

S P R I N G 2 0 1 6

COMMUNITY INTEGRATION SERVICES SOCIETY



News Link



Melissa Park Painting Project 2016

Please be a part of
bringing this beautiful
house back to its original
colours!

You can participate in the
following ways:

- Financial Donation to the Project
- Volunteer to paint (date to be confirmed May/June)
- Invite your family and friends to participate

Mark Your Calendars for our Annual General Meeting (AGM) and BBQ!

*At Melissa Park
On Saturday June 18th, 2015*

The Business Session and Service Awards will
start at 11:00 a.m. followed by a BBQ at Noon.
The event will run until 2:00 p.m.



From the Executive Director's Desk

By Shari

As part of our 25th Anniversary year long events CISS hosted an Open House on February 29, 2016. Leap year 2012, was the day that we moved into Melissa Park the 29th of February is a special date for us. The event was wonderful and we had a great turnout with the Mayor of Port Coquitlam Greg Moore, Van City Branch Managers Susan Devlin and Jennifer Taylor, CISS BOD Members Peter (Mary Jo) Dawe and Laura Taylor, Kathy Dudley and Steve Mc Bride from School District 43, and many families, individuals in service, employees and their families and a couple of people looking for new services. Self-Advocates Adam and Jonathon led tours of Melissa Park; this was a great way for individuals in our programs to tell their Story to our visitors. Shana and Chantal were great hosts preparing the Catering and serving in the kitchen and Adam showcased his Computer Repair business. In preparation of our Open House CISS purchased much needed new board room furniture from Source Office Furnishings and were very excited to receive a good discount from Keith and his manager, we appreciate their generosity.

Our Major Project kick off was launched at the Open House. Buy a Brick campaign will help us pay for the work and expenses to paint Melissa Park back to its historic colours. The painting company that has been hired to do the work is **ALL PAINTING LTD** owner Robb Berezan is a good friend to CISS. Robb has accessed a very generous donation from **Benjamin Moore Paints** who will be donating all the paint from their True Colours Grant program for our project. Robb's team has already started the prep work with power washing in April. We need volunteers to take part in painting the bottom half of the house so please visit our website and sign up for the Buy a Brick Campaign and Volunteer to paint Melissa Park.

Please support the Melissa Park Painting Major Project 2016, be part of bringing this beautiful house back to its original colours.

You can participate in the following ways:

- **Financial Donation to the Project**
- **Volunteer to paint (date to be confirmed May/June)**
- **Invite your family and friends to participate**

Volunteers can either visit our web site at www.gociss.org or directly contact the Office Administrator by phone 604-461-7493 or email oadmin@gociss.org.



The Art of Creating Opportunity

Mai Lan and Lorna attended a two-day seminar led by Denise Bissonnette called the Art of Creating Opportunity.

The Job Developer

Mai-Lan

With candor and humor Denise gives us a picture of her experiences and wisdom as a Job Developer. For me, she realistically explained what it is to be a Job Developer, and why that is so much more than an "Employment Seeker."

The Job Developer's role entails many responsibilities such as developing and researching employment that match with the individual, seizing opportunities to develop and establish a partnership with employers, researching what the benefits are to the employers who want to hire (i.e. saving money), etc. Denise often repeated that there are no barriers to employment – only opportunities.

Denise taught us there are 12 tools that can aid in creating these opportunities, including: the importance of timing, the use of language when engaging with employers, and the approach of offering well written proposals rather than 'asking' employers.

There was one quote that left me to ponder by Buchminster Fuller: "Everyone is a genius in the right context." Our job is to find the context in which the people we support can demonstrate their own unique talent.

"An Inspiring Two Days With Denise Bissonnette"

Lorna

For two amazing days I listened, I participated, I smiled and my emotions were stirred. The idea of everyone having a job or making a job out of a job is so great. To make what might feel impossible, possible. Finding out what makes you shine because everyone can shine. When we do it's amazing! A saying that stuck with me is, "It's not what makes us different that counts but what makes us unique." I came out of this workshop refreshed, inspired, and hopeful for the future of all people wanting and having a job that makes them proud.

Spotlight

By Brook

Nick

New to the IDS2 program is Nicholas. Nick, 21, enjoys music, swimming and being active outdoors. He has volunteered his time walking dogs at a local pet-grooming parlour. He also assists with the weekly Coffee House event organized by CISS. Nick is very active throughout the week. He enjoys sports, basketball and catch. Please introduce yourself if you have not already! Welcome Nick!



Central Auditory Processing Disorder (CAPD)

By Trisha

Central Auditory Processing Disorder (CAPD) is a complex and often misunderstood neurological disorder that occurs in individuals with normal hearing who have a reduced or impaired ability to discriminate, recognize, or understand sounds. The symptoms are highly individual, ranging from mild to severe with many different causes and expressions. Children with CAPD cannot fully process auditory information passed between the ear and the brain. They may have difficulties hearing amidst distracting background noise, remembering information, discriminating between similar sounds or words, or listening long enough to complete a task. CAPD may affect their ability to develop normal language skills, succeed academically, or communicate effectively.



Trained specialists, such as speech-language pathologists and audiologists, can assess CAPD using auditory tests such as behavioral and electrophysiologic tests. Speech-language pathologists and other educational specialists can provide a variety of treatment strategies to help children with CAPD work around many of the receptive, organizational and retention challenges caused by this disorder. Some children's auditory processing skills may well mature developmentally to the point where they become indistinguishable from other children. Others may have more chronic symptoms throughout their lives.

<http://www.ldonline.org/article/5919/>

Health and Safety: Safe Summer Driving Tips

By April

More fatalities happen while driving during the summer months than any other time of year. It seems that when we go on vacation so do our driving skills. Contributing factors to these statistics are the following:

1. Impaired Driving-any consumption of alcohol is too much while operating a vehicle.
2. Fatigue while Driving- fatigue acts as a form of impairment when on the road.
3. Seatbelt Usage-buckling up saves lives and it's the law.
4. Mechanical Vehicle Maintenance –safety measures like having a vehicle inspection prior to taking to the road can save lives.
5. Aggressive Driving- avoiding undue risk or danger.
6. Driving Defensively- proper following distance, obeying all signs and signals i.e. speed limits, traffic lights, railway crossings and stop signs.
7. Motorcycle Awareness
8. Distracted Driving-focus on the road and cars ahead, not the technology and people in your car

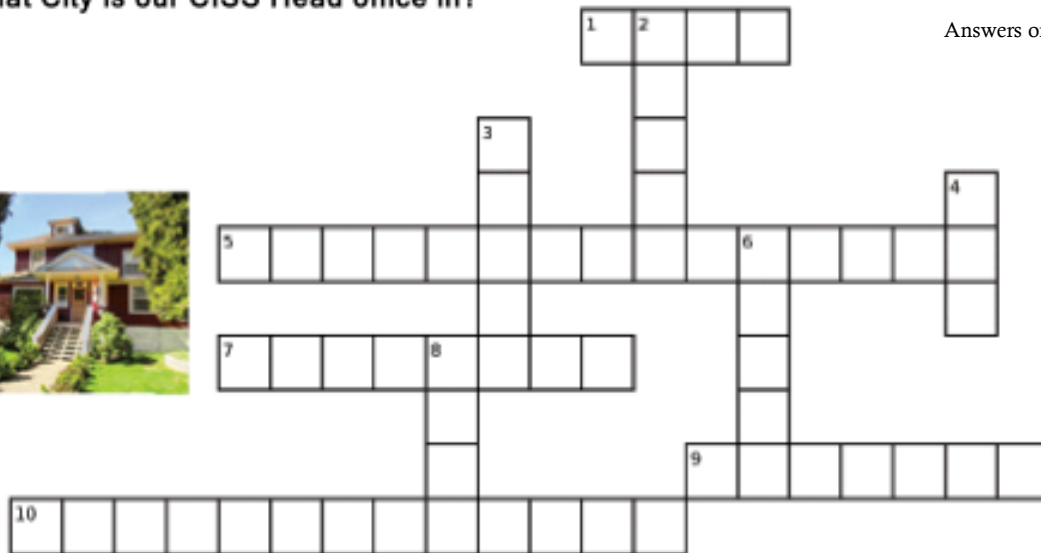
References: IndependentTraveler.com, Worksafebc.com



CISS Crossword

Across:

1. First name of the Program Manager of IDS 1?
5. Name of the Heritage House of CISS Head Office?
7. What is our Newsletter called?
9. First name of the Program Manager of Inlet Enterprises?
10. What City is our CISS Head office in?



Answers on pg. 7

Down:

2. First name of the CISS Office Administrator's Assistant?
3. First name of the CISS Executive Director?
4. First name of the Program Manager of IDS 2?
6. First name of the program Manager in North Van?
8. First name of the CISS Office Clerk?



Guessing Game

Guessing Games Questions

1. What is the easiest way to double your money?
2. What has a thumb and four fingers but is not alive?
3. What has to be broken before you can use it?
4. What has a neck but no head?
5. What gets wetter as it dries?
6. What goes up and doesn't come back down?
7. What belongs to you but is used more by others?
8. Everyone has it and no one can lose it, what is it?
9. It's been around for millions of years, but it's no more than a month old. What is it?

Guessing Games Answers:

1. Put it in front of the mirror
2. A glove
3. An egg
4. A bottle
5. A towel
6. Your age
7. Your name
8. A shadow
9. The moon

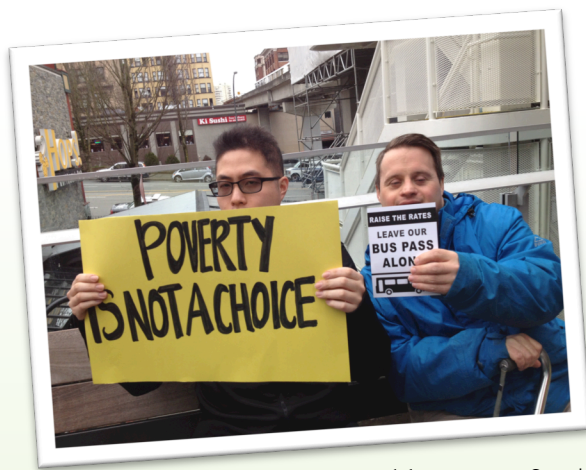


Ashish at the Port Moody Station Museum

By Bijan

Ashish is fascinated by trains, any kind of train, the train on the tracks, the skytrain, high speed trains; his passion for trains always brings him to his feet. With the help of CISS staff Ashish secured a dream volunteer job. He became a volunteer at Port Moody Station Museum, where he is responsible for cleaning the interior of a train.

While working, he tells all who will listen about the marvels of trains. He will explain all the facts, and gives tours inside the train, filling your ears with all sorts of remarkable detail. We should all have such enjoyable work. Well-done Ashish!



Leave our Bus Pass Alone!

By Lee

On March 9, 2016 CISS joined hundreds of others to rally against raising the rates on bus passes for people with disabilities.

Background: On February 16, 2016 the Province of BC tabled its budget. Within that budget people with disabilities received a small increase to their disability benefits. The \$77 per month increase was tied to transit costs. People receiving PWD will receive an increase however they will no longer be able to purchase an

annual bus pass for \$45. The pass will go up to \$52 per month, plus an annual \$45 administration fee. For people with a bus pass, the new change means a \$25/month PWD benefit rate increase. After a nine-year rate freeze, this CISS felt, along with many people to be an insult. Petitions were signed and sent to Premier Christy Clark. We will keep you posted on upcoming rallies, events or information.

Suggestion Box

By Shari

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

Suggestion: May be set up a Drama Club again.

I remember when Inlet had a Drama Club many years ago, it was so much fun for the actors as well as the audience. This is a great idea, I suggest that you take it to your manager with a proposed idea of how, when, where, etc. It would be fantastic to find a volunteer to come in and help us get the group up and running. You may be surprised and have a lot of actors signing up so I would prepare myself for the exciting beginnings of the Drama Club. I look forward to attending your first performance.

Suggestion: It would be a good idea if CISS could put into making the back door wider like a sliding door or French doors. It would be more accessible for walkers and wheelchairs and less congestion.

When CISS purchased Melissa Park we had an engineer assess the property and design the ramp and door widths for all rooms on the first floor and everything is up to its specification. We did consider different door options however the current one gave the best amount of space in comparison to the ramp and access. We may need to consider the amount of traffic using the space and how the wheelchair is being managed to make this work better for the user, please see your manager for support.

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



Crossword
Answers From
page 5

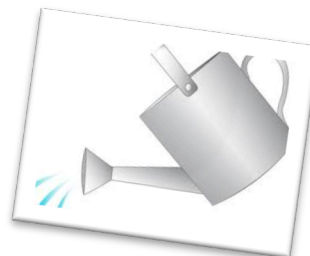


Summer Garden Tips

By Jeff

With the summer weather upon us, many are itching to get outside and enjoy the beautiful weather. Gardening can be a fun way to get outdoors and do some exercise at the same time. As an added bonus, over time your hard work will pay off and you will

be rewarded with beautiful flowers that will bring life to your yard. Here are a few tips to make sure your garden grows:



- Start seeds indoors under lights. Many seeds will not germinate at all if the soil gets too hot. During periods of extreme heat, one option is to start these seeds indoors under lights, and then transplant them into the garden after hardening them off (gradually adjusting the plants to direct sunlight and wind). Make sure you keep your newly planted seedlings well-watered and partly shaded as they get established outdoors.
- Lightly prune shrubs after they're done flowering. Trim dead wood anytime – a satisfying activity with a nice sharp pair of pruners.
- Avoid scalping your lawn. If you allow grass to grow a little longer, removing no more than one-third at each mowing, the taller grass will dominate the weeds, and you'll have less of them.
- Leave shallow containers (bowls, seashells, plant trays, etc.) around your garden for bees, butterflies, wasps and other beneficial insects. Be sure to add pebbles into the container so insects won't drown while trying to drink. And refresh the water daily so that it doesn't provide a breeding opportunity for mosquitoes.
- Gardening seems natural enough, but children (adults too) need to learn to water low – on the soil, not the leaves – and not a fairy sprinkle but a long, slow drink. Frequent shallow watering encourages roots to grow towards the surface, making plants especially vulnerable in hot weather. Irrigate in the morning.
- If you want to be more resourceful? After bathing, don't let the water go down the drain. Siphon it into watering cans, or scoop into buckets. Children love this chore! Another way to conserve – wash your car on the lawn! The soap won't hurt grass.
- Do hard work when it's cool. It's safer, and you're more likely to do a better job, if you complete energetic work such as mowing in the cool of the day – either before 10am or after 4pm. A good drink of water and a smear of sunblock are prerequisites, because that one five-minute job often leads to another, and another. Sunblock takes 15 minutes to create its protective layer, so use that time to plan your day in the garden. Don't forget your hat (or umbrella) and sunnies too, and if you do get burned, nothing beats the cooling, healing effect of fresh, home-grown juice of aloe vera.
- Keep your soil covered with 2-4" of organic mulch. Using straw, grass cuttings, shredded leaves, etc. for mulch will keep the soil cooler and prevent it from drying out as quickly – but don't use too thick of a layer. While mulch can help preserve moisture in the soil, a thick layer can also prevent rainfall from reaching the soil underneath, as the mulch itself can absorb large amounts of water.
- Keep ripe fruit well-picked. Ripe fruit (tomatoes, melons, peppers, etc) require large amounts of water from your plants. To reduce heat and water stress on your heavily-producing plants, harvest your ripe fruit frequently and thoroughly (including damaged fruits).
- Keep your garden well-weeded. Weeds usually have much more vigorous root systems than do our domestic vegetables, and they can out-compete with our crops for water in the soil. Do your garden a favor, and keep the weeds out.



Have fun trying out your Green Thumb, and enjoy the beautiful weather!

Sources: <http://www.bcliving.ca/garden/20-summer-gardening-tips-and-ideas>,
<http://www.homelife.com.au/gardening/gardening-tips/12-top-summer-gardening-tips>,
<https://abundantminigardens.com/gardening-in-extreme-heat/>

Consumer Satisfaction Article

By Shari

In the past five months (December 2015 to April 2016) there have been 22 client surveys completed and returned to CISS.

Question	Yes	No	No Response	
Did you have help to fill out this survey?	20	1	1	
Who helped?	Family or Caregiver 12	CISS Support Staff 8	Peer 0	Home Support Worker 0

The measuring range for the survey was: Awesome or Okay/Good or Terrible which was demonstrated through face symbols (see our web site <http://www.gociss.org> for a view of the survey tool).

Question	Awesome	Okay or Good	Terrible	No Response
The Social Committee plans parties and events that I like.	10	12	0	1
*** one client chose two answers				
List of suggestions for the Social Committee:				
watching movies would be nice especially on cold days, also go bowling sometimes. Next Christmas have everyone chip in to have a hot Christmas dinner as the pasta is always too cold and I don't like it. Parties, music, food, drinks, funny laughing. Clients birthday parties. Bowling Game. Movie				
I like the programs that I do at my program.	12	10	0	0
I set my own individual goals at my ISP meeting.	10	12	0	0
I get to try new things at my day program if I want.	9	13	0	0
I like the way my staff help me at my day program	15	7	0	0
My Program Manager listens to my complaints	19	2	0	1

What do you like the best about CISS?

It is a good place to come to. I like the programs and having new friends at the office.
 Hanging out with staff, peers and program manager.
 To get out of my house, to keep buys, to meet friends.
 Likes the staff and peers at the day program. They are always helping me and trying to make me happy.
 Outside most of the day moving, comes home with a smile everyday.
 Go out for exercise
 Likes the programs and to try new things.
 Swimming, food bank, working in the afternoon.
 Being with friends!
 Internet on the computer, doesn't have internet at home.
 My routine and activities
 Having coffee with my peers
 Staff, work, crafts, Avon parties
 The support team is open to suggestions, is usually quite flexible. The new office is neat and spacious, very impressive.
 I like some of the staff and I like my manager. Also I like some of the clients.
 The staff
 Everything
 Outings

What do you not like the best about CISS?

Nothing
 Nothing
 Schedule changes, changes of staff
 Studying math
 Like it all
 Nothing
 Dont like, "not really" – sweeping at CISS
 Nothing at this time
 Nothing
 Staff are cranky sometimes
 I don't like coming every day
 I am my own boss and I don't want any staff ordering me around.
 Nothing

Do you have any suggestions or ideas?

Would like to go see a movie and go out for coffee.
 More outings if affordable.
 More training and education for my staff that support me.
 Not really
 More time with friends!
 Enjoys coming to the program.
 Keep doing a great job.
 No
 No
 Regular checking of consumers mail box / cubicle (e.g. once a week) to avoid anything being overlooked or delayed – thanks!
 I like staff behave a little bit and be polite.
 None.

Adam's Job at Vancity

By Nicole F.

Adam started working at Vancity at the beginning of April as an Administrator at the Pinetree branch. Adam met branch manager Susan Devlin at the CISS Open House in February; she was very impressed by the tour Adam gave her of CISS. In March, Adam did a working interview where he demonstrated the skills he would bring to the job. Each week, new tasks are introduced and Adam is very quick to learn these new tasks. In the future, Adam's duties will continue to expand. Adam attends and participates in the weekly staff meetings, reading scenarios for discussion by the team. His contributions to these discussions are greatly appreciated. His supervisors are very happy with his progress and are glad to have Adam on the team. Adam is quickly building relationships with his coworkers; one of his co-workers prepared a birthday Cake for Adam and they all sang Happy Birthday. Adam has shared that he enjoys everything he does at his job.

In May, as part of Vancity's "Orientation Immersion" program for new employees, Adam and a group of new employees attended a presentation at CISS. This is done to help new employees understand the social impact of Vancity's work. As part of this meeting, Adam did a great job showing his new co-workers around CISS.



Thank you to Vancity for your donation of a Cherry blossom tree to CISS. The tree has been planted in the front yard at Melissa Park and is a beautiful addition to the hard work of the gardeners!



Melissa Park Catering

By Navjit

The Melissa Park caterers have been working hard in the kitchen on a large cookie order for the last couple of months. The caterers are making 1400 cookies that will be shipped to Prince George for the Inclusion BC conference. Each person who attends the conference will receive a conference bag, which will include the Melissa Park Caterers Signature Triple Chocolate Chip cookies made by the caterers. Sarah and Shana have been working hard making the cookies twice per week. Both ladies have shown increased confidence in their work in the kitchen and are working hard to expand their skills.



JAVA WITH FRIENDS

COME JOIN THE FUN!

THURSDAY 12:15 – 1:30 PM

PLACE MALLAIRDVILLE

1200 CARTIER ST.

COQUITLAM

\$3.00 ADMISSION

CONCESSION ALSO AVAILABLE

(COFFEE, POP, CHIPS)

LIVE MUSIC, DOOR PRICES, DANCING,
OPPORTUNITIES TO SOCIALIZE

BRAVOS

To Renee from Lee: Thank you for assisting in organizing Krista's very successful Avon Show. Great Job!

To Lorna from Lee: Thank you for receiving donations for a water barrel. This will surely help in the coming summer months! Also, for securing some flower donations! Thank you!

To Navjit from Jeff: Thank you for your hard work with the caterers, perfecting the signature cookie recipe, and working with the caterers to ensure a consistent product for the 1400 cookies going to the Inclusion BC Conference.



WE NEED YOUR SUPPORT!

Please support CISS by donating to our 2016 fundraising campaign.

Name: _____

Address: _____

Postal Code: _____

Phone: _____

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

☐ \$25 ☐ \$50 ☐ \$100 ☐ other _____

Your charitable receipt will be sent to the above address.

Thank you for your contribution!

Members of the Newsletter Committee include: Brook, April, Trisha, and Jeffrey.

Layout by Kimberley S.

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

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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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