

Community Integration Services Society

NewsLINK



Volume 10, No.2

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



Jeff and Ed perform "Somewhere Over The Rainbow" at the CISS Drama Club's talent show.

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CISS Drama Club Talent Show

By Shari

The Drama Club's year end finale was a Song & Dance Show. After many tireless practices the regulars that attend the Drama Club took part in the year end show which was held at Kyle Center on June 26. The group had an attentive audience with fellow performers, family members, society staff, summer students and even our ex-Executive Director, Glenn Campbell, who popped in briefly to check in on his old CISS family. I personally was in awe of the performers and impressed at how comfortable everyone appeared in front of a crowd. The stage had soft red lights and a black background just like any other classy joint in town. We heard songs from Madonna, Shania Twain, and even Bob Marley and Johnny Cash. What a wonderful arrangement of songs; with the grand finale being "Somewhere over the Rainbow" performed by a couple of interesting characters in full costume.

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From the Executive Director's Desk

By Shari



Emily and Herman are here for the summer to help out with promoting CISS and organizing the Ultimate Sports Day.

A new committee has been formed as a result of the Board of Directors and Managers Strategic Planning. The committee is known as the CDC (Community Development Committee). Members of the committee are board members Peter Elson, Sue Davis and Patricia Chou, Program Manager Mary Joy, and myself. The committee is happy to have Emily on board with our goals and is looking forward to her presentation in early July.

Lee and Christina are working on some staff and consumer development for the society. Lee is coordinating a series of workshops for the staff. This will be done in cooperation with the staff trainers from the Applied Psychology Group. Family members are welcome to join in on the training as well. Keep your eyes and ears open for upcoming dates. Christina will be organizing some consumer development to be presented sometime in the late fall season. Suggestions for topics are welcome for both training groups.

I wish everyone a safe and enjoyable summer and look forward to seeing our readers at the Annual General Meeting.

Health and Safety Committee Update

By Linda



Many of the consumers of CISS took a modified first aid course recently. It was a tremendous success. The consumers answered questions and did role playing, learned a basic understanding of scene assessment, protection and self safety, and when to call 911 as well as the basic ABC's of dealing with small wounds. Thank you to Nancy for organizing this. She is currently putting together emergency preparedness training for the consumers as well. This will attempt to prepare our consumers in the event of such things as earthquakes.

The committee listened to feedback from the staff and has changed the meeting place for all IDS evacuations. The staff has been notified of this change via the Health and Safety manual. We will also be fine tuning our emergency drills. It is good news that all offices are up to date with the emergency drills. Thanks to all Health and Safety representatives for doing such a great job of being on top of all Health and Safety issues.

A reminder to staff that the Interlock Program, a counseling service paid for by CISS that is free for permanent full time and part time CISS staff, is available.

A letter was drafted by our Executive Director to be distributed to all families and caregivers. This letter lets everyone know that they should not send the consumers to day program with expensive items such as jewelry and electronics like walkmans and MP3 players. The staff and the society cannot be held responsible for these items being lost or stolen. This was a concern for many of the staff and it has been addressed.

What's New?

At Inlet - By Mary Joy

Inlet welcomes Rosella who transferred to Inlet from IDS in a permanent full time position. Farewell to Shannon who transferred from a full time position at Inlet to a part time position at IDS, you will be missed. Inlet would like to welcome another staff who transferred from IDS in a full time position. Welcome Shelley, Elisa and another participant who also transferred from IDS to Inlet.

Happy birthday to an individual, who turned the big "50" on July 4.

The Drama club wrapped up their seasonal talent show on June 26. Congratulations to everyone involved in this special event.

The community garden is well on its way to flourishing with a variety of flowers and vegetables. Thank you to all the volunteers who keep it that way, we all appreciate the hard work.

At the Port Moody Office

By Lee

We are happy to welcome Kelly Ann to our team. Shannon has returned from maternity leave and will be joining our team part time. Nancy and Kim have left our team for full time positions on Wendy's team. Erin's last day at CISS was May 31. We are sad to see her go, however glad she will be embarking on a new adventure with her family on Vancouver Island. Her going away party held at Rocky Point Park on May 31 was a huge success, attracting a large crowd of Erin's peers to wish her a fond farewell! We will miss you Erin, be sure to keep in touch. Shelly, Elisa and another participant have successfully made the transition from IDS to Inlet Enterprises. This was an operational move so that we may welcome new consumers in the near future!

The First Aid course that was held in May was a huge success! Many people attended and most came away having learnt something they did not know! Good job to Nancy for organizing this event and for seeing that everyone received a participation certificate for attending!

Everyone is looking forward to the warmer weather to take advantage of outside activities such as picnics and the summer sports festival! We sincerely hope that everyone has a fun, exciting and active summer! Get out there and enjoy!

By Wendy

Welcome to Linda, Nancy, Amber and Kim. We look forward to getting to know you better! Lots of changes, but changes are good.

The craft class has been very busy lately, and I noticed that they had made some beautiful leis for the Coffee House Hawaiian Theme party! I heard everyone had a great time, and it was wonderful seeing so many people decked out in those wonderful colors.

Staff and consumers have started to take their summer vacations, and we hope everyone has lots of fun. Be safe and I hope everyone enjoys their summer!

In North Vancouver - By Trisha

We would like to extend a warm welcome to Rhinde who joined our team this April. Rhinde is an energetic young lady who has adjusted extremely well to our IDS day program. Rhinde enjoys computers, swimming, hikes and socializing.

This season, the North Shore group took public transit to Stanley Park to enjoy a picnic lunch and to visit the Vancouver Aquarium. Recently IDS North Vancouver also took an excursion to visit the breathtaking Minter Gardens in Chilliwack.

We would like to extend birthday greeting to those who celebrated their birthdays this quarter. Happy Birthday to Rhinde, Blake and Beverly.



Barb and Dawn explore the beautiful Minter Gardens in Chilliwack.



Helpful Hints: Summertime Nutrition Tips

By Pam

We all wait patiently for the warmer months to arrive but all that abundant sunshine can cause havoc to our bodies such as skin damage, hair damage, muscle cramps, eye damage and cold sores. Eating nutritious foods that contain the right vitamin, minerals, antioxidants etc. may be able to alleviate some of these summertime woes.

The hot weather presents a lot of damage to our skin. Avoiding sunburn is a major concern and we've hopefully learned to wear sunscreen at all times, but there are other components that present skin problems such as bug bites, chlorine and salt water... not to mention, we sweat more! All of these factors make your skin less supple. To help heal weathered skin, antioxidant and vitamin C rich fruits such as blueberries, strawberries and raspberries, and proteins such as lean meat, nuts, beans and seeds will help. Also key is to drink water, water and more water! Calcium is also lost through sweating so make sure you add some calcium rich foods to your diet like low fat yogurt, cheese and other milk products.

If your hair is really causing you grief make yourself a protein rich meal of burgers, shrimp and bean salad. Because your hair consists of protein fibers called keratin, these protein rich foods will help you get back to having good hair days. To turn dull hair into shiny hair eat foods such as yogurt and avocados (vitamin B-5), liver and cooked eggs (Vitamin B-8), cereals and beans (folic acid), milk products (calcium) and meat and fish (zinc).

Over exerting and excessive sweating result in dehydration which can cause your muscles to cramp. When your body doesn't have enough fluid in its system the electrolytes become unbalanced and sodium, calcium and potassium are lost. Replenish these electrolytes with the many sports drinks available. Potassium can be replenished by eating bananas, raisins, spinach and potatoes.

Protect your eyes from the sun by wearing sunglasses that are polarized and that have UVA and UVB protection, even on cloudy days. People over the age of 55 have a greater risk of macular degeneration which is when the retina becomes damaged and vision loss and blindness may result. Vitamins that are beneficial to the eyes are A, C, E, beta carotene and zinc. You can find these important nutrients in dark green leafy greens, peppers, carrots and blueberries. Eggs contain lutein which is an important antioxidant and can also assist in preventing eye damage.

If you are normally prone to cold sores the sun can actually trigger them. Researchers believe that a deficiency in vitamin B and riboflavin could make you susceptible to getting cold sores. You can get your needed vitamin B and riboflavin by eating fortified enriched cereals and breads and taking a complex B vitamin.

The summer months offer a greater selection of fresh fruits and vegetables and there are so many different ways to prepare them both raw and cooked. Remember the brighter the colour, the better it is for you, so choose foods with lots of colour to reap the utmost in nutritional benefits, and it will make your meal more appealing too.

Amber's Reese Rice Krispie Squares

By Amber

6 cups of Rice Krispies
1 large pack of Marshmallows
 $\frac{1}{4}$ pound of butter or margarine
5 tablespoons of smooth peanut butter
1 small package of chocolate chips

Put butter or margarine in a hot pot and melt it using medium heat. Place marshmallows into the pot and stir continuously until mixture is fairly smooth. Add peanut butter and chocolate chips and mix together until all contents have melted. Stir in Rice Krispies and coat well. Press into greased pan, cool and cut into squares. Enjoy.



Consumer Profile: Spotlight on Christine and Russell

By Trisha

Our North Vancouver office is delighted to welcome Christine and Russell to our Seniors program. The husband and wife team have been a well accepted addition to our North Shore program since last December. They met at a workshop in Chilliwack where they both attended a drop in program. Two years later they became husband and wife.

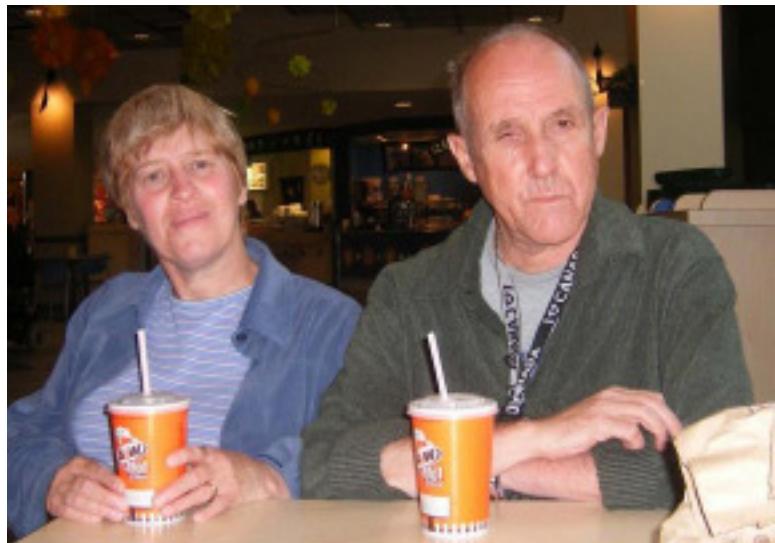
Adjustments in family dynamics convinced the new couple to move to North Vancouver where Christine, a former resident of North Vancouver, could be closer to her mother and sister.

Initially, the couple attended the CISS Seniors' program for one afternoon a week. For Christine it was a desire to meet new friends and become active in her community. Russell wanted to explore physical activities to keep him in shape. As the weeks progressed the couple expressed a desire to extend the hours they spent with CISS and their outings were doubled.

With a strong Scottish accent and an agreeable disposition, Christine was willingly received by her peers. The sociable lass has not only made new friends but has become reacquainted with some older friends as well. The program has given Russell the opportunity to swim, play floor hockey and to pursue other interests that appeal to him. Russell confided that he has a zeal for dancing which he proved recently by dancing up a storm at the CISS Coffee House.

Shortly after joining our program Christine and Russell attended an outing to Brackendale to study the Eagles. This spring, the energetic twosome accompanied CISS on a daytrip to the Vancouver Aquarium. It had been the first time for both. With the summer approaching, Christine and Russell are eager to take on many more expeditions. Our staff is more than happy to comply... that is, if we can keep up with them.

From all of us we extend a warm welcome to Christine and Russell Enright.



Christine and Russell from our North Vancouver program.

Paper Mache Paste

By Amber

Use a mixture of flour and water, choose the amounts based on how much you would like to use. Mix one part flour (any) with about 2 parts of water until you get a consistency like thick glue. Add more water or flour as necessary. Mix well to get all the bumps out. Add a few tablespoons of salt to help prevent mold!

Once complete, you can paste this on just about anything including a balloon or body part. Allow it to dry and decorate as you please.

First Aid Awareness

By Pamela

On May 3, 2006 sixteen consumers from Individualized Day Services - Port Moody, and Inlet Enterprises attended a modified Basic First Aid Awareness course at Moscrop Secondary School in Burnaby. First Aid awareness instruction was provided by a qualified volunteer instructor from St. John Ambulance.

Participants received basic information and instruction through group discussion and individual participation.

Basic First Aid instruction focused on how to approach an injured person, recognition of the universal sign of a choking person or obstructed airway, ABC's of Cardio Pulmonary Resuscitation, and the process of calling emergency 911.

Consumers participated eagerly throughout the two-hour course and all received congratulatory participation certificates upon completion of this First Aid awareness session.

Thank you to Nancy for arranging this unique learning experience.

A Hug

A hug is a warm embrace,
A little piece of love.
It warms the heart with grace.
A protecting glove.

For greeting family and friends.
For showing you care.
When you're hurting, it mends.
It means you're there.

Full or side or shoulder squeeze,
They're offered for support.
They mean to please,
A last resort.

When cruel words are spoken,
And boundaries are crossed,
When hearts are broken,
And hope is lost.

A gentle hug can repair,
Without a single word.
It can heal despair,
You are heard.

So reach across your chest,
Grab your shoulders tight.
Squeeze hard...you guessed
It's a hug done right.

Mary Joy Russell

Farewell to Erin



May your sunny smile bring as much warmth to your new friends as it did to your friends here. Have fun in Victoria!

Yee-Haw

Port Moody loves its country! Well, at least a bunch of people from CISS do. In May this particular bunch of people gathered in front of Boothill Junction Boots & Repairs to support the local country music radio station JRFM by video taping themselves hollering the line, "Port Moody loves its country!". This tape has been sent to the radio station as an offering for their TV commercials. Thanks to the owner of Boothill Junction Boots & Repairs for so graciously allowing us to film in front of his shop and for joining in on the hollering.



CISS Drama Club Talent Show

by Shari

continued from page 1...

I can't explain the pride that I felt as an observer. I can only imagine how the family members and the support staff felt. I want to extend a huge thank you to Ray, who organized the event. Ray has not been with the society for very long and has graciously accepted the responsibility of running the Drama Club. He has proven to be more than worthy of this task. Ray was a perfect master of ceremonies, encouraging the performers to come up on stage and standing off to side just within their view so they knew that he was there if they needed him.



Russell sings Jonny Cash at the Talent Show.

At the end everyone enjoyed snacks and beverages and wishes of summer fun. The Drama Club is now on vacation until the fall. I hope all the performers enjoy the break and join back in during the fall.

Favourite Quote

By George

What is love? Some say it's a feeling; others say it's a commitment. But I believe the following is one of the best definitions of love that I have come across, and I would like to share it with you.

"Love is patient and kind; love is not jealous or boastful; it is not arrogant or rude. Love does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrong, but rejoices in the right. Love bears all things, believes all things, hopes all things, and endures all things. Love never fails."

Saint Paul

CISS Parent Group

By Sue

Wendy Langridge held the first CISS Parent Group in April. It was a successful first meeting mainly to discuss ideas for future meetings. The group has a casual format and talking to other parents and family members was most enlightening. Some of the topics we discussed were advocacy, tax deductions, house tax deductions, representative agreements, PLAN, BC Association for Community Living, Family Support Institute, VELA and microboards and upcoming events. As families of consumers we can at times become overloaded with information but I found the group to be extremely worthwhile and look forward to future meetings. Wendy and Shari will be inviting guest speakers, who will provide information requested by families. Consumers are welcome to come along. Staff have movies, snacks and other activities for them to enjoy. Rosella and Cristina were wonderful at the last meeting. I brought my daughter and she had a great time while I was in the meeting. The Parent Group will be held every three months or so. Hope to meet you at the next one. Thank you to Wendy and Shari for taking us on.

Next Parent Group Meeting:

Tuesday August 1, 2006 at 7:00pm.

Parents will receive an agenda prior to the meeting.

Volunteer Recognition

Throughout March, April and May participants at CISS donated 573.3 hours to the following:

Adopt-A-Trail - Rocky Point Park, Archbishop Carney School, Calvary Church, CLS Coffee House, Coquitlam Animal Shelter, Coquitlam Community Garden, Costco, Eagle Ridge Church, Friendship Baptist Church, Java with Friends Coffee House, Jolly Olde Bookstore, Kyle Kitchen Senior Lunch Program, Lady of Fatima Church, Pronto Deli, Queen's Park Hospital, Recycling, Share Society Thrift Store and the West Vancouver Seniors Centre.

Great Job Everyone!!

BRAVOS

BRAVO to Kim for going above and beyond to assist staff new to the Coffee House in learning the ropes. Your assistance was greatly appreciated.

Submitted by Linda.

BRAVO to Pamela P. for doing such a great job on organizing the craft club and making it such a huge success!

Submitted by Wendy and Brenda.

BRAVO to Ray and participants for a most successful Karaoke Talent Show!

Submitted by Wendy.

BRAVO to Rosella for organizing the skating party for staff and consumers of CISS.

Submitted by Brenda.

BRAVO to Brenda and Gope for assisting a neighbour of a consumer who was having a medical emergency.

Submitted by Mary Joy.

BRAVO to Raishma for faxing and phoning all the junk mail which is constantly being faxed to our office letting them know we would like to be taken off their list.

Submitted by Mary Joy.

BRAVO to Jeff for dressing up as a scarecrow and supporting Ed with his karaoke routine.

Submitted by Mary Joy & Brenda.

BRAVO to Mary Joy, Wendy, Lee, Christina, Pam and Lisa for all the extra work you've done lately.

Submitted by Shari.

Volunteers at work...



Rae and Trevor sort recyclable cans and bottles at Archbishop Carney Secondary School. Rae volunteers there once a week with Mike, and Trevor joins them on occasion.



Mike is the master of sorting, having done this volunteer job twice a week for over ten years. He knows the task inside and out and teaches anyone new to the job how it's done.

Free Special Needs Summer Camps Near The Lower Mainland

By Amber

Camp Shawnigan - This NO COST campground has many locations beginning 40kms north of Victoria and offers weeklong sessions for children and youth with disabilities. Its activities range from aquatics and nature programs to arts, crafts and drama workshops. In addition, tennis, swimming, boating, fruit picking, floor hockey, volleyball, badminton and fishing are also available. Individualized programs are designed to accommodate the particular needs of each person.

Camp Squamish – This NO COST campground is located 45kms north of Vancouver at the foot of Mount Garibaldi and offers weeklong sessions for youth with disabilities from throughout the Lower Mainland. This camp offers activities that range from aquatics, nature programs, arts and crafts and drama workshops. Swimming, indoor basketball, canoeing, hiking and horseback riding are also available and each program is adapted to meet the needs of its participants. Medical staff is present, as is a 24hr on-call physician.

For more information contact:

Lions Society of British Columbia

3981 Oak St. Vancouver, BC V6H4H5

Telephone: 604-873-1865

Toll Free: 1800-818-4483

Camp Shawnigan Email: info@lionsbc.ca

Camp Squamish Email: escampsquamish@telus.net



Staff Feature: Spotlight on Adam

By Wendy

Adam has been with Community Integration Services Society since October 2001. He started out part time and has been working full time for the past 4 years. Adam became interested in working in this field when he was a volunteer for Special Olympics, in Powell River.

Adam's strengths are his calm, relaxed demeanour which everyone appears to appreciate. His ready grin and friendliness makes him a favourite of staff and consumers alike. He used to run the Coffee House and he can tell you some stories! He says it has grown so much and with everyone's help it is only getting better! He has also sat on various committees while here at CISS, and currently he is on the Health & Safety Committee, helping to make sure we stay safe!

Some of the extra tasks Adam has graciously offered to do for CISS is mentor other staff on how to use some of the necessary programs on the computers. He has held various classes after hours, and is always willing to help out with questions from everyone who asks. He is also a bit of a "computer geek", and I mean that as a compliment! On many occasions he has helped out with various glitches that happen with the computers in each of the offices, and is very patient in explaining the problem.

At the time of this writing Adam and his wife are planning a well deserved month long vacation in Europe. We can tell it is getting closer, as Adam's grin just keeps getting bigger each day. Have a great time Adam, and we wait for your travels tales when you get back.



Sign Language Feature

By Laurel

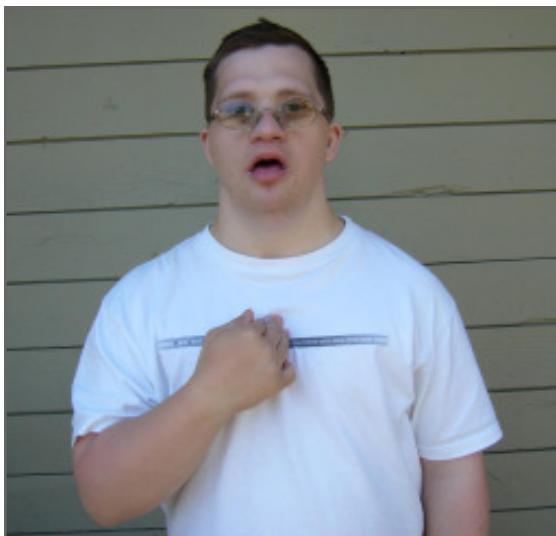
On March 8 to March 29 a group of consumers at IDS - Port Moody were fortunate to participate in a sign language class here at CISS. During this class consumers learned how to do some basic sign language. They learned how to sign the alphabet and many other words and phrases such as "I like to read", "I like to party", "I go to the beach", "I go to party", "I want" and many more. During this four week course the consumers at IDS would practice their words and phrases with their staff so they could present them to the other consumers the next week. Many of the consumers enjoyed taking this course and were able to sign in an effective manner to get the messages across to others.

Many people believe sign language is a universal language when in fact there are many different sign languages. A person who is deaf could learn any one of several languages depending on the country they are from and

their community. An example of this is that British sign language and American sign language (ASL) are totally different from one another even though both countries speak English. Another misconception is that ASL

is based on English or that it is gestural English. Really, there is no connection between them at all. ASL shares no grammatical similarities with English and it has a topic-comment structure rather than English's subject-predicate structure.

ASL is not all communicated by hand movements as some might think. It relies heavily on facial and mouth movements to get the correct meaning of the message across from one person to another. From this body language, a person who is deaf can pick up the connotations much like a hearing person can from listening to tone of voice. Because of ASL's flexibility and reasonableness to a person who is deaf, it tends to be more natural and the language of choice for many deaf communities.



"T"



"Want"



"Go"



"Beach"

**"I want to go
to the beach!"**





Nenad shoots some pool at Place Maillardville.



Todd and Erin pose for a picture at Erin's go-away picnic.



The June 15 Coffee House had a Hawaiian theme. The musician hands out the extra prizes for best theme representation.



As part of May's Coffee House theme, "The Wild West", they let a bunch of cowboys in. Mike looks very natural in that hat.



Todd and Brian have some fun at the City Centre Aquatic Complex.



The crew from North Vancouver spend a beautiful day picnicing in the park.



Community Integration Services Society
presents
the ULTIMATE SPORTS DAY

Raising money to enable individuals with disabilities to become active members of their communities.

Hey, remember last year's Ultimate Sports Day? Did you participate? Were you there cheering on someone you know? Maybe you just heard about it and how much fun it was. Well this year we're doing it again, and this one will be bigger, better, and more... ultimate!

Be sure to check out what happened at the last two Ultimate Sports Days on our website at
www.communityintegration.org

Register a team!

On Saturday September 16, 2006 we will be hosting our third annual **Ultimate Sports Day** from 11am-4pm at Blue Mountain Park in Coquitlam. The money raised will be used to fund programs within our society. We need teams of 4 adults, and the registration fee is \$15 per person. This price includes a T-shirt as well as free food and drinks on the day of the event. There will also be many great prizes handed out to our participants such as CDs from HMV, free spa passes, free movie tickets, gift certificates from Coquitlam Center, free one-year subscription to TV Week Magazine, and many other great gifts. Opportunities to purchase raffle tickets for other outstanding prizes will also be available. In the past, our sponsors such as Honda, Van City and Petro Canada have also been holding their own venues and handing out gifts and prizes. Don't miss out on this great opportunity to get some exercise, share some laughs, and win some great gifts! To sign up a team, volunteer, or make a donation, contact Herman Wong at **604.461.2131** or email us at resource5@communityintegration.org



CISS COFFEE HOUSE

Come Join the Fun!

Live Music Dancing

Door Prizes

Opportunities to Socialize

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

Place Maillardville
1200 Cartier St.
Coquitlam

\$2.00 admission
concession also available
(coffee, pop, chips)

Java with Friends



**Introducing
Coffee House Themes
once per month**

Extra Door Prizes

**Prize for Best
Theme Representation**

**July 20
Tacky Tourist**

**August 24
A Day At The Beach**

**September 21
70's Retro**

We need your support

Please support CISS by donating to our 2006 fundraising campaign.

Name: _____

Address: _____

Postal Code: _____

Phone: _____

Enclosed is a cheque or money order (made payable to Community Integration Services Society) for the amount of:

\$25 \$50 \$100 other

Your charitable receipt will be sent to the above address.

Thank you for your contribution!

Members of the Newsletter Committee include: Bruce, Christina, Laurel, Marva, Pamela, and Wendy.

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If you would like to submit an article, picture, or creative work e-mail Bruce at:
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