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COMMUNITY INTEGRATION SERVICES SOCIETY



News Link



Thank You, Painters!

Thank you to everyone who has supported the painting project at Melissa Park! Thank you to All Painting Ltd, who painted the top portion of the house and arranged with Benjamin Moore to have all the paint donated for the project. Thank you also to the many volunteers who gave their time and worked hard to help us complete the project, including many individuals and staff, families, community members and Susan and Boston from VanCity. Another Thank you goes to everyone who has supported the project financially! There is still time to "Buy a Brick" by donating to the project. Everyone who donates will have his or her name put onto a brick that will go around the new Cherry Blossom Tree at Melissa Park. Please see our website or call 604-461-2131 if you wish to donate.

Without the support of so many, this project would not have been possible. Thank you to everyone for your contributions!



From the Executive Director's Desk

By Shari

Up until this year's Annual General Meeting (AGM) we have had good weather for all of our events since we moved into Melissa Park. Plan B quickly went into place and on Saturday, June 18th due to rain we hosted our AGM indoors. Melissa Park was a full house for the entire day. The house was filled with laughter, some tears (during the awards) and the soft music of Steel Drums compliments of Bernard Fernandes. **Pixta Shoot.Share.Enjoy**, Nigel Gilderdale captured the day with our photos, check it out on our website and displayed throughout the house.

Special anniversary awards went out to Lori (5 years), Raishma (10 years), Ray (10 years) and I received my 25-year award. At this year's AGM, Adam and Julie helped present the Annual Report, Adam talked about his new job at VanCity and how important this job is to him, and Julie about China and all of the details of life in China. Both presentations were exceptional and appreciated by everyone in attendance. We combine our Annual General Meeting and BBQ and are increasingly growing in attendance each year. I look forward to this annual event where we have fun together at such a festive occasion. Thank you to everyone who made this day so special.

THANK YOU for your awesome work and support at Melissa Park, our charity cannot take on big projects like this without your help. On Friday July 15th we had our first paint day to bring Melissa Park back to its historic colours. Mayor Greg Moore was busy with the First Annual Bike Race in Port Coquitlam and could not attend our event but extended his gratitude for our volunteer's commitment to our charity. A special thank you to **Benjamin Moore** for donating all paint and supplies, we could not have done this project without you. **ALL PAINTING LTD**, Robb Berezan and team took care of the top of the house prior to our paint day and came out and showed us how to manage the rest of the painting. Thank you for sharing your talent and services with us.

At the beginning of the day it seemed too big for us amateurs, but like the rock garden project last year, we rolled up our sleeves and worked together and the house quickly started coming alive. THANK YOU to all of our volunteers. You are talented painters and we could not have done this job without you; Tanya, Adam J., Ashish, Brandon, Navjit, Mary Joy, Paul, Linda, Kaushika, Ester, Tina, Erica, Ramiro, Brian, and volunteers; Boston and Susan from VanCity bank, family/friends; Pam Galt, Kara Mahar, Melissa Mahar, Ethan Mahar, Mary Battle, Martyn Russell. Thank you Jeff for putting on such a great lunch that day, we appreciate you fighting past allergies to help us out.

We are not finished yet. Ramiro and his sons cleaned up and continued with painting in the weeks following and now we are preparing for the final side of the house to be finished off in September. Weather permitting the painting should be completed by the time this article goes to print.

Once the painting is complete we will make our Buy A Brick wall to surround our new Cherry Blossom Tree generously donated by VanCity Credit Union. The wall will be dedicated to our donors and volunteers who have contributed to the Melissa Park Painting Project.

It's Not Too Late to Buy A Brick, we still need your support.

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

Financial Donation to the Project – Buy a Brick

Donors 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.

Paul's Job at Boston Pizza

By April

Paul started working at Boston Pizza in February 2016. Paul is a hard worker and takes great pride in doing his job well. Considering Paul had no experience working in this position he has been a quick learner. He has come a long way, staff started with supporting Paul for the full two hours and now he has been working independently for the last three months.

In the beginning the job seemed a bit daunting but he has overcome all the challenges and he is getting more comfortable with the routine. He looks forward to his work every Wednesday and makes sure that he is there on time. The managers at Boston Pizza is quite happy to have Paul on board and have been extremely accommodating. His co-workers are always welcoming and make him feel at home. At the moment Paul's staff goes in to check in with him halfway through the shift, we are confident that Paul will be totally independent in the near future.

We are so proud of Paul for his dedication and hard work at his job.



Self Advocates

By Brook

Within this last year, the Self Advocates team at CISS has been working on producing a new charter of rights for CISS. I sat down with two of the participants on the team (Chantal Martin and William Snelgrove), to find out their thoughts and feeling about their work as Self Advocates Committee members. They both indicated they were excited and proud to be able to work with others on the team and to also have their thoughts and ideas heard. William stated, "It gave me the chance to speak up and learn new skills," and when asked, Chantal said she "felt good about being part of creating a new Charter of Rights."

Currently, the team is producing a video, which codifies the new charter and presents it in a new, more accessible format. They are searching looking for new self advocate volunteers to help with editing and producing. All the self advocates will have input into the video. Come join in and put your mark on this historic endeavor; shaping this new charter of rights and setting a platform to represent and form the feelings, ideas and beliefs of our new generation.



COMMUNITY INTEGRATION SERVICES SOCIETY CHARTER OF RIGHTS



Personal Development

I have a right to take chances, make mistakes and learn from them.

I have a right to make independent choices with or without support.

Self-Determination

I have a right to access information I can understand.

I have a right to educate people on the rights and challenges of people with disabilities.

I have a right to choose where I live and whom I live with.

I have a right to develop new skills.

Interpersonal Relationships

I have a right to choose my friends.

I have control in my relationships with family, friends, and supports.

Social Inclusion

I have a right to choose to participate with family, friends, co-workers.

I have a right to choose how I access the community, by volunteering, joining a club, finding employment.

I have a right to access services that I need.

Rights

I have a right to talk about my feelings and be heard.

I have a right to feel safe, to shelter, to food, to the law and to vote.

Emotional Well-Being

I have a right to be treated equally as an adult.

I have a right to talk to someone I trust when I want information.

I have a right not to be bullied and to do things I find relaxing when I'm stressed.

Physical Well-Being

I have a right to receive medical care, practice good hygiene and eat a healthy diet.

I have a right to participate in physical activity for fun and to keep my body healthy.

Material Well-Being

I have a right to get the job that suits my abilities and interests.

I have a right to earn and spend money to buy things that I need and want.

I have a right to access services available to all citizens.

Multicultural Day at CISS



MC Day Chantal presenting



MC Day Around the World with CISS



MC Day, Mary Joy and Elisa Bollywood Dancing



Suggestion Box September 2016

By Shari



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

Suggestion: It would be great if catering can sell chocolate chip cookies at the Coffee House.

Excellent suggestion, which I will pass on to the catering team. Melissa Park Caterers made 1400 of their signature Triple Chocolate Cookies for the Inclusion BC Conference in Prince George in May. They are AWESOME cookies and I know the cookie ladies are looking for more work.

Suggestion: If possible could we get a rectangle table in the kitchen (Melissa Park). Very hard to have the round one in here and have people move around. Thank you.

Please take this idea to your manager so they can help out with a solution. In that area we have three different shaped tables and one is rectangular, perhaps changing things around would be good. I'm sure that with a good discussion we can make the space comfortable for all of our users.

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



Farewell to Michael Kovich

Michael Kovich passed away after a long battle on September 8, 2016. We are sad to say Goodbye, but are comforted that Michael is no longer suffering. Michael will be remembered for his big smile and his fighting spirit. He had a great smile, and always brought positive energy to CISS.



October is Car Safety Month

By Pamela



Every October is Car Safety Month and your Health & Safety committee would like to remind the committed employees of Community Integration to prepare ahead of time, before temperatures drop and the West coast rainy season begins.

Preparing ahead of time before the temperature drops can ensure small problems are fixed and wear and tear from long summer drives are resolved. Pre-winter inspection and maintenance needs, can help to keep everyone safer on the road, avoid collisions, and prevent us from being stranded during the winter months ahead.

A thorough inspection of your vehicle during the fall months will go a long way toward ensuring safety and dependability when temperatures drop and winter weather strikes. A routine maintenance program also makes financial sense, extending useful vehicle life and helping avoid costly repairs down the road.

Whether you do it yourself or take your car to a professional service technician, here are recommends 10 basic maintenance procedures to keep your vehicle operating at its best:

1. **Check all fluids**, including engine oil, power steering, brake and transmission as well as windshield washer solvent and antifreeze/coolant.
2. **Check the hoses and belts** to make sure they are not cracked, brittle, frayed, loose or showing signs of excessive wear.
3. **Check the battery** and replace if necessary. Make sure the connection is clean, tight and corrosion-free.
4. **Check the brake system** annually and have the brake linings, rotors and drums inspected at each oil change.
5. **Inspect the exhaust system** for leaks, damage and broken supports or hangers if there is an unusual noise. Exhaust leaks can be dangerous and must be corrected without delay.
6. **Schedule a tune-up** to help the engine deliver the best balance of power and fuel economy and produce the lowest level of emissions.
7. **Check the heating, ventilating and air conditioning (HVAC) system** as proper heating and cooling performance is critical for interior comfort and for safety reasons such as defrosting.
8. **Inspect the steering and suspension system** annually including shock absorbers, struts and chassis parts such as ball joints, tie rod ends and other related components.
9. **Check the tires**, including tire pressure and tread. Uneven wear indicates a need for wheel alignment. Tires should also be checked for bulges and bald spots.
10. **Check the wipers and lighting** so that you can see and be seen. Check that all interior and exterior lighting is working properly and replace worn wiper blades so you can see clearly when driving during precipitation.

<https://www.becarecareaware.ca/why-care/october-is-car-safety-month/>

Annual General Meeting



COMMUNITY INTEGRATION
SERVICES SOCIETY

Managers and Admin



COMMUNITY INTEGRATION
SERVICES SOCIETY

Signed Canvas



COMMUNITY INTEGRATION
SERVICES SOCIETY

Linda, Scott, Mary Joy



COMMUNITY INTEGRATION
SERVICES SOCIETY

Board Members

Consumer Satisfaction Article

By Shari

In the past 4 months (May 2016 to August 2016) there have been 16 client surveys completed and returned to CISS.

Question	Yes	No	No Response	
Did you have help to fill out this survey?	15		1	
Who helped?	Family or Caregiver 10	CISS Support Staff 4	Peer 0	Home Support Worker 1/1-no response

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	5	0	1
*** one client chose two answers				
List of suggestions for the Social Committee:				
Do more Meetings and Parties, Once a month Social Night				
I like the programs that I do at my program.	12	4	0	0
I set my own individual goals at my ISP meeting.	11	4	0	1
I get to try new things at my day program if I want.	11	5	0	0
I like the way my staff help me at my day program	14	2	0	0
My Program Manager listens to my complaints	13	2	0	1

What do you like best about CISS?

1. Very friendly and nice to each other, can meet lots of people
2. I like when staff pick me up and bring me to ceramics
3. The Staff, communication, the other adults, everything
4. Painting, Peers and Staff
5. Everything
6. All the people, staff and clients
7. I get picked up
8. Staff
9. When I get to play guitar
10. Swimming, Cat shelter, pet stores, Bowling
11. Swimming, Sky train
12. Making friends and Wii sports
13. Being able to go out in my community

What do you not like the best about CISS?

1. More specific outings tailored to my preference
2. More art time
3. Nothing
4. Noisy
5. I need to realise more of my goals
6. Change
7. Too many last minute staff changes, I do not like working, staff, really small cars

Do you have any suggestions or ideas?

1. I feel the CISS has slow mood and slow condition
2. A peer teasing
3. Nothing
4. Get a Program Van, play newer music at Coffee House

FUN PAGE

Riddles



What did the pig say on a hot summer day? | I'm bacon!
 Why do bananas use sunscreen? | Because they peel.
 Why are gulls named seagulls? | If they were by the bay, they'd be bagels.
 Why don't oysters share their pearls? | Because they're shellfish.
 Which letter is the coolest? | Iced t.
 What do you call a snowman in July? | A puddle.
 What do sheep do on sunny days? | Have a baa-baa-cue.
 What did one tide pool say to the other tide pool? - Show me your mussels.
 What do you call a fish with no eyes? | A fsh.
 What happens when you throw a green rock into the Red Sea? | It gets wet.
 What does a bee do when it is hot? | He takes off his yellow jacket.
 What holds the sun up in the sky? | Sunbeams.
 What race is never run? | A swimming race.
 When do you go at red and stop at green? | When you're eating a watermelon.
 Why did the man love his barbecue? | Because it was the grill of his dreams.
 What is the best day to go to the beach? | SUNday.
 What does the sun drink out of? | Sunglasses.
 What did the ocean say to the sailboat? | Nothing it just waved.

It is summer at MPL (Melissa Park Lodge)
See if you can solve this puzzle



ACROSS

2. Which yellow and black flowers can be taller than people?
5. Young dog
6. What major project took place this year at MPL?
8. Use when you write with ink
9. This animal purrs
10. In the past
13. CISS is located on _____ Hill Road
14. Big Monkey
16. what fruit shrub at MPL has prickles?
17. She laid the golden egg
18. Jump on one foot

DOWN

1. What signature cookies are made by the caterers at MPL?
3. How many floors are there at MPL?
4. One penny
7. Opposite of yes
11. What white flower with a yellow centre grows in the garden at MPL?
12. Inhale suddenly
15. Noise made by a cow

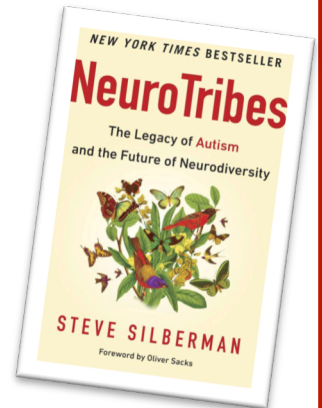


A Book Review by Karen

NeuroTribes: The Legacy of Autism and the Future of Neurodiversity

By Steve Silberman (with Forward by Oliver Sacks)

This book arose in part from an article the author wrote in the magazine *Wired* in 2001, entitled "The Geek Syndrome," (available online at wired.com). This fascinating piece shone a light on a surprising fact that was complicating the jobs of educators in California's Silicon Valley, the home of many of the world's most innovative technology companies: the relatively sudden explosion in the number of children somewhere on the autism spectrum. Silberman considers different possible explanations, and explores in detail the unprecedented collision of social and genetic factors. It is an article worth reading.

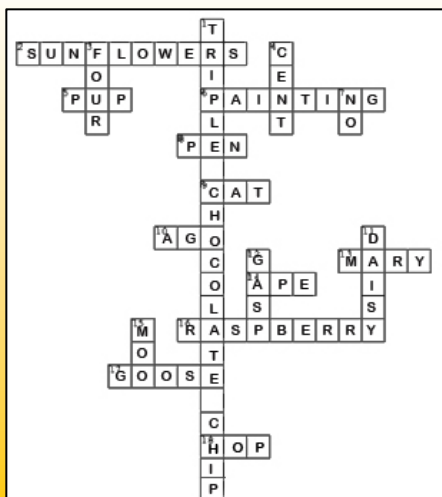


His interest in the topic of autism deepened, and *NeuroTribes* is one result. The book is part history, part portrait of past and present people with autism (famous and otherwise), part angry denunciation of the abuses heaped on people with autism and their families over the years, and part optimistic examination of how we could all help to enrich the lives of people with autism, and, as a result, make the world a richer place. At almost 500 pages, *NeuroTribes* definitely requires an investment of time and patience, but it is written in accessible language, and with its table of contents and exhaustive index and notes, it could easily be digested in smaller chunks, and in whatever order the reader desires.

Among the highlights is the incredibly moving story of the man on whom the movie *Rainman* was loosely based, and one of the most harrowing parts is the description of the treatment of people with autism in Nazi Germany (best not read near bedtime).

NeuroTribes encourages us to try to step into an autistic mind for a moment and see behaviours that seem bizarre to us as rational responses to a world that can itself seem bizarre. In one example, Temple Grandin, a woman with autism as well as a PhD, and who has become a world-renowned expert on the care of animals, paints a remarkable picture of her inner world.

Silberman provides no easy answers and does not suggest there is one right way to support our autistic population, but he points out that this is a group, that, with the right early intervention, family support, and community acceptance, can and should become a valuable part of our future.



Summer
Crossword
Answers!

Winter Blues and Flu Season

By Kaushika

As days get shorter and the temperature drops, it's not uncommon for the winter blues to set in. All you want to do is stay in, curl into a ball, and eat. Hopefully, some of these tips will help brighten things up!



Exercise and be Active

Exercising regularly even for 10 minutes a day goes a long way to beat the winter blues. A short walk around the block, even around the house can aid with fighting the blues.

Take a Multivitamin

Take a multivitamin containing Vitamin D daily. Vitamin D is created by the sun's rays on the skin, and therefore declines during the winter. This will help with reducing the effect of the flu season.



Accept the Season

Even though winter may not seem so terrific, it brings a lot of things. The joy of the holiday season is carried throughout the winter. Some good television shows come during this time, so enjoy with a cup of Hot Chocolate.



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 Navjit from Jeff: Thank you for all your hard work with the caterers, perfecting the recipe and working with the caterers to ensure a consistent product. Together, the group made 1400 Triple Chocolate Chip cookies for the Inclusion BC Conference!

To Katrina from Nancy: Thank you for going the extra mile and giving me a ride home after work when my car wouldn't start!



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.

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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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