

S P R I N G 2 0 1 3

COMMUNITY INTEGRATION SERVICES SOCIETY



# News Link

V O L U M E 1 6 - N U M B E R 4



## Remember Leslie Colley

Our community here at CISS would like to express our condolences to Leslie's family, friends, and co-workers. Leslie passed away suddenly on Tuesday, April 30<sup>th</sup>. She joined us in December 2012 and was working in a temporary position at Inlet. She was an important addition to our CISS community; she will be missed.

## Welcome to Our New Website

On February 9, 2013, Community Integration Services Society launched its new website ([www.gociss.org](http://www.gociss.org)). Our website was re-vamped by a team of students from Capilano University. The four students spent a tremendous amount of time getting to know CISS, our people, and our services. We hope that the new website is interactive, enjoyable, and reflects our commitment to innovation. At first glance, you will notice that the website has been dramatically re-designed. In addition to the visual updates, the website has been organized to be easy to navigate so that you can quickly find what you are looking for. Information about the various programs at CISS, and the different initiatives launched by CISS are readily available. Specific program information and updates will now be provided regularly on our website. To find out what is going on with your program, simply click on the *News and Updates* tab for the latest information.

Staff will also have access to important information via our website. Through the employee section, staff will now be able to quickly find documents such as the *Request for Time Off* or *Casual and Relief Availability Form*.

If you haven't already, visit our new site at <http://www.gociss.org> and let us know what you think.





### Fay's Health and Wellness Workshop De-stressing



## From the Executive Director's Desk

By Shari

Capilano University students Will Balladares, Joan Gurney, Warren Orcullo and Tessa Polman-Tuin under the direction and guidance of their instructor Dave Rankin created a brand new web site for Community Integration Services Society. To visit our new web site please go to: [www.gociss.org](http://www.gociss.org). Our new website is bold and exciting just like CISS, and we plan to continue to build on our web site making it user friendly, engaging and informative. As a secondary assignment for two of our students (Will and Tessa) they created a video, which is also posted on the website. Go to the About Us tab and watch the video about our services.

As part of the evolution of our website came a re-design of our paper Newsletter. Our last Newsletter was in our new and improved format. We hope that you are enjoying the new layout as well as the increase in photographs. Our plan for the *Newslink* Newsletter is to continue sharing good articles, fun activities and stories, as well as lots of pictures with our readers. This will be done three times per year. You can expect to see a Newsletter come out every May, September and January. As part of the change we will now be including our Program Updates on the website instead of in our Newsletter; we plan to make our site relevant to current news.

CISS continues to work towards achieving the first private Heritage Revitalization Agreement with the City of Port Coquitlam. On January 28, 2013 the Port Coquitlam City Smart Growth Committee (SGC) met to discuss the

proposed Heritage Designation Bylaw and Heritage Revitalization Authorization Bylaw and Agreement for Melissa Park. The SGC had initially approved a Temporary Use Permit to CISS on July 21, 2011, which allowed us to use Melissa Park as an office and for ancillary day program use.

On January 28<sup>th</sup> the SGC were excited to see that CISS had completed the renovations and that our programs had been running smoothly at Melissa Park. The committee approved our proposal and recommended that the new bylaw and request for designation be taken in front of city council. On March 11, 2013 the city council gave third reading to the heritage revitalization agreement and heritage designation bylaws for Melissa Park. This was an exciting time for both CISS and the City especially as the City of Port Coquitlam is celebrating their 100<sup>th</sup> birthday this year.

In early April I was able to file a Notice of Heritage Status change to our land title, at the Land Title Office in New Westminster. It is so exciting to know that we are heading into the home stretch with our application. The next step in this process is for the city to submit our proposal and approved documents to the Heritage Branch.

CISS' Annual General Meeting (AGM) will be held this year at Melissa Park on Wednesday July 3<sup>rd</sup>, 2013 at 5:30 p.m. We hope that all of our readers will join us at this year's AGM.



## Interview at Hawthorne Seniors Centre

By Rae

**Words of Wisdom for Future Generations: To stay in love and be happy – Norman and Lorna**

Hi everyone, I interviewed a lovely senior couple at Hawthorne Seniors Centre. They are wonderful people. I just want to let you know that this couple understand each other.

They answered all of my questions patiently and lovingly. The couples names are Norman and Lorna. They were born in Vancouver, B.C. Canada. They met each other at a Teenage Dance. Lorna had a crush on Norman, Norman was a bit shy. They were married in 1953 and did not have a honeymoon.

They have a son and a daughter as well as 3 grandchildren. I asked Norman whether he was in the war. He said he was too young for that, as he was ten years old at the time. Many years ago, Norman was working as an electrician and Lorna was a cashier/ clerk at Safeway. They seem to be having a wonderful life together.



## Community Partner

By Brenda

**Home Depot**

I met Gord at Home Depot in Port Coquitlam in the lumber area at the end of February 2013. From the very start Gord was caring, friendly and very helpful in explaining how to make a flower box out of cedar planking. He volunteered his own time to give me a brief demonstration on a Saturday afternoon in March. Gord broke down the steps so clients and staff could put together flower boxes to sell in the spring. He took time to explain where the supplies were located in the store and asked to be one of the first customers! Thank you Gord for everything!



# Consumer Satisfaction Article

By Pam

In the past three months (January, February and March) there have been **9** surveys completed and returned to CISS.

Question	Yes	No
Did you have help to fill out this survey?	8	1
Who helped?	Family or Caregiver 5	CISS Support Staff 3

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

Question	Awesome	Okay or Good	Terrible	No Response
The Social Committee plans parties and events that I like.	7	2	0	0
<b>List of suggestions for the Social Committee:</b> CISS family fun day Go out for coffee				
I like the programs that I do at my program.	6	3	0	0
I set my own individual goals at my ISP meeting.	3	6	0	0
I get to try new things at my day program if I want.	5	4	0	0
I like the way my staff help me at my day program	7	2	0	0
My Program Manager listens to my complaints	7	2	0	0

## What do you like the best about CISS?

- The staff and my peers
- The new house
- I like to play sports and to go to the gym. I like to be with my friend, Hudson
- Meeting with Shari
- I like the staff because they help me
- The volunteer jobs
- Playing card games playing on the computer, delivering the newspaper
- Workshops and doing all kinds of things; bowling, nature walks, cleaning the church, drills in staff's car
- Coffee House, bowling, swimming, skating

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

- Doing other peers' volunteer CISS cleaning jobs
- I hate coming everyday
- Nothing I can think about
- Selling hot dogs, putting things away – too much work
- Everything with workshop except the computer

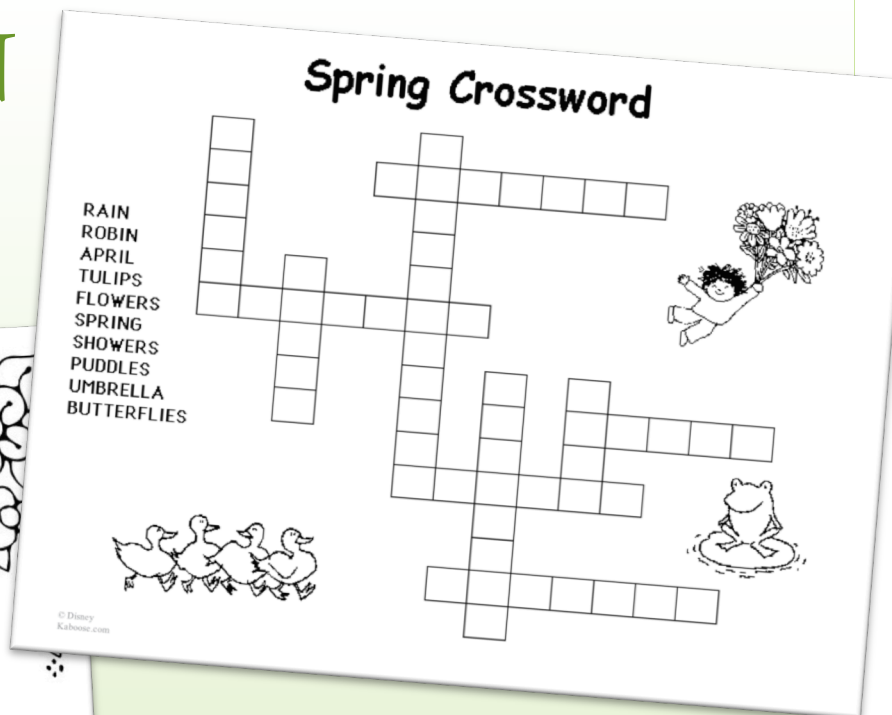
## Do you have any suggestions or ideas?

- I would like to do more volunteer work
- Bake sale, financial advisor (budgeting), computer class and health and safety class.
- Helping people do puzzles
- No suggestions or ideas of what else he likes to do but is excited about starting his new project of building a bird cage
- Go to the skytrain

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.



# SPRING FUN PAGE





## Suggestion Box

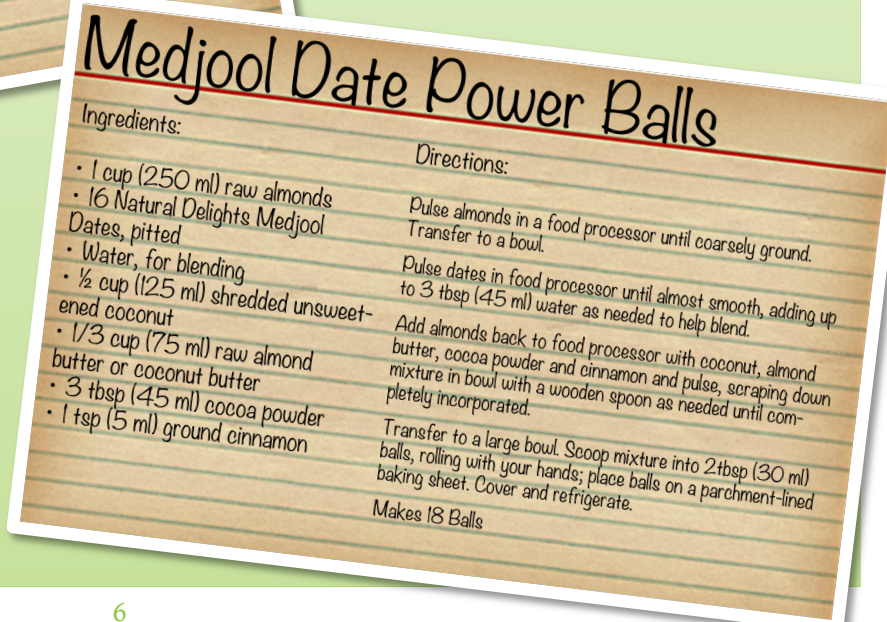
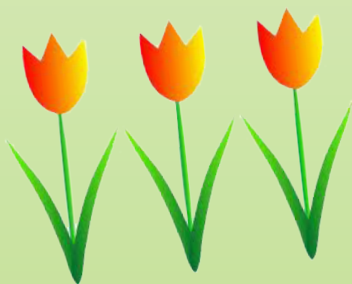
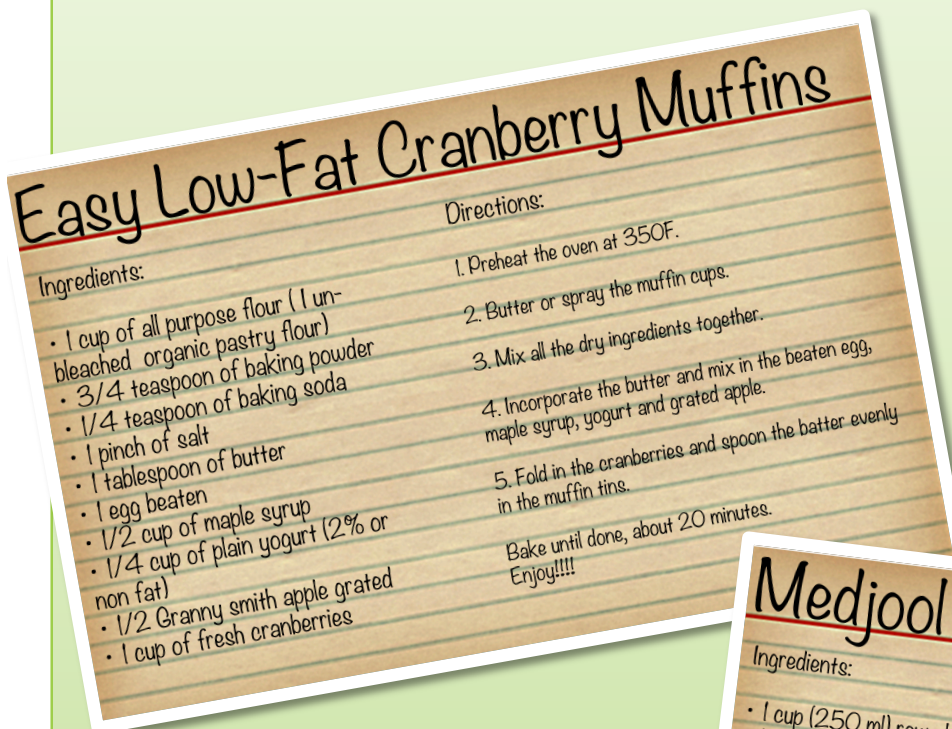
By Shari

Over the past three months there was one suggestion made through the suggestion box

*Suggestion: I feel the clients Charter of Rights plaques are too small other societies are large enough for them to read, thanks.*

Thank you for reminding us that it is time to make a change to the plaques. You are completely right; they are written in such small print that they are difficult to read. The paper version is in large print and every client reviews this annually and new clients get a copy in their handbook. I have asked the person in charge of facilitating the self advocates (Christina H.) to organize small workgroups and make recommendations for change. If we are going to re-print the Charter of Rights lets have the people served look at it and see if it is still meaningful to them. The original group of clients who wrote the Charter of Rights are mostly retired from the North Vancouver Senior's program let's see what the younger generation think about rights. If anyone has any suggestion about this project please email them to Christina at [chillan@gociss.org](mailto:chillan@gociss.org).

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





# Saint Patrick's Day at Coffeehouse!



# Oppositional Defiance Disorder

By Laura

Oppositional Defiance Disorder refers to behaviours which are negativistic, defiant, disobedient, and hostile behaviour toward authority figures. These behaviours are recurrent and developmentally inappropriate. This disorder can impede adaptive adult-child relationships and child-peer interactions. The behaviours include refusing to comply with adult rules and requests, frequent temper tantrums, outbursts and excessive arguing. In many cases it may be seen as a precursor to the more aggressive and violent behavior of Conduct Disorder. Conduct Disorder has many of the behavioural concerns of ODD with the addition of aggressive behaviour such as

bullying and physical fighting.

The majority of children with ODD do not have CD and many children with ODD exhibit ongoing oppositional behaviour without ever developing CD. ODD can cause significant problems for children, adolescents and adults in developing relationships, friends, employment and dealing with other authority figures. Behavioural Therapy is effective in assisting with ODD. Such strategies as social skills training and anger management training can also assist the child recognize triggers and develop the means and understanding to if not 'fix' than effectively cope with the effects of ODD on the different aspects of their lives.



## Health and Safety

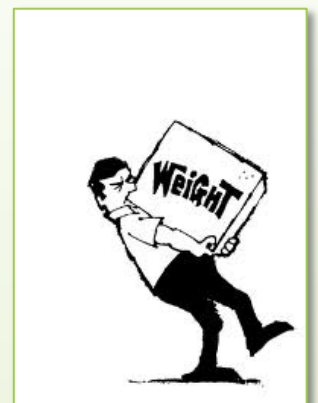
By Lee

### Body Ergonomics



When lifting, keep the back in an extended/neutral position. An extended/neutral spine is needed to buttress the sheer forces put on the spine. Each spinal segment should be in a neutral position. Do not flex the lumbar spine when lifting a load or you will increase the sheer force on the spine.

- Lock the rib cage on the pelvis (avoid rotation) by bracing the trunk muscles.
- Pre-stress the system for stability before you lift. Lightly contract the stabilizing muscles (abdominal and back muscles) to stiffen the spine to reduce stress.
- Avoid the end of range of lumbar motion (extremes of flexion and extension)
- Avoid loading the back immediately after prolonged flexion (Ex. coffee break, first thing in the morning, following prolonged sitting)
- Remember that an individual is more susceptible to injury at certain times – first thing in the morning, after sitting for a period of time, after sick leave or holiday.
- Reduce the load put through your back by holding the load close to your body.
- If pushing or pulling a force direct it through the belly button (ex: vacuuming, pushing a heavy wheelchair)
- Maintain a reasonable level of fitness. Those with good muscle endurance have healthy backs. You need good mobility of the hips, knees and shoulders and the ability to immobilize the spine.
- Balance rest breaks with activity breaks. Alternate activities to avoid overload.
- Wear appropriate clothing. Avoid clothing that will get caught as you move. Avoid pants that restrict hip and knee movement. Avoid shoes with high heels.





# Spotlights

## Brook Lindsay

By Brenda

When I was approached to do this article on Brook it was an honor.

I have known Brook for four years. He started in a casual position then quickly became full time. Brook started his career at Inlet, and then transferred to IDS 2. He is a quiet man but watch out for those fastballs in both his sense of humor and as a pitcher for a local baseball team in Port Coquitlam. Brook is an inspiring co-worker who has decided to make healthier choices in his life, by working out at the gym and eating better. He encourages his co-workers to make healthier choices as well. Brook loves to watch the Vancouver Canucks and enjoys talking to the clients and his co-workers about the game. Family and friends are important to Brook, he is very proud of his two older brothers who both live with special needs. Brook also has both of his parents, a sister and a lovely wife. This Libra is well balanced, caring and an inspiring individual, worth getting to know.



## Byron Buckle

By Rob

Byron joined CISS in the summer of 2008. Over the past 5 years he has evolved to become an active participant in various programs. Some of these are: volunteering at Coffee House, the Monday Catering Program and helping out at Melissa Park Lodge. He is an industrious individual with a superb skill for attention to detail. This attention to detail helped Byron obtain a paid part-time job at B&J Auto Parts where he works 2 hours a week stocking automotive parts. Based on his performance to date, B&J would like to increase Byron's hours to 5 hours a week. He is working toward the goal of working independently. Byron loves puzzles and anything to do with computers. There is a helpful caring side to Byron and he can be counted on to help his peers if needed. We look forward to sharing in and celebrating his future accomplishments.



## Superbrain Yoga

By Pam

Do you need a jump-start in the morning and your coffee just isn't doing the trick? Maybe you should try Superbrain Yoga. Superbrain Yoga is based on the premise that the ear corresponds to the entire body and on the principles of subtle energy and ear acupuncture, which was already recognized by the ancient Chinese. This theory has been written about in Master Choa Kok Sui book called Superbrain Yoga. Studies done on the effects of Superbrain Yoga on school age children with ADHD (Attention Deficit Hyper Disorder)/ADD (Attention Deficit Disorder), developmental disabilities and cognitive delays, Down Syndrome and specific learning disabilities, have shown an increase in academic and behavioral performance, greater participation in the classroom and improved social skills. The effects of Superbrain Yoga activate both the right and left hemispheres of the brain so that they are in sync and the mind is in unison. By doing this exercise, even after a short period of time your brain will become more energized so that you function with greater efficiency and mental clarity.

Superbrain Yoga is easy and fun, just follow these steps:

1. Stand up straight feet shoulder length apart and arms at your sides.
2. Take your left hand and with your left thumb and index finger grab your right earlobe (thumb facing outwards).
3. Now take your right hand and in the same motion grab your left earlobe.
4. Your arms should be crossed at your chest (the left arm must be on the inside while the right arm must be on the outside).
5. Now perform a leg squat, while still holding onto your earlobes by bending at the knees.
6. Inhale as you go down and exhale as you come back up.
7. Repeat this breathing pattern and continue doing squats for 5 minutes.

This information was found at [www.superbrainyoga.com/SuperBrainYoga.htm](http://www.superbrainyoga.com/SuperBrainYoga.htm) and [www.clear-mind-meditation-techniques.com](http://www.clear-mind-meditation-techniques.com)

## Boston Pizza (Paid Positions)

By Renee and Brook

Mike and Krista started new paid positions at Boston Pizza on February 27, 2013. Krista works in the kitchen portioning pasta, fries and chicken. She also assists with the dishes when needed. Michael builds the children's pizza boxes, putting the crayons, cards and coloring books in each box. He works independently building over 100 boxes during each shift. They are both doing a fantastic job and have each received their tips for a job well done!







# CISS COFFEEHOUSE

## COME JOIN THE FUN!

**THURSDAY 12:15 – 1:30 PM**

PLACE MALLAIRDVILLE

1200 CARTIER ST.

COQUITLAM

\$2.00 ADMISSION

CONCESSION ALSO AVAILABLE

(COFFEE, POP, CHIPS)

LIVE MUSIC, DOOR PRICES, DANCING,  
OPPORTUNITIES TO SOCIALIZE

## BRAVOS

**To Lorna from Rob** – For supporting at coffeehouse concession.

**To Lorna from Cristina** – For assisting in taking apart a wheelchair that had been recently modified.

**To Michale from Rob** – For assisting at coffeehouse concession.

**To Rob B. from Lee** – for supporting an individual, challenged with behaviours/illness, in his home for four days in a row due to staff shortage.

**To Raishma from Tanya** – for taking the initiative to assist with a client so that two others could continue with their volunteer jobs at the Kyle Kitchen program. You displayed what teamwork is all about. Great role modeling for team spirit!

**To April from Erin** – for taking time to assist her in her admin duties so that she could get a better understanding of her key client and gather a deeper knowledge of the ISP system. Great Leadership!

**To Wendy V. from Linda** – for going above and beyond to assist her key client. She took the initiative of going to the pharmacy to provide them with pertinent information regarding medication administration that was changed by the pharmacy. This information assisted the pharmacy in coming to an informed decision and they changed the administration accordingly.

**We need your support**

Please support CISS by donating to our 2013 fundraising campaign.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_

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

☐ \$25    ☐ \$50    ☐ \$100    ☐ other \_\_\_\_\_

Your charitable receipt will be sent to the above address.

**Thank you for your contribution!**

Members of the Newsletter Committee include: Brook, Navjit, Ramon, John, and Linda

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

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

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

**Community Integration Services Society**

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