

S P R I N G 2 0 1 5

COMMUNITY INTEGRATION SERVICES SOCIETY



News Link



Mark Your Calendars for our 25th Anniversary Annual General Meeting (AGM) and BBQ

*At Melissa Park
On Saturday June 27th, 2015*

The Business Session and Service Awards will start at 11:00 a.m. followed by a BBQ at Noon, event will run until 2:00 p.m.

Farewell to Jim

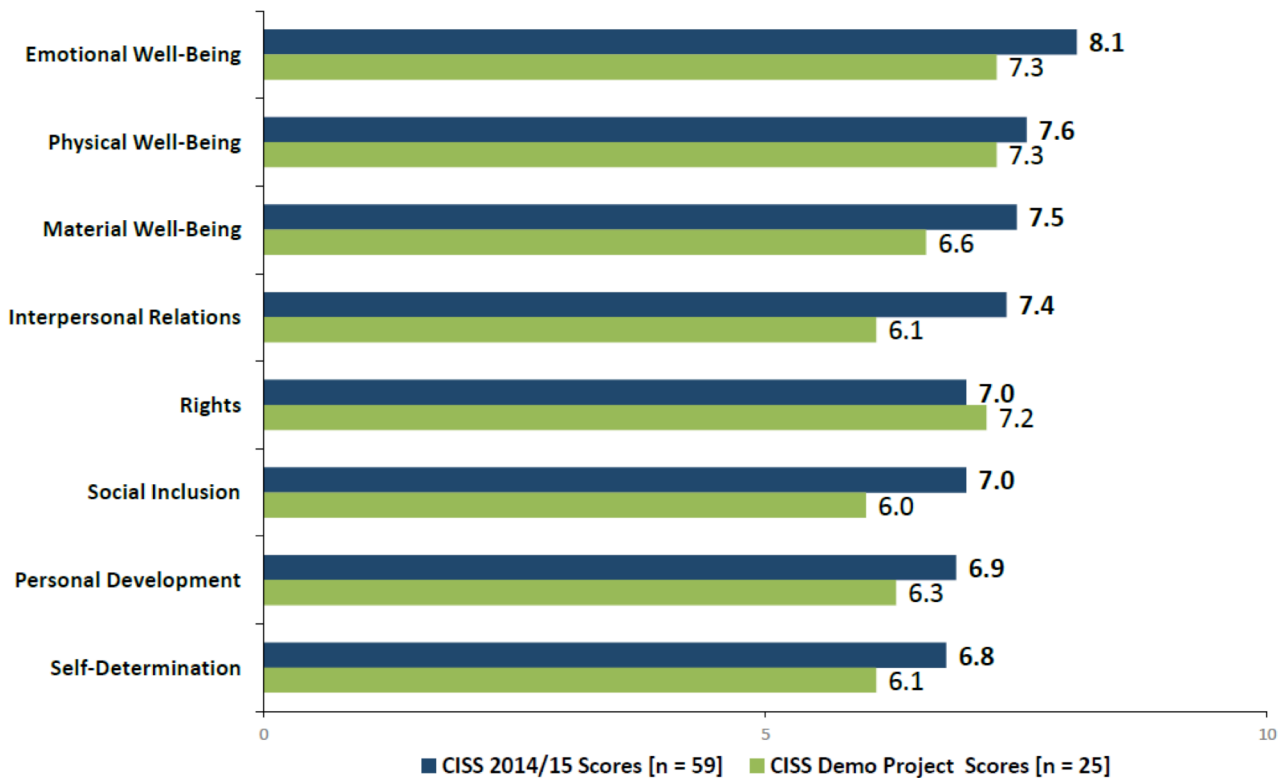
In March of 2015, Jim Jo left his position at CISS after taking a new job in Whitehorse, Yukon Territory. Jim took a position as a church Minister, something more closely related to his education. We will miss Jim's sense of humour and insight. We wish him all the best on his new adventure, and good luck staying warm in the North!



From the Executive Director's Desk

By Shari

In December 2014, CISS took part in the Quality of Life Include Me Survey for the second time. In the first round CISS was part of a demonstration project in the Simon Fraser Region, so our North Vancouver folks did not participate until this turn. Below I have shared a chart from the Report (see our website www.gociss.org or come to the office to see the full report), which compares the score from our first survey in 2011 to the current survey done in 2014. As you can see the people who participated in 2014 scored their quality of life higher in each category with a slight exception in the Rights category. In 2011, twenty-five people participated and in 2014, fifty-nine participated.



There were two ways to participate in the survey; the first being for the individual to be directly interviewed by a peer interviewer using an iPad (in which the individual could touch the screen to indicate their answer) and the second method was to have two people complete the survey online as a proxy (generally family or caregiver and CISS support staff).

The report showed the results in a variety of ways that compared our results to our first demo results, to the region (those who took part in the region at the same time), to the overall scores of anyone who had participated in the province, and to the high score which could be any participating organization who had the highest score in a category. For the category of Self Report (individuals who were interviewed on their own/answered 100% for themselves), CISS participants scored 86.4% compared to the regions at 73.7% and the overall score at 77.5%. It was a wonderful experience for many of the people in our services to be interviewed on their own; for some it may have been the first time in their life that they had this kind of experience.

CISS' participants scored the highest in the area of employment with 56% saying that they had a job that paid money and 75% saying that having a job makes their life better. This is fantastic news to hear with so much energy being focused on helping people in our services find paid work. At CISS, 20% of our participants (primarily in North Vancouver) are seniors who are not looking for paid work at this point in their life.

The *Include Me* project was a good exercise to go through, we will use these results to guide our future work; keep posted to see what we do next.

Dan's Movie Trivia

By Dan

What is the first movie to be in colour?

Gone with the Wind

What is the famous line in Gone with the Wind?

"Frankly, my Dear, I don't give a damn!"

What is the first movie to win an Oscar for best picture?

Wings

How many takes does it take to film an explosion?

One



Spotlight

By Katrina

Noura

Noura joined CISS on January 12th, 2015. She attends the community inclusion program five days a week and seems to be settling in quite well. Noura already has a pretty full schedule. She currently volunteers with the Catering Program, at the Burquitlam Seniors Centre, at Hawthorne Seniors Centre and will soon be doing gardening for a Chiropractor's office in Maple Ridge. Noura has numerous interests: she likes drawing & painting, as well as, sports such as soccer, basketball, bowling and golf. Noura also enjoys yoga, going for walks and listening/dancing to Iranian music. Noura is interested in learning photography, playing the piano and cooking/baking. She is looking forward to developing new friendships; so if you haven't met Noura yet, feel free to introduce yourself.



Angelman Syndrome

By Trisha

Angelman syndrome is a neuro-genetic disorder characterized by severe intellectual and developmental disability, sleep disturbance, seizures, jerky movements (especially hand-flapping), and frequent laughter or smiling, and usually a happy demeanor.

AS is a classic example of genomic imprinting in that it is caused by deletion or inactivation of genes on the maternally inherited chromosome 15 while the paternal copy, which may be of normal sequence, is imprinted and therefore silenced. The sister syndrome, Prader-Willi syndrome, is caused by a similar loss of paternally inherited genes and maternal imprinting.

AS is named after a British pediatrician, Harry Angelman, who first described the syndrome in 1965. People with AS are sometimes referred to as "angels", both because of the syndrome's name and because of their youthful, happy appearance.

Numerous professionals are researching Angelman Syndrome in order to describe more accurately its genetics, physical manifestations, and behavioural characteristics. As children with Angelman Syndrome are observed and studied, many educational and behavioural interventions have been shown to be effective in the areas of communication; school related behaviours, compliance, sleep disturbance, and general conduct. Physical and occupational therapies, speech and language intervention, behaviour modifications, and parent training have been shown to be worthwhile. Studies on therapies for epilepsy and sleep disturbance are ongoing. Additionally, animal models of AS are being studied to understand the underlying biology and tissue specific expression of critical genes in AS.

Exerpts from Canadian Angelman Society at www.angelmancanada.org

Health and Safety: Scent in the Workplace

By Susan

Scented products contain chemicals, which can cause serious problems for many people, especially those with asthma, allergies, and environmental illness.

POSSIBLE EFFECTS OF SCENTED PRODUCTS








- 15-25% of the population may have some breathing problem such as hay fever or asthma that may be adversely affected by strong odours from scented products such as perfumes or aftershave.
- Scented products can cause a variety of health problems such as, but not limited to: sore throat, runny nose, sinus congestion, wheezing, and shortness of breath, headache, mental confusion, inability to concentrate, flushing, irritability, nausea, muscle pain and migraines.
- In addition to perfume, cologne and aftershave, some products that may contain added scents are: soap, lotion, deodorant, shampoo, conditioner, hairspray, makeup, sun screen, detergent, fabric softener sheets and liquids, cleaning products and air fresheners.

Being mindful of wearing perfume, scented hairspray, cologne, scented deodorant, aftershave or other scented products, can help lead to a healthier workplace.




FUN

PAGE

Spring

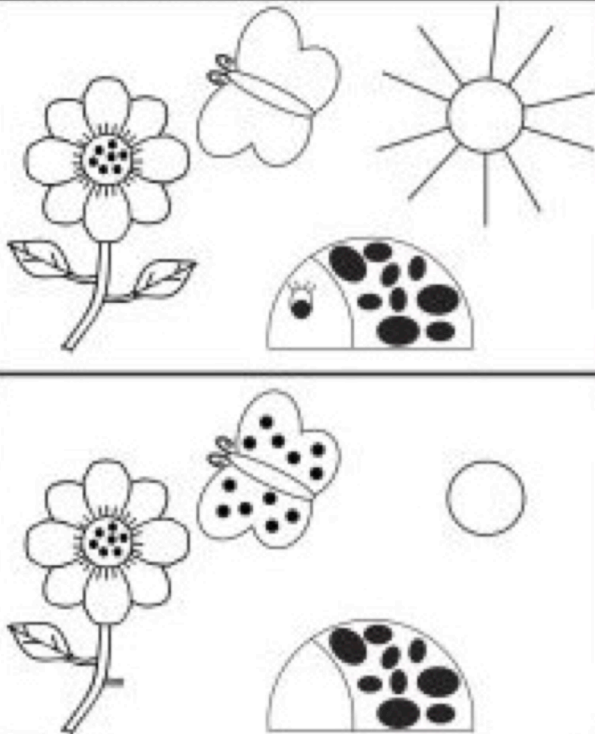

egg

snail

bee

frog

caterpillar

lamb

ladybug

C	A	T	E	R	P	I	L	L	A	R	E
R	F	B	T	Y	V	I	L	Q	B	S	B
U	R	Y	W	S	D	F	V	N	U	N	C
F	O	E	A	V	M	L	Y	L	C	A	B
R	G	U	B	E	G	G	O	A	W	I	K
N	H	T	R	C	R	F	Y	D	B	L	I
O	W	L	G	H	V	T	A	Y	I	B	Q
M	N	P	O	T	G	L	E	B	S	Q	C
H	N	J	I	O	P	A	Q	U	V	G	H
F	C	N	L	F	I	M	B	G	F	Y	U
B	E	E	C	Y	Z	B	T	H	W	P	B
Y	B	U	T	T	E	R	F	L	Y	S	M


butterfly

owl

sun

Spot the difference.

Find 4 differences.



Riddles

Q. What has a face and two hands but no arms or legs?
A. A Clock!

Q. What is the easiest way to double your money?
A. Put it in front of the mirror, of course!

Q. What has a thumb and four fingers but is not alive?
A. A glove.

Q. What has to be broken before you can use it?
A. An egg.

Q. What has a neck but no head?
A. A bottle.

Q. What gets wetter as it dries?
A. A towel.

Q. What goes up and doesn't come back down?
A. Your age.

Q. What belongs to you but is used more by others?
A. Your name.



Ceramic class bears.



Laura and her pastel art.

Employment Workshop

By Nicole

A few members of our programs had the opportunity to participate in an employment workshop a few months back. Jonathan from IDS1 was one of those individuals. We interviewed him on his overall experience and this is what he learned:

Jonathan found the experience to be interesting, interactive and fun! They began with how to start your job search and applying for a position, then moved on to practicing in-person interview skills. He learned how to improve his

listening skills, to follow instructions, and to always ask questions. Over the course of the workshop he received interviews at both White Spot and Starbucks, which was a great learning experience for him.

Jonathan is still in search of a position but feels he will be a great fit to any role of his choosing. Every experience is an opportunity to learn something new not only about a specific job or role but also to learn something new about you; and to always practice, practice, practice!



Volunteer Article

By Brook

TLC Dog Grooming

Since August 2012, Lee has been volunteering his time at The TLC Dog Grooming “salon” in Coquitlam. Almost every Tuesday, Lee and a peer drop by and pick up one or two of the available dogs that need to be walked. Lee and staff walk the dogs down by the nearby river and back again. There are trails up and down the Coquitlam River that Lee enjoys taking the dogs. The Ladies who run the salon really enjoy and appreciate Lee’s volunteer efforts to help them out with their busy schedules.

Suggestion Box

By Shari

Over the past three months there were three suggestions made through the suggestion box.

Suggestion: Still workers in the kitchen with no food safe, other workers have it though!

I am unclear as to what this message means. Food Safe certification is what is needed to work in a food-handling program. The legal requirement is for one person in the program/kitchen at the time of the program being completed must have Food Safe. There could be one support staff with Food Safe and three without Food Safe and we are still aligned with the regulation. The programs that run the Kitchen Programs (Kyle Kitchen and Melissa Park Catering) have sufficient staff with certifications and assure when planning the schedule that someone in the kitchen has it at the time that the work is being completed. Other work in the kitchen that is for food not being sold i.e. a baking program for a birthday cake would not require Food Safe certification. I hope that my answer clears up any confusion but if it isn't please see the managers of IDS 1 or 2 to discuss your concerns, they will be happy to assist.

Suggestion: Please hire more Relief.

The Managers at CISS are actively recruiting, interviewing, screening, hiring and training new staff on a regular basis. We have advertised daily in a wide range of locations over the past six months and have had a modest response. The managers often interview up to ten people to find just one person suitable or available for work as a relief worker, this is very demanding and time consuming work. It is our wish to hire good staff into our relief pool. We know that most relief apply for regular positions within six months of being hired, which also impacts the number of relief available. With staff continuing to improve absenteeism and with managers continuing to hire new relief, we hope to see our pool increase soon. If any of our readers know of a qualified person who would be interested in applying for relief work at CISS please have them visit our website and submit their resume.

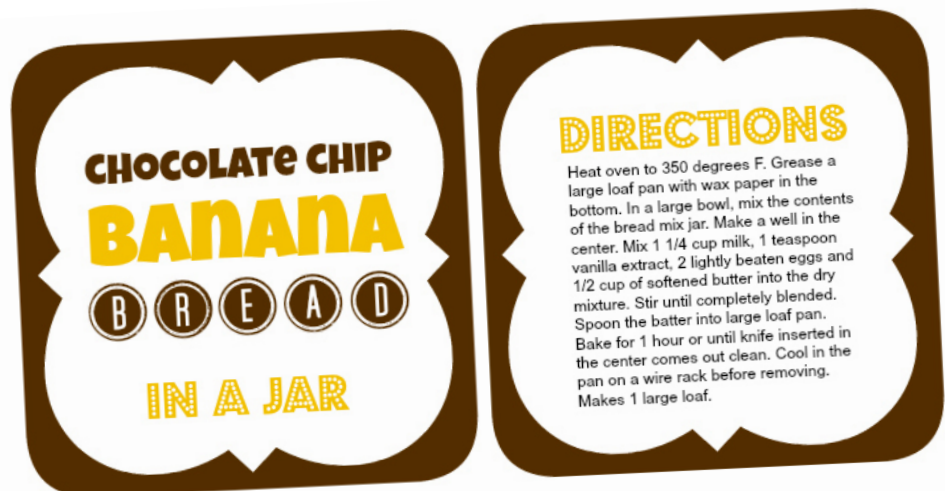
Suggestion: I would like to see a new scrapbook collection made for the front waiting room of newer consumers and staff.

This is a great suggestion and I would like to see some new pictures as well. Anyone who would like to work on this project please go ahead and start, and let us know, many of us have pictures which can be printed off.

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



Kathy at Karaoke in March





Dan speaking on England.



Chantel speaking on Native Americans



Jesse speaking on Canada



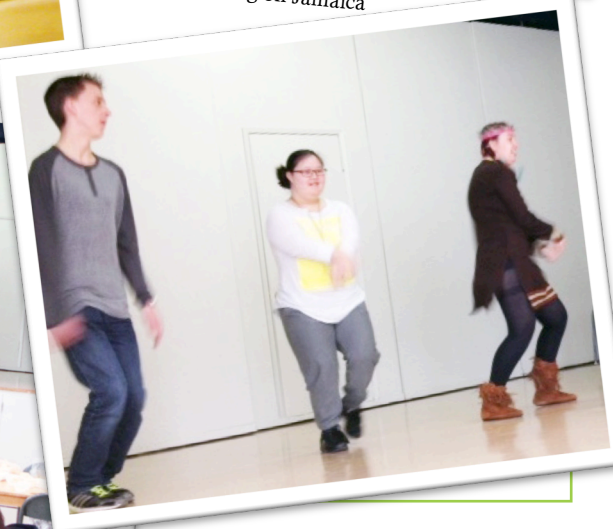
Raphael in Emperor outfit



Lee speaking on Jamaica



Filipino dancer



Consumer Satisfaction Article

By Pam

In the past four months (December 2014 to March 2015) there have been 17 client surveys completed and returned to CISS.

Question	Yes	No	No Response	
Did you have help to fill out this survey?	15	0	2	
Who helped?	Family or Caregiver 9	CISS Support Staff 8	Peer 0	Home Support Worker 0

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.	11	6	0	0
List of suggestions for the Social Committee: More parties and outings to different places, movies, dances Swimming and badminton activities, barbeque in summer				
I like the programs that I do at my program.	10	7	0	0
I set my own individual goals at my ISP meeting.	9	8	0	0
I get to try new things at my day program if I want.	9	7	0	0
I like the way my staff help me at my day program	11	6	0	0
My Program Manager listens to my complaints	11	6	0	0

What do you like the best about CISS?

I enjoy going to all my weekly activities with my peers
 Computer, coffee meeting, walking in sunshine, office cleaning
 Going on trips, social events at head office
 The staff
 The staff
 Being with other people and activity
 I like Adopt a Trail, working at Hawthorne, outings by SkyTrain, bowling and swimming
 Again, flexibility is great!
 Staff
 My staff - set my schedule
 Working with computers
 The gym
 I like the outings – different places
 Swimming
 The staff is very friendly
 Friends, Hawthorne, Library, Bowling, Aquasize, Catering, Walks

What do you not like the best about CISS?

Getting up in the morning and going home time
 Walking in rain
 Nothing
 I like it all
 I like them all
 Nothing comes to mind at the moment
 Coffee House, too noisy
 Transit commute
 Too noisy – too bossy
 Meetings
 The weekly activities are very routine over the year. The staff sometimes change to work with my daughter at different day a week.

Do you have any suggestions or ideas?

Definition of current program and future improvement
 Not at this time
 No
 No
 Consumers be informed whenever there are new programs/services which may be of interest to them such as speech therapy etc.
 More gardening
 No
 Take the bus
 It would be better to have a monthly meeting with parents and staff to talk about the progress and concerns/problems involved.
 Like to Dance

Tips for a Good Night Sleep

By Pam G.

All of us at one time or the other don't get a good night sleep but it shouldn't be an ongoing occurrence that you just learn to deal with. If you have trouble falling asleep, staying asleep or both, for days or weeks at a time you may have insomnia. Insomnia can affect anyone, however true insomnia seems to affect older people than young and more women than men and is not a direct result of another problem such as a medical condition or medication. Lack of sleep can affect you in adverse ways such as difficult concentrating and focusing, increased accidents or falls, increased vehicle accidents, becoming anxious or depressed. Getting eight restful hours of sleep per night can be difficult but perhaps by following these few suggestions it may help you get the sleep you need.

1. If you need to take a nap during the day, make it only for about 20 minutes and earlier in the day if possible as longer naps later in the day can interrupt your normal sleeping pattern.

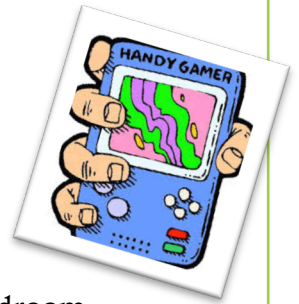


2. Stimulants such as caffeine and nicotine will keep you awake, particularly if you take them close to bedtime. Alcohol can make you fall asleep however it can disrupt the quality of your sleep so if you plan to have a drink, have it four to six hours before bed.

3. Exercising daily is good for your health but not good for your sleep if you do it too closely to bedtime. Try to exercise earlier in the day and refrain from eating a big meal close to bedtime.



4. Computer games, television shows, telephone calls that generate excitement, can throw off your body's natural day-night rhythm, especially if you are engaging in them in your bedroom.



5. Try to go to bed and get up at the same time each day, even on the weekends. Your body will fall into a healthy sleep-wake pattern and will improve the quality of your sleep.

6. If you can't fall asleep or you wake up in the middle of the night and can't get back to sleep don't lie in bed tossing and turning. It is better to get up and do something quiet, like read a book in an armchair until you feel sleepy and then try to go back to bed. Don't have your clock facing you, as this will add to the frustration and anxiety of not being able to fall asleep.

7. Try to make your sleep environment peaceful by having the room dark and turning off all electronics that give off artificial light. Black out curtains may be helpful if your main sleep time is in the day and earplugs may help with noise. When there is light in the room it tells our brains to wake up.

8. If you consistently have difficulty sleeping you may find it useful to track your sleeping patterns for a couple of weeks. If you don't see any improvement by following these tips you may want to visit your health professional.



These tips were taken from the Wellness Connection (healthy living magazine for Costco)



JAVA WITH FRIENDS

COME JOIN THE FUN!

THURSDAY 12:15 – 1:30 PM

PLACE MALLAIRDVILLE

1200 CARTIER ST.

COQUITLAM

\$3.00 ADMISSION

CONCESSION ALSO AVAILABLE

(COFFEE, POP, CHIPS)

LIVE MUSIC, DOOR PRICES, DANCING,
OPPORTUNITIES TO SOCIALIZE

****Please note the increased cost
of admission to \$3.00 started January 8, 2015****

BRAVOS

To Angel from Renee: Angel designed an Avon order form for a client. What took Angel minutes to do, would have taken hours for me. Thanks for assisting me so willingly Angel!

To Trish from Mary Joy: Thank you Trish for going the extra mile to pickup a new staff from the Head Office to train in the North Van office.

To Hannah from Brenda: Thank you so much for donating all the veggie/flower seeds to CISS!

To Nancy from Susan: For suggesting healthy alternatives to help me stay healthy. I'm feeling much better and using nutrition and natural alternatives to stay healthy.

To Karen from Susan: Karen went above and beyond to help clean an unpleasant situation in the ladies washroom at Coffeehouse.



WE NEED YOUR SUPPORT!

Please support CISS by donating to our 2015 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, Nicole, Trisha and Jeffrey.

Layout by Kimberley S.

Printed by Kwik Kopy
8628 Commerce Court
Burnaby, BC
604 444 4452



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

Community Integration Services Society

Admin. Office

2175 Mary Hill Road
Port Coquitlam, BC V3C 3A2
Ph: 604.461.2131 Fax: 778.285.5520

Inlet Enterprises and Individualized Day Services 1 & 2

2175 Mary Hill Road
Port Coquitlam, BC V3C 3A2
Ph: 604.461.2131 Fax: 778.285.5520

IDS - Leisure Services

#207 – 277 Mt. Hwy
North Vancouver, BC V7J 3T6
Ph: 604.986.1511 Fax: 604.986.4455

www.gociss.org

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

Community Integration Services Society

2175 Mary Hill Road
Port Coquitlam, BC
V3C 3A2