

W I N T E R 2 0 1 5 / 2 0 1 6

COMMUNITY INTEGRATION SERVICES SOCIETY



News Link

Thank You!

Thank you to the North Vancouver Chamber of Commerce for your donation of our new Boardroom table, computer chairs and filing cabinets. These are great additions to Melissa Park. A special thank you to everyone who volunteered their muscles to help us get the table in place.

Finally, thank you to the WorkBC North Shore Employment Service Center for donating a desk & chair for the North Van office & 6 board room chairs.



Mark Your Calendars for our Melissa Park Open House

*At Melissa Park
On February 29th, 2016*

Please join us as we celebrate 4 years at Melissa Park and wrap up our Celebrations of our 25th Anniversary Year.



From the Executive Director's Desk

by Shari Mahar

Happy New Year to all of our readers may 2016 be a great year filled with happiness, joy and good health.

2015, was a busy year for CISS with the retirement of long term Office Administrator Pam Galt and the hiring of our new Office Administrator Kristy Larson. Though it felt like a very challenging phase for the Society we survived and Kristy is doing a great job in filling those big shoes. Lucky for CISS, Pam has come back and supported our work and events since her retirement; she will always be a big part of the CISS family.

We finished off the year with the CISS' Christmas Party which was held at Our Lady of Fatima Church. This year's event was well attended with 127 people in attendance. Thank you to our Social Committee members; Mary Joy, Nicole F., April, and Reina who made this event one to remember. The extra effort they made to decorate the hall made the event so festive and enjoyable. This year, our usual servers had more time to mingle with our guests because we had volunteers serving the lunch. A big thank you to; Brandon Larson from Royal LePage West Real Estate, and from Vancity Pinetree Branch; Nico Sedrena, Alex Najman, Susan Watson, Stacey Lum, and Christina Cheung it was so special and kind of you to volunteer so we could take time to visit with our guests. Musician, Chris Haley, along with Christmas Carollers; Mike, Peggy, Jack and Shana and a few anonymous singers started out the afternoon with some Christmas songs. The music continued throughout the afternoon with a full dance floor right to the very end.

CISS' strategic goals are being worked on throughout the organization in a wide range of ways. We want to build stronger relationships with the Community through a variety of activities. Expanding our relationships will have a positive outcome for the people currently receiving our services as well as future clients. Mary Jo and Peter Dawe have taken on one piece of work which is to create a space with vision. The project is centered on the Board Room at Melissa Park. The

goal is to transform the space to be one that speaks to our work, for all visitors to see. Their project will be ready for our Leap Year

Open House scheduled for February 29, 2016. CISS moved our programs and admin offices to Melissa Park on February 29, 2012 and we want to open our doors to the public to share our progress every four years, please mark your calendar.

In 2016, Melissa Park will have a new coat of paint added to the outside of the house. With support and feedback from the Heritage Society of Port Coquitlam we will have the house painted in its original colours or the colours that were appropriate to that time period. Make sure that you are a part of this project, we have lots of work to do to get donations, sponsorship and to prepare the house for the new coat and we need your help. Last year we were able to fill the back of the property with a beautiful garden which took a lot of work and support, but it was done and is being enjoyed by everyone who comes to Melissa Park. Please drop by and see me with any ideas you have for this project, I'm interested in hearing from you. We will also be circulating surveys in the New Year so please complete and return them so that you can participate and contribute to our future decisions.

We are so thankful for all of the support we have received over the past year and I want to acknowledge our committed Volunteer Board of Directors: **Vinay Nand**, Board President; **Peter Dawe**, Board Vice President; **Michael Jiang**, Treasurer; Sue Davis, Secretary; **Sarah Davis**, Board Member; **Marta Filipski**, Board Member; and **Laura Taylor**, Board Member and all of our dedicated **Employees** throughout the organization, we couldn't do this great work without all of **YOU**.



Shari with Christmas Party volunteers.



Christmas Party 2015



Shellina, Trisha and Barbara



Navjit, Olivia and Ashish



Darren 5 Years



Christmas Carolers



Jack and Jennifer Christmas Party



Matt 5yrs

Avon

By Krista and Renee



Krista hosted a very successful Avon party on November 20, 2015 of this year. Krista's Avon Manager was able to attend. Everyone seemed to enjoy themselves with Krista receiving a number of orders. Over the past year Krista has gone from a Bronze representative to a Silver representative largely due to the relationship she has created with her customers. Thank you all for your support over this last year of Krista's business. If you would like to place an order, magazines and order forms are located at Melissa Park for your convenience. Krista looks forward to delivering you more Avon products in the New Year!

Moving Mountains

By Trisha

This past April we were privileged to have the opportunity of applying for a variety of scholarships hosted by CLBC; our North Vancouver team sent in four applications. In August we were informed that Laura was a successful candidate. Laura is a gifted artist who takes great pride in producing vibrant and detailed art projects. We were thrilled to have her register for a painting with Acrylics class at Parkgate Community Centre. The class expands a six-week period and features continuous studio time for beginners to intermediates. It is a great place to work on acrylic paintings with guidance. Maureen, the instructor walked Laura through the steps to beginning her painting while discussing the subject and surface, in addition to mixing colours. As Laura is thoroughly enjoying this magnificent prospect we are anticipating the completion of her beautiful scenic landscape, as well as Laura continuing to use her learned skills.



Love Where You Work

By Nicole F.

As you may already know, Jonathan was hired at the Starbucks in Maple Ridge in summer 2015. The manager met with Jonathan earlier in the summer and thought he would be a great asset to the team. Jonathan was hired for the Café Attendant position with one shift per week.

As a Café Attendant, Jonathan's duties include but are not limited to: garbage and recycling throughout the entire store, bathroom upkeep, stocking the cold case and creamer bar, sweeping and mopping and greeting customers. Jonathan being a very social person quickly found his groove helping customers while staying focused, completing every task given.

Jonathan has shown a strong work ethic, quickly earning himself a second shift per week. The manager continues to praise Jonathan for his hard work, his role continues to evolve along with him. He has now added the job of grinding coffee for customers to his list of tasks; with the goal of having Jonathan working more and more with customers. Keep up the great work Jonathan!!





CISS Clothing Drive Fundraiser

By Mary Joy

On October 7th CISS put a flyer out letting everyone know we would be having a clothing drive from October 13 to October 21st. We also had a competition between the five teams, for who would collect the most items. The winning team won a pizza party. The flyer went to families, friends and acquaintances. The more the merrier, the challenge was on, and items began flowing in. We collected a total of 2048 pounds. The truck arrived on October 22nd

and an assembly line was created with many enthusiastic workers. The truck was filled and Congratulations went to Inlet as the winning team who collected the most items. We hope you all enjoyed your pizza party. We would like to thank everyone who contributed and donated items for our fundraiser, it was greatly appreciated. Anyone who has fundraising ideas or suggestions, please bring them forward.

Margaret Sparrow

December 9, 1937 – September 28, 2015

By Kathy



With great sadness we report the peaceful passing of Margaret Sparrow. Margaret succumbed to her battle with cancer with dignity and grace. Margaret was one of the kindest most ladylike people one could have the pleasure of knowing. She was positive, friendly and always a polite lady. We said goodbye to Margaret at a touching celebration of her life at the North Vancouver Legion. Margaret's friends and family shared heartfelt and humorous stories about her life. Bernie, her caregiver, told of Margaret being so polite that she would ask their cat to excuse her, if the cat was blocking her way. Margaret's parting words as she left CISS were always, "I want to wish all of you at CISS to have a good week". She never missed this farewell. Margaret was very conscious of being a charitable person, never missing a year to buy a variety club pin. Margaret's last times at CISS program are fondly remembered by her asking for walking assistance so she could place some coins in the box for Ronald McDonald house. Margaret had a happy life thanks to the caring support she was surrounded with. Margaret loved to sing and it was said that she was now singing with the angels. Margaret will be missed!

Share Family & Community Services

Food Bank Delivery Volunteering

By Hannah

When it comes to talk HELPS ('Talking HELP' is one of their slogan), we cannot help mentioning Paul and Kai in Inlet Enterprises team at Community Integration Services Society. Paul and Kai have been helping the SHARE Food Bank as volunteers for several years. The Food Bank provides food hampers for those who are in need in Port Moody, Coquitlam and Port Coquitlam.



Rain or shine, Paul and Kai drop by, pick up hampers and deliver to shut-in seniors every Tuesday. Paul's and Kai's volunteering always begins with their cheerful greeting of the Food Bank staff and other volunteers. Kai shakes hands very firmly with everyone he meets. Once Paul confirms the designated recipient's name and portion he signs the receipt to file in the office. Kai and Paul accompanied by their day program support staff diligently deliver groceries to the shut-in recipients' residences.

Each of us has a role to play in the community and it is wonderful to see every single person take their role and create harmony with their neighbours. Paul and Kai have been willing to do their share through grocery delivery. What they deliver are not only groceries but the spirit of generosity. They leave big smiles on the shut-in seniors' faces and provide a feeling of being cared about in their hearts.



Tricity Roundtable

By Renee

Over the past couple of years CISS has been part of a collaborative group of service providers' show casing people in their employment endeavors. This is done through a process of articles and pictures featured weekly in the Tri City Newspaper. This has been an effective tool when pursuing employment. It shows perspective employers the benefits of becoming inclusive employers and dismisses the myths of inclusive hiring. CISS recently wrote an article in the Tri City Newspaper show casing three successful individuals in their working environments. We will continue to benefit from this Roundtable by introducing awareness to potential employers.

Consumer Satisfaction Article

By Kristy

In the past seven months (April 2015 thru November 2015) there have been **25** client surveys completed and returned to CISS.

Question	Yes	No	No Response	
Did you have help to fill out this survey?	18	2	5	
Who helped?	Family or Caregiver 13	CISS Support Staff/Manager 9	Peer	Home Support Worker 1

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.	14	10		1

List of suggestions for the Social Committee:

Bowling Party, Christmas Party, Summer BBQ, outings to gardens, horseshoe bay, movies, more food events like BBQ's and lunches, clients family meetings for sharing information

I like the programs that I do at my program. <i>(one client chose two options)</i>	20	5	1	
I set my own individual goals at my ISP meeting.	12	11		2
I get to try new things at my day program if I want.	17	8		
I like the way my staff help me at my day program	19	6		
My Program Manager listens to my complaints	19	6		

What do you like the best about CISS?	What do you not like the best about CISS?	Do you have any suggestions or ideas?
The staff and my peers My paid job I like my peers from my day Program I like Coffee House Work, food Computer, printer All the activities I get to do, e.g. swim I like my volunteer work I like my meetings with Shari Staff All the people and having fun I like my staff the best! Playing games on the computer Keeps me busy and out of trouble I like to make friends	I like that Linda and Shari are there for me Bowling, Golfing, Coffee House, Boston Pizza, Thrift Store and dog walking Regular daytime activities and staff Going out Staff, peers, being out in the community, being busy Field Trips, Meeting new friends My program staff, events Coffee House Outings, Coffee House I like Angel They are doing their best to meet our requirements	Peers touching my bags Not coming to office when raining I like everything When my schedule changes Staff pulling my arm when supporting, I would like to be asked first if this is necessary Others that complain Have to get up really early
		Would like to come more days if possible See my friends more often Longer extended hours, later in the day Please hire Korean speaking staff

Tips and Advice By Jeff

REGISTERED DISABILITY SAVINGS PLAN



The Government of Canada created the Registered Disability Savings Plan (RDSP) in 2007 to help families of people with disabilities plan for the future. Contributions to an RDSP are not tax deductible and can be made until the end of the year in which the Beneficiary turns 59. There is no annual limit on contributions, the lifetime maximum is \$200 000. Contributions to the plan are not counted as income when withdrawn, however the Canada Disability Savings Grant (CDSG), Canada Disability Savings Bond (CDSB) and investment income earned in the plan will be included in the Beneficiary's income for tax purposes when paid out of the RDSP. The **British Columbia** government fully exempts RDSPs when calculating an individual's eligibility for provincial disability assistance.



Helping individuals
with a disability to
secure brighter financial
futures.

For more information:

<https://www.vancity.com/Investments/TypesofInvestments/RDSP/>

<http://www.equalfutures.ca/>

<http://www.esdc.gc.ca/eng/disability/savings/index.shtml>

<http://endowment150.ca/>

To be eligible for the RDSP, a person must qualify for the Disability Tax Credit, have a Social Insurance Number (SIN), be under 60 and a resident of Canada at the time the plan is established.

There are also a few programs to help people contribute to the RDSP. The Canada Disability Savings Grant (CDSG) is a matching grant that will match up to 300% of contributions, depending on the person's income. The Canada Disability Savings Bond (CDSB) is a contribution by the Government to the RDSP of up to \$1000 per year depending on the person's income, to a lifetime maximum of \$20 000. There is no

contribution requirement to be eligible for the CDSB. The Vancouver Foundation also has a program called Endowment 150 that RDSP holders can apply to receive a \$150 gift to grow their RDSP.

VanCity Credit Union has a free program to help people start their RDSP called Equal Futures. The Equal Futures program helps people with the eligibility assessment and initial filings to start the RDSP and makes sure a person takes full advantage of the benefits available. For more information about the RDSP, you can contact your financial institution, or any VanCity Branch (604-877-7000).

Fun Page

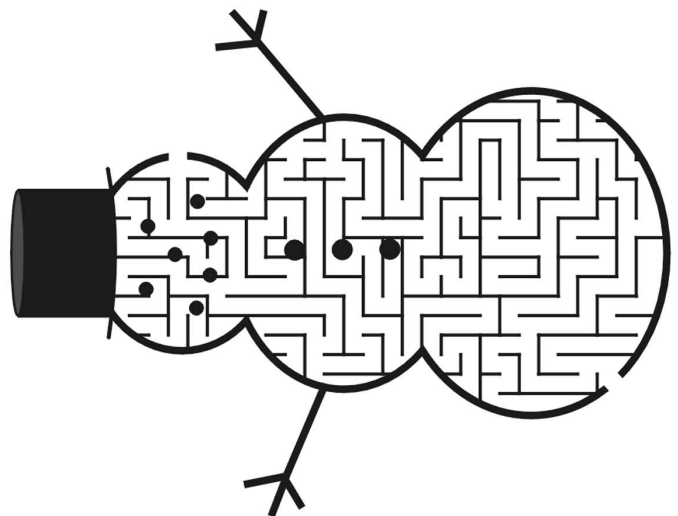
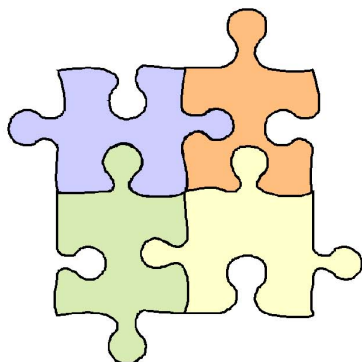
Grandma has baked a cake for Gale. Can you spot the differences in these two pictures?



Riddles

1. What has a single eye but cannot see?
2. I'm light as a feather, yet the strongest man can't hold me for more than 5 minutes. What am I?
3. There are two sisters: one gives birth to the other and she, in turn, gives birth to the first. Who are the two sisters?
4. Mr. Smith has two children. If the older child is a boy, what are the odds that the other child is also a boy?
5. When is homework not homework?

Answers:
 1. A needle
 2. Breath.
 3. Day and Night
 4. 50 percent.
 5. When it's turned into the teacher



Can you find the way out of this snowman



Winter Road Safety Tips

STAY ALERT: Weather conditions can change quickly, placing extra demands on your vehicle and your driving skills. Keep your focus on the road and on other vehicles. Eliminate all distractions and make sure you are well rested.

SLOW DOWN: Always drive according to weather conditions. Keep a safe distance between you and the vehicle in front of you to avoid having to brake suddenly on a slippery surface.

STAY IN CONTROL: Make sure you know how to handle your vehicle in all weather conditions. Remember to be Road-Ready and Weather-Wise

- Make sure your vehicle is winter ready. Keep a winter survival kit in your vehicle.
- Plan extra time to get to your destination and consider delaying your trip in bad weather.
- Notify a friend or family member of your destination and anticipated arrival time.
- Watch for the flashing lights of winter maintenance vehicles.
- When approaching winter maintenance vehicles from behind, slow down, stay back and be patient. DO NOT PASS around or between them.
- Move over for emergency vehicles.

<https://kpf.ca/photos/custom/1-Winter%20Driving.pdf>
<http://shelburnepolice.com/winter-driving-safety-tips/>

Health and Safety Committee Update

By Susan

Inclement weather conditions have arrived to the West Coast, and with the arrival of the rain, cooler air, ice, and possible snow, the committee would like to remind everyone to slow down when driving, give yourself a little extra time when needing to arrive at a destination.

The Health and Safety committee has been reviewing the inclement weather letter issued to families and caregivers of Community Integration Services Society, and with revisions complete, a copy of the letter has been sent out. The letter reminds us all to be very cautious when walking on slippery sidewalks and roadways. It reviews the process to be followed if an employee should arrive at a residence and not be able to safely gain access.

The Health a Safety Committee at CISS has been meeting once a month, addressing revisions to the Risk assessment Survey (which will be distributed in January 2016), looking to clarify questions providing the committee with information regarding risk in the workplace. The committee is also working on anxiety training, and details of informal training sessions will be finalized by the New Year.

Go Getters Self Advocacy Group Update

By Jeff

The Go -Getters have been meeting monthly throughout the Fall to update the CISS Charter of Rights. The purpose is to align the Charter of Rights with the Quality of Life framework by Dr. Robert Schalock. We also use the quality of life framework when doing Individualized Service Planning and when participating in quality of life surveys. The Framework looks at 8 domains within 3 areas of a person's life. The areas and domains are: Independence (Personal Development, Self-Determination), Social Participation (Interpersonal Relationships, Social Inclusion, Rights) and Well-Being (Emotional Well-Being, Physical Well-Being and Material Well-Being). By using the same framework, everyone at CISS will be able to see how the Quality of Life aligns with their rights and ISP, which is the basis for everything we do at CISS.

The next step after will be redoing the CISS Charter of Rights Video in the Spring of 2016. This was last done 10 years ago and the Go-Getters are eager to make a new video. If anyone is able to help us with filming and editing the video, please get in touch with Jeff. We appreciate any help you can provide!



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

BRAVOS

Bravo to Kathy F for visiting a client in the hospital after work. We appreciate your caring and thoughtfulness. Mary Joy

Bravo to Darren and Bijan for your assistance and strength in moving the boardroom table to the truck from North Vancouver, it was greatly appreciated. Mary Joy

Thank you to Trisha for your hours of work and for taking the time to photo shop all the clients and staff into a group photo, when not everyone was available on the same day. Mary Joy

Bravo to Hannah for preparing goodies for Russell's farewell party and cleaning up following the party. Linda

Bravo to Raishma for your hard work organizing a farewell party for Russell. You were instrumental in gathering donations to purchase a digital camera, a camera case and a terrific nature cap for Russell. Linda

Bravo to Tanya for cleaning the kitchen at the end of the day. This would normally be done by a member of the IDS2 team. Thanks for Pitching in! Renee

Bravo to Nancy and April for your help purchasing a cap for Russell. He was very happy at his farewell party. Linda

Bravo to Adam, Angel, Bobby, Jobie, Jeff and Tanya for moving the heavy boardroom table into Melissa Park. Mary Joy

Bravo to Katrina from Brenda – for making team games.

Bravo to April for stepping up and helping with the Social Committee in the absence of the Inlet Program rep. You have represented the Inlet Program on the Social Committee and the Newsletter Committee. Thanks for your generous service.

We need your support

Please support CISS by donating to our 2016 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, April, Trisha, and Jeffrey.

Layout by Kimberley S.

Printed by Kwik Kopy
8628 Commerce Court
Burnaby, BC
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If you would like to submit an article, picture, or creative work e-mail your submission to:
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*CISS has enhanced our website; you can now view it on your mobile device.

Community Integration Services Society

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