

# Community Integration Services Society

# NEWSLINK



2007/2008 Winter Issue

Volume 11, No.4

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



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## The CISS Christmas Party

By Mai-Lan

As the New Year is getting into full swing; people are busy making New Year's resolutions, finding warm vacations to take a reprieve from the long, dark, cold days of January or curling up in front of a fire. Some go skating, skiing or reminisce over last year's "Best and Worst List". Besides remembering nostalgically the Ultimate Sports Day, CISS's summer picnic; there are the Christmas Parties that make the top of the "Best List of 2007". At the staff party, there was food galore; with cheese, crackers, cakes and cookies. A hot and cold buffet of all diverse tastes, made with such care; I had to sample them all. With all the decorations to admire; sparkly streamers and lights that hung on the doors, everyone looking debonair, I did not miss the glitter of gifts under the adorned Christmas tree. It took me back to the place where as a child; anticipation was half the fun at Christmas. There was Santa with a big bag of surprises, who laughed with such merriment that he could not hold in his 'belly'. What a sight to witness a child still in awe and (a little of fear) of such a big figure in the bright red suit and the big billowy white beard. Then the children grin ear to ear with their cheeks aglow when Santa reaches in the bag and gives out a toy to each one of them; reminding me that this symbolic act of giving is what Christmas is about; giving time to each other, thinking about people who are dear to you, giving to others less fortunate and sharing, fostering relationships with people from all walks of life.

.....continued on pg. 5

## From the Executive Director's Desk

By Shari

I hope that all of you had a Merry Christmas and a very Happy New Years. I want to thank all of you who were able to attend our annual Christmas Party at the Executive Inn. Once again the turnout was great with 120 people in attendance. Good music,



*Thank you to all the Board Members.*

great entertainment with our carolers and terrific food. The gingerbread house draw was a big hit with five happy people leaving with their treasures. I received a lot of feedback from our guests telling me that they have never seen everyone so calm and happy at Christmas time. We all know how stressful it can be at this time of the year. The staff at the Executive Inn does a great job of trying to make each and every one of us happy and comfortable.

Community Integration Services Society is turning 18 years old in July of this year and I have had the good fortune to have spent the last 17 years working here. I find lately that I am reflecting back on time thinking about all of the people that I have met through this organization. I am finally at the point where I can't remember everyone and if you know me well, I have an incredible memory (usually). I have a very good feeling about 2008; I believe that it will be a very successful year for all of us at CISS.

We are embarking on our final Accreditation year; this is the final year of our three year certification. In early December 2008 we will be visited again by our surveyors from CARF. I feel confident that we will once again be awarded with a three year certificate. As you can tell this is going to be a very busy year for us and of course we need all of our readers to be involved and help out.

We always try really hard not to ask too much of the families but there are times where we need as many voices advocating as we can to get the full attention of our government leaders. You have already received the invitation to come out and support the 10 X 10 Challenge. This challenge is 'that all businesses in Coquitlam hire 10 % more people with disabilities to be employees in their companies by the year 2010'. This is aligned with the Spirit of the Olympics. This is an incredibly important issue for many of the young people in our programs. We need to provide them with the same opportunities as we had when we went looking for our first paid job.

CISS has joined Polaris, School District 43, Douglas College, Community Living BC, Simon Fraser Society, Community Ventures Society, and the Chamber of Commerce in this exciting initiative. Thanks to everyone who attended the Coquitlam council meeting on January 21, we had a huge turnout from CISS!

Thank you for your all of your participation completing and returning your Satisfaction Surveys. We extend a warm welcome to Alison, our new Office Administrator Assistant and say goodbye to Christina who will not be returning from maternity leave. We wish her all the best and hope that she will keep in touch.

I am looking for people to volunteer a little time every month from January to September to help organize and plan our annual fund raising event "The Ultimate Sports Day". Please contact me directly at our office or by email [shari.mahar@communityintegration.org](mailto:shari.mahar@communityintegration.org).

## 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 service.

Door Prizes:

What a great idea – the suggestion was that each department of CISS make a ginger bread house or item to be handed out as door prizes at our Annual Christmas Party. We did use this idea and it was a big hit. All five areas of CISS made an item so five happy people left with handmade ginger bread houses and a train. Thank you for the idea! It was fun!

Lobby Signs:

All three offices have purchased a Believe sign to hang with our Mission Statement signs in the lobby. A suggestion was that the next time we hang the Believe sign directly under the Mission Statement has been received and will be considered when we move into our building in the future. Thank you for your suggestion.

Cellular Phone:

A suggestion was put forward to have the spare cellular phone available for sign out when staff are supporting a larger group of people. The phone mentioned has been reassigned to a consumer in need of a daily cellular phone so instead the program manager will loan out their program cellular phone when the rare situation occurs.

# What's New?

At Inlet By Mary Joy

A Halloween party was enjoyed by the Inlet team; both staff and consumers dressed up, carved pumpkins and participated in some craft activities. Some staff enjoyed a CISS social with face painting, food, pumpkin carving and board games. A good time was had by all who attended and some staff even brought their children for an evening of fun and entertainment. The holiday season has come and gone. Where did it go? It's hard to believe it went so fast! The Inlet team and consumers enjoyed the annual Christmas party at the Executive Plaza once again. Many family members were able to attend as well as individuals from CLBC. A few Inlet consumers and staff participated in a Christmas carol sing-a-long led by Savannah, their months of practicing paid off. 'The singing elves,' their elf hats with ears were a big hit and good times were had by all. Awards were given out, door prizes were won and the meal was excellent. Our staffs Christmas party was enjoyed by many of the CISS employees and spouses, the potluck meal was fabulous. Entertainment was a good surprise, those of us who chose were able to try our skills in juggling, and everyone socialized and got to know various family members. We also did a gift exchange in an unusual way, which was a fun event as well. Staff at Inlet was also given a choice of going in a team gift and cookie exchange and once again this was a success. Inlet Enterprises completed their fundraiser calendar for 2008 and it was a huge success, all calendars were sold. Thank you Rosella, Ray and Amber. Various staff and consumers enjoyed some vacation time during the holiday season and now we are looking and anticipating a new exciting year ahead.



Betty and Krista enjoying lunch.

## At the Port Moody Office

By Lee

Winter is upon us and it is proving to be a cold one. Thank you to the Kyle kitchen volunteers for making our annual Christmas lunch a huge success, the best one to date! The annual CISS Christmas lunch at the Executive Inn was lots of fun with great food, great dancing and a presentation by the consumers and staff from Inlet. It was great to see everyone, some we only see once a year! We welcome Renee to our team, please introduce yourself and help her feel welcome. Good bye to Amalia and Sarb, we wish you well in your future endeavors. Congratulations to Paul for successfully selling his hand made beads at Place Maillardville. Kelly will be taking over the craft class; the day will change from Wednesdays to Mondays starting February 4th. Please approach her if you have any ideas. Shannon will be teaching a drumming fitness class in the new year. We will keep you posted with upcoming details.

By Wendy

As I look out my window at the snow on the mountains, I think about the winter months that lay ahead. Many of the people we support have some wonderful plans. Some of them are working hard on their resumes, with the goal in getting a paid job in 2008. Everyone knows someone who needs staff. It's evident in the signs outside many businesses that people are needed. I am excited about the future and hope all of you keep your ears and eyes open for opportunities that may make a difference to the people we support and the community to realize that we have some valuable resources that will only better their businesses.

Dan continues to do a great job for our Coffee House banking, and I really enjoy your visits each Friday! Yay for Coffee time! Greg and Jack have come by for visits recently, and it was sure good to have a nice chat with them, too. It was great seeing Shana, Sarah, Quentin, and Chantal up dancing at the CISS Christmas party! Mark continues to do a wonderful job at Kyle Kitchen as the cashier! A special thanks to H for all her volunteer time this past year with the Door Prizes for Coffee House, and another special thanks to B for her help at Kyle Kitchen. Way to go, all of you! I look forward to another year of growth and positive change.

In North Vancouver

By Kathy

Winter has arrived on the North Shore with snowy, showy peaks. We are planning another trip up to Grouse Mountain in the New Year to recapture the fun time we had last year. We reached the Winter solstice, the shortest day of the year and our days have become longer and brighter. On that note we would like to extend a warm welcome to our new staff team members – welcome aboard Ed and Suhalia! We are happy to announce that Kathy Hemelspeck made a trip out to Calgary for a visit with relatives – congratulations Kathy on this great adventure! We would also like to welcome back one of our consumers who went on a great escapade to East Africa! We would like to also acknowledge and congratulate all our birthdays in this last quarter and specifically mention the 70<sup>th</sup> birthday milestone of one of our consumers! The Christmas party on Friday

December 14th held at the Executive Inn was attended by many North Vancouver consumers – our highest turnout to date. Everyone proclaimed a good time was had and are already anticipating next year's party! We would like to thank Ashley for painting our office windows and spreading the holiday cheer during the Christmas season! Our event filled December ended with a trip to the Potter's Christmas Barn in Langley where we had a great time browsing the unique selection of Christmas items – who knew so many treasures would be found hiding in a 100 year old barn! All staff and consumers would like to wish everyone a safe and happy holiday with best wishes for 2008!



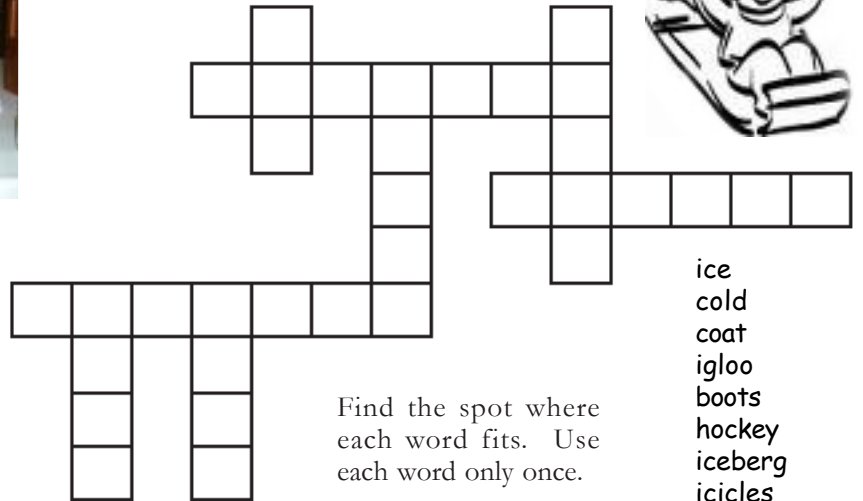
# Winter Fun Page



Crafts are always a great way to spend your time during those cold winter days.



## Winter Crossword



Find the spot where each word fits. Use each word only once.

ice  
cold  
coat  
igloo  
boots  
hockey  
iceberg  
icicles

## Winter Wordsearch

R R L S E V O L G R L L O  
 T S K N I T C A P S R W S  
 I N D S T D L O C S S N E  
 E A S T M E R F C E O P S  
 O G K O E I R A L W T A S  
 T G N O I E T C Z C S R L  
 B O K B E T I T F Z L K E  
 S B D Z E C S S E R I A C  
 P O E E I D K T E N O L I  
 O T L I L N I E O T S S B  
 C S A M T S I R H C A G T  
 S O T C O N N O F T Z K C  
 S C A R F I G E L I A T S



## Winter Word Scramble

by Mai-Lan

Unscramble the letters to make proper words.

1. N A J R U A Y \_\_\_\_\_
2. I T W N R E \_\_\_\_\_
3. O D L C \_\_\_\_\_
4. R S F O T \_\_\_\_\_
5. K E H O Y C \_\_\_\_\_
6. K T I G N A S \_\_\_\_\_
7. K I S N I G \_\_\_\_\_
8. D D N G L E S I \_\_\_\_\_
9. O W S N \_\_\_\_\_
10. I T E T M N S \_\_\_\_\_

BLIZZARD  
 BOOTS  
 CHRISTMAS  
 COLD  
 FREEZE  
 FROST

GLOVES  
 ICE  
 ICICLES  
 KNIT  
 CAP  
 MITTENS  
 TOBOGGAN

PARKA  
 SCARF  
 SKATES  
 SKIING  
 SLED  
 SLEET  
 SNOW

# Parent Article from Planned Lifetime Advocacy Network (PLAN)

By Wendy

## RDSP receives Royal Assent

After an 8 year campaign, PLAN's proposal for a Disability Savings Plan is now a fact. On Friday December 14th the RDSP received royal assent after passing third reading in both the House of Commons and the Senate.

The RDSP is historic and noteworthy for a number of reasons:

◆ Canada is the first country in the world to offer a Registered Disability Savings Plan.

◆ The Federal Government has budgeted \$115 million in matching Canada Disability Savings Grants and Bonds in for 2008-09.

◆ An estimated 700,000 Canadians with disabilities and their families will be affected.

◆ Provincial Governments will be forced to the asset limits for disability benefits and to eliminate claw-back.



*A musical performance by Inlet Consumers and Staff, what a beautiful addition to this years Christmas Party.*

The Federal Government has emphatically declared that they trust families and people with disabilities. There are no restrictions on what the RDSP can be spent on.

PLAN is now working with financial institutions and the federal government to ensure the RDSP is offered as a "product" in every financial institution in the country as quickly as possible.

Write and thank Federal Minister Flaherty for his commitment to people with disabilities and our families.

## BC Exempts RDSPs!

BC is the first provincial government to respond to the RDSP. The BC Government has opened the door for people with disabilities and their families to use the RDSP in securing the future and improving their lives. Minister Claude Richmond and his colleagues have exempted RDSPs as assets for determining eligibility for Disability Benefits. They have also exempted all income from RDSPs, allowing people to use the plan in whatever way they see fit without any penalties. BC has set the high water-mark for other provinces to reach for. The BC Government's act represents a new way forward, a huge first step in a new prosperity agenda for people with disabilities. This action begins to turn disability benefits into a floor, encouraging people with disabilities to get ahead, rather than a ceiling, above which people can't expect to rise. This move represents a huge improvement on BC's trust rules, which were already among the best in the country. It also sets the stage for even further improvements.

# The CISS Christmas Party

By Mai-Lan

continued from pg. 1..... The children of the staff were amusing and amused by all the laughter and festivities; especially when the "Gift Exchange" game took on a life of its own. As the names were called and the gifts passed around (or taken) the mirth began to climb and curiosity was abound. Sometimes "Good things come in little packages", and sometimes "All that glitters is not gold", "It's not the outside that counts but the inside" and "Don't judge the book by its cover" were some of the phrases that came to mind as we played the game. It was not so much what the gift was in the end but the enrichment of staff joining in together as one group instead of four different teams; for example, by playing a simple game. The night was not complete without the jolly juggler; part clown, part acrobat and magician as he entertained the room with his antics. As the Christmas music was played, the delicious food and drinks shared among us; it was an occasion to encounter the 'family/spouse' of co-workers, friendships flourished and bonded between staff and for some it was a time to reacquaint with each other. It was an evening I'll reminisce with nostalgia until the next staff Christmas party!

## Having a Party?

By Wendy

Some easy treats to serve taken from the New York Times web page, 101 Simple Appetizers in 20 minutes.

#4 Toss high-quality crab meat with minced shallots, a little tarragon or a lot of parsley and/or basil, and enough mayonnaise to bind. Also good on lettuce leaves.

#26 Even jazzier: Cut just-ripe pears in 1/2-inch cubes; sprinkle with a little salt, sugar and cayenne. Spear with bacon.

#38 Marinated mushrooms: Cut button mushrooms into chunks and toss with lemon juice, olive oil, salt and pepper. Let rest five minutes. Spear two chunks with a piece of Parmesan about the same size.

#71 Fill endive leaves with crème fraîche or sour cream and caviar or salmon roe. Or use drained ricotta mixed with chopped parsley, thyme, a little olive oil and a little minced garlic.

#72 Steamed asparagus wrapped in prosciutto. That's the recipe.

#93 Make parsley pesto (parsley, garlic, oil, lemon juice) in a food processor. Sauté whole shrimp or small pieces of fish in oil. Arrange fish on small beds of the pesto. You can put this on bread and forget the plates.

# Board Member Spotlight: Peter Dawe

By Wendy



Peter Dawe is the vice president of Community Integration Services Society's Board of Directors, and I had the pleasure of interviewing him on New Year's Eve day. I really enjoyed getting to know a little bit more about him.



Peter was born in St. John's, Newfoundland and moved to the west coast in 1965, and began teaching in Victoria, B.C. He also worked in Whitehorse, Yukon Territory before he settled at Archbishop Carney High School in Port Coquitlam in 1994. He was a teacher and a principal over the years from 1965 to 2006. He founded Archbishop Carney School and in the beginning there were only 3 teachers, he and 87 students, and they ran all of their classes out of 2 portables. Today there are 44 teachers and 725 students! I asked Peter who has impacted him most in his career, and he said his friend Brother Henry Bucher from Vanderhoof, who challenged and encouraged him throughout his life.

As Peter is now officially retired, I asked him about his future plans. He talked about going back to Nicaragua to revisit the children and friends he met on his last visit. He learned to speak and read enough Spanish, to read bedtime stories to 8, 9 and 10 year olds while he was there. He would also like to go to Guatemala to visit with a past exchange student who has just found Peter again (through the wonders of the Internet), and other orphanages in Central America. He would also love to revisit Europe some day, as they had a wonderful trip just recently, and he is contemplating going back to discover more. Peter has also been quite successful at taking care of Bonsai trees, and enjoys his small garden at his condo, and also working at his vegetable plot at Colony Farms. He is almost finished reading "Tuesdays With Morrie", written by Mitch Albom. The book is about Mitch rediscovering an old friend in the last months of his (Morrie's) life, and (Mitch) would get together with him every Tuesday to rekindle their relationship. Peter said he really was enjoying the book!

Peter talked a bit about the future of Community Integration Services Society and his thoughts on the future of the organization. He is very proud of the outstanding service that CISS gives to a whole range of people that we support. His hopes and dreams are that we will be able to be funded to support more people and extend our services for people that really need it. Thanks Peter for your support over the last 8 years as a CISS Board member, and for this interesting interview.

## Staff Spotlight: Wendy Vondrasek

By Amber

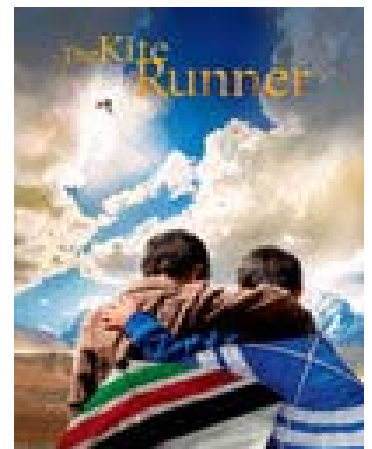
Congratulations for 17 years of service, and still counting Wendy! Throughout Wendy's service with CISS she has exclusively supported one consumer here at Inlet Enterprises. When asked to describe her feelings of being a part of and seeing the many positive changes, milestones and successes in her consumer's life Wendy said it best by summarizing her experiences as "we've had fun growing old together."

Having been an employee for such a length of time with our agency Wendy has had the opportunity to have been a part of the many changes in the evolution of the society. This has included becoming increasingly involved within the community with her consumer, meeting many new faces and creating lasting friendships with co-workers. I have known Wendy for approximately two years and I would describe her as having developed an enhanced sense of humor, is ambitious, determined and is one who shares her joy with those around her. Wendy's advice to new employees is to never lose your sense of humor, to remain focused on following your goals and dreams and inevitably your heart will follow in the work that you do, thus those who surround you will be affected by this too. Wendy is a very proud mother of five and grandmother of four.

## Movie Review: "The Kite Runner"

By Dan and Cristina

Dan & Cristina went to the movie "The Kite Runner" recently and both of them enjoyed it very much. Both of them had read the book written by Khaled Hosseini, and thought that it would be a good idea to see the



movie, and compare notes. It is a movie about friendship, family, devastating mistakes and love. In a divided country on the verge of war two childhood friends are about to be torn apart forever. But after a day of exhilarating joy in a kite-flying tournament, one of the young men commits a fearful act of betrayal. Dan & Cristina both recommend the movie highly!

# Pam's Helpful Hints: Eight Ways to Beat the Winter Blues

By Pam

1.) Lack of sunlight can be a source of restlessness. Get outside and go for a brisk morning walk every day before you start the day.

2.) In winter, serotonin levels tend to drop. When this happens we can start to crave junk foods (like cookies or sodas) because high-sugar carb foods can produce more serotonin in the brain. However, try to focus your diet on healthier forms of complex carbohydrates (like whole wheat or brown rice) because you'll get the same effect (more serotonin) without the energy drain that can follow a sugar binge (and without the weight gain!)



3.) All the plants outside may be wilted, but why not start growing a garden inside? Find a sunny spot near a window and set up an indoor garden. Plant herbs or tomatoes!

4.) Pick some flowers. What? The flowers aren't blooming yet? Then make your own flowers! Use bright vivid colors to make pretty Paper Flowers that bring the feel of spring to your home. Glue tissue paper to old Juice Jars to make vases and display your flowers all around the house. Check on your computer for some cool projects!



5.) Help Out Your Neighbours. Volunteer at a local shelter and help the less fortunate in your neighbourhood. Seeing the smiles on people's faces can really make you feel better, too.

6.) The animals are cold too. You're not the only one feeling cold during the winter – wild animals need to find ways to survive, too. Read about the animals and how they survive the cold winter.

7.) A picnic in winter?! Who says picnics are just for summer days? It's fun and different. Spread a blanket out on your living room floor and enjoy!

8.) Take a course! Learn something new. It can be anything from an arts & craft class to a welding course. Open your mind!



So smile and have fun with the season. Don't worry so much about the dark and cold...focus instead on your kids, family, and friends and how you can liven up the winter months together!

## Volunteer Recognition

Throughout October, November, and December participants at CISS donated 156 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, Queen's Park Hospital, Recycling, Share Society Thrift Store, Neighbour Link Share, Maplewood Farms, Meadowbrook Elementary School Library, TLC Grooming and the West Vancouver Seniors Centre.

## BRAVOS

**Submitted by Lee**

**Bravo** to Cristina S for participation with passion on the social committee and having the staff Christmas party at her home venue.

**Submitted by Linda**

**Bravo** to Jimmi - Thank you for stepping in and helping set up tables for our team when we were short staffed at Coffee House.

**Submitted by Linda**

**Bravo to Ray** - Thank you for your idea of using a stamp at Coffee House.

**Submitted by Lee**

**Bravo** to Raishma for all efforts, support and enthusiasm on the Social Committee.

**Submitted by Dan**

**Bravo** to Ramon for supporting a consumer at CISS Annual Christmas Party on his booked vacation day.

**Submitted by Lee**

**Bravo** to Shannon for participation on the Social Committee and securing our entertainment for the Christmas Staff party.

**Submitted by Lee**

**Bravo** to Laura for supporting an individual outside of day program hours enabling her to attend a volunteer function.

**Submitted by Kahir**

**Bravo** to Trisha for taking time outside of work hours to work on projects for the office.

**Submitted by Kahir**

**Bravo** to Mary for attending a consumer's b'day on the weekend.

# Disability: Attention Deficit Hyperactivity Disorder (ADHD)

By Trisha

“Attention Deficit Hyperactivity Disorder is an early onset, biological disorder, classically characterized by a triad of symptoms: hyperactivity, inattention and impulsivity. These three symptoms are persistent and at developmentally inappropriate levels.”

According to the Diagnostic & Statistical Manual of Mental Disorders, the ADHD condition can be broken down into three sub-categories:

- 1) attention deficit/hyperactivity disorder – combined type
- 2) attention deficit/hyperactivity disorder – predominantly inattentive
- 3) attention disorder/hyperactivity disorder – predominantly hyperactive or impulsive

Generally an ADHD child will be diagnosed with one of the three depending on their symptoms.

Most children with this disorder are of normal or high intelligence, and may have a specific learning disability that prevents them from taking in and sorting out information in the same way that other children do.

Causes:

For the most part, the cause of ADHD remains a mystery. The experts agree that the condition is primarily biological in nature. Researchers have suggested that genetics may be responsible for some cases of ADHD, but non-genetic factors (such as exposure to toxins, episodes of oxygen deprivation or smoking during pregnancy) have also been identified as possible causal factors.

If the diagnosis of ADHD is made by your healthcare professional, there are many opportunities for improving the situation and outcome. Some individuals who have a propensity towards the condition do better when dietary triggers are removed. These may include food colorings, flavorings, preservatives, refined carbohydrates and generally speaking, any type of “junk” food. Food sensitivities, allergies and intolerances may also be other trigger factors. A common sensitivity for example, is to wheat.

Approximately 2-5 percent of the school age population have been diagnosed with one of the three types of ADHD. Strangely, ADHD is 3-4 times more likely to occur in males than in females.

The onset of symptoms are generally noticed at the age of 4 or 5 and for about 75% of the ADHD population, symptoms continue into adulthood, although levels of hyperactivity may decrease with age.

## Health and Safety Committee Update

By Shari



In November the committee met to review our 2007 goals. The committee and the society have done well at meeting all of our targets within timelines with adding extra time for the Mentoring Goal and the Kyle Kitchen Safety goals. All teams are including non-structured Non

Violent Crisis Intervention refresher activities and discussions at their monthly staff meetings. This will engage staff in ongoing discussion which will proactively address critical incidents. The Kyle Kitchen goal was partially met on time with the organizing of sharp objects and locked cupboards. The rep on the team is still working on the Safety Poster and practice discussions with all the kitchen workers and it is planned to have this completed in January 2008. All staff worked hard to include a Health & Safety line on the Consumers Who Is document. A lot of work was completed for staff development with a survey being completed and summarized and ongoing sessions throughout the year being planned according to the feedback received. Adjustments to the staff Orientation to Consumers have been completed and a new Mentorship Program has been implemented to assure that new staff is supported thoroughly throughout their probation period. The long term plan with orientation is to create stability in staffing and retention. The Health & Safety Committee wish you a safe and Happy New Year.

## Shana at Kyle Kitchen

Written by Shana & Wendy

Shana goes to Kyle Kitchen every Tuesday, and is part of a very valuable team that volunteers for this program. Shana enjoys helping out with food preparation and setting up table cloths on each table. She also sets out the salt & pepper shakers, cutlery, water and napkins in preparation for the senior's lunch. When that is done, she helps serve the lunches to the seniors, and do any extra jobs as they are needed. She always has a smile on her face, and works hard at doing a great job.





## CISS ANNUAL CHRISTMAS PARTY 2007



*Happy Group Picture!*



*Mary Jo, Peter and Mike were one of the many families who joined us.*



*Laura and Trevor having a good time.*



*Recognizing our Board.*



*Our management team.*



*Derek and Shelley up for a dance.*



*John, Renee, Paul and Bruce at the Fire Hall.*



*Paul seems to be having a good time.*



*Everyone listening attentively.*



*Krista flanked by the fireman's gear.*



*Geoff helping out at Coffee House.*



*Greg showing off his Christmas tree.*

## 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).



*Jack and Linda visiting at the Christmas Party.*



*Kabir, Paul, and Mary Joy enjoying the festivities.*

## 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 2008 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, and Wendy.

Layout by Kimberley S.

*Printed by Kwik Kopy*

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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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#### **Inlet Enterprises**

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## Community Integration Services Society

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