

Community Integration Services Society



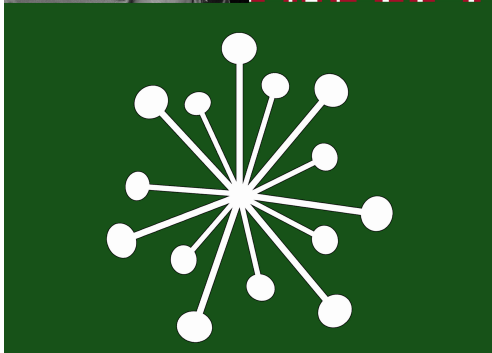
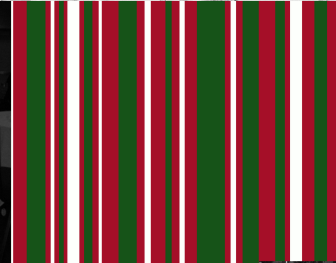
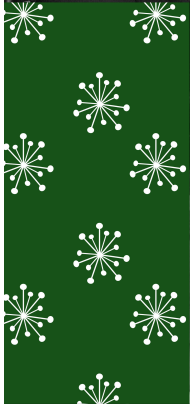
NEWS LINK

Volume 14 ♦ Number 4

Winter 2010/2011 Issue



Some of our Christmas 2010 Memories



QUALITY OF LIFE

By Lee

CISS is excited to be one of seven service providers to be involved with an innovative initiative - The Quality of Life Project. Many of you have been contacted by Katrina, QOL administrative person, and asked some questions.

Where are we at now?

One service provider (HOMES) has completed all surveys as of January 19, 2011. BACI and CLS are going next starting January 24th.

Some time in late February, early March, trained self-advocates will interview a group of individuals supported by CISS about their quality of life. For those individuals not able to answer on their own behalf, two proxies will be asked to answer the interview questions. Proxies are family members and/or people who have known the person a long time. All information is confidential and the results will later be shared with CISS so that we may analyze and continue to improve the quality of our services.

Watch in the coming months as we bring you more updates about the project.

FROM THE EXECUTIVE DIRECTOR'S DESK

by Shari Mahar

Our new data base system (Share Vision) has evolved since our last newsletter with the outgoing summarized reports distributed to some of the families in January. All regular staff and casual staff have completed their Share Vision training for inputting daily log information, incident reports, goal progress notes and consumer profile reports. The training was completed by the CISS Share Vision team; Kahir, Mary and Leah. The employee manual continues to be updated and circulated as staff learn new tasks within the system. I want to thank the staff for their patience as we move forward especially considering the limited computer access that they have had to contend with. With adjusting staff schedules to have more employees onsite at the end of the day we should be able to squeak by until the three Port Moody teams move to their new site with a new computer lab. If you have any questions regarding the system please contact the program manager or any member of the Share Vision team.

We are excited to expand our board by two new members who came on board in January 2011 and with a third new member pending. Our board is now made up of six individuals who bring a wide range of skills and experience to the team. The board continue to focus their energy on CISS finding a permanent home in the Tri Cities area. In December Peter announced at the Christmas party that we are getting close to our goal as we have two locations which we were giving serious consideration. The first location (in Burnaby) was a very spacious and affordable but it was too far out of our encatchment area and there were serious parking issues. The second location (which is still on the table) is located on Kingsway in Port Coquitlam. The space is close to our expected size however any future growth would be limited and the board feels that Kingsway may be too busy a road and may pose risks for our consumers. Finding the right location is proving to be very difficult especially when we need to have 25+ parking stalls. With continued focused effort I am sure that we will find the perfect space and with modifications can make it a good home for CISS.

The Program Managers and Office Administration staff have been very busy working on several special projects over the past several months. I am appreciative of their effort and am excited that their hard work will help CISS to be forever moving forward. Ester our Office Administrator Assistant has been busy with the hectic year end tasks and will be focusing on a new time sheet input system in the spring. We want a more streamlined system for payroll and staff will be trained to complete their timesheets online. A paperless timesheet system will not only benefit the environment, it will provide us with a more accurate system. Pam, our Office Administrator, keeps our financial business in line with good accounting practices and she is in the process of switching our system over to a more up to date and more accurate accounting program. The board of directors is always pleased with Pam's accurate accounts and are supportive of the move to a better system. Kahir, Program Manager on the North Shore, continues to write grant applications to offset the costs of running the Hot Dog stand and he has a key role in developing our data base system to mesh well with CISS' practices, his focus of late has been to update our current manuals to blend with our new Share Vision tasks. Mary Joy, Program Manager at Inlet Enterprises, has taken over the chair position on the Social Committee and the Newsletter Committee. As chair of the Social Committee Mary Joy will lead the team to focus on Wellness in the Workplace. Working alongside of the Health & Safety Committee, Mary Joy and her committee will focus all activities of the wellness theme into their work. Mary Joy has temporarily taken over the Newsletter Committee and if you are reading this article it means that she has been successful in this role. The members of the Newsletter committee are well established and focused which has really helped Mary Joy take over this job. Lee, Program Manager of IDS 2, continues to be the chair of the Health & Safety Committee. Lee applied and received a \$5000 training grant from the Ministry of Advanced Education and Labour Market Development. This grant has been applied to a series of Wellness in the Workplace workshops for the Health & Safety Committee, the Social Committee and for the Person in Charge of the Advocacy Group. Lee will lead these groups through a wellness lens with the goal of increasing moral, decreasing workplace injuries and overall wellness for our employees and consumers.



What's New at CISS?



At Inlet

By Mary Joy

Happy New Year to everyone for 2011 from the Inlet team. For the month of October Inlet hosted a Hot Dog sale fundraiser, at the Coffee House during the Halloween celebration. Thanks to all the Witches, Cats and Pirates for coming out. Thank you Michale, Peggy, and Mary Joy for running the stand that day. In the month of November the Social Committee hosted a movie and popcorn day for staff and consumers, with great success on such a chilly day. The movie was Polar Bear Express and was based on a boy who needed to "Believe." In the month of December CISS had their annual Christmas party at the Executive Inn; we had a great turn out, lots of laughing, dancing and picture taking. Thank you to all the family members and caregivers for your support. Thank you to Chris and Don, our musicians for the event and Santa was a wonderful surprise. Inlet hosts music therapy every Tuesday and Chris is our musician, we have great participation and everyone has a great time. Corene and Shelley work hard at their office cleaning jobs as well, and Elisa cleans the computers at both the IDS office and at Inlet. She must really enjoy her job as she wears a big smile every Tuesday. Derek is a much-appreciated worker at Eastside Mario's, he has been there for 19 months. We hear nothing but good things from the management and his co-workers at the restaurant. Finally, Inlet would like to welcome Dee back into her position as of November.

At Port Moody IDS 2

By Lee

Christmas has come and gone. The Christmas season was fun and festive; however the beginning of the New Year is always welcome. We can look forward to warm weather and sunshine! I can't wait!

Welcome to Hudson and Michael and welcome back to Nicole.

Congratulations to Brian for obtaining a second paid position at Red Robin Restaurant. Brian is doing well and seems very proud of himself. Mike S. is back at work once per week, after working out some concerns with his employer. Everything seems to be working fine as of late last year. Keep up the good work Mike. Some of the new consumers to the team have been completing the ISP process, meeting with family, key staff and the program manager. Soon new goals will be created and we can assist people in achieving them.

Our new data base system is up and running. Staff has been eager to enter information and print off first drafts of the new quarterly report. Many people will have received one by the distribution of this newsletter. We believe the documentation will be more accurate and efficient. Keep your eyes open for reports coming soon to you!

At North Vancouver

By Trisha

The North Van Team is now complete! Laura and Jocelyn, we welcome you to our North Shore Family. Laura has now secured a permanent posting, and Jocelyn has graduated from temporary to permanent.

Christmas *by* and *large* leaves us a little in debt via our *buying* and *larger* because of the parties. In addition to the CISS celebration at the Executive Inn, we hosted a get-together pot luck lunch. Our venue and criteria stipulated: great company, fantastic family food recipes and a few Christmas CDs. It was a complete success!

Now that we are on the topic of food (although I am not sure I ever left it), we are in the process of expanding our Hot Dog Express to include baked items. It seems that the aroma of home made muffins or cookies could soon be lingering in the air.

Melissa needs to be congratulated and commended on her continued success at her job at the pet shop. She has proven herself to be an extremely valued employee.

At Port Moody IDS 1

By Arlene

As we have all settled into the New Year many of us are back to routines and some holding on to resolutions made. As for me, it has been a busy time as I am in the temporary position as Program Manager. I have enjoyed getting to know everyone and look forward to the ongoing work on this great team. Researching new job opportunities, working on goals, and locating new activities are all in the works during this winter season. The snow has not interrupted us too much and as the weeks move on we get excited about seeing the sun and a couple of extra minutes of daylight each day.

Everyone is enjoying great music and connecting with friends at the weekly Coffee House, with it always filled to capacity. The dancing and energy is something truly fantastic. Keep up the great work to all those working and volunteering to make each week fun and memorable.

We are all thrilled to have Raman into a temporary position and welcome a new consumer to our team as well.



Gardening Tips from Ms. B's



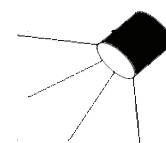
By Brenda

I went to my local gardening store in Burnaby and I came across information on "Pink Lemonade", the first ever Pink Blueberry bush (so cool). We all know blue berries are very rich in anti-oxidants so now they have pink lemonade. It bears fruit from May- October, so go check it out at your gardening store. Our Society has a gardening plot and we have only gardened during the summer time, this year we are going to garden all year round, with all kinds of different items, bulbs (flowers) and more veggies. Don't forget to get the kids involved in the garden, there are all kinds of gardening workshops at Garden Works, they are great. Spring is around the corner, yeah! Talk to you all about new items in the next article, from Ms B's garden.

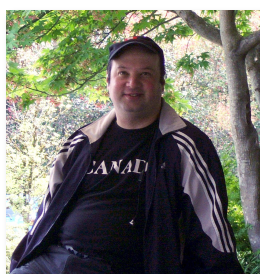
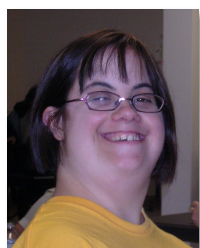


Staff Spotlight:

By Kahir



Andrea Hooge was raised in Maple Ridge, and earned a BA in Psychology and Visual Arts from the University of the Fraser Valley. Andrea entered this field by working on ABA with kids who have Autism Spectrum Disorder, and came to CISS after hearing about it from friends. Andrea contributes to CISS in a number of ways, including her upbeat, friendly personality, her enthusiasm to help others, and her passion and talent for all things in art. Andrea has done a number of projects for CISS, including posters, logos, coupons and advertising for the CISS Hot Dog Express. She has drawn eye-catching flyers for special fundraising events, has helped run art classes for consumers and has been brightening up the CISS North Vancouver office with her artistic talents for four years!





Fun Activity Page



Unscramble - Confused Cities



The following sets of letters are mixed up Canadian cities. See if you can unravel them – but beware, each has one extra letter.

1. CKTORVIAI _____
2. ROTSOTNO _____
3. LAERNAOMT _____
4. GYCARLAO _____
5. CNTMONON _____
6. AFAHXIAL _____
7. THIWOSERHES _____
8. NADOGRE _____
9. PINTGENIW _____

Unravel the nine extra letters to discover of the name of both of a great pie and a great city.

Famous Canadians

Below are the names of 20 well-known Canadians. We've hidden 19 of them in this word search, they're written forwards, backwards, horizontally, vertically and diagonally.

BOATANG - high jumper
 JAMES (Cameron) - film director
 CASSIE (Cambell) - hockey player
 JIM (Carrey) - actor
 JEAN (Chretien) - politician
 ED THE SOCK - MuchMusic puppet VJ
 NELLY (Furtado) - singer
 GAY (Mary-Louise) - writer/illustrator
 MACCULLOCH (Todd) - basketball player

MACGREGOR (Roy) - writer
 RICK(Mercer) - comedian
 PELLETTIER (David) - figure skater
 PERRY (Mathew) - actor
 POUND (Dick) - Olympic director
 ROSS (Jesse) - hero
 JOE (Sakic) - hockey player
 SALE (Jamie) - figure skater
 ELLEN (Schwartz) - writer
 TORRENS (Jonathan) - tv host
 AL YANKOVIC (Weird) - singer

Jokes

1. Knock-knock?
 Who's there?
 Homer!
 Homer who?
 Homer is where the heart is!



2. Knock-knock?
 Who's there?
 Jewel!
 Jewel who?
 Jewel find out when you open the door!

3. If you only had one match and walked into a room in which there was a candle, a fireplace containing logs, and a stove, which one would you light first?

Answer: The match.

4. Try this trick to impress your friends: sprinkle salt into a small pile and a few flakes of pepper together on the table. Then tell your friends that you separate the salt from the pepper. You will get doubtful looks. Next, get a comb and brush it through your hair a few times or rub it on your sleeve. Now place the comb over the pile of salt and pepper and watch the pepper jump up to the comb because of the static electricity you created!

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

Sources are from the books: Canada: Puzzles for Kids – by Jesse Ross & Ruth Porter / Nutty Challenges & Zany Dares by Bob Longe

Employment Opportunity

By William

Hi my name is William, I'd like to tell you about the job I had at Meridian Mortgage. It was a part time paid position one day per week. I scanned the old files into the computer database for future reference. I enjoyed my job and if there were any problems my co-workers were happy to assist me. They even gave me a bonus at Christmas! I found the staff to be very upbeat and always happy. My job is done for now but they are keeping me in mind for future duties. I feel the staff at Meridian Mortgage appreciate me and I was glad to be a part of their team.

Community Partner: Korna Natural Pet Supplies

By Andrea

In August 2010, one of our consumers in North Vancouver started a paid position at Korna Natural Pet Supplies. Every Thursday, Melissa stocks shelves and tidies the canned pet foods. She also assists in organizing pet toys on the display wall. Melissa has been warmly welcomed onto the team of employees at Korna, and enjoys a positive relationship with her employer.

Korna Natural Pet Supplies is a unique pet food supplier. They supply human-grade pet foods without fillers, by-products, or preservatives. In addition to their selection of canine and feline dry and canned foods, Korna also has raw frozen pet food for sale. The staff is helpful and knowledgeable, and takes special interest in the needs of pets and pet owners. They are in North Vancouver near our CISS office at 1174 Marine Drive. We look forward to our continued relationship with Korna Natural Pet Supplies and are thankful for their support and encouragement!

CONSUMER SPOTLIGHT

By Brenda

Richard has been with CISS (Inlet) for 20 years since July 1990. He came to us from Woodlands where he lived from three years old. Richard is a very social person; he is caring, loving, sensitive and very friendly. Richard is a big part of his team; he gets along well with his peers and staff. He has made some special friends over the years. When Richard first attended the Inlet program, he was very shy and kept to himself, over the years he has come out of his shell and his sense of humour shines. He has excellent dancing skills and he loves music. Richard has a smile that would melt anyone's heart. He is happy to see the musician every Tuesday for Music Therapy and will often ask a peer or staff to dance, by walking over and taking them by the hand.

His favourite song is The Unicorn Song, by the Irish Rovers. He chooses which station he wants to listen to when on site at the program and on occasion sometimes changes the station to classical or Asian music. Richard had a job recycling in the community many years ago; he would collect bottles and cans and bring them to the local convenience store to cash them in. Richard was always proud to be in the community, as he would walk with his head held high and a grin from ear to ear. Richard was on the front page of the paper in the early 90's doing his paper-shredding job. He continues to love this task and will sort and rip papers as a favourite pastime activity.



SUGGESTION BOX

By Shari

Over the past three months we have only had two written suggestion placed in the suggestion box.

Consumer Profile Cards: The suggestion is *"Could there be a section on the Consumer Profile Card for PRN's too (on the back of card)?"*

Thank you for the suggestion and the situation has been resolved within our new protocol for putting together a Consumer Profile Card. In our database system (Share Vision) staff will enter any pertinent information into the system from the Consumer Profile document, which is generally updated anytime there is a change, and annually at the individuals ISP meeting (updated by caregiver). Once the information is updated into the system by staff they will run a Consumer Profile report, which will capture all medical and personal information, this will include PRN medication. For our readers who do not know what PRN stands for, it is for medications that are prescribed by a doctor to be given to the individual, on an as needed basis only.

CISS Phones: The suggestion is *"Would cordless land phones be out of the question when we move to our new location? The telephone cord keeps twisting and getting in the way."*

Good question, I am not sure if there are cordless phones available for multiple lined phones so this is certainly a question to ask when we prepare to set up our new phones. We do intend to establish a phone system that will allow the caller to dial directly to the person who they wish to speak to. Thank you for the suggestion and we will keep this in mind when we research our new phone system.

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

Health & Safety

By Nancy

As we enter the New Year 2011, our Health and Safety representatives, with the Social Committee Representatives are staying focused on health and nutrition. Focusing on different foods from a variety of food groups, helps give us more energy, build our immune system to help keep us healthy at work and play, and in this process provide nutrients to our brain which also improves memory skills, language processing, and problem solving skills.

Energy Booster (antioxidant-rich fruits and vegetables)

Yellow and orange fruits and vegetables, blueberries, red grapes, spinach and green tea. Herbs to help are turmeric, ginger, garlic and ginseng as well as spirulina, chlorella, seaweeds and wheatgrass. Dark greens are full of chlorophyll.

Omega 3 foods (to help feed our brains)

Seafood such as herring, oysters, salmon etc. and flaxseed oil, hemp, walnuts, pumpkins seeds, eggs, canola oil and marine micro-algae.

The good food choices and drinks are the following:

Whole grains/high fiber, coffee (organic, black), eggs, oats, stock based soups, vega, seeds, chocolate (dark 70%) legumes & beans, yogurt (plain), sardines/salmon, nut butters and sea vegetables

Reference: Bodhi, Mind U Spirit, Nutritional Consulting {<http://www.bohi-mind-spirit.com>}

CONSUMER SATISFACTION SURVEY RESULTS

What do you like the best about CISS?

My staff members that are always willing and able to help me find ways to make me happy, I like coffee outings, outings, tea, coffee house, being with my peers, parties, music therapy, coffee house, movies, tea dates with Executive Director, going to my work and coming to the day program, my friends, my programs like shopping, baking, love coffee house and crafts, out door activities, going to gym and park for exercises and bowling too, they helped find a paying job, be respected and treated nice, we do fun thing where I can learn and grow, to associate with people my own age and different backgrounds, do not know.

What do you not like the best about CISS?

Sudden change of schedule but I am learning to adapt to it, I like it all, nothing, looking for work, staff changes, going for walks, if we need to mention having male staff for son could be effective sometimes, I like everything about CISS.

Do you have any suggestions or ideas?

I like dances, more fun time, other programs similar to #1 (music therapy and coffee house), more movies, if there's time, efficiency regarding scheduling daily activities and job training – these would be so thankful.

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.

In the past three months (October, November and December) there have been 13 surveys completed and returned to CISS.

| Question | Yes | No |
|--|--------------------------|-------------------------|
| Did you have help to fill out this survey? | 13 | 0 |
| Who helped? | Family or Caregiver 6 | CISS Support Staff 7 |

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.communityintegration.org> for a view of the survey tool).

| Question | Awsome | Okay or Good | Terrible | No Response |
|--|--------|--------------------|----------|----------------|
| The Social Committee plans parties and events that I like. | 5 | 7 | 1 | 0 |
| List of suggestions for the Social Committee: Softball game with staff and consumers, I love dances, camping, go on a boat, petting zoo, dancing activities, singing activities. | | | | |
| I like the programs that I do at my program. | 8 | 5 | 0 | 0 |
| I set my own individual goals at my ISP meeting. | 6 | 6 | 0 | 1 |
| I get to try new things at my day program if I want. | 7 | 6 | 0 | 0 |
| I like the way my staff help me at my day program | 11 | 2 | 0 | 0 |
| My Program Manager listens to my complaints | 9 | 4 | 0 | 0 |

Herbal Hints

By Pam

Herbs have been around for thousands of years and were mostly used for their ceremonial, spiritual and medicinal properties. Today, in modern cuisine they have made a huge resurgence in the culinary world as fresh herbs add huge flavour and aroma in our everyday cooking. Herbs can be added to create a dramatic pungent flavour while others tend to be more subtle. Whether you use herbs in your cooking or for other purposes here are a few herbal tips that perhaps you didn't know.

1. Basil leaves bruise easily and should only be kept for 2-3 days in the refrigerator but they freeze well. Basil should be blanched first before freezing, as the leaves will turn black. Simply place the leaves in a strainer and pour boiling water over them for 1 second, leave them to cool and dry on a paper towel and then freeze.
2. Parsley and cilantro dry well in the refrigerator by placing the unwashed bouquet in a paper bag for 2-3 weeks.
3. If you are trying to avoid salt in your diet try these herbs as a replacement as they have a salty flavour: lovage, summer savoury and celery.
4. Parsley is not only used as a pretty garnish, try chewing some after your meal to freshen your breath.
5. If you chew a leaf of tarragon you may notice a numb feeling on your tongue. That's because it used to be used to relieve toothaches.
6. Certain herbs entice both bees and butterflies. Some common herbs that may entice them to your garden are fennel, lavender, marjoram, mint and rosemary.
7. To tell whether your dried herbs shelf life has expired, try rubbing some between your fingers. If they leave some fragrance they're still good, if not it is time to discard them and buy some more.



8. Herbs with tough leaves (rosemary, lavender, thyme, bay leaves) can be added early when making your favourite dish as they can withstand long cooking times.

9. Strong aromatic herbs (tarragon, mint, fennel, marjoram) should be added during the last 20 minutes, which will allow their flavour to blend into the dish while still retaining their aroma.
10. Herbs such as rosemary, eucalyptus, juniper, sage and thyme can all be used for making a natural disinfectant for your home by simmering the leaves and flowers with water for about 30 minutes, then strain and cool. Store in a spray bottle in the refrigerator for 1-2 weeks.
11. Fennel, dill and caraway are known for the digestive qualities. They have been used to treat colic in babies and are 2 ingredients used today in gripe water.
12. Ginger is popular in Asian, East Indian, Caribbean and North African dishes. It is usually chopped or grated however unpeeled slices can be added to long cooking dishes and marinades and then removed before eating. Ginger will keep in the refrigerator for up to 10 days but can also be frozen which makes it easier to grate.



ANSWERS FROM FUN PAGE

1. Victoria
2. Toronto
3. Montreal
4. Calgary
5. Moncton
6. Halifax
7. Whitehorse
8. Gander
9. Winnipeg

Mystery Word: Saskatchewan

BECOME A MEMBER OF CISS

CISS would like to present to you, the stakeholders, and the opportunity to become official supporters of the society. You are invited to become a member of the Society today.

As a **Member of CISS** you will enjoy the following benefits:

- Voting privileges at our Annual General Meeting
- Subscription to Newslink, our quarterly newsletter
- Invitations to society events:
 - Annual Christmas Party
 - Annual Barbeque
 - Special Events



The annual fee for a membership is \$20.00. For more information please contact us at 604.461.2131 or email Shari at shari.mahar@communityintegration.org. Membership forms are available for download: www.communityintegration.org.

BRAVOs

To: Michale

From: Mary Joy

Reason: For stopping to assist a consumer, after hours, who was walking in the rain, trying to locate an item he had lost and did not want to go home without it.

To: Jimmi

From: Brenda

Reason: For bringing up the IDS consumer walker that got left behind outside the building, on a Friday.

To: Jailene

From: Tanya

Reason: For being extremely helpful and flexible when a coworker was in a critical situation, thank you.

To: Mary Joy & the Social Committee

From: Nicole D. and Brenda

Reason: Thanks so much for planning a movie day with pop. Great way to spend the cold & chilly afternoon.

To: Raishma

From: Brenda

Reason: Thank you for your hard work putting a Movie day for the consumer/staff, it was great.

To: Michale

From: Brenda

Reason: Thank you for bringing one of your bed sheets for movie day, to project the movie on.

To: Jimmi

From: Brenda

Reason: What a great coworker you are for taking over for a staff that had fallen with her consumer, you helped take them to the clinic, as they were injured.



CISS COFFEEHOUSE, COME JOIN THE FUN!



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



**Place Mallairdville
1200 Cartier St.
Coquitlam**

**\$2.00 admission
concession also available
(coffee, pop, chips)**



Live Music



Door Prizes

Dancing



**Opportunities to
Socialize**





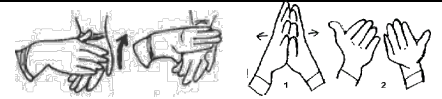
Volunteer

For the months of October, November and December, the Consumers of CISS have volunteered **602 hours** to our communities in many different ways 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, Costco Shopping, Eagle Ridge Church, Friendship Baptist Church, Java With Friends Coffee House, Kyle Kitchen Senior Lunch Program, Lions Care Centre, Central Elementary School, Place Maillardville, Our Lady of Assumption School, and TLC Grooming.



COOK BOOK

COMMUNITY INTEGRATION SERVICES SOCIETY cookbooks are on sale! Just in time for Christmas. **ONLY \$10.00 EACH!!!** We are looking for places to sell more of these wonderful books. Do you have a church or community sale coming up that you could display some of these for us? Call Mary Joy at 604-931-4554 if there is an opportunity out there to help out with this fundraiser.

HOSPICE-PALLIATIVE CARE

At the End of Life's Journey

By Rosella

What is Hospice-Palliative Care?

Hospice-Palliative Care is specialized care coordinated by a team of experts, who work towards meeting the specific needs of an individual at the end of his/her journey. A brochure from the Burnaby Hospital Tertiary Hospice Palliative Care Unit describes the care received clearly.

Hospice Palliative Care:

- Aims to relieve the suffering and improve quality of living and dying for people facing a life-limiting illness
- Does not hasten or delay death;
- Offers support to the person and family;
- Focuses on comfort and practical, emotional and spiritual supports;
- Allows people to continue receiving treatments, including those aimed at slowing the progress of the disease and reducing symptoms."

A number of "care options" may be presented for consideration to the individual, his/her family, and/or caregivers. As well, Hospice-Palliative Care can be offered in various settings: Hospitals, Care Facilities, and in an individuals' home.

Remember: Changes to a dying person occur in the whole person – Physical, Spiritual, Mental, and Emotional-Social. It is important to keep in mind that the sense of hearing is often the last sense to be lost...so, careful regarding what you say and the tone of voice you use to say what you say! **Always** lead gently....from your heart.

Resource Material that I can loan to you, that will provide you with detailed information regarding Hospice-Palliative Care, as well as information regarding what happens to a person at the end of their life's journey include:

1. Journey's End – A booklet from Queen's Park Care Facility
2. Brochures – Burnaby Hospital
3. The Internet

Resource Person at CISS – Kahir Lalji – who presented an excellent workshop – "How to Cope with Grief and Bereavement".

We need your support

Please support CISS by donating to our 2009 fundraising campaign.

Name: _____

Address: _____

Postal Code: _____

Phone: _____

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

☐ \$25 ☐ \$50 ☐ \$100 ☐ other _____

Your charitable receipt will be sent to the above address.

Thank you for your contribution!

Members of the Newsletter Committee include: Mai-Lan, Andrea, Katrina, Brenda, and Mary Joy

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

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