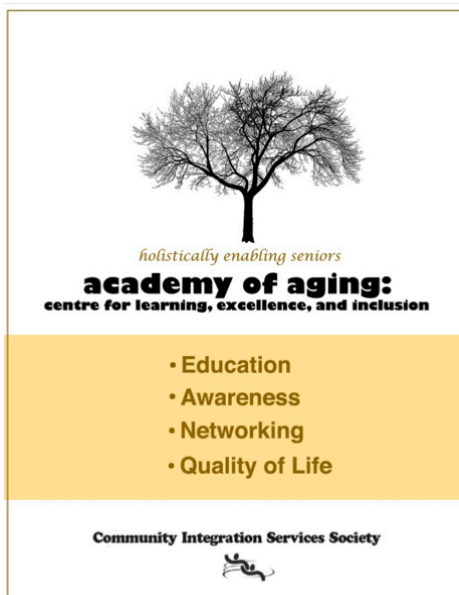




Academy of Aging

By Kahir



The CISS programs on the North Shore are proud to announce that we have been awarded a generous grant through the New Horizons Senior Program. We submitted a proposal for the Academy of Aging and we were selected to run this project for one year. Working with different stakeholders and community partners, this centre will be the first of its kind as it will foster an educational

environment which will encourage seniors to teach and learn from each other. The weekly sessions will provide educational seminars in respective topic areas to present material to developmentally disabled and cognitively impaired older adults (and their families), as well as other ethnic older adults who are at the risk of isolation and who face double and triple vulnerabilities. The material presented will seek to enhance the knowledge, awareness, and skills in specific areas. The seminars will be offered in 3 of the most prevalent languages in the region to help meet the needs of the aged among the major ethnic groups.

There has been a historical gap in the services provided to seniors with cognitive impairments on the North Shore. In 1993 CISS became pioneers in providing services to this segment of the population when it established the Leisure Services Program. With the Academy of Aging, we seek to continue to lead the way in serving older adults who face multiple barriers in living a good quality of life.

Some Accomplishments this Quarter!



Dan's Bench Project!



Chantal's Carrier of the Month Award!

From the Executive Director's Desk

by Shari Mahar

We did it!! CISS has moved into our new Tri-Cities location at Melissa Park in Port Coquitlam. Although at times it felt like we would never get to our goal, we did.

CISS had our 2012 Annual General Meeting (AGM) on Tuesday June 26th, it was a wonderful event where we shared the annual reports (business and financial) and following the annual slide show, our guests went to Melissa Park for refreshments and tours. A special thank you to all of the bakers and organizers of the refreshments; some people thought that we should publish a dessert cook book.

Words cannot explain the feeling that you get when you come into Melissa Park. When the house is filled with people you sense a togetherness that is caring, respectful and sincere. Finally, after many years of cramped quarters we have room to express ourselves.

Since we moved the three programs and administration into Melissa Park, we have had many different types of events and activities take place: Catering skill development program, Employment workshop series, Self Advocacy workshop, Ergonomics training, and Grief counselling.

I am so proud of all of CISS' accomplishments and want to extend a huge 'WAY TO GO' to Kahir who was successful at achieving the New Horizons for Seniors Program (NHSP) on the North Shore. Although he would not openly brag, I will for him – Kahir has a MA in Gerontology, has written/published a book on Aging, and has now created the New Horizons Program. We are very proud of Kahir and the North Van team for their successes.

CISS board plans to have our Gala Grand Opening of Melissa Park on October 5, 2012. During the event we will have a ribbon cutting ceremony inviting local dignitaries and the media. All family and friends will be invited to this event where we will celebrate all of our achievements.

Below is the list of all of the companies/trades that brought Melissa Park to life; I sincerely thank each of them for their care and detail to this very special project. This house was built with kind hearts and gentle hands.

Construction Companies & Professional Services Used for Melissa Park

Thomas Grimwood Inc. & Chercover Massie & Associates Ltd. design and architect team who made our dreams be realized on paper and in design.
Quest Projects Inc. – Construction Management Company – Phil, Dan, Jacqui, Don, David, Damien, Joel and all of the other workers who crossed our path during construction.

Airstream Heating & Air Conditioning Inc
Arconn Contracting Ltd. (Drywall)
Awa-Tech Waterproofing & Roofing Ltd.
Airstream Heating & Air Conditioning Inc
Arconn Contracting Ltd. (Drywall)
Awa-Tech Waterproofing & Roofing Ltd.
Bridge Woodworks Mfg. Ltd. (Fireplace)
Budget Blinds
Dalrio Contracting (Exterior Deck/Ramp/Railing/Stairs)
Elegant Glass & Shower Mirror Ltd. (Glazing/Mirror)
Eliros Aluminum & Ironcraft Ltd. (handrail on wood ramp)
Homan Roofing Ltd
Insul-Twin (Insulation)

Lore Electric Inc.

Maj Brothers (Fireplace step raiser, bathroom tile, baseboard tile)
May Day (Construction Cleaning)
National Doors & Hardware Ltd
(doors/frames/hardware/washroom accessories)
Palmieri Bros. Paving Ltd.
Peak (Garage demolition)
Polmar Hardwood Floors
Pro-Finish Painting Ltd.
Signmaster Signs Ltd. (identifying devices)
Spanish Wood Mfg. (1980) Inc. (railings interior & exterior)
Spectrum Security (install fire alarm panel, GSM communicator & relay module)
Sprinkl-Tech
Standard Security Systems
The City of Port Coquitlam
The Counter Fitters
Thermatech Installations (Asbestos removal)
TOS Reinforcing Ltd (reinforcing steel – concrete)
Total Ground Effects Ltd. (landscape & paving stones)
Vancouver City Savings Credit Union
Westward Floors Ltd. (Carpet & Resilient flooring)



What's New at CISS?



At Inlet

By Jim

It's been a busy start to the year at CISS as well as at Inlet Enterprises. We began the new year having just moved from our old office at #205-3003 St. Johns St. into #200-3003 St. Johns St., sharing the space with IDS1 and IDS2. Having had our own space for so long, it was an adjustment adapting to our new surroundings. But it was great practice for our second move of the year as all three programs at CISS Port Moody moved into our new and permanent home at Melissa Park in Port Coquitlam. All of the staff and consumers have loved the new space and neighbourhood, and the opportunities this has afforded.

At the end of May, we were saddened to lose one of our staff, Rosella, to retirement. Rosella had been with CISS for many years and has contributed in countless ways to the society and our consumers. Though we still miss her, we hope that she is enjoying her well-earned retirement and taking advantage of the wonderful things that BC has to offer.

Music Therapy, long a staple at Inlet, has moved into our new home, and we have changed the time as well. Music Therapy now meets on Monday mornings at 10:00 a.m. As well, consumers are continuing with their various programs including bowling, Coffee House, adapted yoga, swimming, etc. Many consumers are also busy with volunteering at Kyle Kitchen, the Food Bank, Adopt-a-Trail, as well as a new volunteer location, Hawthorne Care Center.

In addition, several consumers are still actively pursuing (in spite of a still challenging economy) paid employment. The employment workshop hosted by IDS2's Renee, was well-received and helped consumers make positive strides in their approach and conversations with potential consumers. Much thanks Renee!

In addition to Rosella's retirement, there were several other staff changes at Inlet. Michale has decided to take a position on IDS2. We are sad to lose her at Inlet, but glad that she's still with the CISS team. Amir, who was only with us for a short time, also decided to move on to other opportunities. Though we have had to say goodbye to some valued team members, we are thankful to have Kathy, Erin, and Rob join the Inlet team. We are excited to add their skills and enthusiasm to the Inlet and CISS family.

With a busy 2nd half of 2012 upon us, we at Inlet continue to work hard to improve the quality of life for the consumers we support, and look for new and exciting ways to actively engage our new community in Port Coquitlam.

At Port Moody IDS2

By Lee

IDS 2 lost a very important member of the team. On May 3rd 2012 Geoff Carlbek passed away. Many IDS 2 staff and consumers attended the service on May 11th. Geoff will be sadly missed.

Krista took a well-deserved cruise with her grandma in May. Michael D unfortunately injured his knee playing ball; luckily it's on the mend. Brian resigned from his position at Red Robin's, however landed an interview at a local sports store toward the end of May. Rae has returned to program three days per week and is working hard on the catering program. And William is finished college for the year and is attending additional days during the summer.

Renee hosted an employment workshop to assist those looking for paid work. Here's hoping it enables someone to achieve paid employment. Plenty has been planned for the summer months so stay tuned, sign up, and let's participate.

At North Vancouver

By Trisha

We are proud to announce that CISS – North Van has been awarded The New Horizons Seniors Program grant, which will result in innovative programming for the seniors on the North Shore. We regret that Andrea has resigned from her permanent position with us to explore new opportunities. When a door closes, a window opens and Jocelyn has taken that window of opportunity to fill Andrea's position. Congratulations Jocelyn!

Thursdays are really bustling now that Dong Ku has joined our Outlook Newspaper delivery team. Thanks to the addition of two new computers, our computer classes have also commenced on Thursday afternoons.

With winter behind us, the Hot Dog Express moved outdoors, we are anticipating a prosperous season. Be sure to come out and join us for lunch.

At Port Moody IDS1

By Mary Joy

Staff and consumers have settled into our new location, and are looking forward to new programs and activities in the area.

Julie and Ashish are now using public transit to travel to and from the Day Program instead of using handy dart. We were confident that you could do it and you proved us right.

Consumers are all keeping busy with their programs, activities, and finding new things to do. Julie attended a series on How to Enter the Workforce employment workshops, with Ashish and other peers, with the hope of finding paid employment. Two individuals are working at the catering program on Mondays in Melissa Park kitchen. The smell of muffins is a great way to start our week at the office.

One consumer works hard at Tim Horton's. Chantal continues with her paper route, working hard delivering the papers door to door, and received a Canadian Tire *Carrier of the Month* award from the Tri-City News. Sarah enjoys her position every Friday at A&W.

Our Self-Advocacy Group got up and running and had a great turn out. Many of the participants expressed their views. The speakers were knowledgeable and stayed to answer any questions that people had. The group was very enthusiastic about continuing every month with new topics for discussion, or having speakers come out. Mai Lan and Chantal have taken charge of our community garden at Colony Farms and it is a project we hope to continue for years to come. This will take lots of hard work and it seems Mai Lan is on top of it. She is looking for more volunteers willing to help out. The area has a gazebo where people can have their lunch or take a break.

Greg is progressing; we are anticipating his return to his program and activities.

Staff and consumers have participated in a few car wash fundraisers over the past couple of months. Our annual BBQ was held on August 3 and everyone will seem to have a good time.



SUMMER SAFETY TIPS



- * Plan to be outside in the early morning or late afternoon.



- * Stay in the shade and out of the hot sun between 11 a.m. and 4 p.m.
- * If you are in the sun between 11 a.m. and 4 p.m., wear long pants, long sleeves and a hat with a wide brim to protect your skin from sunburn.
- * Wear sunglasses that provide UVA and UVB protection.

- * Use a sunscreen lotion or cream that is SPF 15 or more. SPF means Sun Protection Factor.

- * Use a sunscreen that says "broad-spectrum" on the label. It will screen out most of the UVA and UVB rays.



and

- * Put sunscreen on your skin 20 minutes before you go out and reapply 20 minutes after being out in the sun to ensure even application of the product and better protection.



- * Don't forget your lips, ears and nose. These parts of your body burn easily.
- * Sunscreen gets washed off by water and sweat, so, put more sunscreen on after you go swimming or if you are sweating.

Rosella

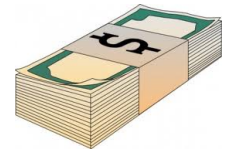
By Brenda

On November 8th 1993, Rosella began her career with CISS working for two years at Inlet Enterprises. Rosella was then transferred to a program called *Norwood Day Program*. In 2003 Rosella returned to Inlet Enterprises and remained there ever since. With 18 years and 7 months of service at CISS, Rosella decided to retire this May 31, 2012. This lady will be deeply missed for her hard work and dedication to all of the individuals she supported throughout the years. Her co-workers would like to thank her for all of her support and the privilege of working with her throughout those years of service. Rosella was well known for giving out cards for any occasion. Rosella told me that she will always have fond memories of the people she was privileged to support, who taught her so much, and who enriched her life. As well as those special co-workers who were caring, encouraging, and supportive especially in some of those challenging situations called "life". From everyone at CISS, Rosella, we would like to wish you all the best in your retirement years and your new adventure that lies ahead.

Interesting Facts about Money

By Dan

Sir John A. MacDonald is on the ten-dollar bill. He joined the Canadian parliament in 1843 and was Prime Minister from 1867 to 1873 & 1878 to 1891. This information is located under his picture on the ten-dollar bill. Most of us never notice the tiny little writing.



Port Moody's Golden Spike Days is a Festival regarding the last spike put in for the railroad, which was in the 1800's and due to the completion of the railroad, John A MacDonald, who was in office at the time, and his wife Agnes took the train into Port Moody.

Two interesting books about the life of John A. MacDonald that I have read are 'The Man Who Made Us' and 'Nation Maker'.

Under the picture on each of the bills is the information for when the person on the bill was in power. Sir William Laurier is on the five, MacKenzie King is on the fifty and Sir Robert Borden is on the hundred-dollar bill.

You have to guess who is on the twenty. It has been said, that the new hundred-dollar bill's see through window, smells like maple syrup.

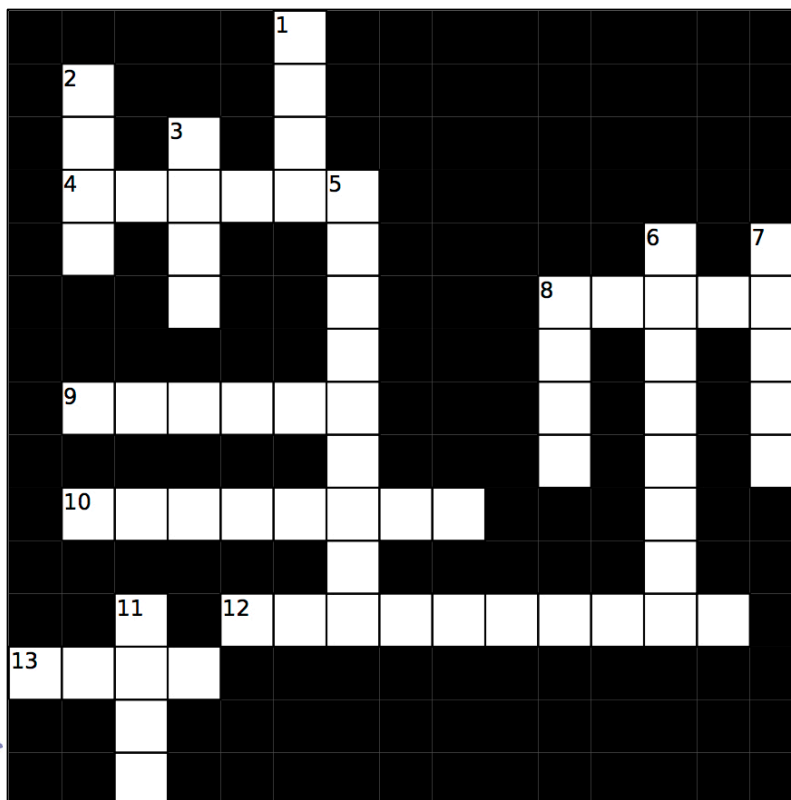
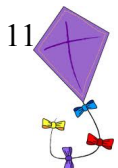
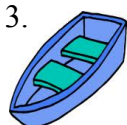
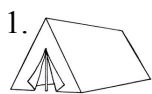
The last penny was cast in May 2012 and there will be no future pennies made.



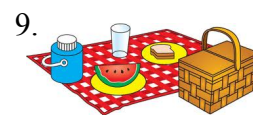
Fun Activity Page



Down



Across



JOKES



Q: What has one head, one foot and four legs?

A: A Bed

Q: David's father had three sons: Snap, Crackle, and ?

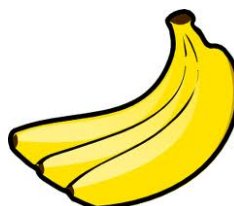
A: David!

Q: If you were in a race and passed the person in 2nd place, what place would you be in?

A: 2nd place!

Q: Why did the banana go to the doctor?

A: Because it wasn't peeling well!



Tongue Twisters

Friendly Frank
flips fine
flapjacks.

Fat frogs flying
past fast.

Brenda's Bunny
baked buttered
bread.

Geoff Carlbeck

By Rae

On May 3rd 2012, CISS lost a very close friend. Geoff passed away at Eagle Ridge Hospital, leaving behind very close family and friends. We went to Geoff's service on May 11th at Our Lady of Fatima Church. The service was emotional, especially the way a family friend spoke of Geoff's childhood experiences. Geoff was very strong and determined with all the physical struggles that he has gone through in his life.

Geoff was a humorous and independent person. He was loved by everyone at CISS. Geoff was living with his roommate Darren, at his house. Darren was a really good friend to Geoff. Geoff was crazy about the Canucks hockey team. Geoff knew every player's name and their stats. Geoff loved being funny. He liked to joke around, especially with his staff. He used to attend the same high school as me. I graduated before him. I didn't know Geoff was going to be at CISS – it was a coincidence. Geoff came to CISS in 2008. He brought us joy and laughter. When Geoff was injured with his leg, clients at CISS went to see him at Eagle Ridge Hospital. He was so happy to see us. I noticed Geoff seemed to be recovering very fast. I thought he would come back to CISS. He did, although he just came back three days a week, due to his rehabilitation. Unfortunately, he couldn't stay with us longer.

It gives us mixed feelings to see someone missing when you know that person used to be in the same Day Program as you. We at CISS will miss Geoff at all the activities and Christmas events, barbecues and the activities that Geoff loved so very much.

GEOFF IS UP IN HEAVEN WATCHING OVER
US.
HE IS OUR GUARDIAN ANGEL.
WE MISS YOU GEOFF CARLBECK VERY
MUCH!

Go-Getters get Going

By Linda

On Friday, April 27th, the Go-Getters met for the first time in their new office space at Melissa Park. The meeting was well attended by CISS consumers and special guests Jessica Humphries, Self Advocates Advisor for CLBC and self advocate Gladys Duran. It was a very informative and invigorating meeting. Several of the consumers came away with a better understanding of their rights and responsibilities. Gladys covered items such as how to set up a self-advocates group. There should be helpers to make snacks if the group chooses to have them, someone to put out pencils, set up chairs, and clean up. These were some examples of what needs to be addressed by the group. A group leader should also be chosen. A code of conduct needs to be established and adhered to when the group meets.

Privacy is of the upmost importance. What is said in the group stays in the group; respect and following the rules the group sets out. Gladys informed the group that they should learn ways to deal with problems. For example, write letters, know who to talk to and what to do when the people you talk to do not listen or address the issue.

Jessica handed everyone a Statement of Rights that she and CLBC are working on. She suggested that everyone needs to know that they have choices and control of their choices. For example, choose to marry or not to marry, how to cut their hair, and spend their money. Jessica suggested that the self-advocates could make a video of what they believe is important and what their mission for the group is as well as a little bit about themselves.

The individuals in the self-advocates group could determine what they want to do in the future. Some of the examples people from the group gave were: be in a band, move into their own place, work doing the kind of job they would like, and learn history.

The group was also informed that they have the right to be treated fairly like everyone else. If they believe that is not happening they should tell someone who can help such as a support worker or manager. If they still think they are not being respected or heard they can contact CLBC- Jessica Humphries. She handed out her business cards. Another important issue Jessica touched on was the fact that everyone has the right to spend their money however they choose. Perhaps they could have someone help them with a budget.

The meeting closed with Gladys sharing with the Go-Getters that they need to remember never to allow themselves to be labeled and to exercise their rights even if it means getting someone they trust to help them be heard.

SUGGESTION BOX

By Shari

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

Suggestion: *Would be good to put non-slip material on the back wood stairs.*

This suggestion was made for our new location, Melissa Park. This is a great suggestion and one that we will attend to for the lower stairs in the rear of the building.

Suggestion: *Make a USB jump drive available to all staff with templates i.e. ISP, BI-Annual report.*

Currently, we keep all templates on Share Vision to assure that only current templates are in circulation. The templates are accessible to all staff; I will ensure that the method for accessing and using the templates is explained in the Share Vision User Manual. If any staff has difficulty accessing templates, please see your manager and ask for assistance.

Suggestion: *Could some of the computers get some earphones so when the consumers are playing games or music they are able to enjoy themselves?*

Thank you for the suggestion. I believe (but will check with Angel) that individual headphones which people have for their other devices may be able to be used in the lab, however I will double check. As well, we do intend to purchase some extra head phones to be used for a variety of things like listening to music, playing games, and listening to tutorials. The headphones will also come in handy for staff that participates in tutorials, online development, and research.

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

Employment Spotlight: Michael

By Brook

Mike has had the opportunity to step into a part time position at a McDonald's restaurant recently. He has only been working there for a few months; from about the end of March up to the present. Mike works for an hour and a half every Wednesday and, since he started, Mike has become much more comfortable and open with the people and environment at McDonald's. His duties include wiping down tables and trays and cleaning the condiment counters. He also sweeps and mops the floor and cleans the windows in the restaurant (among other tasks Mike is doing well at). His staff says he always looks forward to eating lunch there after his shift and his co-workers say that he is catching on fast to his tasks and that they really enjoy having him there.



There are a few sites that are great if anyone wants to find American Sign Language dictionaries:

www.aslpro.com

www.handspeak.com

www.deafblind.com

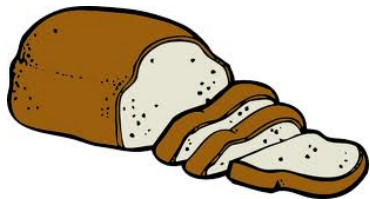
Helpful Hints from Pam

Whether you're a seasoned professional or an at home cook preparing meals for your family, everyone has a day when things don't go quite right. Here are some of the most common cooking mistakes and suggestions to make your cooking experiences more successful.



Remember to always taste as you go. Recipes don't always call for the right amount of seasonings or spices. Other factors that may affect a recipe's outcome is the altitude, your stove or oven temperature and estimated cooking times. Rely on your palate to let you know what your dish needs.

A lot of people make the mistake of boiling rather than simmering. A simmer is when bubbles break the surface every 1 to 2 seconds, anything more than that is a boil. Stews will be much more flavorful and the meat will be nice and tender if you simmer it for 2 to 3 hours rather than boiling it for a shorter amount of time as the meat becomes dry and tough.



When baking, soften your butter by letting it stand for 30 to 45 minutes first (cutting it into small pieces it will make it soften even faster). If you put it in the microwave it may become too soft and your cookie dough will be more like a batter and your cookies will spread across the pan as they bake.

A way to test how even and accurate your oven temperature is to set your oven to 350 degrees and place the rack on the middle shelf. Cover a cookie sheet with plain bread slices and cook them for a few minutes. Remove from the oven and see how your bread comes out. If one section is darker or singed it means that you have a hot spot so avoid putting food in that area.



When browning foods, don't overcrowd them in the pan. It is better to do a few smaller batches as food releases moisture as it is cooking and steam must be allowed to escape. This is especially critical when browning meat as you will not get the nice crusty bits, which are crucial for a deep, rich flavour.



For perfect sautéed food allow your pan to heat up sufficiently. Put your pan on the burner and heat it up fully before adding oil, then add your food and you will hear that "sizzle". By allowing your pan to heat up fully, your food won't stick.

Bullying

By Anonymous

"Bullying" is a very strong word with a hateful meaning. It shows itself in many different shapes and sizes: Physical, emotional, verbal, and etc. In one dictionary, a bully is described as "A cowardly person who terrorizes a weaker person."

In another resource, bullying is described as "an aggressive behavior manifested by the use of force or coercion to affect others, particularly when the behavior is habitual and involves an imbalance of power."

Even though there are many strong words that come to mind when one thinks of the term bullying – like abuse, harassment, or intimidation – one must realize that bullying also comes in more subtle forms, for example, jokes about another's appearance. Think twice before you speak as you may be hurting someone's feelings and not even realize it.

If someone is physically or verbally bullying you, confront that person. If you are not able to do that, go to someone you trust and inform them. Verbal bullying is very hurtful so, when you are delivering a message, remember how you should deliver that message. Be kind to one another and don't be a bully. Remember, "Do unto others as you would have them do unto you."

The Car Wash



Consumer Spotlight: Russell

By Jocelyn

Russell attends CISS three days per week and enjoys keeping a very busy schedule! Russell takes pride in doing a great job every week delivering newspapers for North Shore Outlook. During program, Russell enjoys socializing with his peers and making new friends wherever he goes. When not in program, Russell enjoys keeping busy by being part of a bowling team, playing and watching any and all hockey, and going to Cheers restaurant for Dinner Club.

Russell is known for his cheerful disposition and ready smile. Russell can always be depended on to remind you of the life-fulfilling joys of chocolate bars and tea. Russell knows the best way to make a friend is to be a friend.

ANSWERS FROM FUN PAGE

Down	Across
1. Tent	4. Shorts
2. Fish	8. Beach
3. Boat	9. Picnic
5. Sunscreen	10. Ice Cream
6. Barbeque	12. Sunglasses
7. Shade	13. Swim
11. Kite	

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 \$30.00. 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

- Thank you Rob for taking the initiative to talk to a consumer and encourage him to spend quality time with a staff that was available at the time, from Cristina.
- Thank you Rob for going above and beyond in offering support and comfort to a consumer and his staff during extraordinary circumstances, from Cristina.
- Thank you Bobbie for helping a staff to make her car accessible for a wheelchair, from Cristina.
- Thank you Cristina for advocating on behalf of a consumer to have his library fines eliminated due to his current situation, from Mary Joy.
- Thank you to Pamela for helping a staff with advice during an unexpected situation while supporting a consumer, from Cristina.
- Thank you IDS 1 team for helping a consumer with transitioning to his new residence, From Ramon.
- Thank you Linda for her contribution with the self-advocacy workshop, from Cristina.
- Thank you Navjit for supporting a consumer from CISS, at a family wedding, on the Saturday of the long weekend, when the request came your way, from Mary Joy.
- Thank you Mai Lan for your generous donations to the CISS community garden, it is greatly appreciated, from Mary Joy.
- Thank you April for arriving early with the consumer you were supporting to decorate and prepare for another consumer's birthday celebration at the office, and for helping to clean up afterwards. Your effort and thoughtfulness is very appreciated, from Tanya.
- Thank you Wendi, for stepping up and helping a consumer when staff had to assist their peer, from Christina.

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



CISS consumers continue to be active contributors to their communities. Places where we volunteer have included:

Kyle Center, Coffee House, Hawthorne Care Center, Eagle Quest Golf Course, Place Maillardville, Adopt-a-Trail, Our Lady of Fatima Church, Share Food Bank, and the CISS Catering Program.



Board Profile

Michael Jiang is one of our newer board members here at CISS, though he has already been on the board for over a year (my, how time flies!). Serving as the treasurer, Michael oversees the financial operations of CISS.

Michael was born and raised in mainland China. He came to Vancouver in 2000 after completing his undergraduate studies at Xiamen University, China. Fascinated by scientific research and drug discovery in particular, Michael spent the next several years at the University of British Columbia (UBC) working on drug synthesis and delivery, which led him to a PhD degree in chemistry and several publications in top scientific journals. During his scientific research journey, Michael had the opportunities to interact and collaborate with some local biotech companies and became very interested in the business side of the drug discovery field. Michael soon realized that business is his true passion and so he joined the Diploma in Accounting program (DAP) offered by the Sauder Business School at UBC. He completed the program began working with KPMG LLP, one of the “big 4” accounting firms. Michael became a Chartered Accountant in 2010 and is now a senior tax specialist, helping public and large private corporations and high-wealth individuals with tax compliance, consultation and planning.



Michael became involved with the Board of Directors at CISS in early 2011. He has always had a passion to contribute and give back to community and so, in the past, has volunteered with Special Olympic BC and UNICEF. He became aware of CISS in 2010, soon after moving to Port Moody and was welcomed onto our Board of Directors. Michael has enjoyed having the opportunity to contribute his knowledge and expertise to CISS and to work with the wonderful people within the organization. The most challenging part of the job has been finding sound and practical recommendations when confronting challenges – something that we are thankful Michael is so adept at.

More than anything else, Michael's biggest hobby is definitely playing with his kids, whatever they like and whenever he can (Michael has a 5 year old daughter and 10 month old son). Watching them growing is the most amazing life experience ever for Michael. Michael also enjoys hiking, playing tennis, skiing, and other outdoor sports. Michael is also an avid photographer and videographer and constantly worries about his computer hard drives being filled up again...

From all of us at CISS and all of the people we support, we thank you, Michael, for your contribution to our ongoing success.

We need your support

Please support CISS by donating to our 2012 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: Michelle, Brook, Navjit, and Jim

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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.

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