

W I N T E R 2 0 1 6 / 2 0 1 7

COMMUNITY INTEGRATION SERVICES SOCIETY



News Link

Our Annual Christmas Party



Betty Krista
and Michale



Benita and
Celsa



Angel and
Brian



The Dawe
Family



The Davis
Family



Ghirmay,
Derek, Dan and
Ermias



Noura, Mom
and Katrina



Raishma, Shelley,
Paul and Peggy



Andrea and
Chris

From the Executive Director's Desk

By Shari

2016 was a great year for Community Integration Services Society (CISS). We had a very busy and productive year. One of the highlights for CISS in 2016 was our 2nd Annual Multicultural event hosted by the Social Committee. The event was spectacular with food, dance and music from around the world. We learned so much that day. I recently learned that one woman enjoyed the Bollywood dancing so much that she has since signed up for classes in the New Year.

Another highlight in 2016, was the HUGE revitalization work at Melissa Park. We were able to bring Melissa Park back to its original colours; Hastings Red for the body of the house and Bluff for the trim. We could not have pulled this massive undertaking off without the financial support of all of our donors who either bought a brick and/or volunteered to paint.

We were blessed to have the expertise and guidance from ALL Painting Ltd. Robb Berezan and the incredible generosity of Benjamin Moore Paint in New West who donated all paint for the project. A special thanks for community volunteers from the Heritage Society and VanCity Bank, Pinetree Branch.

As part of our painting projects we filmed the volunteers for Canada in a Day and recently learned that one of the pictures we submitted might be in the two-hour documentary in 2017. We will keep you posted if we make it in the final film.

In 2010/2011, CISS took part in the Quality of Life Demonstration; the project was created and funded by Community Living British Columbia (CLBC). CISS, along with six other organizations in the Simon Fraser Region, took part in the project which was called the "Quality of Life" demonstration project later named *include Me!* The Quality of Life is an internationally validated framework developed by Dr. Robert Schalock, who worked as a consultant for CLBC's demonstration project. The seven participating service providers were: Burnaby Association for Community Inclusion; Langley Association for Community Living; Milieu Family Services; H.O.M.E.S.; Community Living Society;

Semiahmoo House Society and Community Integration Services Society. During the project twenty-five people who attend day services in CISS day programs in the Simon Fraser Region were interviewed by a team of self-advocates. In the event an individual was unable to take part in their interview, their proxies were interviewed on their behalf (two people, generally family member or support staff, were separately interviewed on behalf of individuals who could not answer the questions on their own). The opportunity for many was exciting and exhilarating. The experience and results of the project motivated CISS to review our planning system to ensure we were identifying what personal outcomes are desired, we made major changes to our planning system following the project.

In 2014, CISS was able to once again participate in the include Me surveys, and this time every person served by the Society had the opportunity to participate. It was once again a wonderful experience and for some even better than the first time. We were able to compare these results to the previous survey and this helped us recognize which domains we were doing well in and which we needed to make changes.



Recently we were invited to take part in a project with one of our original partners; Dan Collins, Executive Director of Langley Association for Community Living (LACL) and Brian Salisbury (Consultant, formerly the lead for the project at CLBC) to develop a training video that reflects on Quality of Life. The project will give us the opportunity to deepen our understanding of Quality of Life and how it translates into our everyday practice. We are looking forward to sharing the results of the project with you in 2017.

I continue to be thankful every day for the opportunity to work with and for CISS and acknowledge that we are stronger together. *I look forward to 2017 and all that it brings to everyone.*

SUGGESTION BOX



By Shari

Over the past four months there was one suggestion made through the suggestion box

Suggestion: All Program Managers be available to their staff until at least 9:30 a.m. without staff feeling like they are interrupting a meeting or having to talk about things in front of other administrative staff.

Thank you for your suggestion and I will share this comment with the managers and admin staff. The managers are usually available up until the clients arrive at 9:00 a.m. and then recognize that staff are working directly and cannot meet.

Please assure that if you do need to have a discussion with your manager that you request to meet in private, if you feel it is necessary.

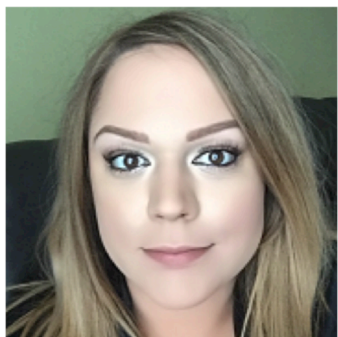
I also encourage you to use the telephone to make an internal call to either speak with your manager or to make a request to meet in private.

Generally, after 9:00 a.m. staff are working directly and are not available to meet therefore the engagement between admin and management begins however we can be mindful of the need for access.

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

Krystina – New Position

Krystina joined CISS on October 26 2016 as the new Program Manager for IDS2. Krystina has a Bachelor's Degree in Psychology from the University of the Fraser Valley. Krystina enjoys volunteering in non-profit and community based programs in her spare time, so she was thrilled to have the opportunity to work at CISS and help people feel like an included member of their community. In her spare time Krystina unwinds by spending time



hiking with her two fur babies - Benny a bloodhound lab cross and Piper chocolate lab. Krystina is also very artistic, and used to face paint professionally. Krystina appears to be settling into her new position well, and the staff welcome her to the team.



**COMMUNITY INTEGRATION
SERVICES SOCIETY**

**Small group of
IDS2 team**

CISS CHRISTMAS PARTY



IDS 1 TEAM



IDS 2 TEAM



INLET TEAM



NORTH VAN TEAM



ADMIN TEAM



DAN



ASHISH



BRIAN SAYING GRACE



KATRINA & RENEE



LOREN & ELISA



CAL



BAHAREH & NOURA

MORE FUN!



Consumer Satisfaction Article

By Kristy

In the past four months (September – December 2016) there have been **21** client surveys completed and returned to CISS.

Question	Yes	No	No Response	
Did you have help to fill out this survey?	19	2		
Who helped?	Family or Caregiver 11	CISS Support Staff/Manager 8	Peer	Home Support Worker

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.	11	8	2	
List of suggestions for the Social Committee: Do some sport activities like Basketball, etc. Video game stores to play in big game machines.				
I like the programs that I do at my program. (<i>one client chose two options</i>)	13	8		
I set my own individual goals at my ISP meeting.	10	11		2
I get to try new things at my day program if I want.	10	11		
I like the way my staff help me at my day program	13	8		
My Program Manager listens to my complaints	11	10		

What do you like the best about CISS?	What do you not like the best about CISS?	Do you have any suggestions or ideas?
Staff and Manager Staff are allowing me to show them what 'Independence' means/entails to a blind person Toastmasters & charter of Rights has taught me how to speak up for myself How much they have helped I like my peers and my staff and the things that I need to do Bowling, Coffee Printer, workers I like to go swimming, bowling, coffee house and golfing Full daytime program weekly Getting out in the morning, hanging out with my day program staff, going to IKEA, to the mall sometimes Coffee House Work Coffee House, Bowling, Library I like socializing with my peers & Staff Trying new things Going out in the community and participating in my daily activities To meet friend, talking with friend	Change of staff Don't like colouring I don't like it when people touch me Not much to Coffee House, just want to go sometimes if I want Handy Dart care My peers touching my body Dancing	I want to try playing ping pong

Tips and Advice By Kaushika

SETTING GOALS FOR THE NEW YEAR



1. Think of what you would have in your ideal life, and where you'd like to be in a year or two down the road, and see if your goals bring you closer to that picture. These could be anything small or large for instance, setting goals for your children, weight loss, getting more active, reading more, running more, dancing more, laughing more, socialize more and the list goes on and on.
2. Keep in your mind the image of where you would ultimately like your goals to take you, makes it easier to stick with them.
3. Goals, however, can be tackled in steps, beginning with baby steps. With the baby steps you may be taking toward your goal, you can still feel like you've accomplished something and are on the right track, which will, in turn, keep you moving in the right direction. This makes goals more realistic for a lasting change.
4. Think in terms of what you'd like to add to your life, rather than what you'd like to take away.
5. Once you have your goals set, keep them in the forefront of your mind. Keep them listed in your day-planner, have them as part of your screen saver, or post-it them in prominent places around your house for a while.
6. Don't forget to reward yourself for sticking to it.



Every year, most of us set a list of goals or resolutions for the next year. Follow some simple steps below that could aid you to stick to them.



CONGRATULATIONS



MARY JOY 25 YEARS



TRISHA 15 YEARS



MAILAN 10 YEARS

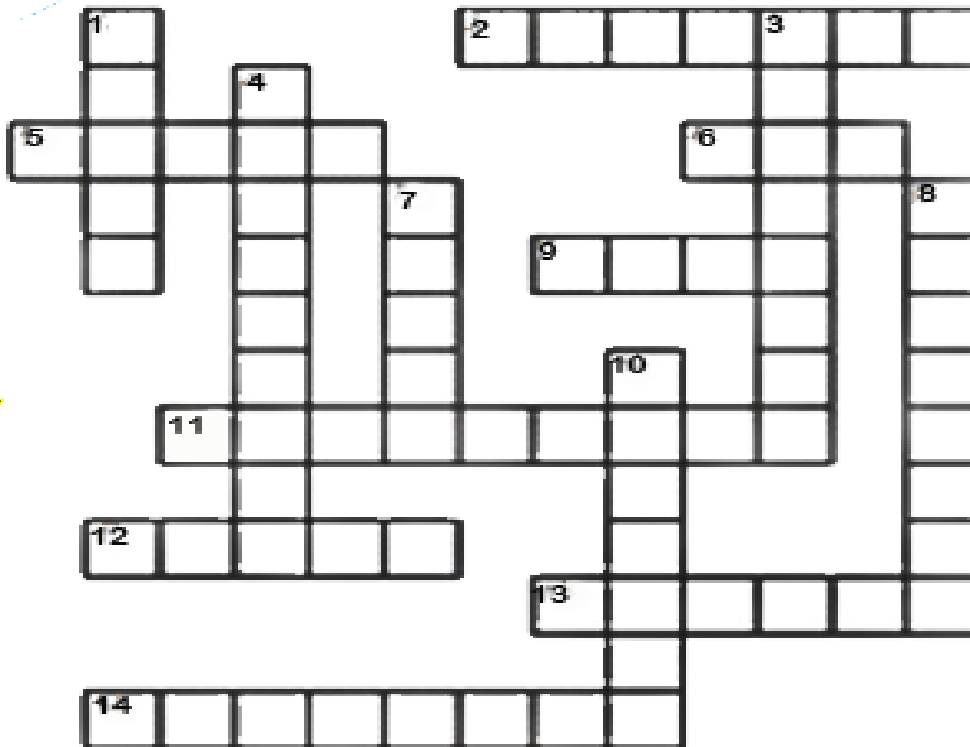


Fun Page

SPOT THE DIFFERENCES



Crossword



ACROSS

2. fat layer that keeps some marine animals warm
5. fish use these to breath oxygen from the water
6. name for a group of whales
9. ocean dwellers that lay eggs and have bones
11. what a shark has instead of bones
13. what younger whales are called
14. marine animals with soft bodies and no backbone

DOWN

1. small creatures that look like shrimp
3. how a whale or dolphin breaths
4. largest animal in the world
7. bioluminescent animals make their own
8. clams, oysters and scallops are al...
10. ocean dwellers that birth live babies and nurse their young

Q: What has hands but cannot clap?

A: A clock.

Q: What starts with the letter "t", is filled with "t" and ends in "t"?

A: A teapot

Q: A girl is sitting in a house at night that has no lights on at all. There is no lamp, no candle, nothing. Yet she is reading. How?

A: The girl is blind and is reading braille.

Q: You walk into a room with a match, a kerosene lamp, a candle, and a fireplace. Which do you light first?

A: The match.

Q: What gets wetter and wetter the more it dries?

A: A Towel.

Q: You draw a line. Without touching it, how do you make the line longer?

A: You draw a shorter line next to it, and it becomes the longer line.

Q: Which weighs more, a pound of feathers or a pound of bricks?

A: Neither, they both weigh one pound.

Q: How many months have 28 days?

A: All 12 months.

RIDDLES

Anxiety

By Celsa

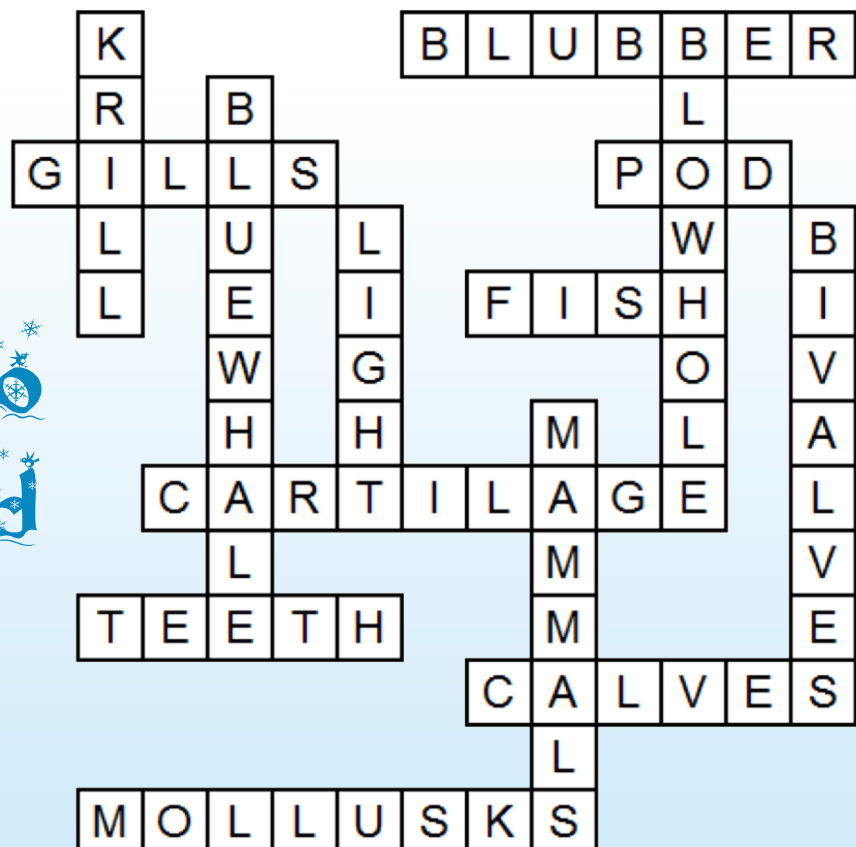
Anxiety can be defined as an emotion that a person experiences during a state of unpleasant inner turmoil. This can be characterized by excessively nervous behaviour, as well as fear. However, anxiety differs from fear in that anxiety is a response to the expectation of a future threat, rather than an immediate one. Anxiety may be caused by feelings of dread or uneasiness towards an anticipated event. As a result, those with anxiety may avoid any situations that are expected to provoke anxiety or already have in the past. In addition to some emotional effects such as apprehension and restlessness, some physical symptoms include headaches, vertigo, perspiration, shortness of breath, and chest pain.

Anxiety can be considered as either a short term or a long-term occurrence. A short-term state of anxiety refers to the nervousness towards future events. However, long-term anxiety can become characterized as a trait. For example, in cases where an individual is experiencing feelings of anxiety more regularly, they may be suffering from an anxiety disorder. These disorders are partly due to genetics but can also be caused by drug use, as well as in combination with other mental disorders. A few treatment options can include therapy, medication, and a change to your lifestyle.

<https://en.wikipedia.org/wiki/Anxiety> and <https://www.anxietybc.com/>



Solution to
Crossword
from
Page 7



OH CHRISTMAS TREE

By Brenda

This was the first year that CISS participated in the PoCo Heritage Christmas Tree Festival, which was held at Leigh Square Gathering Place. A "Back to Nature" theme was chosen for the tree, and the decorations were chosen by our artists, Mike, Chantal, Noura, Katrina and Brenda, that attend the Leigh Square art classes on Tuesdays. The rustic decorations were made via group efforts, and it was clear that the many talents of the CISS team made for a beautiful work of Christmas tree art.



THANK YOU VOLUNTEERS!

THANK YOU TO THE VANCITY TEAM,
LISA SOLNORDAL, JOANNA CHEN AND
SUSAN WATSON!



THANK YOU BRANDON LARSON
FROM ROYAL LEPAGE!



*merry
Christmas* 2016



*merry
Christmas* 2016



THANK YOU KARA MAHAR!

GINGERBREAD HOUSE WINNERS



William and Reina



Scott



Mick and Mark



Byron and Dad



JOHND.



VICTORIA & MOM



RAMAN & LEE



CHRIS, TUNING UP



MIKE S. & NICOLE



PETER & KRISTINA



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

A HUGE THANK YOU TO THE SOCIAL COMMITTEE Mary Joy, Mai Lan, Reina, and Raishma



MAI LAN & OLIVIA



MARY JOY & BRIAN



REINA SETTING UP

BRAVOS

Bravo to Katrina thank you for making the beautiful Christmas boxes at the front of Melissa Park and the beautiful hanging baskets at the back. It brings lots of Christmas cheer to everyone! Brenda

Thank you to Mai Lan thank you for bringing your guitar and leading everyone in singing Christmas Carols at Melissa Park. Brenda

We need your support

Please support CISS by donating to our 2017 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.

Community Integration Services Society

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