

Community Integration Services Society



NEWS LINK

Volume 13 ♦ Number 4

2010 Summer Issue



FROM THE EXECUTIVE DIRECTOR'S DESK

by Shari Mahar



I am writing this article at my desk looking out at the beautiful summer weather thankful that we have had such a wonderful and successful year. Although we looked like a chicken with our head off we did pull off the very best 20th Anniversary Celebration on June 26th. The day was very special and I am so thankful that so many of our family, friends, employees and consumers both current and from the past took time out of their busy lives to come celebrate with us. What a perfect party, incredible music, great food, and lots of socializing. We are on our way to a very bright future.

Hosting such an event was a lot of work and I want to thank the group of people who worked tirelessly: John, Katrina, Brenda, Pam, Andrea, Ester, Leah, Kahir, Lee, Wendy L, Mary Joy and Laura, Kara, Tom and Gord. As well as in true CISS fashion all of our guests jumped in and helped throughout the day.

You may have noticed that there have been some significant changes around the office (head office and Inlet). In order to be able to make more space during our last year at the Port Moody office we have moved people around to free up three new spaces in Suite 200. The three new spaces will be accessible to all of CISS' consumers and staff to work on employment, self advocacy initiatives, the Quality of Life project and so much more. I

am excited to see the growth and change and invite everyone to jump in and work with Lee, Wendy and Mary Joy on all of these initiatives.

By the way if you are looking for Ester she is now stationed at Inlet in Suite 205 and Pam and I are next door in Suite 204 A – drop in for a visit.

Our progress on the new CISS Share Vision data base is making exceptional progress under the leadership of Kahir Laji and Mary Battle along with the hard work of our summer student Leah Drewbrook. Kahir and Mary are designing the system to achieve our exceptional planning and goal setting practises and are currently in the progress of training the other managers to use the system. Our fingers are crossed that our staff can join in on the training in the fall.

The Quality of Life Project is well on its way under the leadership of Lee Weisgarber. Four individuals from CISS have applied for the interviewer position working under Dr. Susan Powell. We hosted a consumer meeting in late June to introduce everyone to the concept of Quality of Life by showing Dr. Schalock's slide show. Thank you to Quentin and Rae who were brave enough to stand up in front of the group to speak about their involvement in the project. If you have any questions about the Quality of Life Project please see Lee or Katrina at IDS.

I hope everyone had a safe and enjoyable summer, take care and drop by and see the new offices.



Health & Safety

By Brenda

Being stuck inside for a long period of time is not a good or healthy thing. There are people that find when it's dark and rainy out for long periods of time, very depressing. So when it's not rainy or dark out, and the bright sun comes out, it is refreshing for everyone. You see more people outside walking their dogs; jogging, walking, biking and gardening, people are happier and friendlier. Eating healthier and exercising is what we should be doing. Ask your family members, friends and co-workers to be your support system for eating healthier and exercising each day. Eating your fruits, veggies, fibre, dairy, protein, and a 20-minute workout every day will help you feel alive! Be encouraging and supportive to yourself (always) and the people around you and don't forget to smile!



What's New at CISS?



AT INLET

By Mary Joy

Staff worked hard at getting things ready for the 20th anniversary on June 26th. We had fun reminiscing about days gone by, consumers and staff who have moved on, and those of us who are still here to carry the history on through the years. Brenda and Rosella did an excellent job on the CISS scrapbook. The event was excellent and our craft table was quite a success. We would like to welcome Ester to our office, she moved from the Head Office to her own office space Inlet Program. We will be seeing some gradual changes in the months to come and are excited to see what the future may hold. Inlet would like to welcome Peggy Schmitz to the team. Peggy is coming to Inlet part time and really seems to be enjoying the new program. Peggy was happy to know three of her peers from outside the program. The Community Garden program is once again on the go in Burquitlam. It's been a slow start but that's ok we have dedicated gardeners who can't wait to get their hands dirty. Some of the Inlet team enjoyed an adventure at Science World in May, as well as the Greater Vancouver Zoo.



At North Vancouver

By Andrea

We've had a lot of excitement these past few months here in North Vancouver! July 12th was the grand opening of the CISS Hot Dog Express. Staff and consumers from CISS Port Moody come out to support us, as did the North Vancouver MLA, Jane Thornthwaite, and the North Shore News. Melissa, Scott, and Shellina were very happy to see their picture in the Sunday newspaper! Be sure to come visit - we are open every Monday and Friday in North Vancouver at Ron Andrews Recreation Center. We also hosted our own 20th Anniversary celebration here in North Vancouver. Guests of the party were delighted to watch the "CISS ABBA Mania" group perform their song and dance routine! As a final act to commemorate 20 years of service, staff and consumers planted trees at MacKay Park. Thanks to Graham Knell (habitat coordinator for the DNV) for his generous donation. We would like to offer birthday wishes to all the staff and consumers who celebrated their birthdays during this last quarter. We would also like to extend hearty congratulations to Darren, who has started his paid job shredding paper at Hansen & Co. and Lynn Valley Insurance!

AT PORT MOODY IDS 1

By Wendy

Spring and Summer have proven to be eventful so far for our team. Two individuals on our team have been called back for interviews for the Quality of Life Project. We all wish you well! Quite a few got out for our Greater Vancouver Zoo trip, and it seems as if it was a great success. There were many pictures taken of the animals, presentations and people just having a great time. I wish to congratulate all those who received their volunteer certificates at Lions Park. All of you have worked very hard and deserve the recognition. Certificates were handed out on a beautiful sunny day, and we all had a few treats to celebrate. A special thank you goes out to Quentin, Colin and friends for their wonderful music at CISS 20th Anniversary Celebration on June 26th. All enjoyed it! It was good to see so many come out and join in the event.

At Port Moody IDS

By Lee

Summer is here!! Great weather, fun activities and good friends! That's what it's all about! We welcome two new individuals to our program; Hudson and Michael. Please introduce yourselves and help them to feel welcome. We also welcome Brook to our team in a full time position. Kyle Kitchen celebrated CISSs' 20th Anniversary on June 22nd. We had cake, display boards and the regular home cooked lunch that Kyle Kitchen serves every Tuesday. Thank you to Gracie, the seniors and all the volunteers who make this a successful program week after week. Gracie will be leaving us on Maternity leave at the end of August. She has promised to bring her new baby to see us all. Good luck Gracie and Luis! Sleep now while you can! Krista has moved this summer and is doing very well. Geoff is working at his new position at McDonalds and did a fill-in Shift while his peer was on vacation. Brian works on a different day at McDonalds and particularly enjoys the ½ price lunch that is an employee perk. John has had his 3-month review at Rogers's video and it was outstanding! Kerry has been visiting with her sister this summer and plans to move to Maple Ridge in the fall. William started his new job at Meridian Mortgage in June and is experiencing paid employment for the first time. Mike S. continues to work at Reuben's chocolates and Big City Cupcakes. Great job to all that have paid employment and good luck to those that continue to pursue it. The Quality of Life Project is up and running. Four people from the Tri City programs applied to be "interviewers". This is a paid contract position that will last approximately 2 months. Three people to date have received follow up interviews from Susan Powell (the project coordinator). I will keep you posted on the results. Good luck! Many others may be selected to be "interviewed" on their quality of life. Keep posted for upcoming information.

Book Review: Ten Degrees of Reckoning by Hester Rumberg

by Nicole D.

If you can handle a bit of a tear-jerker that leaves you with a positive up-beat message then this is the book for you. It is a true story about a family of four who set out to cross the Pacific Ocean in their boat. Unfortunately a terrible incident disrupts their adventure and tests the family's will to survive. A very compelling read.

Parent Article

By Wendy

Two very well known organizations that can assist you when needed right here in BC. (excerpts taken from each of their websites).

The BC Association for Community Living is a provincial association dedicated to promoting the participation of people with developmental disabilities in all aspects of community life. We also support activities dedicated to building inclusive communities that value the diverse abilities of all people.

In the past, individuals with developmental disabilities were often labelled "mentally retarded" or "mentally handicapped." Many were placed in institutions, segregated schools or workplaces with little or no pay. Parents who dreamed of a better life for their sons and daughters founded BCACL. They wanted their children to learn in school, have friends, and be welcome in their communities.

Over the years, BCACL has grown to include individuals, families, volunteers, and over 70 associations dedicated to making sure that people with developmental disabilities are able to enjoy their right to lead active and productive lives in their communities.

BCACL's goal is to make it possible for every person, whatever their ability, to live and participate as a full citizen in their community.

The Family Support Institute is a province-wide organization whose purpose is to strengthen and support families faced with the extraordinary circumstances that come with having a family member who has a disability. FSI believe that families are the best resource available to support one another. Directed by families, the Family Support Institute provides information, training and province-wide networking to assist families and their communities to build upon and share their strengths.

When your son or daughter has a disability, life often becomes different from anything you could ever have imagined. You may find yourself in a world you never knew existed, one you may be reluctant to embrace, where there are more questions than answers.

The Family Support Institute is unique in Canada. It began with the help of the B.C. Association for Community Living in 1986 in response to the needs and requests of families of people with disabilities. The Family Support Institute's philosophy was developed based upon the following beliefs:

All people have gifts, strengths, and much to contribute to society. Parents are the experts when it comes to understanding their own children. Families serve as a unique and valuable resource to each other. Informed, involved, and confident parents are the most effective agents for social change on behalf of their children. All people have the right to be valued and feel that they belong.

SUMMER TIME

By Rae Kesavan

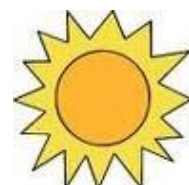
Summer is time to take vacations and it's time to have fun in the sun. Kids will be out of school for two months. They will be going on their holidays as well. Some of them will take summer classes.

Summer is time to have a little treat, like ice cream and such. But for the ladies we've got to watch out for our figure! We can play outdoor games and sports. We can also have picnics.

Kids like to go to water parks. They like to splash themselves and keep themselves cool. For some adults they like to do some gardening and plant beautiful flowers. But when you go out make sure you put on some sunscreen lotion.

People who can't take too much heat will need to wear long sleeves. And some of them they get migraines as well. All they need is a nice cool drink.

ENJOY YOUR
SUMMER!





Fun Activity Page



Word Search

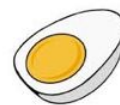
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ACCEPT
CARING
COOPERATE
FRIENDLY
FRIENDSHIP
HELP
KINDNESS
LAUGHTER
LIKE
LISTEN
MEMORIES
PLAY
RESPECT
SPECIAL

Jokes



- How did the gum cross the road? It stuck to a chicken's foot.
- Why did the orange go to the doctor? Because it was peeling funny.
- Why did the cat lie on the computer? To keep an eye on the mouse.



- What did the egg say when he heard a joke? That joke cracked me up!
- What do you get when a dog goes to the desert? A hot dog.
- Why did the cucumber blush? It saw the salad dressing.



- What did the grape say when the elephant stepped on it? Nothing but let out a little wine.
- Which candle burns longer - a blue candle or a red candle? They both burn shorter.
- What do you call a horse that lives next door? A neigh-bour.

- What did the dog say to the tree? I like your bark.



Taken from Highlights and Chickadee magazines for children.

ASL

By Mai-Lan

I love learning other foreign languages other than English. It is like listening to Opera when it is in a different language. When I don't understand a foreign language, I listen for different emotions in the voice, the cadence and tone, as well as watching body expressions, etc. We all unconsciously use non-verbal communication in our body postures, movements, stance, hand gestures and facial expressions when we talk. In the deaf community they 'listen' with their eyes and body language is more accentuated when they 'talk'. Like any language, there are the alphabet and numbers translated by using hand signs called American Sign Language or the acronym ASL. ASL has a system of rules, using grammar, the tenses, verbs and nouns in a sentence. Also, just as the hearing culture, does not verbally spell each letter out in the word such as saying "h-a-p-p-y", we verbalize two syllables "happy" in one word. In ASL it is time consuming to spell out each hand sign of the letter for 'happy' than to have one sign or hand gestures in two motions to represent the word 'happy'. Again, there are finger spelling and hand signs for 'Community Integration Services Society', which is longer than if I were to use the letters of the alphabet and fingerspell the acronym for CISS. I find that a lot of the ASL phrases are logical, some of the signs are universal such as using facial expressions, which provide a strong visual communication mode, which can only enrich the hearing culture. For example, when you sign for the phrase 'year' the motions and shape of the hands represent the earth rotating around the sun one time, which we all know takes one year for the earth to complete; the image seems to make sense. In the image for the word 'celebration' we spontaneously express this in body language almost universally when we are happy, by throwing the arms in the air or 'waving the flag' sign reinforced with a smiling face. I have combined finger spelling and images of ASL words in the logo "Happy 20 Year Celebration CISS". Without any knowledge of ASL, what would you imagine the hands signs look like for the title 'Community Integration Services Society'? Search in the ASL Dictionary to confirm and see how close you get to the correct signs for this name!

COMMUNITY PARTNER – FREE GEEK VANCOUVER

By Katrina

Free Geek is a nonprofit community organization that reduces the environmental impact of waste electronics by reusing and recycling donated technology. Through community engagement they provide education, job skills training, internet access and free or low cost computers to the public. One of twelve such operations in North America, *Free Geek Vancouver* was the first operation in Canada (December 2006) and is the second largest of its kind. Canada has recently opened its second operation in Toronto. *Free Geek* estimates that they receive about 35 tonnes of donated computer equipment every month and reuse 15 to 20 percent. *Free Geek* earns two thirds of its revenue from its thrift store (where they sell computers and parts at discounted prices) and one third from selling recyclables such as copper wire. They also give back to the community by donating computers and printers to other non-profit organizations. *Free Geek* runs with 5 full-time staff, 3 part-time staff, and hundreds of volunteers. Mariam Durrani, the Administration Co-coordinator stated that the volunteers are as diverse as their reasons for coming to *Free Geek*. Some want to earn a computer, some want to learn to build a computer, some want to give back to the community and others want to be a part of a community. Whatever their reasons, it is the volunteers that keep *Free Geek* forward moving. Volunteer orientations are held three times per week. Once the orientation is complete they can choose to participate in several of *Free Geek's* programs. Volunteers can participate in the "Adopt a Geek Box" program where they receive a free computer after 24 hours of work. The "Build Program" teaches volunteers how to assemble a computer and can take home the sixth machine that they put together. Volunteers' computers all run with free, open-source software that can be updated for free online. All volunteers receive training on how to use the free software loaded onto their computers. John Hoogland has been volunteering at *Free Geek* since June 3rd, 2009. John works independently from 11:30 to 2:30 every Wednesday and has already earned his free computer. Jessica, the Volunteer Co-coordinator at *Free Geek* says that John is a valuable member of the *Free Geek* team and looks forward to him being there on Wednesdays.

SUGGESTION BOX

By Shari

Staffing: The suggestion is *"More Casuals mostly during summer months"*.

July started off this year with a shortage of casual employees which contributed to this suggestion coming in. Yes, you are right we need to canvas for more casual staff. Over the past year we have had a great improvement in hiring and retaining casual employees however often this is just the starting point to staff going into regular internal postings. The managers review their staffing regularly and continue to work hard at hiring as needed. We will continue to recruit and hire more relief staff. Thank you for your suggestion and patience.

Phone: The suggestion is *Can Inlet get a new phone for the back room?*

Yes, Inlet did get a new phone six days after the suggestion came into the box. Our delay in getting the additional phone was our pursuit of a new phone system which would not have been compatible with our current telephone units. Due to the high cost of the new system and the additional costs to move the system in one year we have decided to stick with what we have for now, thanks for your patience during the transition.

Bravo or Way to go: The suggestion is *Will CISS consider a type of Bravo for consumers who go above and beyond in Day Program? For example, when one of their peers is unable to carry out the tasks (on occasion) of a volunteer job and another peer steps up and does it or assist.*

This is a wonderful idea and this is something that we have done in the past. I would like to respond to this by re-visiting our Super Star recognition program where we identified four individuals every three months in a newsletter type document. The way to go talked about their achievements and accomplishments. In September the managers will bring this item to their staff meeting for review and recommendations – upon completion we will engage the consumers in giving us their final recommendations and approval. Thank you.

Driving: The suggestion is *Staff and program managers making illegal turn from St. John's Street to the building, dangerous. Encourage everyone to use the signal lights to get to the building?*

Yes, this is a very good suggestion. I ask that all visitors and employees entering the 3003 St. Johns Street office take a little extra time to make a legal proper turn on Williams Street and enter through the alley (when heading west bound) and use proper turning signals to enter either end of the parking lot when traveling east bound.

I will also remind our staff and volunteers to travel in the correct direction down the alley in the rear of the building – I have witnessed our own employees traveling the wrong way- lets be safe.

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

FAST FACTS ON DISABILITY AND EMPLOYMENT

By Linda

DEMOGRAPHICS:

- 15.5% or 4.4 million Canadians reported some level of disability
- For Canada that is equal to the combined population of Alberta, Saskatchewan and Manitoba
- For BC that is 622,000 people or more people in BC have a disability than the total population of Newfoundland
- three times larger than all (1,432,484) students attending full and part-time post secondary education in Canada
- twice as large as all the visible minority groups combined in Canada

ECONOMICS:

56% of working age people with disabilities receive less than \$10,000 per year in income. Women with a disability are particularly hard hit with more than half receiving less than \$5,000 per year.

NATURAL FIRST AID KIT

By Katrina

Must-pack Remedies for summer picnics, hikes, sports activities and camping trips.

INSECT BITES

Prevention: Fend off mosquitoes and other insects with insect repellent or pest-resistant essential oils including cedarwood, citronella, peppermint and lemongrass.

Remedies: Apis – a homeopathic that relieves burning and stinging as a result of a bite. Tea Tree Oil – reduces inflammation, relieves itching.

SUNBURN

Prevention: Reduce your chances of getting burnt by wearing a wide-brimmed hat and slathering on a SPF 20 sunscreen every 2-3 hours (more often if swimming or sweating).

Remedies: Aloe Vera Gel – soothes the burn and promotes healing. Calendula – (Available in a cream or homeopathic) soothes skin and promotes healing.

FOOD POISONING

Prevention: Keep perishable food in a cooler that keeps food at or below 4 degrees Celsius. Place cooler in the coolest part of the car when travelling. Keep cooler out of the sun when picnicking. Keep raw meat in sealed containers and pack them at the bottom of the cooler to keep their juices from dripping on other food or pack meat in a separate cooler. Cook meat thoroughly.

Remedies: Ginger Root – (Available in capsule or tea bag) soothes an upset digestive system and relieves nausea. Nux Vomica – a homeopathic that eases indigestion, headache and nausea.

DEHYDRATION

Prevention: Up your fluid intake to 3-4 quarts of water a day in hot weather or when exerting yourself at work or play. Pace yourself when hiking or playing sports.

Remedies: Emergen C powder added to your water –contains electrolytes, antioxidants and vitamins.

SORE MUSCLES/BRUISING

Prevention: Pace yourself. Wear appropriate attire for activity. Hydrate yourself.

Remedies: Arnica – a homeopathic that reduces soreness and swelling.

CUTS/SCRAPS

Prevention: Be mindful of possible dangers (ie – uneven ground, loose rocks, etc.)

Remedies: Tea Tree Oil – antibacterial, reduces inflammation, promotes healing. Propolis – (Available in liquid form) one of nature's greatest topical disinfectants promotes healing.

BRAVOS

To: Brenda

From: Shari

Reason: Thank you Brenda for the wonderful 20th Anniversary Scrap Book – you have forever captured our memories. Thank you for being part of the planning committee, our 20th Anniversary Celebration was done well.

To: Katrina

From: Shari

Reason: Thank you Katrina for all of your hard work for the 20th Anniversary Celebration – your exceptional support to John and to the committee is honourable. Your endless hours of work and hard labour are appreciated.

To: Andrea

From: Shari

Reason: Thank you Andrea for all of your creative and hard work in making our 20th Anniversary Banner. Your detail and commitment to the project was evident in the finished banners.

To: Laura

From: Shari

Reason: Thank you Laura for being a volunteer at the 20th Anniversary Celebration. Your initiative and hard work is appreciated.

To: Kathy

From: Shari

Reason: Thank you Kathy for always assuring that the people on the North Shore get to join in on activities even when they are outside of our regular hours. Your volunteerism and dedication is appreciated.

To: Trisha

From: Shari

Reason: Thank you Trisha for supporting the folks from the North Shore Program at CISS's 20th Anniversary Event, your volunteerism and dedication is appreciated.

To: Pam

From: Shari

Reason: Although you will say, hey it is part of the job, I want to thank you for being such an integral part of the planning and hosting of this years AGM meeting and the 20th Anniversary Event – Thank you for always giving 110%.

To: Ester

From: Shari

Reason: Thank you Ester for coming to our AGM and 20th Anniversary Celebration. Your hard work is very much appreciated.

To: Kahir

From: Shari

Reason: Thank you Kahir for working hard at this Year's 20th Anniversary and AGM Meeting. We couldn't have done it without you!

To: Lee

From: Shari

Reason: Thank you Lee for working hard at this year's 20th Anniversary and AGM Meeting. We couldn't have done it without you!

...**BRAVOS** continued on pg. 10

CONSUMER SATISFACTION SURVEY RESULTS

By Shari

In the past three months (April, May and June) there have been 10 surveys completed and returned to CISS.

Who helped you fill out the survey?

Family/Caregiver: Six

CISS Support Staff: One

Two individuals filled out the survey on their own and one individual ticked off that family/caregiver, CISS program manager and staff and other helped to fill out the survey.

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 for a view of the survey tool).

1. What do you like the best about CISS?
 - Going out to work
 - Friendly staff, accommodating
 - The staff are supportive, helpful and funny
 - Staff
 - Doing hard work
 - Bowling, work, swimming
 - Vacation manager
 - Parties, celebrations
 - Coffee house with my friend Paul
 - The exciting daily programs, 5 days per week
2. What do you not like the best about CISS?
 - Nothing disliked
 - Change in my routine
 - Nothing
 - nil
3. Do you have any suggestions or ideas?
 - No
 - No
 - Keep up the good work
 - Have outings to places of interest. Do creative crafts at the program
 - Wheelchair acc.
 - nil

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.

Responses:

1. The social committee plans parties that I like:
Awesome: 6 Okay/Good: 3 Terrible: 0

One individual stated that they had not been to a party yet for CISS.

2. List ideas of events you want to participate in:
Go out for dinner, BBQ,

3. I like the programs that I do at my day program:
Awesome: 7 Okay/Good: 3 Terrible: 0

4. I get to set my own individual goals at my ISP meeting:
Awesome: 6 Okay/Good: 4 Terrible: 0

5. I get to try new things at my day program if I want:
Awesome: 7 Okay/Good: 3 Terrible: 0

6. I like the way my staff help me at the day program:
Awesome: 8 Okay/Good: 2 Terrible: 0

7. My program manager listens to my complaints:
Awesome: 7 Okay/Good: 2 Terrible: 0

One individual answered with an N/A

BECOME A MEMBER OF CISS

CISS would like to present to you, the stakeholders, and 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.



BRAVOs

To: Mary Joy

From: Shari

Reason: Thank you Mary Joy for working hard at this year's 20th Anniversary and AGM Meeting. We couldn't have done it without you!

To: Wendy

From: Shari

Reason: Thank you Wendy for working so hard at this year's 20th Anniversary and AGM meeting. We couldn't have done it without you! Great Job selling cookbooks, Thank you!

To: Rosella

From: Brenda

Reason: To the little bird that helped me on the scrapbook, thank you Rosella for all your knowledge, your time, your wonderful memories and the fun we had putting it together.

To: Cynthia

From: Brenda

Reason: Thank you Cynthia for putting so much work into Health & Safety and for making it easier to check our FA kits.

To: Tanya

From: Brenda

Reason: Thank you for bringing a plant from your garden to place in our community garden.

To: Raishma

From: Brenda

Reason: Thank you for assisting a consumer who misplaced his coffee mug, the consumer was frantic and Raishma returned to the office after her shift was over, helped him to calm down and find his missing mug.

To: Bobbie

From: Graziella

Reason: For choosing a movie for the consumers to watch on the Kyle Kitchen volunteer event, as well as getting the movie free of charge and returning the movie at the end of the day to Roger's Video Store.

To: Ramon

From: Graziella

Reason: For driving back to the office and getting the camera to Kyle Center, as well as helping out at the Kyle Kitchen volunteer event on May 25.

To: Bobbie

From: Linda

Reason: Bobbie went out of her way by going to a consumers dance recital on a Saturday evening. It made the consumer feel special. She represents the best of what CISS stands for – respect for the people we support. Way to go Bobbie!

To: Susan

From: Graziella

Reason: For shopping and helping organize Kyle Kitchen Volunteer event on May 25. That is what I call wonderful team work!! Thank you!

To: Renee

From: Gracie

Reason: For her excellent work in helping consumers achieve their goals of employment!

To: Katrina

From: Gracie

Reason: For taking pictures and helping out at the Kyle Kitchen 20th Anniversary celebration.

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



Door Prizes

Dancing



**Opportunities to
Socialize**





Volunteer

At CISS we contribute to our communities through volunteering in many different ways.

For the months of April, May, and June 2010 we donated 855 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.



A Day with Greg

By Rob

Greg has been with CISS for a long time. I always look forward to working with Greg as we share a common interest in science fiction, and in particular Star Trek. There's not an episode out there, whether it be Classic, Next Generation, or one of the many other series that Greg and I have not seen numerous times but despite this, Greg and I enjoy them each time.

Greg and I head out into the community most days and he seems to really enjoy listening to Travelling Willburies and AC/DC. When we get to Tim Horton's, Greg always likes to have his favorite drink, and often reads through the community newspaper. Sometimes we will see his friends and acquaintances while we are out, and Greg is always glad to say hello and make a new friend. When the weather is good we may go for a walk at Como Lake. At the end of the day we go back to the house where it is time to wash up the lunch dishes. Greg sometimes pitches in, and helps. A time to relax with him at the end of the day and chat about how it all went makes a perfect end to a great day.

Our Friend - Fruit

By Pam



We all are aware that fruit is a very important part of our daily diet, but do you know the correct time of day to eat fruit? Fruit should be eaten on an empty stomach. Many of us eat fruit for dessert after we have finished our meal and then don't understand why we feel bloated, burp or even find it necessary to run to the washroom. That is because you haven't eaten the fruit on an empty stomach. When you eat a meal and then consume fruit right afterward, the fruit is ready to go straight through the stomach to intestine but is prevented from doing so when it comes in contact with the food we have just eaten. The

fruit mixes with the food and digestive juices in the stomach and then the entire food mass begins to spoil. The rotting food produces a gas and ultimately you end up with that uncomfortable bloated feeling. The concept seems pretty logical so why don't you try your own experiment to see if by eating fruit on an empty stomach you can eliminate that bloated feeling. Fruit is juicy and delicious, especially good on a hot summer's day and not only does it taste good it is good for our bodies. Kiwi is a good



source of potassium, magnesium, vitamin E and fibre and kiwi's vitamin C content is twice that of an orange. Apples are relatively low in vitamin C but contain antioxidants and flavonoids which enhance the activity of vitamin C ultimately helping to lower the risks of colon cancer, heart attack and stroke. Strawberries have one the highest total antioxidant powers among the major fruits and protect the body from cancer causing free radicals. Oranges may help keep

colds away, lower cholesterol and may also lessen the risk of colon cancer.

Watermelon is made up of 92% water, is thirst quenching and is packed with glutathione which helps boost our immune system. It also contains the cancer fighting oxidant lycopene. Guava and Papaya are known to be the clear winners in Vitamin C content. Guava is rich in fibre and papaya is rich in carotene, which is good for your eyes. So load up on your fruits this summer while there is an excellent variety available, but remember to eat them on an empty stomach.



We need your support

Please support CISS by donating to our 2010 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: Mai-Lan, Andrea, Katrina, Brenda, and Wendy

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

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