, or sleep may help make the jerky movements disappear. Ataxic cerebral palsy occurs in approximately 10 percent of children with cerebral palsy. Ataxic cerebral palsy is characterized by poor muscle coordination with weakness and trembling. Children with this disorder experience difficulty with fine movement and tend to walk unsteady with legs widely spaced apart. In mixed cerebral palsy two of the types' characteristics are combined, most often spastic and athetoid.

In all four types of cerebral palsy, the individual will have damage to the area of the brain that controls muscle tone. As a result, the person may have increased muscle tone, reduced muscle tone, or a combination of the two. Due to the degree in which muscle control is affected, speech may be difficult to understand because the individual has difficulty controlling the muscles involved with speech.

By definition cerebral palsy is not a disease and therefore does not progress. Approximately 40 percent of all children diagnosed with cerebral palsy have normal, or near normal intelligence. At this time there is no cure for cerebral palsy; it is a life-long condition that is not correctable. Therapy focuses on preventing or minimizing deformities and maximizing the individual's capabilities at home and within the community.

There is no standard treatment that works for all individuals with cerebral palsy. Rehabilitation teams such as physiotherapists, medical researchers, as well as occupational, speech, and behavioural therapists all encourage the individual to strengthen his or her self-esteem and encourage as much independence as possible. Surgeries and medications can also contribute to an individual's well being.

Approximately 90 percent of all children diagnosed with cerebral palsy grow into adulthood. Adults living with cerebral palsy can now, with the help and assistance of supportive living or assistive technology, live very productive semi-independent lives within their communities of choice.

Resources for More Information on Cerebral Palsy:

Cerebral Palsy Association of British Columbia

317 Columbia Street, Unit 102
New Westminster, BC V3L 1A7
Telephone: 604-515-9455
Toll Free: 1-800-663-0004
Fax: 604-515-9466
E-mail: info@bccerebralpalsy.com

Lower Fraser Valley Cerebral Palsy Association

9460 140th Street
Surrey, BC V3V 5Z4
Telephone: 604-584-1361
Fax: 604-583-5113
Website: www.sfcfdc.bc.ca



Mary Joy and Derek enjoy a conversation while others mingle after dessert.

The Annual CISS Christmas Party

As in previous years the Christmas party was a memorable gathering of friends and family. The atmosphere was vibrant and filled with joy.



Sbari, Nisbi and staff partake in some light conversation while awaiting the meal.



Rae and her parents definitely have something in common: spectacular smiles.

After an excellent meal, most notably in the dessert portion, the entertainer played a few sets of lively music and much dancing ensued. Everyone delighted in the warmth of celebrating with new friends, old friends, and family.



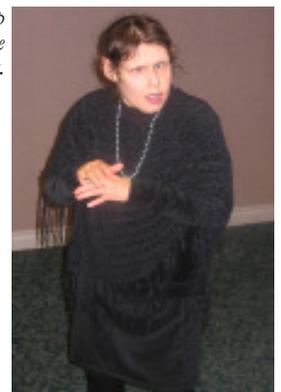
Mike and his mom join in a dance on the busy dance floor.



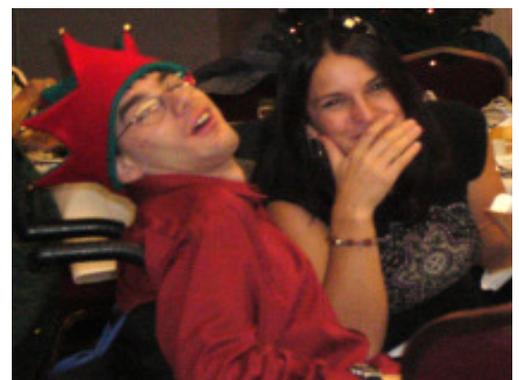
A few groups from CISS went to see the impressive gingerbread display at the Hilton Downtown.



Most people were dressed up in elegant attire and everyone looked great.



Archbishop Carney Secondary School, one of our community partners, had a gingerbread house displayed at the Hilton.



People had a great time at the party, as usual.



CISS COFFEE HOUSE



Come join the fun!

Live Music Dancing

Door Prizes

Opportunities to Socialize

**Location:
Place Maillardville
1200 Cartier St.
Coquitlam**



**Java
with
Friends**



**Time:
Thursdays
12:15 - 1:30 p.m.**

**Cost:
\$2.00 admission**

**concession also available
(coffee, pop, chips)**



Mike and Dana take a break from dancing to pose for a picture.

Halloween at the Coffee House



*That's a pretty scary
Frankenstein mask Mike!*



Connie and Pamela welcome visitors at the admission table.



Jack, Verna and Sarah watch the fun from the side. Jack's costume looks like it took some time to prepare, while Sarah has creatively made an excellent mask on the spot.



Laurel and Jennifer show off their finely carved jack-o-lantern.

We need your support

Please support CISS by donating to our 2006 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: Bruce, Christina, Laurel, Marva, Pamela, and Wendy.

Layout by Bruce Hansen

Hey!! Are you interested in our newsletter? Would you like to contribute? We are always looking for new articles or information that you might want to share.

If you would like to submit an article, picture, or creative work e-mail Bruce at: news1@communityintegration.org

Community Integration Services Society

Admin. Office and IDS - Port Moody

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Inlet Enterprises

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IDS - Leisure Services

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Community Integration Services Society

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