

W I N T E R 2 0 1 2 / 2 0 1 3

Community Integration Services Society



# News Link

Volume 16 – Number 3



## New Website

CISS' new website will be launched in February 2013.

Go to [www.gociss.org](http://www.gociss.org) to check it out.

Get the latest up-to-date information on what's new and exciting at CISS.



## Grand Opening at Melissa Park

By Christina

On October 5<sup>th</sup>, 2012, CISS hosted the grand opening of its new facilities at Melissa Park in Port Coquitlam. The attendance was spectacular, with approximately 100 guests, ranging from CISS staff, clients, board members, staff from Quest Projects Inc. (the contractor of our renovations), Greg Moore, the Mayor of Port Coquitlam, other city officials, neighbours, and even a previous resident of Melissa Park.

Everyone who attended was treated to refreshments, a tour of the newly updated facilities, and the official ribbon cutting ceremony.

Many individuals expressed that they were impressed with the new facilities, including the Mayor, who was ecstatic that CISS maintained the look and feel of the building, while ensuring that it was appropriate for its new use. CISS is currently in the process of having Melissa Park declared a Heritage Building – what a great way to celebrate our new neighbourhood!

All in all, the ribbon cutting ceremony was a huge success, drawing a great crowd and recognizing all the individuals who managed to make Melissa Park what it is today! All of us at CISS could not be happier with our new building and are excited for what the future holds.



## From the Executive Director's Desk

By Shari

Happy New Year to all of our family and friends at Community Integration Services Society. We officially celebrated our first Christmas at Melissa Park; the house looked festive throughout the season. Our Christmas party planned by the Social Committee took place at Lady of Fatima Church.

Now that 2012 has ended, I reflect back on the busy and exciting changes that occurred over the past 12 months. We have seen many new people join our programs as well as some who have moved on. We gathered to celebrate the opening of Melissa Park and had dignitaries and special guests join us at our Open House in October 2012. The Open House was a fantastic way for CISS to celebrate Community Living Month. Now that we have settled into our new routines combining three programs and the administration team under one roof, we can really work on expanding our service.

On the North Shore, Jim has been working extremely hard pulling together a series of workshops for seniors who live in the region. This project, the Academy of Aging, is revving up to be everything that we could hope for thanks to; Jim, Leah, Jeff and the Steering Committee. Keep an eye on our website for future workshop topics and dates.

To keep our friends up to date with CISS News we have had our website redesigned by four,

second year students from the Interactive Design program at Capilano University in North Vancouver. Will, Warren, Joan and Tessa have done a great job of capturing who we are and have guided us through the process, sharing their expertise on how CISS could use our website to better serve us. In the future, we plan to have the site be even more interactive with the ability to take food orders for catering, order network cables from our new work group, and engage with potential new employers who can job/skill match according to their needs from our site.

As we move into the New Year we are waiting for the presentation of our Heritage Revitalization Agreement with the City of Port Coquitlam, designating Melissa Park as a heritage home. The agreement will allow CISS to serve our current client group as well as expand into other areas of work.

A project the Board of Directors will be working on in 2013 is to develop the Society's own Constitution and By Laws. We will keep track of the progress on our website. The Board will present the finished product at our 2013 Annual General Meeting, which will be scheduled for early July 2013.

Please visit our new website at the same address [www.gociss.org](http://www.gociss.org)



# Facts and Causes of Cerebral Palsy

By Raishma

Autism Spectrum Disorder (ASD) is one of the most common examples of developmental disabilities. Although Autism, Cerebral Palsy and Down Syndrome are common developmental disabilities, an innumerable variety of developmental disabilities exists. Developmental disabilities are generally used to describe life-long impairments that are attributable to mental and/or physical disabilities.

## *The Facts on Cerebral Palsy*

Cerebral palsy is a name given to a group of different nervous system disorders that are present at birth or appear in the first 3 years of life. What these disorders have in common is that the underlying brain damage doesn't get worse over the years. They also all cause some degree of damage in the motor neurons of the brain, affecting coordination and muscle strength.

Overall, Cerebral Palsy affects somewhere between 1 in 500 and 1 in 1,000 newborns, though some of these are only mildly affected. The risk is highest in premature and underweight babies. The number of new cases of cerebral palsy

has actually risen slightly in recent years, partly because better intensive care is keeping more premature babies alive but also because fertility treatments have led to a rise in twin and multiple births, which are more likely to result in a baby with Cerebral Palsy.

Although Cerebral Palsy is often considered a *congenital* (present at birth) syndrome, it can also develop after birth. A brain injury resulting from a brain infection (e.g., meningitis, encephalitis) or from a fall or accident is termed *acquired cerebral palsy*. On the other hand, congenital Cerebral Palsy is a result of something going wrong during fetal development or during the birth process itself. It used to be believed that lack of oxygen during delivery was the main cause, but researchers now think this only account for about 10% of cases.

We are only now beginning to understand some of the issues surrounding the development of the fetal brain. Hopefully, more research in this area will allow us to eventually explain the exact causes of Cerebral Palsy.

## Health and Safety

### Driving in winter road conditions:

By Lee

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

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

**STAY IN CONTROL:** Make sure you know how to handle your vehicle in all weather conditions.

### Remember to be Road-Ready and Weather-Wise

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



# Spotlights



## Consumer: Sylvia

By Katrina

Sylvia is a recent graduate from Gleneagle Secondary School. She started at CISS on October 8, 2012. Sylvia is a very active and fun loving young lady. She likes music (especially Korean Bands), dancing, golfing, skiing, skating, badminton, soccer and swimming. Sylvia has won numerous ribbons for her participation in Special Olympics. Sylvia also enjoys cooking, painting, playing computer games and is learning to play piano and guitar. Sylvia has settled into CISS with ease and is well liked by her peers and staff.

## Staff: Christina

Christina has been with CISS since May 2011. She started out as a Casual Life Skills Worker but quickly moved into a part-time position. She is currently in a permanent part-time position at Inlet Enterprises. Christina entered the community living field after having worked in the food services industry for many years. She realized that she loved working with people and wanted to work in a field where she could really make a difference in people's lives. Her favourite part of her job with CISS is the variety of individuals she gets to work with and her amazing co-workers.

When she's not working, Christina enjoys quiet time at home. She also likes being creative and crafty. She enjoys painting, scrapbooking, and other creative activities. Her hopes and dreams include travelling with her family; and if she won the lottery tomorrow, Christina says that she would keep working because she really enjoys her job. We certainly hope that's true!

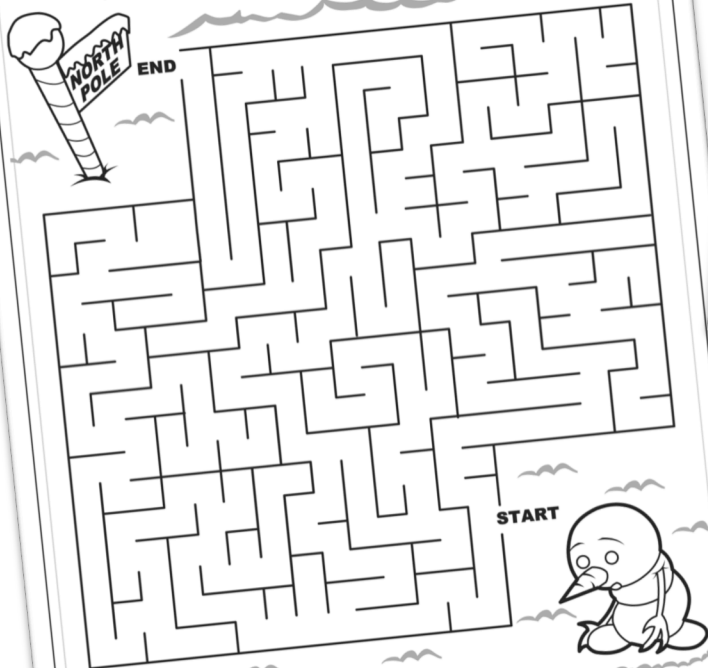




# WINTER FUN PAGE!

## FROSTY IS COLD OUTSIDE!

Help the snowman make his way home to the North Pole!



www.funschool.com

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## BEAT THE WINTER BLAHS WITH A WINTER PUZZLE!

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

Look for the hidden words in the winter word search puzzle. Remember, words can be diagonal, vertical, horizontal, forward or backwards.

**BOOTS**

**FROST**

**HAT**

**SLEIGH**

**SNOWFLAKE**

**SNOWMAN**

**HOT CHOCOLATE**

**TOBOGGANING**

**WINTER**

**SCARF**

**SKATING**

**SKIING**



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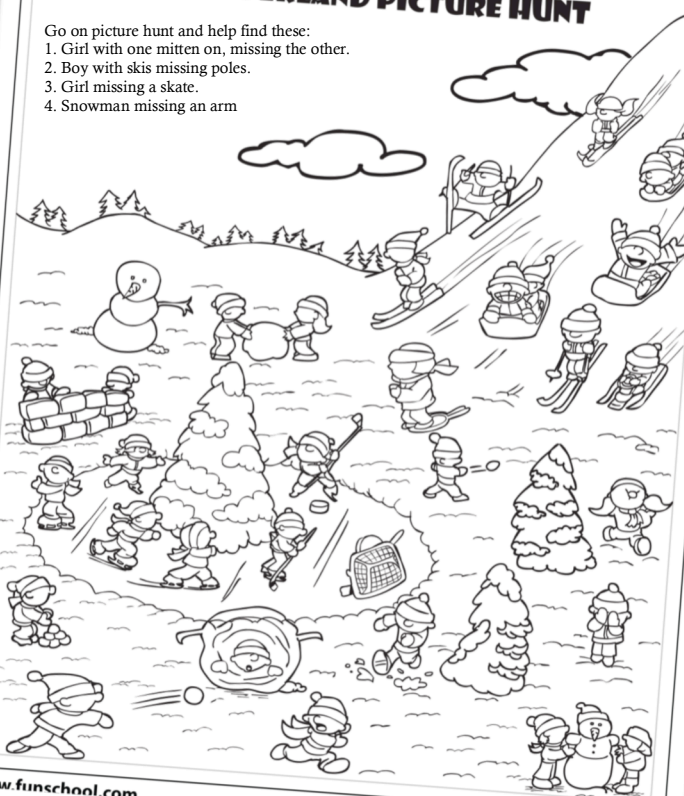
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## WINTER WONDERLAND PICTURE HUNT

Go on picture hunt and help find these:

1. Girl with one mitten on, missing the other.
2. Boy with skis missing poles.
3. Girl missing a skate.
4. Snowman missing an arm.



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# CHRISTMAS PARTY





# Music Therapy and Coffee House



## Community Partner: Heart and Stroke Foundation

By Brenda and John

John H. and Nenad began their volunteer position at the Heart and Stroke Foundation in (Port Coquitlam) on June 5, 2012. John and Nenad began to take their recycling (ie: cardboard, shredded paper etc.) on Tuesdays to the Coquitlam recycling depot. The Heart and Stroke Foundation is located directly beside the coffee shop (Martha's Coffee in Poco) that we frequent so it seemed a natural transition in getting to know the new neighborhood of Port Coquitlam.

The staff at the Heart and Stroke Foundation (many of them volunteers themselves) looks forward to the interactions and the help they receive every week.



### ACADEMY OF AGING educational series

*Educating Seniors on Issues That Matter*

#### Upcoming Seminars

- January 18, 2013 Health Awareness As We Age
- January 25, 2013 Awareness of Elder Abuse
- February 1, 2013 Understanding Dementia
- February 15, 2013 Navigating the Health Care System
- February 22, 2013 Avoiding Identity Theft

**Workshops will take place on Fridays at Mollie Nye House  
in the Mollie Nye Room from 12:30pm – 1:30pm.**

*Watch for more dates in March and April.*

For more information, please contact Jim Jo at  
604-986-1511 or [jjo@gociss.org](mailto:jjo@gociss.org)

**Canada**

THIS PROJECT IS FUNDED BY GOVERNMENT OF  
CANADA'S NEW HORIZONS FOR SENIORS PROGRAM



PRESENTED BY COMMUNITY  
INTEGRATION SERVICES SOCIETY



## Rocky Ridge Bark

From Bobbie's Kitchen

### Ingredients:

- 2pkg. (8 squares each) Baker's Semi-Sweet Chocolate, melted
- ½ cup chopped dry-roasted peanuts
- 4 Oreo Cookies, coarsely chopped
- ½ cup Jet-Puffed Miniature Marshmallows

### Directions:

Combine ingredients  
Spread onto parchment- or waxed paper-covered baking sheet  
Refrigerate 1 hour or until firm. Break into 20 pieces

### S'more Bark:

Prepare as directed, substituting ½ cup chopped Honey Maid Graham Wafers for the peanuts and chopped cookies

### Make it Special:

For a fun gift idea, fill a festive mug with the bark, then wrap in cellophane and tie with a colorful holiday ribbon

Store in tightly covered container at room temperature

## Buffalo Chicken Dip

From Bobbie's Kitchen

### Ingredients:

- 2 boneless skinless chicken breasts, cooked and cut into small ¼" cubes
- 1 (8 ounce) package cream cheese, softened
- 1/2 cup ranch dressing
- 1/3 - 1/2 cup pepper sauce (such as Frank's Red Hot) depending how spicy you like
- 1 ½ cups shredded Cheddar cheese
- 1 bunch celery, cleaned and cut into 4 inch pieces
- Tortilla Chips or crackers

### Directions:

Heat the cubed chicken and hot sauce in a skillet over medium heat, until heated through. Add cream cheese and ranch dressing and stir until well blended and warm. Mix in half of the shredded cheese, and transfer the mixture to a dish. Sprinkle the remaining cheese over the top and bake @ 350 F. until hot and bubbly (approx. 30 mins.). Serve with celery sticks and crackers or tortilla chips.

# Suggestion Box December 2012

By Shari

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

*Suggestion: As there are several consumers either employed or seeking employment in the food industry, would it be possible to arrange a Food Safe Course for the consumers to attend to become certified? Some restaurants make it mandatory for their employees. This is a very good suggestion and should also be extended as a training opportunity for the employees who also work in our cooking programs. I will pass this suggestion on to Lee who will plan the training to take place sometime in the New Year.*

*Suggestion: Could we please have a hook or hooks installed in the accessible bathroom. It would be good if staff and consumer had somewhere to hang their belongings as opposed to putting them on the floor. Thank you for the suggestion. Great idea, I will have Ramiro install one.*

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



## CISS Volunteer

**CISS Clients continue to be active contributors in their communities.**

Places where clients are volunteering include:

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



## Tips for building Self-Esteem and Quality of Life – Things that make you go Hmmm

By Pam

1. Set an intention – When you get up in the morning, decide what type of day you want to have and remind yourself about it throughout the day.
2. Be true to yourself – Do what is right for you not for someone else. You are responsible for your own happiness.
3. Change your mental diet. Do uplifting things for yourself and don't focus on negativity.
4. Be aware of the voice in your head. If your thoughts are not kind or are not serving you in a favourable way, redirect your focus in what you are wanting.
5. Upgrade your physical diet. Avoid processed foods as it offers very little nutritional value. Eat plenty of fresh organic foods and produce, and drink plenty of water.
6. Stop comparing yourself to others. You are the only you! Remember that your perspective, gifts, talents and values are unique to you alone.
7. Create an uplifting environment for yourself. Surround yourself with the things that you love (plants, photos, music, colours, and nature).
8. Celebrate your successes, even the small ones. Any progress is worth celebrating and don't feel you have to be perfect.
9. Be grateful. Be mindful of what you have as gratitude alone can turn things around.
10. Create a list of accomplishments and review it often. Rather than being overwhelmed with what you have left to do, look at what you have accomplished so far.
11. Don't take yourself or life too seriously. Lighten up a little and try to have fun every day.
12. Learn something new. Learning is growing and when you learn something new you feel good about yourself.
13. Do things that stretch your comfort zone. Fear is not a bad thing; as long as it is not life threatening look at it as an opportunity for growth.
14. Do something nice for yourself and don't feel guilty about it. Treat yourself with the same respect and kindness that you would for someone you really like.
15. Do something nice for someone else without the expectation of being rewarded.
16. Spend time doing things you find joyful and remember being happy is not selfish. Your joy will become contagious.
17. Do something physical. Any type of physical exercise, whether it is an outdoor activity or cleaning a closet, produces endorphins which make us feel good.
18. Spend time with supportive uplifting people (there are still some around).
19. Allow yourself to feel what you are feeling without judging yourself. Let go of the story and embrace the feeling.
20. You control your own behaviour and feelings. Be aware of how you handle situations; those around you may be affected more than you know.

(These tips were taken from the website  
[www.spiritwire.com](http://www.spiritwire.com))





# CISS COFFEEHOUSE

## COME JOIN THE FUN!

### THURSDAY 12:15 – 1:30 PM

PLACE MALLAIRDVILLE

1200 CARTIER ST.

COQUITLAM



\$2.00 ADMISSION



CONCESSION ALSO AVAILABLE

(COFFEE, POP, CHIPS)

LIVE MUSIC, DOOR PRICES, DANCING,  
OPPORTUNITIES TO SOCIALIZE

## BRAVOS

December 5, 2012

**To Lorna from Rob:** For assisting at the coffeehouse concession.

December 5, 2012

**To Michale from Rob:** For assisting at the coffeehouse concession.

November 30, 2012

**To Lorna from Cristina:** For assisting with the taking apart and putting together of client wheelchair.

November 30, 2012

**To Darlene from Cristina:** For assisting with the taking apart and putting together of client wheelchair.



Tanya - 5 years



Lee - 10 years



Rob - 5 years



Renee - 5 years



Kathy - 10 years

**Staff  
Anniversaries**

**We need your support**

Please support CISS by donating to our 2013 fundraising campaign.

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

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

Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_

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

☐ \$25    ☐ \$50    ☐ \$100    ☐ other \_\_\_\_\_

Your charitable receipt will be sent to the above address.

**Thank you for your contribution!**

Members of the Newsletter Committee include: Brook, Navjit, Ramon, John, Jim, and Linda

Layout by Kimberley S.

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

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North Vancouver, BC V7P 2S4  
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[www.gociss.org](http://www.gociss.org)

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

**Community Integration Services Society**

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