

Community Integration Services Society

NEWSLINK



2008/2009 Winter 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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Peter Hulbert Accessibility Award

By Wendy

The Peter Hulbert Accessibility Award recognizes outstanding accomplishments that increase opportunities for persons with disabilities in Port Moody. To be eligible, nominees must go above and beyond expectations to remove barriers for persons with disabilities. Nominees can be a business, community group, educator, government agency or individual.

Kyle Kitchen Community Integration Services Society won the award for 2008, and recently accepted this award at Port Moody Civic Centre. The City of Port Moody handed out the awards on January 17th 2009.

From the Executive Director's Desk

By Shari

Happy New Year to all of our readers and we wish everyone a safe and prosperous 2009. Last year was an eventful year for CISS with our CARF accreditation Survey. We were very successful in achieving a three year certification meaning that we are certified until 2011. The survey team were impressed by our service and made some wonderful comments which I would like to share with you: CISS benefits from a strong and involved board of directors that provides oversight and direction to the organization's affairs and business and has kept CISS' mission in the forefront at all times. CISS is led by a creative and hardworking management team headed by a visionary executive director who sets the tone for continuous quality improvement in the service delivery system and is always striving to improve both the services and the lives of persons served by the organization. CISS demonstrates strong fiscal stability with appropriate accountability measures and other risk management practices in place. Family members and persons served throughout the organization report high levels of satisfaction with the services provided. The organization has well-trained, caring staff members who treat persons served with dignity and respect. CISS goes beyond providing community integration and provides volunteer opportunities that give individuals personal fulfillment and possible future employment opportunities. Persons served genuinely enjoy their programming and the staff that supports them. In conclusion, I feel a strong sense of pride in our work and thank each of you for your ongoing commitment and support.

In the Fall of 2008 a Strategic Planner joined the board of directors and leadership team to review and revisit our strategic plan. One goal that was achieved at the meeting was the re-creation of the CISS Philosophy. It was time for a change as we knew that our original philosophy was difficult to understand and had lost its meaning overtime as the Society evolved to what it is today. Our New Philosophy Statement is: CISS is firmly committed to the principles of full integration into the mainstream of community living for all individuals. In order to achieve integration, Community Integration Services Society believes that every individual has the right to interact and to engage in the greater community.

Part of the strategic planning is reviewing our progress in meeting our strategic goals, discussing what our stakeholders had told us over the past year through surveys and feedback and seeing if our goals are meaningful to our work. Here is the list of our three main goal statements:

Goal #1 by the autumn of 2011 we will: Develop a plan for a broader range of programs and services.

Goal #2 by the autumn of 2011 we will: Have relocated to a new facility in the Tri Cities area.

Goal #3: by the autumn of 2009 we will: Review and revise governance policies and continue with the implementation of our action plan to recruit, orient and train and retain volunteers for our board of directors.

In order to achieve our goals we have planned smaller goals (action plans) which we work on over the course of the year in preparation to ultimately achieving the greater goals. Progress in achieving our goals is announced annually at the Annual General Meeting which is in June each year. As announced at the Christmas Party we hope to have the same turn out at this year's AGM which would mean that we need 128 people to come.

Hearing from our stakeholders is a very important part of our planning so please watch for the upcoming annual Satisfaction Survey which will be done in January 2009.

Thank you for your support and please contact me by phone 604-461-2131 or email shari.mahar@communityintegration.org if you have any questions or concerns.



Health and Safety Committee Update

By Cynthia

Brrr... it's getting cold outside everyone! Winter season is here and it's time to prepare for the outdoors! It's time for scarves, mitts, hats, warm coats and the proper shoe wear for health and safety reasons. What should we be checking?

Our supplies and vehicles before we head outdoors. The ground may be slippery, so remember to watch your step. Good health is also vital, which means keeping our heads covered, and with the proper clothing. So keep warm and dry this winter, stay healthy and safe and enjoy the season.

My name is Cynthia and I am the new Health and Safety rep for the Inlet team.

What's New?

At the Port Moody Office

By Wendy

Well that was one interesting December, wasn't it? The snow kept coming down, and many of us were house bound for quite a few days. Hopefully we won't see those record snow falls again for many years! Coffee House has been hopping, and we had a very successful Halloween event. The Christmas event had to be cancelled due to snow. I hope too many people didn't venture out to it! We planned a "Let's Celebrate January!" on January 29th 2009 just to chase those winter doldrums away. Extra door prizes on that day! I wish to welcome Bobbie to our team, who has recently been working at the North Vancouver office. And Trish has transferred back to North Vancouver, but we know we will continue to see her in the CISS' community! I wish to thank my team for helping out with the Christmas decorations for the CISS Christmas party at the Executive Inn. A special thanks to Cristina who put in some of her own free time to help out with the purchases. Much appreciated! I also wish to thank the newsletter committee for all the work they put into each newsletter each quarter. Take a moment to check out the last page of this newsletter and past newsletters to see who contributes to it. We have some great committee members and wonderful writers from all the teams.

At Inlet

By Mary Joy

Happy New year from the Inlet team, and we hope you all had a very Merry Christmas. We would like to welcome Savannah back to the team from her temporary leave. We would also like to welcome Tanya into a permanent part time position, and a wondrous welcome back to a permanent full time employee who has recently returned from a leave of absence. Also Nancy who joined Inlet team in a part time temporary position. Farewell to Amber who is on a leave and Ray who will remain on the relief list, best of luck with your future endeavors. Gardening has once again had a successful year and will begin again in the spring, keep you ears and eyes perked.

In North Vancouver

By Kathy

The fall season seemed to vanish & bring us to the festive season. Accreditation kept everyone busy for a while & with good results. Applause all around! Fun was had during Halloween by consumers & staff. Barb & Rhinde enjoyed a day at Laity's pumpkin patch, picking out 10 pumpkins for our Halloween office party. They carefully looked the pumpkins over & picked perfect ones. Our Halloween party at the office was a great success and all had a spooky time. We had a visit from Julie, Lee & Trish from Port Moody. Pumpkins were carved & games were played. We wish to welcome Trish back "home" to the North Shore. Suheila is away on Maternity leave. We send her all our best wishes. We also say goodbye to Bobbie- good luck & congratulations in your new position. Staff & consumers enjoyed an outing to the Richmond Nature Park. This is an interesting bog right in the middle of an urban area. Rhinde stays busy with her job at Shoppers & doing a paper route. Melissa has now commenced her job at North Shore Bowl. She appears to enjoy her position there. Another of our consumers works at McDonalds & does a great job. We would like to also acknowledge Melissa for her extremely busy season which included participating in a North Shore Xmas concert. Melissa had enjoyment of performing 4 acts and was happy that Kahir was able to take in her performance. Melissa also went on a trip to see her father in the Okanogan and she took the bus there & back independently. Kudos to Melissa! We would like to extend our best wishes to Scott who is currently away from the program due to illness. It's been 2 weeks and we miss him! Scott we hope you are back at our program soon. A very pleasant day was spent on Grouse Mountain. There were 52 people who attended from all CISS teams. There was a sad lack of snow, but that did not stop everyone from having a good time. There were beautiful community trees to ogle & decide which was the best. Those brave enough to go across the ice could have a visit with Santa. The grizzly bears were settling down for their long winters nap. Finally we would like to extend birthday wishes to both consumers who celebrated birthdays this past quarter. The CISS North Vancouver team hopes that everyone has a safe, enjoyable and restful holiday season!



Nenad, John, and Brian enjoying winter activities.

By Lee

Christmas has come and gone and the snow is melting! Many people took long vacations over the holidays and it's nice to see everyone back and into routines. It's funny how we look forward to spring right after Christmas! Some changes occurred on this team over the past few months. Katrina is a new staff and Lorna and Nicole are in temporary positions. We welcome all! The Grouse Mountain event on Dec.

5th was fun for all. People were treated to a gondola ride, a movie and a snow ball fight or two. Christmas lunch at the Executive Inn on Dec. 12th turned out to be one of the best to date. We had our largest attendance with family and friends and everyone seemed relaxed and enjoyed themselves. People are back to working on goals, meeting new people, exploring new opportunities or just taking it easy. Hope all is well, exciting and prosperous in 2009!

From the Suggestion Box

By Shari

Handicap Parking/Handy Dart: The suggestion for a designated parking stall for Handy Dart has been made. This suggestion comes from a concern that the parking lot is too crowded and blocked up at the end of the day and having a designated spot may help to eliminate this problem. We have contacted our building manager to make this request and the outcome of the conversation was that the spot suggested is designated temporary parking which is needed for all businesses at this location. He understood our concern and was empathic however he cannot free up this space as it may interfere with the other tenants. I will put this suggestion forward to the IDS managers to review the current situation and come up with a safer solution. Thank you for the suggestion.

Save On Foods Card: A suggestion has been that CISS should have a Save On Foods card to use when fueling the company van at Chevron. The points can go towards merchandise for the Society. This is a great idea for Inlet who use Chevron for all fuel purchases for the company van. The suggestion has been forwarded to the manager to have an application completed. Thank you for the suggestion.

Movie Night: This suggestion did not have a lot of detail so it is difficult to know how to respond. A movie night sounds fun and we certainly can facilitate this through our social committee. Staff events are easier to plan than consumer events when it is off hours, however both could be done. In 2008 there were a couple of planned movie events: one at Kyle Center and a couple of others at a local Movie Theatre. In order to answer this correctly I ask that the person resubmit the suggestion with more detail.

Relief: A suggestion has been that relief staff take part in (at least) one monthly scheduled 1:1 meeting with their Program Manager. I have discussed this suggestion with the managers and have determined that we need a little more information to make a final decision. Currently relief staff meet with their manager on an as requested basis. The request can be made by either the manager or the employee. Day to day brief interactions regarding the shift and details about the shift are completed each time or portion of time that a relief works in a specific department. Managers do meet with new relief to do probationary reviews and annually thereafter to give formal feedback on performance. A disadvantage to relief is that they do not attend monthly staff meetings unless it is determined necessary and this is generally done for a very specific reason directly relating to the department. An advantage to relief staff is that they do attend General Staff Meetings and all general staff development. I will respond further to this suggestion once our decision has been made, thank you for the suggestion it has certainly engaged us in a great discussion regarding our relief staff.

Snowy: A suggestion has been that when staff pick up consumers at their homes that the driveways and sidewalks be clear and salted during snowy weather so that staff can safely do their jobs as this is a Health & Safety concern. You are right it is very difficult to get around in the snowy weather and having to battle unshoveled sidewalks and driveways is very challenging for the staff and the individual being supported. Some homes have done a great job and have salt and shovels available for CISS staff to use during the day when supporting an individual in their home and we know that snow comes at all times of the day and needs many people to manage it. The management team will draft a letter to go to the homes (in concern) asking for a solution to this problem for future snow conditions. We will use this letter annually as a reminder to the homes so we can do ongoing planning for everyone's safety. Thank you for your suggestion.

Stat Holidays: A suggestion has been that when a Stat holiday falls on a Tuesday that we take the Monday off instead. This would be a great solution however it would be difficult to do for example: handy dart may not be available for rides on a statutory holiday, the families and caregivers may not be available to stay at home with the consumers if we change the closure days as their employer closes on the actual statutory day or closest business day to the stat. CISS is obligated to follow the collective agreement and our contracts which stipulate the rules around recognizing statutory holidays. Thank you for your suggestion.

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

Chronic Grief

by Wendy

Parents of children and adults with disabilities experience many stresses with their numerous roles throughout their lives. For parents who are working full time and caring for a child or adult with a disability, the every day care related to managing work and caring responsibilities are often magnified. Parents often reveal that they experience chronic grief in relation to their child's condition, which often recurs at various stages of the child's life. The child's initial diagnosis can be the most stressful part of the grieving process. Adding to the grief is dealing with health care professionals, informing families and friends, getting the help you need and even knowing what kind of help you need. Parents struggle to balance their lives, and if other siblings are involved this can add a whole new twist to their lives.

I took a course on chronic grief many years ago, and it helped me to understand that when my son didn't develop as fast as other children, parents may grieve again. And milestones in their lives such as going to pre - school, kindergarten, trying to get into a community activity, going to high school, graduating, looking for work, a first love can all bring that grief back again. Once I understood that I am affected by these milestones, I was able to gather myself and do my best to be a positive parent.

In Elizabeth Kubler-Ross' book, she identifies five stages of grief. The stages identified are:

- *Denial (this isn't happening to me!)*
- *Anger (why is this happening to me?)*
- *Bargaining (I promise I'll be a better person if...)*
- *Depression (I don't care anymore)*
- *Acceptance (I'm ready for whatever comes)*

Staff Spotlight: Wendy V.

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.

Consumer Spotlight: Greg Winlaw

by Wendy



Greg has been a part of Community Integration Services Society for quite a few years. He is a very friendly, polite, and personable man with a great sense of humor, who likes to meet people. During his time on Wendy's team, Greg has made many friends and participated in activities and events such as bowling league, Java with Friends, hiking within the Tri-cities area, visits to local libraries, the Vancouver

Zoo, Vancouver Aquarium, Telus World of Science, and summer barbeques. Greg especially likes "Java with Friends" or as Greg calls it, "Coffee House" a weekly social activity where Greg visits with his friends and peers, listens to music provided by a local entertainer, and DANCES. Greg loves to dance, so coffee house is a perfect place for Greg. Greg is also a very caring man, and anyone that knows Greg, is aware of how important his family and very close friends from "Plan" and "Community Living Society" are to him. Greg looks forward to time spent with his family at birthday parties, visits at Greg's home, lunch out for hamburgers, or a night out at the movie theatre. Greg recently saw the movie "Narnia, Prince Caspian". "Aslan" the hero lion in the movie was Greg's favorite. Greg says one of his all time favorite movies is "Grease", starring John Travolta and Olivia Newton John. Greg really enjoyed listening to the music as well as watching all the great dance moves, by these two actors. During Greg's time at CISS, he has experienced a lot of good times. Greg is well liked by his peers and staff and a welcome participant in all activities.

Volunteer Recognition

Throughout October, November, December participants at CISS donated 702 hours to the following:

Maplewood Farms, Kyle Kitchen, Coffee House, Friendship Church, Jolly-Old 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, Gardening, Van Vacuuming, Thrifty Foods, Rogers Video, Lion's Senior Home, Costco Shopping, Crossroads Recycling, Superstore shopping, St. John's Church, B&J Auto Parts, McDonald's, Harry Jerome Recreation Centre, Lonsdale Bowling Alley, North Shore Bowl and Calvary Church.

Awesome Job Everyone!!

Here are a few websites for you to check out!

By Wendy

<http://www.mikids.com/FolkFairyTales.htm>

Interested in folk lore from around the world? This site is very interesting and relates to fables, fairy tales, myths and legends. Go check it out!

<http://dictionary.reference.com/>

Do you like words? I know, I know we have spell check for this! But this a very nice site that has Daily Puzzles, Fun and Games, such as daily puzzles and crossword solver, podcasts, Medical, Legal, and Reverse Dictionaries, Multilingual Dictionary, WordFAQS and much more.

www.howstuffworks.com

Science and trivia. Want to learn how something really works? Check this out!

<http://www.independentliving.org/>

Want to read about what is happening in other countries? This may be of interest to you. The Independent Living Institute is a policy development center specializing in consumer-driven policies for disabled peoples' self-determination, self-respect and dignity. They run a virtual library and interactive services for persons with disabilities. They have a few projects that are innovative. They say on their website that they are a not-for-profit private foundation run and controlled mainly by persons with disabilities. This website originates in Sweden so some of the information is in Swedish, but a lot of it is in English too. I love the idea of a vacation home swap (homes are already accessible)! And if you are a member of Facebook please take the time and join the group "End Waitlists Now". End Waitlists Now is a facebook group of people from across British Columbia who have a family member with an intellectual/developmental disability (or anyone that believes in justice and dignity for people with disabilities).

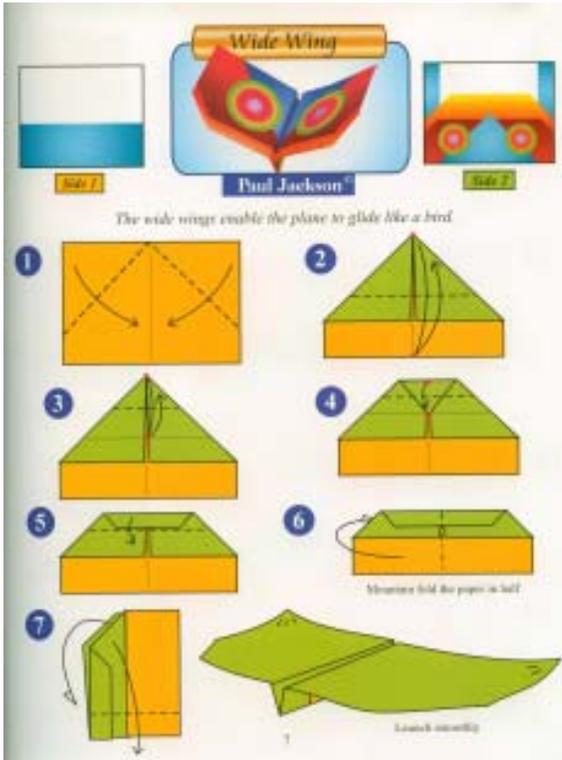


WINTER FUN PAGE



answers on page 11

Special Days Word Scramble



1. DY YAENWRSEA _____
2. PTTRJCUSSKYDA _____
3. YAVADNETIESNL _____
4. STEAREYSA _____
5. ROMTEHSYDA _____
6. THFADYESRA _____
7. DOGOYAFDRI _____
8. PALRI OFOLS _____
9. ITCVOIRAYDA _____
10. ANDACAYAD _____

Party Word Search



- ARRANGE
- ASSIGN TASKS
- BARBECUE
- BEVERAGES
- CALLS
- DECORATIONS
- ECONOMIZE
- FLOWERS
- FOOD
- FRIENDS
- GAMES
- GET HELP
- GROUP
- GUESTS
- HOST IDEAS
- INVITE
- KEEP IT SIMPLE
- MAKE LISTS
- OPEN HOUSE
- PHONE
- PLAN AHEAD
- RECIPES
- SHOP EARLY
- SUPPLES
- THEME
- TRAYS

Helpful Hints: Decorating Do's and Don't's

By Pam *(These tips were taken from the site "interiordec.about.com")*

Planning on doing some decorating over the blah winter months? It's a good time to consider giving your home a boost while we await the warm sunny weather again. If you need some help in getting started here are some ideas and tips that may help you get the ball rolling.

1. First of all, how you decorate is your own personal style so don't let someone else make your decisions for you or influence your choices.
2. If you plan on doing a complete room makeover choose your larger elements first before you chose paint. By selecting your rugs, draperies and furniture first you can then use the colours within those pieces to select a paint colour that will coordinate.
3. Don't settle for blah if you like bold. Choose colours that express your personality and who you are.
4. When choosing a paint colour for your walls, don't necessarily choose your favorite colour for the main colour. Instead chose a more subtle shade to provide a backdrop that will let items in your favorite colour really "pop".
5. Consider the room you are painting and what you are trying to achieve. If you want a room that is calming and relaxing choose blues and greens. Choose reds and oranges for rooms where there is a lot of action such as playrooms and family rooms.
6. Make sure that you identify a focal point in your room; it could be a fireplace, a painting, a bed or an armoire.
7. It is totally acceptable to mix patterns by using both large and small scale patterns such as checks, stripes, geometric or paisley when coordinating your room.
8. It is important to consider the repetition of shapes, colours, fabrics and patterns when accenting your room.
9. The concept on "lines" will add style to any room. Horizontal lines emphasize length, whereas vertical lines will add height and diagonal lines emphasize the element of space while adding a dynamic and exciting feel to the room.
10. Pairing items will accentuate symmetry and balance. Odd number groupings (3, 5, 7) are great for table top accents.
11. Details such as crown molding, wainscoting and borders will add character to an otherwise plain boxy room.
12. To achieve comfort in a room arrange furniture into a conversation grouping rather than having your furniture hug the outside walls.
13. Don't waste your money on trends. Purchase quality pieces that will last for a while and that have interesting lines and details that you won't get tired of.
14. Don't overcrowd or clutter a room with every personal treasure or collectible you own. Make each piece within your room significant and important.
15. Finally, don't settle for ugly, of course ugly is in the eye of the beholder, but don't think that you will learn to love something if you don't. It's best to get rid of it or give it to someone who does love it.

BRAVOS

Submitted by **Linda**

Bravo to **Rob** for offering to assist staff to the building so they would not fall and slip on the ice in the parking lot.

Submitted by **Linda**

Bravo to **Frank** for offering to assist staff to the building so they would not fall and slip on the ice in the parking lot.

Submitted by **Kathy**

Bravo to **Andrea** for supporting a fellow peer with consumers while in the community.

Submitted by **Andrea**

Bravo to **Kathy** for supporting a peer with consumers while in the community.

Submitted by **Brenda**

Bravo to **Frank** for helping her cross the parking lot as it was icy...she got stuck.

Submitted by **Brenda**

Bravo to **Cynthia** for following her consumer in the rain while consumer went AWOL.

Submitted by **Brenda**

Bravo to **Rosella** for coming in on a Sunday to clean off the van from all the snow.

Submitted by **Rosella**

Bravo to **Brenda** for helping the team run smoothly at all times.

Submitted by **Raishma**

Bravo to **Brenda** for evacuating all three consumers during a fire alarm in a safe manner.

Submitted by **Brenda**

Bravo to **Raishma** for all the hard work her and the social committee put in for the staff Christmas party.

Submitted by **Brenda**

Bravo to **April** for always being a team player by being willing and able to change her schedule at the last minute.

Submitted by **Brenda**

Bravo to **Raishma** for assisting another staff with a consumer at lunch time when she was supporting another consumer.

Submitted by **Brenda**

Bravo to **Tanya** for being supportive and understanding when asked to change her schedule on short notice.

Bravo to **JF** for stepping in and teaching drumming class when another staff was unable to.

Bravo to **Courtney** for stepping in and teaching drumming class when another staff was unable to.

Bravo to **Pam** for updating staff on important information when she was away on vacation.

Grocery Delivery Program

by Rosella

On Tuesday mornings, Paul and Maria are eager participants in their Neighbourlink/Share Grocery Pick-up and Delivery Program. They pick up bags of groceries at the Share Food Bank in Port Moody that are prepackaged by Share staff. After pickup, support staff drives Paul and Maria to the homes of the people on their delivery list. Each week two homes receive groceries that are both needed and very much appreciated.



Paul is an enthusiastic worker who carries the large bags of groceries to the van and then to the homes. He likes to open doors for his peer and support staff, rings the intercom to announce our arrival, and greets the people at the door, then places the bags of groceries in an area chosen by the recipient. Maria carries the bag with the baking, smiles as she greets the people, and hands over the bag with



the baking to her peer so that he can place the items in the area requested by the grocery recipient. Paul and Maria are an awesome team! Their Grocery Delivery Program is a very much appreciated volunteer service to people who are unable to personally pickup their groceries at the Share Food Bank. As well, the grocery recipients have repeatedly expressed their enjoyment of the “visit” made by Paul and Maria. Each, in their own way, brightens the day for those to whom they provide this valuable community service.

Seniors with Developmental Disabilities

by Andrea

Here at North Vancouver CISS, our Leisure Services program exists to enable seniors with developmental disabilities to get involved in their community through recreational activities. As with many aging adults, it is important for our consumers to maintain relationships with friends and acquaintances within the community, and to be able to participate in age-appropriate activities. Some of these activities include senior’s lunches, ceramics classes, library visits, walks in the community, bowling, and (of course) enjoying coffee in local restaurants and café’s. Individuals, families, and caregivers, can benefit from understanding how our province addresses the needs of aging adults with developmental disabilities. British Columbia Association for Community Living’s (BCACL) position on this topic is encompassed in the term ‘Aging in Place.’ This means aging adults should not need to move towards institutional care settings as their need for services increases. Adults with developmental disabilities would benefit better from a higher level of support in the home. As with most older adults, those with developmental disabilities benefit most when living in a familiar environment where caregivers are well-informed about their needs. ‘Aging in Place’ also refers to familiarity and consistency with an individual’s community and social networks. Because many aging adults with developmental disabilities are without children or a spouse, there is the possibility of higher feelings of isolation, particularly for those living independently or semi-independently. It is beneficial for these aging adults to be encouraged to participate in familiar activities for as long as possible, to maintain independence, and to have continued access to services and supports.

To read more on BCACL’s “Aging in Place,” go to: <http://www.bcacl.org/index.cfm?act=main&call=640DB418>

UBC has a Community Living Research Project Website with reports & publications available for viewing at: <http://www.communitylivingresearch.swfs.ubc.ca/>

You can also visit the Ontario Partnership on Aging & Developmental Disabilities website: www.opadd.on.ca/

Creativity

ByMai-Lan

We are all creative in many ways. It is the part of the brain that sometimes is not challenged enough in our daily life. Some are creative when there is a deadline, or faced with a big crisis, or sometimes when they are just sitting in a relaxed mode. We need to give ourselves more credit that what we do for the things that do not appear creative but are; it is the perception of the deed that should be altered. I have learned that while supporting an individual from CISS, I would say “What is another way to do this task? What can I do to make this situation more positive?” when it appeared to be a frustrating situation. Often when I am relaxed, I get an inspiration that leads me to a more positive method of going about the task. We were both feeling good about the situation in the end. I felt that this showed me that it was creativity in action. Since that occurrence, I remind myself often to let not let my emotions dominate, but ask “How can I be creative in this situation?” It is a skill, to not let emotions take over. I enjoy practicing this skill. I have found also that the individuals I support always show me their creativity – I have learned that many options are available. I observed so much creativity that is constantly happening in Community Integration Services Society; with management, my co-workers, the consumers, the programs, etc. When I observe this I draw on it to take with me when I am in the community with the individuals at the day program; everyday is a creative day.



Ramon receiving a gift.



Graziela and her husband.



Nenad and Darlene dancing at the Christmas Party.



Christmas pizza party.



Raishma at the Christmas Party.



Ron, Sarah, and Sue enjoying lunch.



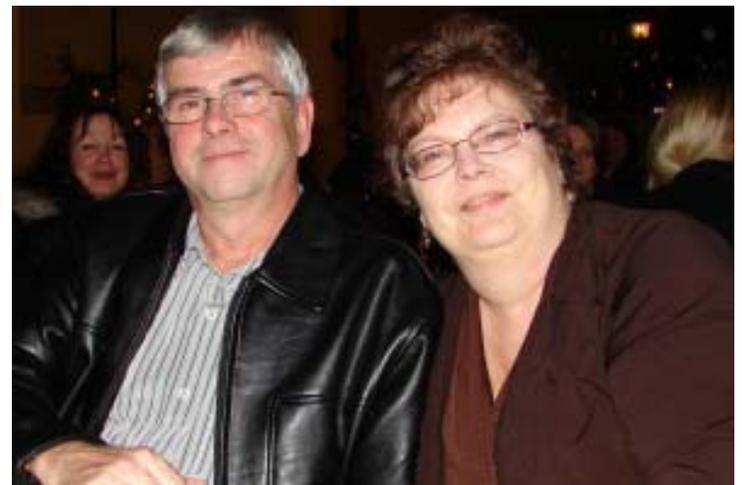
Russell and Edith (Russell's mom).



Celebrating Christmas at Tony Roma's.



Waiting for Christmas lunch.



Niel and Wendy.



Senior's Christmas Lunch.



Looks good!

CISS Membership

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

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

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

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



Measurable Success

Recipe Book

The Cookbooks are here!

They are \$20.00 each. Call 604-461-2131 if you wish to purchase.

Passchendaele

By Rob and Dan

On October 17, 2008 Dan and I went to see the movie Passchendaele. Not only is this movie a tribute to the Canadian soldiers who fought and died at Passchendaele in the fall of 1917, but it is also a love story and a snapshot of what the home front was like during the Great War. The movie follows a Canadian soldier who is wounded in Belgium and who, while home in Calgary recovering from his wounds, falls in love with a local nurse. The soldier eventually returns to Belgium and rejoins his unit in time for the battle at Passchendaele. The movie while graphic at times was also quite emotional and stirring. I don't know about Dan, but I definitely had moist eyes when I finally exited the theatre. Passchendaele makes a significant contribution to Canadian cinematography and recounts an important, but mostly forgotten, part of our history. This movie also had a family connection for Dan, as his father's grandfather served in the Kootenay regiment during the battle of Passchendaele.

Word Scramble Answers

- | | |
|----------------------|-----------------|
| 1. New Year's Day | 6. Father's Day |
| 2. St. Patrick's Day | 7. Good Friday |
| 3. Valentine's Day | 8. April Fools |
| 4. Easter Day | 9. Victoria Day |
| 5. Mother's Day | 10. Canada Day |

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, Mailan, and Wendy.

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8628 Commerce Court
Burnaby, BC
604 444 4452



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

Community Integration Services Society

Admin. Office and IDS - Port Moody

#200 - 3003 St. Johns Street
Port Moody, BC V3H 2C4
Ph: 604.461.2131 Fax: 604.931.1690

Inlet Enterprises

#205 - 3003 St. Johns Street
Port Moody, BC V3H 2C4
Ph: 604.931.4554 Fax: 604.461.4443

IDS - Leisure Services

#1 - 1583 Pemberton Ave.
North Vancouver, BC V7P 2S4
Ph: 604.986.1511 Fax: 604.986.4455

www.communityintegration.org

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