

F A L L 2 0 1 3

COMMUNITY INTEGRATION SERVICES SOCIETY



# News Link

V O L U M E 1 7 - N U M B E R 1



## Summer BBQ 2013

On July 19<sup>th</sup> 2013 Hawaii came to CISS's annual summer BBQ, held at Melissa Park. The social committee including, Lorna, Reina, Raishma, Mary Joy and Jim planned a Hula party with lei and all! There was a tattoo table hosted by Eddie and Christina, Hula-hoop races and even a Hula dancer! Thanks to Jim Jo, who cooked up yummy hotdogs and hamburgers, it was a great event that everyone seemed to enjoy. There were heartfelt moments in which a memory bench was revealed to honor the passing of our friends, Geoff, Richard and Leslie. A big thank you to everyone who assisted and participated in such a great event!

### Announcement

“What’s New” at CISS programs was formerly found in our newsletter and can now be accessed on our web page, [www.gociss.org](http://www.gociss.org).

# From the Executive Director's Desk

By Shari

CISS's Annual General Meeting took place on Wednesday July 3<sup>rd</sup>; this Barbeque style meeting was very festive and well attended. We were lucky with the weather and after Angel and Alberto chased away the wasps we had a very calm and enjoyable evening. At this year's AGM our past Board President, Peter Elson, stepped down and resigned from the board. After years of supporting CISS through his presidency Peter realized that his work and family life was taking up all of his time and he was no longer able to volunteer for CISS. We appreciate all of Peter's hard work and commitment and will miss him at meetings and special events like the Christmas Party. In September at the board meeting the new President was voted in and has graciously accepted his new position.

## *A Message from the Board President*

*I would like to take this opportunity to introduce myself as your new Board President and Chair for CISS. My name is Vinay Nand and I have served as a Board Director for over three years. I look forward to working with the Board members, CISS staff, our clients and their families in helping grow and shape CISS into an even higher quality service provider. I welcome questions and suggestions from all members and will have an "open door" policy. I believe open communication and sharing of ideas will only serve to improve our abilities and services.*

*Thank you and I look forward to meeting all of you,*

*Vinay Nand*

CISS has had a very busy summer with many special outings and events, one being the BBQ planned by the Social Committee. The event was awesome, filled with lots of laughter, good food and even Hawaiian dancing. If anyone was to win a prize for most talented on the dance floor I think that it would most certainly be Hudson, who knew how agile this gentle giant could be. Thank you to the social committee members for making this event so spectacular.

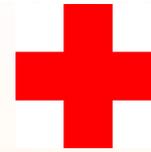
During the summer we had two students work on special projects; one on Employment (Alberto) and the other on Share Vision development (Erica). Both students did an exceptional job and made tons of progress. In employment we were able to have a post card developed and Alberto handed out 100 cards to 100 potential employers. Additionally, Alberto furthered Katrina's employment package and we are putting together the final touches prior to releasing it to the people in service and their support staff. As part of the development in employment a grant submission to the Vancouver Foundation was made by Alberto and further developed by Jeff, for support and funding to host a three day conference style workshop for employment development. Keep tuned as we await the most current level of approval by the foundation. Erica was very busy over the summer further developing our Share Vision data base site to include new HR practices as well as Guideline development. Erica will continue her work on a part time basis in the fall as we continue to build on this site.

Currently, CISS is faced with some challenges when it comes to managing the new collective agreement rates into our current funding. In other words, we need to assure that we can continue to manage within our current funding although our costs are rising. Although we do not want to burden our readers with the details of this situation we do want you to understand that we continue to strive to give exceptional services but are making small changes to reduce extra costs at this time. An example of this and one that may not be so popular is reducing the cost of having coffee breaks in the community. All programs have been asked to reduce their expenses on restaurant purchased drinks and use their site instead. Every small change will help us ensure that we can continue to give quality supports and service. Our staff deserve to have fair wages and their collective agreement should be funded by our contractor, the government of British Columbia.



## Health and Safety

By Brook



Our hot summer has passed and autumn is here. This beautiful season is marked by changing colors, changing temperatures and changing times, (as it pertains to daylight savings time). So please remember, while admiring the beautiful fall colors, be mindful and careful. Evening comes sooner and the air will become cooler as we approach winter. As it gets darker, watch out around sidewalks and steps, obstacles are not as easily seen. As well, dress warmly for going out in the cooler, (and more frequent), inclement weather.

Soon, winter will be here, snow and ice will surround us and hazards can befall anyone at anytime. Start preparing now and keep safety in mind.

It is a good time to think about the state of personal vehicles as well. Are headlights, washer fluid and wipers up to par? How about tire pressure? The change in temperature means the air pressure can fluctuate. That can affect handling and gas consumption efficiency. Road conditions can be hazardous. Take caution and drive safely!

Overall, enjoy the change in seasons and Take Care.

## Academy of Aging

By Jim

In early 2012, CISS was honoured with a grant from the federal government for the New Horizons for Seniors Program. With this support, we launched the Academy of Aging in January 2013. This project was aimed at addressing the gap in understanding and access that many senior citizens of differing abilities, languages, and cultural backgrounds face. The Academy of Aging provided workshops on topics ranging from Health and Wellness, Maintaining Cognitive Function, Financial Matters, and Accessing Community Resources. In addition to a three month long series in English, the Academy also offered two shorter series in Farsi and Cantonese.

The response to the workshops was overwhelmingly positive and CISS is proud to have been able to serve our community in this way. Though there are too many to mention them all, we would like to thank some of our partners in this project including: The Mollie Nye House and their wonderful staff; VanCity's Each One Teach One program; The BC Center for Elder Advocacy and Abuse; Dr. Habib Hadianfard; the North Shore Seniors Peer Support Program (NS Neighbourhood House) and many others. We also want to thank our steering committee in leading the project, Jeff Battle and Leah Drewbrook who each served as Project Coordinator throughout the duration, and CISS staff Adam Balmoral for doing some important translation work for us. Last but not least, we want to thank the CISS catering team for ensuring that we always had delicious snacks to share with our participants each week.

With the Academy of Aging now wrapped up, we are reminded that our twilight years can indeed be our best years. With proper planning and the right information, it is something that we can look forward to facing with confidence.

# Consumer Satisfaction Article

By Shari

In the past two months (July and August 2013) there have been 7 surveys completed and returned to CISS.

Question	Yes	No		
Did you have help to fill out this survey?	7	0		
Who helped?	Family or Caregiver 4	CISS Support Staff 1	Peer 1	Home Support Worker 1

The measuring range for the survey was: Awesome or Okay/Good or Terrible which was demonstrated through face symbols (see our web site <http://www.gociss.org> for a view of the survey tool).

Question	Awesome	Okay or Good	Terrible	No Response
The Social Committee plans parties and events that I like.	3	4	0	0
<b>List of suggestions for the Social Committee:</b>				
A camp trip				
I like the programs that I do at my program.	4	3	0	0
I set my own individual goals at my ISP meeting.	3	4	0	0
I get to try new things at my day program if I want.	3	4	0	0
I like the way my staff help me at my day program	3	4	0	0
My Program Manager listens to my complaints	4	3	0	0

## What do you like the best about CISS?

- Outings
- It's familiar for me as I've been there a long time
- Social programming and events – more community events
- Workers computer
- Friends and staff at CISS
- Going swimming
- Staff and clients/vocational work

## What do you not like the best about CISS?

- Being touched by other clients
- Having to come to day program in a taxi, not Handi Dart
- Do not like to be teased
- Going to the beach

## Do you have any suggestions or ideas?

- No
- Looking for job and work – volunteer in community
- Have summer BBQ
- No
- More gardening around CISS office/property – annuals, perennials, etc.

Thank you to those of you who have participated in the survey I will forward your recommendations to the social committee and the program managers. At the end of the year these surveys will be used for the annual full survey results and recommendations.

# The Most Important Meal of the Day!

By Pam

Our mothers have always proclaimed that breakfast is the most important meal of the day. Turns out that they were right! Our body and brain after 7 to 8 hours of sleep need fuel to power and prepare for the day. This is even more important for children's growing bodies and developing brains that rely heavily on the regular intake of food. The word breakfast is termed for "breaking" the "fast". After many hours of sleep and time without food our bodies go into semi-starvation, which can create physical, intellectual and behavioural problems. Our bodies need to be re-charged to get going in the morning, just as a car can't run on an empty tank, neither can we. Make an investment in yourself, and eat a proper breakfast each day. It is going to benefit you so much more than a few extra minutes of sleep. If you tend to skip breakfast to save time, "Breakfast in a Jar" is a tasty, healthy and convenient option that can be made ahead, eaten cold and on the run. It is made in mason jars and all of the basic ingredients are the same for all varieties, you just need to add in your different flavouring, fruit and sweeteners. Here are a few that I have tried.

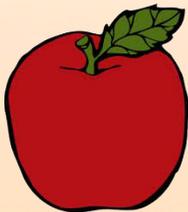
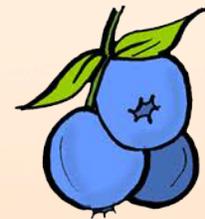
## Main ingredients:

¼ cup uncooked old fashioned rolled oats (do not use instant or quick oats)

1/3 cup skim milk

¼ cup low-fat Greek yogurt

1 & 1/2 teaspoons dried chia seeds (or any other seed such as flaxseed)



For Blueberry Maple variety add 2 teaspoons maple syrup and ¼ cup blueberries (if using frozen berries make sure that they are totally thawed and blot well to remove moisture with a paper towel).

For Apple Cinnamon variety add ½ teaspoon cinnamon, 1 teaspoon honey or other sweetener and ¼ cup applesauce.



For Banana Cocoa variety add 1 tablespoon cocoa powder, 1 teaspoon honey or other sweetener and ¼ cup diced banana.



Method for all: Add oats, milk, yogurt and seeds and to a half pint (250 ml) mason jar along with sweeteners or flavours. Put the lid on and shake well until combined. Remove lid and add in desired fruit and gently stir in. Refrigerate overnight and up to 4 days. (White plastic jar lids can now be purchased to fit canning jars which last longer than the metal ones and are easier to screw on and off). ENJOY!

Information was taken from [www.webmd.com/food](http://www.webmd.com/food), [www.fitnessfirst.com](http://www.fitnessfirst.com), [www.forecast.diabetes.org](http://www.forecast.diabetes.org) and [www.theyummylife.com](http://www.theyummylife.com).

## Thank You from Nina

Special Thanks to Houle Games who supplied us with outdoor recreational games this summer. As one of the local businesses in Port Coquitlam, we value their contribution to furthering our success with our clients.



Hawthorne Senior's Centre

## August Hoedown Food Drive

By Rob

One of the goals at CISS is for the people we support to be in the community as well as part of the community. One of the best ways to be part of your community is through charitable work. The Share Family & Community Services Food Bank needed food supplies for families throughout the Tri-Cities. While everyone remembers the Food Bank at Christmas, people often forget that the Food Bank needs food throughout the year. Having been a recipient of support from the Food Bank, and knowing the importance of giving back to the community you live in, I

approached my program manager to see if we could include a Food Drive as part of our Coffee House August Hoedown. She was in full support and in the weeks leading up to the Hoedown I asked the various agencies that attend Coffee House to see if their participants and staff could each bring something for the Food Drive. I'm pleased to announce that we had a tremendous response and in total we collected 173 pounds of non-perishable food items. Dan, Adam, and I delivered 7 boxes of food to the Food Bank on August 1, 2013.

## Practicum Student

CISS had a practicum student from Douglas College in July and August. While here she participated in various activities and was eager to experience all she could. She attended Coffee House and was impressed by the interaction of all the individuals involved. She completed the Employment Board for the Inlet program and co-facilitated several self-advocates meetings. The self-advocates are currently working on creating a new Charter of Rights for CISS and want to receive input from the clients who attend our programs. She was very enthusiastic and when finished she said that she had obtained important knowledge in the field of being a life skills worker and the diverse duties that are involved.

# Fall Fun Page

## Jokes

**What do you call a dog that sits in a snowdrift?**

Chillidog!

**Why do seagulls live by the sea?**

If they lived by the bay, they would be bagels!

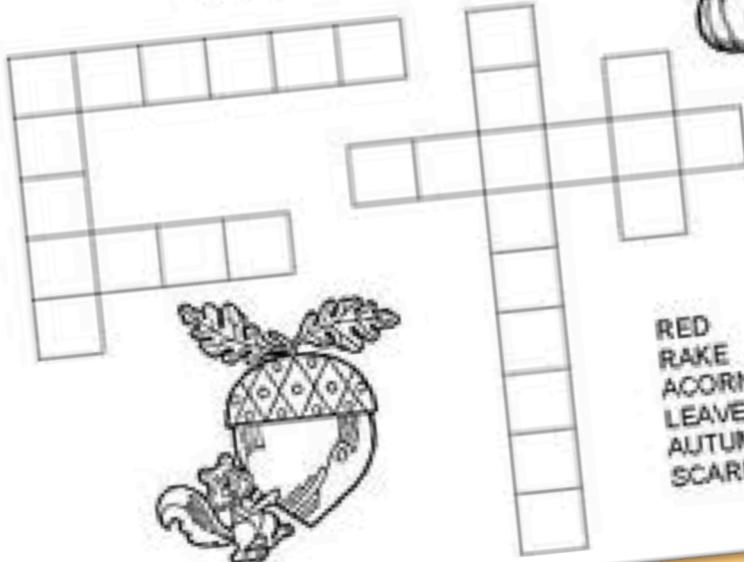
## Number Soup

9	6	4	8	1	2	0	8	3	8	5	0	6	2	0
2	2	7	1	9	6	9	1	6	7	2	5	7	0	3
7	3	0	9	5	4	2	8	9	9	4	6	1	2	9
7	3	4	3	3	6	3	4	3	5	5	5	5	7	7
9	8	0	8	5	4	1	0	5	4	7	3	1	1	5
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6	7	5	2	2	5	6	2	6	4	1	3	5	5	8
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8	4	8	9	0	8	0	8	1	4	6	7	2	0	5
8	1	5	0	3	1	0	9	3	3	0	8	5	5	8
5	5	6	3	8	2	6	5	5	9	5	3	7	9	5

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|------------|------------|------------|
| 1150512549 | 3975815698 | 6715170358 |
| 130518     | 4471894183 | 7269349097 |
| 1955802553 | 4517037    | 7641808098 |
| 2046462    | 5006       | 8149817441 |
| 2195580255 | 501458089  | 8896274829 |
| 2813552085 | 530715176  | 9353373561 |
| 3198675425 | 5389651857 | 9452150511 |
| 3468399    | 5784541298 | 9712893265 |
| 35650      | 583865135  | 98174415   |
| 38644      | 6543817525 | 983585     |

## Fall Crossword

Fit all the words into this puzzle below



- RED
- RAKE
- ACORN
- LEAVES
- AUTUMN
- SCARECROW



## A Short Story

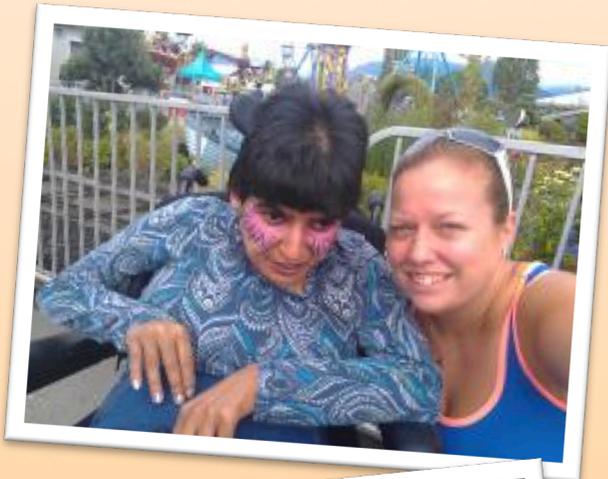
### Turtles of Lost Lake

By Dan

Lost lake is in Mundy Park in Coquitlam. At the top of Chilko Road is a great place to sit and read. The turtles like to play with the frogs there. It's nice to get close to Lost Lake because it is easier than getting to Mundy Park.

The lake is so far from the path. The frogs sound like big bull frogs. They croak all the time from their bellies. It's only a two minutes walk from the park, but you can still hear them.

They should rename it Frog Park, or Turtle Lake.



## Summer at CISS

By Erica

Working at CISS for the summer has been a wonderful experience. It was great to be able to meet so many new faces. I spent a lot of time sitting at the computer, working on ShareVision, which had its challenges, but it was always encouraging and rewarding when I accomplished a task I was assigned to do. It was great to be able to learn so much about CISS and all the amazing things they do. Monday morning Music Therapy was always a highlight, as I could hear everyone's lovely singing voices and instruments being played come drifting up the stairs. I still have all the awesome songs playing in my head. A great event of the summer that I very much enjoyed and was glad to be a part of was the Hawaiian BBQ. It was great to see everyone all dressed up in their best Hawaiian shirts and leis, with bright smiling faces on that beautiful, sunny day. It was a lot of fun. Thank you all for being so welcoming and friendly to me this summer when you saw me around the office. It was so nice to meet each and every one of you.



Camp Alexandra

## Spotlights

### Erin Dodd

By Reina

Erin Dodd was born and raised in Maple Ridge, British Columbia. She finished her secondary education at Westview Secondary School and took her Community Health Program at Vancouver Career College, in Coquitlam. Erin and her partner have a wonderful 3 year old son named Dominic. She and Dominic both love spending time with their mutt named Daisy. Erin loves reading and playing with her son and their dog.

Erin has been with CISS since June 2012. She first worked at Inlet as casual as well as IDS1 and in North Vancouver at IDS. She eventually got a 14 hour permanent position. Erin is currently in a 33.5 hour temporary position at IDS1. Erin enjoys working with a variety of people at CISS. She likes to be able to help in their daily activities and support the clients in the community. She loves working with the clients and making a difference in their lives. The most memorable event that she participated in with a client, was planning his birthday party, the client was so happy and it made his day!



### Paul Holloway

By Tanya



Paul is currently employed with 'Mobile Work Crew' (MWC), a landscaping company which is operated through Fraserside Community Services Society. He has been working there since June of this year, taking transit independently from home to be at his workplace in New Westminister at 8am on Mondays and Thursdays, so he has to wake up very early in the morning! He sets out with his crew in a big work truck to various locations in New Westminister and the Tri-Cities area. Paul is known to be a hard worker, and his position at MWC is no exception. He uses a variety of garden tools in his work, which includes cutting lawns and shrubs, watering gardens, and raking leaves and grass. He works with his co-workers in all types of weather conditions, from sun to rain to wind, and everything in between. Paul says the things he most enjoys about his

job is being with his co-workers, working outside, and earning some money. Paul is a dedicated worker and an important part of the crew. We hope he continues with his success at his new job. Keep up the good work Paul!

## Prader-Willi Syndrome (PWS)

By Bobbie

Prader-Willi Syndrome is a genetic disorder that occurs in approximately one out of every 15,000 births. PWS affects males and females with equal frequency and affects all races and ethnicities. PWS is recognized as a common genetic cause of childhood obesity.

Prader Willi Syndrome was first described by Swiss doctors Andrea Prader, Alexis Labhart and Heinrich Willi in 1956 based on the clinical characteristics of nine children they had examined. The common characteristics defined in the initial report included small hands and feet, abnormal growth and body composition (small stature, very low lean body mass and early onset childhood obesity), hypotonia at birth, insatiable hunger, extreme obesity and intellectual disability.

Currently there is no cure for Prader-Willi syndrome, and most research to date has been targeted toward specific treatments. For many individuals affected by the disorder, the elimination of some of the most difficult aspects of the syndrome, such as the insatiable appetite and obesity, would represent a significant improvement in quality of life and the ability to live independently. The Foundation for Prader-Willi Research is interested in advancing research toward understanding and treating specific aspects of the syndrome, with the goal of an eventual cure for PWS.

## Victoria Hitchen's Experience at the Williams Syndrome Conference

By Victoria

Every second year my family and I get a newsletter about Williams Syndrome (WS), which I look forward to receiving. I heard that there was a conference in Canada on Williams Syndrome, called CAWS (Canadian Association for Williams Syndrome) this year. My mom, dad, and I wanted to attend, so from August 1<sup>st</sup> - 4<sup>th</sup>, 2013, we attended the conference in Saskatoon, SK.



I wanted to get connected with others with WS and this was a good opportunity. From the conference I have connected with a friend, on Facebook, that I am currently in touch with. I felt really close to the people with WS because they look just like me, which made me feel fantastic. Their stories were amazing and I loved hearing them.

At the conference I told others about my psychotic break earlier this year. I asked the question, do people with WS have psychotic breaks? The speaker's response was, "there is no risk, most people with WS don't have psychotic breaks", this made me feel good because I don't want people with WS to have to go through what I did.

I really suggest that you meet someone with WS and get to know them, so you know what it's like.





# CISS COFFEEHOUSE

**COME JOIN THE FUN!**

**THURSDAY 12:15 – 1:30 PM**

PLACE MALLAIRDVILLE

1200 CARTIER ST.

COQUITLAM

\$2.00 ADMISSION

CONCESSION ALSO AVAILABLE

(COFFEE, POP, CHIPS)

LIVE MUSIC, DOOR PRICES, DANCING,  
OPPORTUNITIES TO SOCIALIZE

## BRAVOS

**To Ramon from Susan** – For assisting with a client in crisis.

**To Ramon from Tanya** – for your support and assistance with a client who was experiencing a difficult time in the community, your help was greatly appreciated.

**To Nina from Mary Joy** – for getting two games donated for our Annual BBQ.

**To Nicole D. from Christina H.** – for stepping up to assist a team member support a client so that another client could carry on with a volunteer position.

**To Bobbie from Christina H.** – for going out of her way to retrieve a forgotten lunch bag that belonged to a client she was not supporting.

**To Shari from Linda** – she is the backbone of CISS. She works tirelessly to ensure the day-to-day operation of the organization is running smoothly. She demonstrates strength, compassion, and humor. She helped me tremendously in my first year as a manager. Her guidance and input have been invaluable. She is a remarkable business woman and always puts CISS first. She deserves more recognition for all her hard work.

## We need your support

Please support CISS by donating to our 2013 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: Brook, John, Nina, Mai Lan, Jim and Linda.

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If you would like to submit an article, picture, or creative work e-mail your submission to: [ldmyterko@gociss.org](mailto:ldmyterko@gociss.org)

## Community Integration Services Society

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

\*CISS has enhanced our website; you can now view it on your mobile device.

## Community Integration Services Society

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