

# Community Integration Services Society



# NEWS LINK

Volume 13 ♦ Number 2

2009 Summer Issue



Our annual fund raising event was held on July 10<sup>th</sup> at Moody Elementary School. The event was fun for people of all ages with a variety of activities offered throughout the day. Popular attractions at the Family Fun Fair were; the Bouncy Castle, the Face Painting Clown, Carnival Games, Great Food, Incredible Music, Amazing handmade crafts for sale, and of course the 50/50 and Gift Basket Sales. A carnival event is not complete without special guests and this year we had a great line up with: Acting Mayor Gerry Nuttall, British Columbia Association for Community Living Executive Director Faith Bodner, a Mixed Abilities Choir from North Vancouver and the Port Moody Fire Men and Fire Truck. Every year we make



adjustments and additions to our main fund raising event hoping for the best possible result and I believe that this year was the best one yet. The reason that it was so special was for the first time we were able to get the people who receive our services out for the day; many have never had the opportunity when we held our event on a

Saturday. Our visitors to the event were from our own programs, other day programs in the area and North Vancouver, and people from the public specifically, women with small children. The music was unbelievable; the instrumental music was incredible and to top it off we know our band well considering that Quentin and his family utilize our services. There was a certain pride that everyone felt to see such a talented group of people perform just for us. Other highlights of the day were the Mixed Abilities Choir, a comedy act put on by one of our employees Ray and his improv group, and a local Tae Kwon Do presentation. We had a booth set up for an animal rescue group, an air brush tattooist, and a fire truck with six fire fighters. What more could we ask for! A special and new feature this year was our gallery which highlighted individuals from each of our



program areas. The market place sold many handmade crafts made by the individuals in our programs and our staff, the range of artist talent was remarkable, we also sold gently used donated items, very tasty cakes, and jewelry made by Paul. Even though the event was, in our opinion, a huge success it wasn't so successful financially. This year our donations were half to last year so we made a little less but at the end of the day it was all worth it and I can't express how impressed I am by the employees of CISS and how involved and dedicated they were in this year's event. I want to acknowledge the outstanding organization of this year's event which was accomplished by the entire management team and a special thank you to the admin team for their contributions as well as, individuals from each of our program areas.



# From the Executive Director's Desk

by Shari Mahar

On June 24<sup>th</sup> we held our Annual General Meeting (AGM). At the AGM it was determined that our Board of Directors for 2009/2010 would remain the same; Peter Elson – Board President, Peter Dawe – Board Vice President, Sue Davis – Board Secretary and Sarah Davis – Board Member. Our Board of Directors is small in size but large in commitment. All four members are very engaged in the business of CISS and have clear hopes and dreams for our future. We appreciate all of their work and support and wish them another successful year.

Our speaker at the AGM, Annette Burrows, stirred interest from the audience around employment. Family members were particularly interested in learning more about how their sons or daughters could get employment. Many of our staff were present at the AGM and were happy to hear about our future plans with Annette around employment training for staff (to be announced in the Fall). I was honoured to award Linda D and Laura L with their five year certificates. Both Linda and Laura are valuable members of the CISS team and it was my pleasure to acknowledge both of them for their years of service.

A special thank you to Pam Galt who did an exceptional job of aiding the board and I in the preparations for the AGM, we missed having you at the meeting this year Pam. Thank you to Ester for taking our meeting minutes and for the incredible cake. A special thank you to Kahir, Wendy, Mary Joy and King for helping out with the AGM. Your hard work is very much appreciated.

The board would like to extend a warm invite to any of our readers who would like to join them in their work for CISS. Currently, our board has specialized skills particularly around; the environment, education, and business, however; they want more volunteer board members at the table. Some areas that the board would like to see come to their team is people who have experience in: real-estate, banking, construction, maintenance, fund raising, technology, marketing, engineering, to name a few. Although we hope for individuals with a range of professional experiences we also hope for people who have a strong interest in our programs and in services to individuals with developmental disabilities.

The job of a board member is in a voluntary role and one that requires you to meet once per month for a few hours – the meeting times are flexible and determined by the board members. Other commitments of the job are to be available to the Executive Director and Administration staff infrequently and most often by email or telephone. Board members take part in our annual festivities like Christmas Parties and Agency BBQs as well as participate in our fundraising event the Family Fun Fair.

The job of a volunteer is rewarding and beneficial and is something that cannot be explained in simple terms. If you are interested please forward your resume to Pam Galt at 200-3003 St. Johns Street, Port Moody, B.C. V3H 2C4 or email to [pam.galt@communityintegration.org](mailto:pam.galt@communityintegration.org). Pam will gather the resumes and forward them to the Board of Directors.



## Health & Safety

By Dee

Well ladies and gentlemen, we are experiencing warm weather now so it is important, not only for our consumers, but for all the staff as well, to make sure that we have plenty of water to drink throughout the day. Not only will water keep our bodies cool but also keep us hydrated. The recommended amount each day is 6 - 8 glasses. So make sure that you carry a water bottle with you at all times, and refill it when necessary.



It is also a good thing to make sure to wear plenty of sunscreen as the UVA and UVB rays can burn our skin, due to the higher temperatures. It is a good idea to wear sunscreen even when it is cloudy outside, as the sun can still cause damage to our skin. The recommended SPF for most people is 30 or higher. Applying sunscreen throughout the day lowers our chance of developing skin cancer in later years. Protecting your head with a hat is also a good idea when the weather gets warm.



Getting a limited amount of sunshine is good for our bodies, but overexposure can hurt us in the long run. Stay in the shade as much as possible to avoid sunstroke and dehydration. Avoid being out in the sun between the hours of 10-3, as the sun is at its strongest concentration.



# What's New at CISS?



## At Inlet

By Mary Joy

Where does the time go? We have been so busy at Inlet, I can't believe it is July already. Inlet has had on going changes within the team. We would like to welcome Michelle who is in a full time temporary position. We would also like to welcome Nancy who is in a 32 hour permanent position. We would like to wish Amber all the best in her future endeavors and are wishing a speedy recovery to Cynthia and George. Farewell to Savannah who has resigned from her position at Inlet to pursue a life time dream. All the best Savannah, we wish you well. Gardening is once again in progress and all participants are enthusiastic and eager, waiting for it to flourish with hearty vegetables and bursting vibrant floral arrangements. Inlet is very proud of Derek who is working at East Side Mario's, three days a week. Derek is very excited to hold his position. We know his years of experience at the Kyle Kitchen program has truly paid off. Derek has commented that he really appreciates all CISS has done for him over the years. Edwin has received both a plaque and a certificate of



recognition from Share Society for his 1000 hours of volunteer work. We at CISS and Inlet are very proud of all the hard work Ed has

put in over his many years of service. Inlet recently completed their Hot Dog fundraiser at the coffee house. We appreciate all the donations from staff and the community and are happy to announce they made \$157.24 to add to the building fund. I had a great time at the Family Fun Fair on July 10, 2009 and saw many familiar faces.

## At Port Moody IDS

By Lee

Summer is finally upon us and everyone seems to be enjoying the outside activities. Trevor has moved on and said his good byes at the coffeehouse on May 28<sup>th</sup>. I am sure Trevor will remain part of our lives and keep in touch with the many friends he has made. Good luck Trevor! Rae returns from an extended vacation. Her brother was married and Rae attended the two weddings that were held. Rae was also featured in the "Now" newspaper regarding the opening of a new department at the Port Moody Library. Everyone should go by and check it out. Many people are looking for paid employment and summer/seasonal work. It's great to feel the buzz in the air as people share experiences, disappointments and successes!

## At North Vancouver

By Kathy

We are truly in the winter of our discontent-- about winter. It is so wonderful to have warmth & sunshine. We hope the month of June was just a taste of our summer to come! We had a successful hot dog fund raiser at Maplewood farm. This was a great team effort for staff & consumers. We also had an enjoyable pot luck picnic at John Lawson Park. Staff brought the food & everyone enjoyed the wide variety presented. Scott, Melissa, Rhinde & another consumer continue to do bird seed bags at Maplewood Farm. Consumers & staff worked hard to complete their FFF ceramic projects. We have been on outings to Steveston, the Vancouver Game Farm, White Rock, & the Aquarium. We had an outing to Fort Langley to say goodbye to the ferry, which will soon pass into history. We would also like to congratulate the following consumers on their personal achievements: Melissa who made an independent trip to see her Dad in Kelowna, Dong Ku who went on a holiday to Korea, and to the 6 consumers who celebrated birthdays this past quarter. We ended June by having a birthday celebration at Horseshoe Bay with staff & consumers. Here's to an enjoyable Summer!

## At Port Moody IDS

By Wendy

Thanks to Raman for filling in for us in a temporary position. Raman has now headed back to school, so we wish to welcome Angel in this position. We have already started some of our summer fun, with many going to the Zoo for the day, some went to the Aquarium and many of them have enjoyed the wonderful weather by getting out and enjoying our beautiful West Coast scenery, events and weather. We wish Julie a good trip, as she is headed out for a two month vacation with her family. Hope you keep up your journal, so you will have plenty of stories to share when you get back. Congratulations to Lee and Ashish for securing a paid position once a week at Roger's! Also Quentin has been showing Lee the job at Volkswagon, and both are getting paid for this position during the good weather months! A special thank you to my team for all their help for the Family Fun Fair. They did arts and crafts, made signs, helped set up for the day and take down at the end of the day, plus numerous other jobs. Way to go!!!



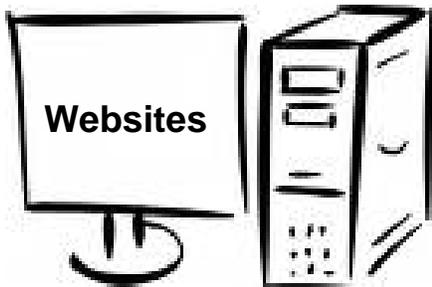
# Gardening Tips from Ms. B's



By Brenda

Hello fellow Gardeners:

Ms B's favorite plant is Lavender and has been for many years. There are 20 different species and found throughout the world, there is even white Lavender. The most common I have found is English and Spanish from Southern France. Lavender is not only a plant for the outdoors but has been used for many different things. Lavender is used in a variety of ways. Lavender short bread and my favorite is Lavender lemonade (really). For you campers if there are lots of bugs around spray your legs and arms with Lavender spray. We as humans love it but bugs don't. If you have trouble sleeping spray your pillow, and you won't have to count the jumping sheep. For health benefits Lavender relieves pain, enhances your blood flow, has the ability to remove tension and disinfects your scalp and skin. Before winter comes (sorry it's a long way off), but when your Lavender plant has finished, pull the leaves off the plant and then put them in a nice vase and let the scent fill your room. If you want more information of this wonderful plant don't forget to Google. Enjoy your summer and don't forget to purchase yourself a Lavender plant.



## Top Secret Recipes

<http://www.topsecretrecipes.com/>

Now you can find out the secret ingredients in your favourite restaurant recipes! Tip: look for recipes that are 'free.'

## Stumbleupon

<http://www.stumbleupon.com/>

Sign up or get a toolbar that will make personalized searches for you. Find endless interesting websites at the click of a button!

## Etsy

<http://www.etsy.com/>

It's like the ebay for crafters! Unique crafts, art, jewelry, and many other items. Great for gifts or even just for ideas!

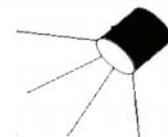
## Starfall

<http://www.starfall.com/>

Great interactive site for beginner-level readers.

## Staff Spotlight: Lee

By Wendy



Lee has been with CISS for 6 ½ years and I thought it was time to do her story. It took me 3 tries to get her to do the interview, but I won out in the end! Lee is the Program Manager out of Individual Day Services here in Port Moody, and is a great asset to the team. When I sat down to talk to her, I had the list of questions that I have for all the interviews. Here are some of her responses.



Lee enjoys fishing, reading and hiking in her spare time. Her favourite author is Nelson DeMille, but she enjoys lots of other non-fiction books too. She has 3 sisters and one of her most recent favourite memories is going on a cruise with all of them. Lee talks about spending time with them, and I am quite envious of the close relationship she has with them. She is married and has two daughters, Megan and Renee who she is very proud of, and she states that her family is one of things that make her most happy. She looks forward to being a grandmother one day too! When asked who has had the most influence in her life she said it was her parents.

For someone who wanted to avoid this interview, she did a great job with her responses!



# FUN ACTIVITY PAGE



## Unscramble the Words

Answers on Pg. 9

Unscramble the letters to make proper words. Put the letters that are in brackets together to form a word.

1. EDYNW      \_ \_ \_ \_ \_
2. ELE        \_ \_ \_
3. SHETRE    \_ ( ) \_ \_ \_ \_
4. RASIH      ( ) \_ \_ \_ \_
5. AKHRI      \_ \_ \_ ( ) \_
6. AMYR OYJ    \_ \_ \_ \_ \_ \_ \_
7. PMA        \_ \_ \_
8. NMSUCORE   ( ) \_ \_ \_ \_ \_ \_ \_

Place bracketed letters here: \_ \_ \_ \_ \_

## Drop the Penny Game

Here is a game that two or more people can play to test your accuracy skills. Find a jar that has an opening 3" wide (Gatorade bottle) and put it on the floor (not carpeted). Have ten pennies in your hand and stand in front of the bottle. Line yourself up to the bottle so you are looking down into the bottle. The first person has ten pennies and tries to drop the pennies into the bottle one at a time from the height of his waist. See how many pennies land in the jar. Then, the next person takes the pennies and tries to drop the pennies in the bottle. The person with the most pennies out of ten in the bottle is the winner. Good luck!



# Jokes to Tickle your Funny Bone

1. Where do pigs go when they are sick?



A. To the hogs-pital.

2. How do you take a sick pig to the hospital?

A. In a ham-bulance.

5. Why did the teacher throw the clock out the window?



A. Because he wanted to see time fly.

6. Why did the teacher wear sunglasses in class?

A. Because her students were so bright.

7. Why do refrigerators hum?



A. Because they don't know the words.

4. Why did the teacher sit on his watch?

A. He wanted to be on time.

8. Why did the baker go to the bank?

A. He ran out of dough!

Knock! Knock! *Who's there?* Wooden. *Wooden who?* Wooden you like to know.

Knock! Knock! *Who's there?* House. *House who?* House it going?

Knock! Knock! *Who's there?* Dish. *Dish who?* Dish is a very bad joke!

Sources are from the books: 1. 50 nifty Super Things to Do After School. 2. Jokelopedia

# Fun at the Fun Fair



# Depression

By Mai-Lan

Clinical depression can affect people from all walks of life and at any time. Studies have shown that twice as many women than men live with depression. There are many causes that lead to depression; the environment, chemical imbalance of the brain, hereditary, significant trauma but it usually takes a combination of two or more to precipitate the onset of clinical depression. Post partum depression affects some women after giving birth to babies, people living with violence such as war or unrest in a country, death of loved one, childhood physical and sexual abuse, drugs and alcohol which are examples that bring on major depression for some people.

Depression is a mental illness that many people view as a personal weakness. People living with depression, as well as people with developmental disabilities, are confronted with many similar challenges: discrimination in the work place and in the community, a lack of acceptance, empathy and support.

Depression is not a mental illness that one can 'just snap out of', it is a painful, lifelong disability which can be mild to extreme that people deal with daily. There are remedies; interventions to control and reduce depression, like anti-depressant medication, counseling, psychotherapy, group therapy, a healthy lifestyle of exercise and diet are some of the methods used to cope with this illness. When people encounter those with depression, the reaction is similar to encountering people with visible disabilities – they see the disabilities first and not their abilities.

People with depression, like all others with disabilities are not strangers; they are our friends and family, our neighbors and co-workers. When we focus on what they contribute to our lives and shared community, instead of their superficial differences, we begin to heal the society - that is the only cure for all those who have been excluded.

Some excerpts were taken from the internet Google, "Clinical Depression".

# Consumer Spotlight



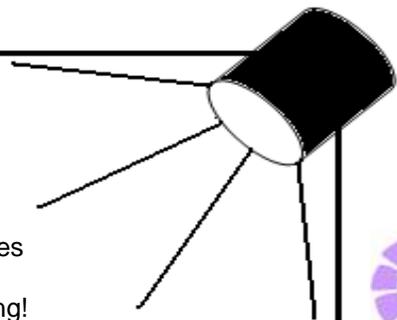
**Name:** Barb Menzies

**Age:** 60 years young!

**Volunteer Jobs:** Assisting with fundraising (especially our hotdog sales!).

**Enjoyments:** Dancing at CISS Coffee House, bowling, and playing softball.

**Favourite Music:** Miley Cyrus and Abba



# SUGGESTION BOX

By Shari

**Payroll:** The suggestion is to have a workshop to explain the ongoing payroll changes including the methods used for calculating pay for full time and part time employees.

It certainly does feel like there are ongoing changes to payroll, however; I believe that we have completed all of the changes and have built the interface of our online payroll system to understand the collective agreement as it applies to payroll.

What is newest: last year we needed to build in a lieu bank for part time employees in response to a voted decision to have a lieu bank for statutory holidays.

New employees (who started at CISS in the last 3.5 years) have the advantage of only knowing our current system. However longer term employees have had to learn many new things when it comes to pay and benefits. In response to this suggestion we will do the following: We will provide the employees with a more detailed policy relating to payroll in September 2009. Each staff team will review this modified policy at their September staff meeting and following the staff meeting we will gauge how many employees require further information. At that point in time we will determine if a payroll employee needs to meet with the teams to answer further questions.

**Training:** the suggestion is when staff are being trained with a consumer they should be back to back days or no longer than two weeks until the next training period.

Yes, you are right; training would be more effective there is not too much time between training sessions. We know that a range of situations can occur after the schedule is in place which creates that domino effect of change. Part of the manager's goal is to get enough people trained whether regular employees or casual employees so when there is a change it will not cause such a ripple effect on the schedule. I will take this recommendation back to the next managers meeting and see what we can come up with, the managers will report back to staff in their at their September staff meeting.

**Coffee House:** The suggestions is given the hot weather we could take one Thursday Coffee House to do a concert in the Park either Mackin or Blue Mountain. We could combine this with a hotdog/ice cream/freezee sale. We might attract a larger venue and get more public attention. Either this or have the company picnic at Blue Mountain Park.

Great suggestions I love both – I will pass on this suggestion to the Manager in Charge of the coffee house so she can have a discussion with the people who work at the Coffee House. Both Mackin and Blue Mountain parks are great and we have in the past had events at both – this year's CISS picnic has already been planned and the location already booked however I will pass this on to the social committee for future events.

**Coffee House:** The suggestion is I would like to suggest an Elvis Presley day at the coffee house and the music would be Elvis songs only.

Awesome suggestion – I will again pass this on to the Manager in Charge of the Coffee House. I think that many of the patrons of the coffee house would have a great time and I could really see it turning out to be an Elvis competition with prizes for best costume, best dance moves, etc. I will keep my fingers crossed that the team is willing to do the work of this event.

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



## Consumers Hard at Work



# Understanding Food Labels

Nutrition labels on packaged foods provide the consumer with the following information: Calories, Fat, Saturated Fat, Trans Fat, Cholesterol, Sodium, Carbohydrate, Fibers, Sugars, Protein, Vitamin A, Vitamin C, Calcium and Iron but understanding them is an entirely different matter. I hope you find these basic tips helpful when making your selection at the grocery store however if you want more information refer to the Canada Food Guide.

Nutrition Facts	
Serving Size 1/2 Cup (125 mL)	
Amount Per Serving	
Total Fat	10g
Total Carbohydrate	20g
Total Protein	5g
Total Sodium	100mg
Total Sugar	10g
Total Fiber	5g
Total Fat	10g
Total Carbohydrate	20g
Total Protein	5g
Total Sodium	100mg
Total Sugar	10g
Total Fiber	5g
Total Fat	10g
Total Carbohydrate	20g
Total Protein	5g
Total Sodium	100mg
Total Sugar	10g
Total Fiber	5g

1. If you eat the serving size which you will find on the label you will get the amount of calories and nutrients that are listed on the nutrition facts table. Be aware though, as the package may contain more than one serving.
2. The daily % value is a tool you can use to see if a food has little or a lot of a nutrient which is measured on a scale of 0% to 100%. The % of daily value for each nutrient is based on dietary guidelines for healthy populations.



3. Try to get more of the nutrients such as fibre, vitamin A, vitamin C, iron and calcium.

4. Try to get less of the nutrients such as fat, saturated fat, trans fat, sodium and cholesterol. Trans fat and saturated fats increase the risk for heart disease.

5. A "source of fibre" means the food contains at least 2 grams of fibre, "high source of fibre" means it has at least 4 grams of fibre and a "very high source of fibre" contains at least 6 grams of fibre. The greater fibre content the better!
6. Low Fat means that the food contains no more than 3 grams of fat in the amount of food specified on the nutrition label. In moderation, fat is an essential nutrient that helps the body absorb and transport fat-soluble vitamins.
7. Cholesterol free means that the food product contains a very small amount (less than 2 mg) and it is also low in saturated fat and trans fat. It is recommended that you limit the amount of cholesterol to no more than 300 mg per day.
8. Sodium free means that the amount of food specified in the nutrition table contains less than 5mg of sodium; 200 mg or less per day is recommended for most foods based on a 2,000 calorie diet.
9. Calories are the amount of energy provided by one serving of the particular food. Reduced calorie labels indicate that the food has at least 25% fewer calories (energy) compared to the regular version of the food.
10. Light means the food is either reduced in fat or reduced in energy (calories). It can also be used to describe a food that is light tasting or light coloured – so don't be fooled!

# Community Integration Services Society wishes to thank these donors for the Family Fun Fair 2009!

Angelo's Salon and Spa  
 Bea's Promotions  
 Thrifty Foods - Port Moody  
 Petro Canada  
 BCGEU  
 BC Lions Football Club  
 Capilano Suspension Bridge  
 Choices Market  
 CIBC - Coquitlam BC  
 Coquitlam Center  
 Costco - Port Coquitlam  
 Costco - Abbotsford  
 Free Spirit Pottery  
 Frogstone Grill - Coquitlam  
 G and F Financial - Port Coquitlam  
 Greater Vancouver Zoo  
 Harbour Cruises  
 Kast Hair Salon  
 Matrix Mortgages Ltd  
 Panago Pizza - Port Coquitlam  
 Purdy's Chocolates  
 Safeway - Lynn Valley North  
 Vancouver

Sammi J Peppers  
 Save On Foods - North Vancouver  
 Smile & Shine Flowers  
 Stanley Park Horse Drawn Tours  
 Staples - Coquitlam  
 The Keg Steakhouse and Bar - Richmond  
 The Real Canadian Superstore - Coquitlam  
 Tim Horton's - Langely  
 Tim Horton's Cruiser  
 Vancouver Aquarium  
 Vancouver Canadians Professional Baseball  
 Vancouver Giants  
 Vancouver Whitecaps F C  
 Safeway Lougheed Hwy - Coquitlam (Lougheed Hwy)  
 Safeway - Coquitlam (Austin Ave.)  
 Saint St Grill

## Family Fun Fair's Artistic Talent



## Answers from Fun Page

(Unscramble the Words)

1. Wendy
2. Lee
3. Esther
4. Shari
5. Kahir
6. Mary Joy
7. Pam
8. Consumer

The answer from the bracketed letters is CISS!

## 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 Newlink, 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](http://www.communityintegration.org).*

# BRAVOS

**To:** Entire North Vancouver Team (and relief staff)

**Department:** IDS/LS

**From:** Kahir

**Reason:** for participating in this year's North Van potluck. All staff brought a dish from home for all to enjoy. Kudos to Kathy, Andrea, Trisha, Mary, Ed, Aleem and Lorrie.

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**To:** Hamed

**Department:** IDS/LS

**From:** Kahir

**Reason:** for donating a router to get our internet up and running.

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**To:** Kathy

**Department:** IDS/LS

**From:** Kahir

**Reason:** for opening up her ceramic shop for CISS to use as needed for consumer projects and FFF items.

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**To:** Katrina

**Department:** IDS LW

**From:** Lee

**Reason:** for her wonderful participation and enthusiasm around the marketplace items for the Family Fun Fair.

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**To:** Renee

**Department:** IDS LW

**From:** Lee

**Reason:** for encouraging the people she supports in creating items for the FFF marketplace.

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**To:** Shari

**Department:** Admin

**From:** Linda

**Reason:** to be acknowledged for her hard work to keep our company running smoothly. Her open door policy makes me as an employee feel that I am and my concerns are being heard and addressed. She is an intelligent business woman and does her best to address all concerns and suggestions for employees. Thank – you Shari!

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**To:** Ramon

**Department:** IDS WL

**From:** Wendy L.

**Reason:** for the donation of 343 prizes for the Family Fun Fair.

# CISS COFFEEHOUSE, COME JOIN THE FUN!



**Thursday**  
**12:15 - 1:30 p.m.**



**Place Mallairville**  
**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 2009 we donated 787.5 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.

## Parent Article

By Wendy L.

Sometimes we don't know what to say to someone with a developmental disability or we're worried about saying the wrong thing. This campaign urges British Columbians to just say "hi" and take it from there. It's such a small thing... but it's also big. Just acknowledging one another, despite differences of any kind, is a small way to communicate acceptance and belonging. After all, as citizens we all have a role to play in the safety and well being of our fellow citizens. (Excerpt from Start With Hi Campaign).

Submit your Hi story to Community Living BC website <http://startwithhi.ca/>

## Library has new resources for people with disabilities

Originally published June 3, 2009

By: John Kurucz

Coquitlam Now

[www.thenownews.com](http://www.thenownews.com)



The Port Moody Public Library is reaching out through the use of modern technology.

Library staff recently installed a number of technological items -- DVD players and a modified computer for example -- designed specifically for those with developmental disabilities, regardless of their age.

"It's been a good project and I feel that in the process I've got to know some of the patrons, and the young people themselves more," said Barbara Buxton, the library's head of adult services. "They are more familiar with the library now and more comfortable asking for things too."

The workstation consists of a modified computer, complete with a large-print keyboard, a CD player and listening station, a TV and a DVD station.

The software caters to a number of different literacy and ability levels, and includes programs like TumbleReadables, which is an eBook database featuring audio playback. Word games, Scrabble and a handful of other programs are also featured within the station, which was launched May 22.

"[The patrons] have certainly been using them," Buxton said. "The young people have been coming in and they've all been enjoying it. I had one of the workers personally thank me for setting this up for them."

For those who prefer more image- or audio-based activities, the TV, DVD and CD listening stations offer cartoons, computer games and other adaptive technologies.

"We've also set up a collection of easy-reading adult books, so although they're adult interests, they're low-level skill and those are being used by our ESL learners as well," Buxton said.

The \$5,000 needed for the project came from money raised at last year's Links to Literacy golf tournament, while Buxton served as the catalyst of the operation. She met with members of the Community Integrated Services Society last fall to gauge what kind of additions caregivers and their clients would like to see in the library, and the project took off from there. A 15-minute limit had been placed on the computer terminal, though that could change depending on user demand.

"If a mom with a child wants to use one of the programs that's fine, but we're giving priority to [those with developmental disabilities] specifically, and we set this up with them in mind," Buxton said.



**We need your support**

Please support CISS by donating to our 2009 fundraising campaign.

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

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

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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, 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](mailto:wendy.langridge@communityintegration.org)

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