



## Spooktacular



## Quality of Life

*By Lee*

### What has happened so far?

CISS was one of seven organizations in the Fraser Region selected to participate in the “Quality of Life” project. Quality of Life is about how people describe their own lives. Some of the people we support will be asked to answer questions about their life. Some have also been hired and will be trained to ask the questions. Two people from our agency (Rae and B.) have been selected to be “interviewers” and will be paid for their participation. Their training will begin mid-October.

### What is to come?

In the spring of 2011 many people from our agency will be asked to participate in the “interview” process. The interview takes about one hour to complete and is confidential. Their answers will then be analyzed and provide agencies with information such as which areas they are doing well in and which areas they can improve upon in order to better support people in improving the quality of their lives.

## FROM THE EXECUTIVE DIRECTOR'S DESK

by Shari Mahar

We have settled into our new office spaces at our three Port Moody offices and are ready and equipped to move forward with society initiatives and projects: find a permanent home for IDS, IE and Admin to work out of by September 2011, expand our board of directors by three new members, expand our ShareVision data base usage (to include: all employees inputting goal progress, daily log information and incident report documenting) by January 1, 2011, and to continue to find people paid work.

At CISS' AGM meeting in June 2010, a special resolution was passed asking the membership to support CISS' goal of purchasing a new workspace in the Tri City area. The passed resolution has since been forwarded and registered with the Charity Act agency. We continue to work with our real estate agents from Remax in Port Coquitlam and feel confident that we will find the right space to move into by the end of our current lease at our St. Johns offices.

Our hard working, dedicated board of four needs new members to join them in their work. We have spent some energy in looking for some new talent by attending community events like: Taste of Tri City at the Red Robinson Theatre, and our community living month event Spooktacular at the Hyde Creek recreation center. Board members can be families and friends of people in our service, past employees (who have not worked for CISS for the past three years) and people in the general public. Please ask your friends if they are interested in joining our team and have them forward their resume and letter of interest to Pam Galt at the head office (Suite 204A).

Our ShareVision team has completed setting up the database to gather daily log information into a summarized report. In mid October the first test team got online and started inputting daily log information. We plan to have the other three teams online soon. Our test group has already reported back that the system is user friendly. Individuals, families and caregivers will soon get to see a summarized report which will display colourful graphs and summaries about the day to day activities in which individuals take part. A change that we plan to implement is within our current ISP goal structure. The change will allow for quicker goal achievement and opportunity to modify, add and delete goals throughout the reporting period. Once everyone has had a report completed on the database, we will ask you how the report looks and ask for your feedback and support in moving forward.

Employment continues to be our main focus for many individuals in our programs. Several individuals have had great success and I have noticed lately that a few people are even finding jobs with the help of the support staff at CISS and their family but are doing the work after program hours.

Taken from the U.N. CHARTER OF RIGHTS OF PERSONS WITH DISABILITIES: Article 27: Work and employment. "Countries recognize that people with disabilities have a right to work on an equal basis with others. This includes having access to work environments that are open, inclusive and accessible. It also means having the assistance that may be required to find and maintain employment in both the public and private sectors."

We are currently taking part in the Unwrapped Event at Coquitlam Center. This is a great way for you to do some shopping and for us to generate funds through this event. For every \$10.00 ticket that we sell we receive \$10.00. I call upon all adults to purchase your shopping ticket and take part in the Unwrapped Event on November 23rd. 2010 at 7pm – if you cannot attend buy a ticket and give it to a friend after all we are entering the giving time of year (sorry I promised not to mention Christmas in this article). [www.coquitlamcentre/unwrapped](http://www.coquitlamcentre/unwrapped)

## COFFEEHOUSE FUN





# What's New at CISS?



## At Port Moody IDS 1

*By Wendy*

Well it was a beautiful summer and fall has arrived with lots of wonderful colours in the trees. Our team has been busy with reviewing an Employment video and some are taking an on-line course regarding employment initiatives also. Staff has been quite enthusiastic about the direction we are going in, and most of the people we support have resumes and are actively looking for jobs. Did you know someone out there that would love to hire someone with great skills, abilities and experience? Let us know!

Coffee House did not slow down much this summer. We have had good turnouts most Thursdays, and we try and have one special event each month. By the time you read this, we will have held the Halloween event on October 28<sup>th</sup>, which included a hot dog sale. I want to thank my team once again for helping out at a very successful Spooktacular event held on October 15<sup>th</sup> (pictures in this newsletter). A big thank you to Pam, Ramon, Courtney, Navjit, Lee Mark, Quentin, Byron & Julie who were there to help set up and decorate for the day. And a special thanks goes to Cristina for volunteering right to the end and this is her 4<sup>th</sup> year of doing it! Shari, Mary Joy and I were there for full day too, and I think I can say for all of us that we had a great time! It was the best turnout we have ever had, with lots of costumes, free food, bouncy castle, games and goodies. CISS along with SHARE, Simon Fraser Society, Community Ventures, and Fraserside all come together and plan this event each year to celebrate Community Living Days in October. Make sure you join us next year! You will be glad you did.

## At Port Moody IDS

*By Lee*

As I write this article it is three months exactly to Christmas day! Better start shopping! Welcome John D, Reina, and Matthew to our team. Our team is growing in leaps and bounds! Say hi and introduce yourself. Congratulations to Gracie and Luis on the birth of their baby boy, Philippe Almeida. We wish you many joys to come!! It is exciting to mention that Brian, Rae and Shana have all had interviews regarding possible job placements. Good luck!! Congratulations to Krista for receiving her first pay increase of \$1 per hour. A special thank you to Renee for all of the hard work she has been doing around employment, often tirelessly. I know she takes great pride in her contribution in creating opportunities for the people we support in finding paid employment. Hudson and Paul are now volunteering at Kyle Kitchen and have surprised us with their fantastic cooking skills! Rae and B. are participating in the Quality of Life project for "interviewer" positions and will start training in the middle of October. Thank you to Katrina for being the administrative assistant for this project.

## At Inlet

*By Kathy*

Summer has ended and fall is in the air. We would like to welcome Melissa to our team in a part time permanent position and welcome Khristoffer in a part time temporary position.

Derek continues to work hard at Eastside Mario's, he's has been there for 16 months and is doing an excellent job. We hear nothing but good things from the management and his co-workers at the restaurant. Corene and Shelley continue to work hard at their office cleaning jobs as well, and Elisa is our computer cleaner. Elisa always has a big smile every Tuesday. Music Therapy is every Tuesday at Inlet and everyone seems to enjoy themselves, Elisa knows all the words and will sometimes bring new songs for the musician to learn for next time. We had a few visitors from the IDS program come and share some time with us during music and everyone had fun.

The Community Garden team worked hard at cleaning out the plot. They also wish to work throughout the year, planning for spring, purchasing bulbs etc. This should be an interesting challenge for the gardeners.

We are looking forward to Halloween and the coffeehouse. Inlet did their CISS hotdog fundraiser at the coffeehouse on October 28, and there were lots of colourful costumes in attendance that day.

## At North Vancouver

*By Laura*

Fall has arrived, but judging by these hot days who would know? We have had an eventful summer getting the Hot Dog Express up and running. We would like to congratulate Melissa on her new paid job at Korna Pet foods, where she stocks shelves and sets up displays. We've also celebrated many staff and consumer birthdays, and have said goodbye to two staff members, Aly and Shyrose. We had two potluck picnics as an opportunity to say farewell and we wish them the best of luck! As we wait for fall to settle in we are excited to pick up on programs and projects that have been put on hold for our beautiful summer weather. I am looking forward to the start-up of the ceramics program generously hosted and taught by Kathy. We are looking forward to some seasonal celebrations and outings as well and staff continues working hard to find new venues for consumer volunteer and paid positions.





# Gardening Tips from Ms. B's



By Brenda

Hello Gardeners:

Boy Spring and summer sure came and gone rather fast (now you see it now you don't). Fall is one of the four seasons that has many beautiful colours and can be crisp and is my favourite time of the year. So I went to my local gardening store in Burnaby and I came across information on "Pink Lemonade." First ever Pink Blueberry Bush (so cool). We all know blue berries are very rich in anti-oxidants so now they have pink lemonade. It bears it fruit May- October, so go check it out at your gardening store. Our Society has a gardening plot and we have only gardened during the summer time, this year we are going to garden all year around with different bulbs and winter veggies. Enjoy this time of year with your kids and get them enrolled in gardening programs for Thanksgiving, Halloween and Christmas. Gardening is for all ages - it's calming, relaxing and peaceful, so enjoy. Thanks from Ms B's Garden!



[www.ted.com](http://www.ted.com)

Inspirational, thought provoking thoughts on all aspects of life delivered to you by the best and brightest most successful human beings in the world!!

[www.woot.com](http://www.woot.com)

It has INCREDIBLE deals!! What's the catch? It only has one item per day until it sells out. But seriously, go to it and check the prices; utter insanity.

<http://chir.ag/stuff/sand/>

This is an absolutely incredible interactive toy. I won't spoil your fun by giving you details on how to play. I guarantee you will play with this for hours and hours.

<http://www.yelp.com/>

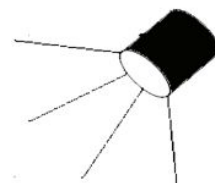
Best comprehensive restaurant and other business reviews in the business. :P

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

A company built on micro financing. You can lend as little as \$25 in capital to the Kiva applicant of your choice. When the money is paid back, you can withdraw your original investment, donate it to Kiva or lend it to another needy applicant. Kiva claims a 1% default rate and a 97% on-time repayment rate. Of course, Kiva is a charity, not a broker, so you don't earn any interest.

## Staff Spotlight: Pam P.

By Wendy



I recently had a good chat with Pam for this article, and we got a really good conversation going. Pam has been with CISS since October of 2004, and she has been on the IDS1 team from the beginning.

Pam was born in Fort St John, and says she is a true northern girl. One of her favorite childhood memories is when she went hunting for moose and deer, and trapping with her Dad. She enjoys gardening, reading, and a couple of authors she mentioned were Wayne Dyer and Diana Gabaldon (Outlander novels). She also enjoys watching the show "Madmen" on TV.

When asked who has impacted her most in her career, she said the people she supports mostly. One of her proudest moments is when she graduated from Nursing. She is hoping to retire in about 10 years or so, but wants to continue to work in the health field. I learned quite a bit about Pam in this short period, especially her hunting background!





# Fun Page



## WORD SEARCH



w	g	g	n	p	z	n	n
q	h	b	a	t	f	y	k
m	o	o	n	w	e	b	y
p	s	p	i	d	e	r	n
g	t	o	w	l	c	o	i
s	p	o	o	k	a	o	g
b	l	a	c	k	t	m	h
q	p	w	i	t	c	h	t

Bat	Night
Black	Owl
Broom	Spider
Cat	Spook
Ghost	Web
Moon	Witch

## Jokes to Tickle your Funny Bone

1. **Ted:** Does your puppy have a license?

**Ned:** No, he's not old enough to drive.



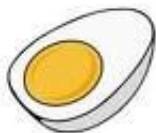
What common phrase does each picture represent? (answers on page 9)

1. every **right** thing

2. What should you do when it's raining cats and dogs?

Be careful not to step on a poodle.

2. 2nd 2nd 2nd 2nd  
2nd 2nd 2nd  
2nd 2nd 2nd



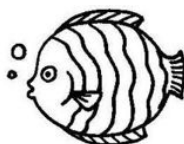
3. Why did the egg go to the jungle?

Because it was an egg-splorer.

3. **ST THE ORY**

4. Why do clams not like to share?  
Because they are shellfish. (selfish)

5. How do you find *fish* in the encyclopedia?  
Look under water.



## TONGUE TWISTERS

- Big birds buy buns.
- Dogs dig deep ditches.
- Magnificent musicianship.
- Hungry horses hunt for hay.
- Beetle bug's bigger brother.



# Community Partner:

## I PARTY WITH MORE A.K.A A BUCK OR TWO

By Renee

Krista has been working at *I Party With More* for the past two and a half years. During this time Krista's colleagues and CISS staff have noticed some inspiring transformations. Her duties include doing stock returns and assisting customers with their purchases. Krista takes her responsibilities seriously and is willing to take on new challenges. She works almost independently, is very professional and maintains a very positive attitude. When asked why it is important to put stock away correctly, Krista states, "it is good customer service." On paydays, you can see the sense of pride and accomplishment she feels for a job well done. Krista has just recently been given a raise in pay. This is proof to us all that you can do anything with a little hard work and determination.

# Health & Safety

By Pamela Pye

The Health & Safety committee has been meeting regularly over the summer months distributing the risk assessment survey, reviewing feedback forms, emergency drills, CISS internal inspection reports, updating and improving the Critical Incident Report Summary document and Staff incident/accident reports.

The committee created the risk assessment in the spring and circulated the survey to CISS staff during the summer months. The surveys have now been completed and returned to the committee to review the results and report back recommendations for improvement. The final results will be made available in November. Drills have been routinely conducted and all programs are practicing emergency response procedures should an internal/community emergency occur.

One feedback form has been received with regard to medication training. The Health and Safety committee has organized a Medication Administration workshop which was held in October for all CISS staff required to administer medication.

Staff Injury/ accident reports have been reviewed with incidents related to body ergonomics. In May, an educational workshop focusing on The Principles of Good Body Mechanics was arranged. The Health and Safety committee has now made a commitment to CISS staff that a body ergonomics workshop will be offered annually.

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Cold and flu season is fast approaching so the Health and Safety committee would also like to remind staff to please remember to dress a little warmer. Layered clothing works great during the months when temperatures are fluctuating throughout the day.

# CONSUMER SPOTLIGHT



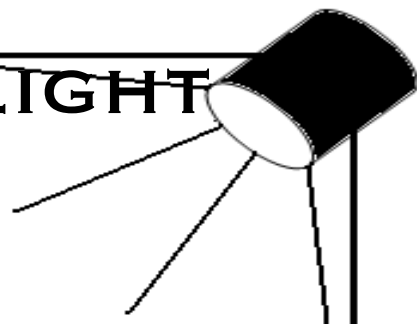
**Name:** Julie Chan

**Age:** 21

**Volunteer Jobs:** Java with Friends and Friendship Church pew maintenance.

**Enjoyments:** Sudoku, bowling, dancing with peers at Coffeehouse, and watching movies.

**Favourite Music:** Anything on Virgin Radio.



# SUGGESTION BOX

By Shari

Over the past three months we have only had one written suggestion placed in the suggestion box.

Training: The suggestion is “*May I suggest a workshop on giving personal care. Some of our new staff are not experienced with this. Some of us experienced staff could use a refresher. Depending on consumers we work with some require more personal care than others.*”

The person is correct in saying that it really depends on what level of support is required; most people in our programs have great ability in taking very good care of themselves and do not need their staff's assistance. For those individuals who do need support it is imperative that it is done in a very respectful way. For the past twenty years we have solely relied on the skillful staff and Program Manager to give the orientation to new employees. We have included personal care as an item on the Orientation document to make sure that this area is covered. It may be time to consider some form of training or training document to help new employees with learning this new skill and experienced employees with updating their personal care information. I will bring this item to the next Program Managers meeting and we will report back to the teams through the programs staff meeting. Thank you for your ideas.

The suggestion box is located on every site and is open to anyone who wishes to make a suggestion.

## Parent/Family Article

By Wendy L.

### RDSP Teleseminar

The Registered Disability Savings Plan is a great new tool that will assist 500,000 Canadians with disabilities to secure their financial future. The federal government will contribute up to \$90,000 per plan (up to \$20,000 even without a contribution!). Learn how it can help you. Join us in this FREE telephone seminar to learn about the details, its implementation and how it will work for your family. For more information about the RDSP, please visit [www.rdsp.com](http://www.rdsp.com) or call 604.439.9566. (Information from PLAN <http://www.plan.ca>)

Registration is required as this course fills up early  
**Effective Advocacy Strengthens Community, Parent Professional Relationships, Brothers and Sisters, Circle of Friends, Families Leading the Way, Key Roles For Families In Ensuring Good Lives, Family Support Institute offers these workshops.** For more information about the **Family Support Institute** and if these workshops are in your area contact 604-540-8374 ext. 523 or email [fsi@fsibc.com](mailto:fsi@fsibc.com).

## Roasted Winter Vegetables with Mustard Sauce

By Katrina

In a bowl, toss a selection of cubed veggies ( I use carrots, garlic, onion, squash, potatoes and turnip) with ¼ cup olive oil; 2 Tbsp. Balsamic vinegar; 1 Tbsp. each of Savory and Thyme (or your favorite spices) and ½ tsp. each of salt & pepper. Roast in 425-degree oven until cooked (approx. 45 minutes). Serve with Mustard Sauce.

Mustard Sauce – 1 Tbsp. butter; 1 Tbsp. flour; 1 ½ tsp. dry mustard; 1 cup Vegetable stock; 2 Tbsp. Dijon mustard; salt & pepper to taste; pinch of paprika.

Great with smoked pork chops or ham.

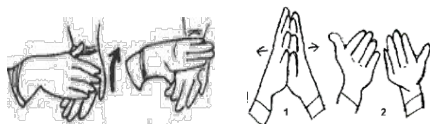
## DAN'S BOOK REPORT

I am reading 4 volumes of the History of BC books. These books were published in 1914 and my Mom lent them to me to read. It is the history of BC, and it talks about the early settlers from England. Did you know that England's flag is part of the B.C. flag?

# Employment Article

By Lee

We have had many success stories regarding paid employment over the past year. From people working a few hours a week to 4 days per week. We have changed our view of matching an individual with an existing job opportunity or placement to responsibilities that fit the needs of a specific individual while also meeting the employment needs of the business. We have recently transformed the office space at head office and Inlet to make room for some on site access. Have you used our new "employment resource" room? This area will allow the individual seeking employment to find information, use the computer and make phone calls. Keep posted for the upcoming "employment assessment" workshop and sign up. Allow us to give some tips and techniques to make your job-hunting experience successful.



## COOKBOOK

COMMUNITY INTEGRATION SERVICES SOCIETY cookbooks are on sale! Just in time for Christmas. ONLY \$10.00 EACH!!! We are looking for places to sell more of these wonderful books. Do you have a church or community sale coming up that you could display some of these for us? Call Mary Joy at 604-931-4554 if there is an opportunity out there to help out with this fundraiser.

# Anxiety Disorder

By Nancy

**Anxiety disorders** is a blanket term covering several different forms of abnormal and pathological fears and anxieties that were acknowledged at the very end of the 19<sup>th</sup> century. There are 9 different classifications to this spectrum of Anxiety Disorders.

**They include:** Generalized anxiety disorder, Panic disorder, Phobias, Agoraphobia, Social anxiety disorder, Obsessive-compulsive disorder, Post-traumatic stress disorder, Separation anxiety and Childhood anxiety disorders.

**The causes** could be biological, alcohol abuse; intoxication from stimulants is likely to be associated with panic attacks. There is evidence that chronic exposure to organic solvents in the work environment can be associated with anxiety disorders. Painting, varnishing, carpet laying are some of the jobs in which significant exposure occur.

**Stress** has caused a rise in Anxiety Disorders as a response to life stresses such as trauma, financial worries, or chronic physical illness. They are prone to flare up at times of high stress and are frequently accompanied by physiological symptoms such as headache, sweating, muscle spasms, palpitations, and hypertension, which in some cases, lead to fatigue or even exhaustion.

**Treatment** options available include lifestyle changes, psychotherapy, especially cognitive behavioural therapy; and pharmaceutical therapy.

**Remember having empathy** for someone does not require you to have experienced the same situation. Have you ever skidded out on a patch of ice in your car? Okay good. What did you feel like afterwards? Helpless, rapid heartbeat, wobbly legs, shaky hands, sweat stains down to the floor? You may have had to park and get out of your car because you felt out of control. You may even have a reaction as serious as upset stomach, diarrhea or shortness of breath. That my friend is anxiety! That's exactly what anxiety feels like. Anxiety is an adrenaline rush that is out of control. Some also refer to it fight or flight syndrome.

References:

[http://en.wikipedia.org/w/index.php?title=Anxiety\\_disorder&printable=yes](http://en.wikipedia.org/w/index.php?title=Anxiety_disorder&printable=yes)

Understanding People with Developmental Disabilities Who have Mental Illness. By Sue Gabriel



# Tips for Handling Telemarketers and Junk Mail

By Pam G.

It never fails, you're in the middle of making dinner, you're on a schedule trying to get it all ready before having to take little Johnny to soccer practice and big sister Suzie to ballet and the phone rings. You quickly run over to the sink, wash your hands, grab a towel and scramble to find the phone off in the distance only to discover it's a telemarketer calling. We've all been in that situation and as much as we may feel like slamming the phone down we just politely say "no thanks I'm not interested" and hang up. Well, we're on to you telemarketers and below you will find a few tips that might just help eliminate them once and for all.



1. Do you ever get those calls when you pick up the phone and there is no one on the other end? It's actually a machine calling you that records the time of day so that a "real salesperson" can call back when someone will be home. Try hitting the # key 6 or 7 times as this confuses the machine that dialed the call and kicks your number out of their system.

2. Or when a telemarketer calls, instead of listening to them ramble on and on or immediately hanging up on them, put the phone down and go about your business. This tactic makes each telemarketer's call that much more time consuming. When you eventually hear the phone company's beep-beep tone on the other end, then you can happily hang up.



3. Here's a tip for the junk mail that seems to arrive on a daily basis. It can be anything from pre-approved mortgages, loan approvals, money saving subscription offers, credit card applications etc. You'll note that most of them come with a postage-prepaid envelope inside. Use the envelopes to your advantage and let them deal with their own junk mail and mail their offers right back to them in the return envelopes. As an extra little pay back,

really stuff the envelopes (with anything) so that they are overweight, as the envelopes are usually pre-paid to a set cost and if you make the envelopes heavier they will have to pay more money.

4. And finally, a tip from Andy Rooney's from 60 Minutes, share your junk mail! For example send a pizza coupon to the mortgage company, mail back the chimney cleaner coupon to the credit card company and if you don't have anything to mail back just send them back their blank applications as they've already paid for it anyway. Let them know what it feels like to get lots of junk mail.



With all this extra mail it will help keep our postal service busy since they are saying that email is cutting into their business profits and that's why they keep increasing postage costs. Have fun!

## ANSWERS FROM FUN PAGE (PG. 5)

Common Phrases:

1. Right in the middle of everything.
2. Ten seconds
3. The inside story

## BECOME A MEMBER OF CISS

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).*

# BRAVOs

**To:** Brenda

**From:** Meeka

**Reason:** Thank you Brenda for everyday that I worked at Inlet because it was easier and less stressful thanks to you and your big heart and skills.

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**To:** Rosella

**From:** Meeka

**Reason:** For being an incredibly positive role model. Your happy heart and laughter are warmth like no other. Thank you for keeping it real.

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**To:** Lee

**From:** Shari

**Reason:** Thank you Lee for initiating an education grant for CISS and congratulations for being granted the funding. Your dedication to assuring that all CISS employees receive a range of educational information helps us gain new skills and new ideas.

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**To:** Mary Joy

**From:** Shari

**Reason:** Thank you Mary Joy for co-creating a Medication Workshop and for presenting the workshop independently. Your experience and expertise made it a very positive session for CISS staff.

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**To:** Kahir

**From:** Shari

**Reason:** Thank you Kahir for obtaining a generous donation for the Hot Dog Express stand. Your commitment to the consumer driven hot dog stand is admirable.

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# CISS COFFEEHOUSE, 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**



**Dancing**



**Door Prizes**



**Opportunities to  
Socialize**



# Volunteer

At CISS, we contribute to our communities through volunteering in many different ways. For the months of July, August, and September 2010 we donated 602 hours to the following:



Maplewood Farms, North Shore Bowl, Pemberton Office Complex, Share Society, Calvary Church, Bottle Recycling, Lady of Fatima Church, Church cleaning, Neighbour Link/Share, Coquitlam Animal Shelter, Archbishop Carney School, Coquitlam Animal Shelter, Costco shopping, Eagle Ridge Church, Friendship Baptist Church, Java With Friends Coffee House, Kyle Kitchen Senior Lunch Program, Fatima Church, Lions Care Centre, Central Elementary School.



## Consumer Satisfaction

In the past three months (July, Aug. & Sept.) there have been 10 surveys completed and returned to CISS.

<u>Question</u>	<u>Yes</u>	<u>No</u>
Did you have help to fill out this survey?	<b>9</b>	<b>1</b>
<u>Who helped?</u>	<u>Family or Caregiver</u> <b>6</b>	<u>CISS Support Staff</u> <b>4</b>

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

<u>Question</u>	<u>Awesome</u>	<u>Okay or Good</u>	<u>Terrible</u>
The Social Committee plans parties and events that I like.	<b>6</b>	<b>4</b>	<b>0</b>
<b>List of suggestions for the Social Committee:</b> Splashdown Park, Castle Fun Park, Mini Golfing, Aquarium, Bowling and Skiing			
I like the programs that I do at my program.	<b>8</b>	<b>2</b>	<b>0</b>
I set my own individual goals at my ISP meeting.	<b>7</b>	<b>3</b>	<b>0</b>
I get to try new things at my day program if I want.	<b>6</b>	<b>4</b>	<b>0</b>
I like the way my staff help me at my day program	<b>7</b>	<b>2</b>	<b>1</b>
My Program Manager listens to my complaints	<b>8</b>	<b>2</b>	<b>0</b>

### What do you like the best about CISS?

Cool staff, volunteer work, walks at the mall, I like coming there and have a good time, I trust him (my manager), new outings, meeting new friends, community work, everything, good program, hot chocolate drink, walking areas, fun, interesting, good, awesome always have a good day, coffee house!!! Pleasant and easy going staff, Kyle Kitchen, that they don't touch me, nice people there

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

I like to do everything, nothing, nothing, Friendship Pew maintenance, location, N/A

### Do you have any suggestions or ideas?

There were no ideas or suggestions written in the ten surveys.

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.

### **We need your support**

Please support CISS by donating to our 2009 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!**

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