

S P R I N G 2 0 1 8

COMMUNITY INTEGRATION SERVICES SOCIETY



News Link

CISS is Hosting
its 4th Annual
Multicultural
Event



**Come join us on Friday May 25th, 2018
at 2175 Mary Hill Road
from
11:00am to 2:00pm**

You are invited to take part in this event to discover our rich Canadian mosaic.

There will be unique presentations, traditional items on display and various entertainers from different cultures.

Food and contributions from attendees are welcomed and encouraged.

Keep posted for pre-registration information!

From the Executive Director's Desk

By Shari

Premier John Horgan recently announced that the former residents of Woodlands Institution who attended the school before Aug. 1, 1974 will finally receive compensation for systemic abuse suffered at the provincial institution.

"For nearly 20 years, former residents of Woodlands have fought for compassion, closure and some level of justice. Today, the B.C. government is finally doing the right thing by extending compensation to individuals previously denied redress for the abuse they suffered at this provincial institution," Premier Horgan said.

People who resided at Woodlands prior to 1974 will receive a \$10,000 payment. In addition, people who resided in Woodlands after 1974 will receive up to a maximum of \$10,000. The payment will take into account settlement awards previously provided through the Woodlands class action settlement.

On behalf of everyone at CISS we are saddened that former residents were treated unfairly but are relieved to hear that there will be some compensation for them. We wish to thank Premier Horgan for his decision.

Mark your Calendars for the Annual General Meeting, which will be held at Melissa Park on Saturday June 23rd. Our AGM is followed by a dedication event to the Wilson Family and a Barbeque. Melissa Park Caterers will be cooking for us and will have many of their signature items for you to try. We look forward to seeing you at our yearly event.

Our Annual Satisfaction Survey will be released in the coming weeks, and we are very pleased with the feedback and ideas that come from all of our stakeholders. It is wonderful to be given so many compliments to our Society, our Staff and our Management team. It tells us that we are doing a lot of things right. One respondent from our government stakeholders wrote, "CISS is a leading community living service provider in the community of Port Coquitlam" this is a wonderful acknowledgement. Working with CLBC to provide timely services that meet individual needs is integral to our mission and purpose.

A Community Partner wrote "CISS is a model for how agencies can build community inclusion for their clients". It has been a very busy year for CISS in working with community. By participating in local tables like Community Council and the Employment Round Table we are able to reach more broadly and work more collaboratively for the greater good of those we serve.

A Family Member said, "All that CISS is doing does not have to improve, the services that they do have, have always been above all others". Thank you for the complement to the work that we do each day, our team always strives to improve, to build on what we have done, and never stop growing.

I would like to welcome a couple new members to the Admin and Management team; Pat Stefiuk is our Office Administrator. Pat joined our team in late December when Jeff Battle returned to school. If you haven't had the opportunity to meet Pat, you can stop by Melissa Park to meet her. We also welcome Megan Chmiel, the newest member of our Management Team. Megan is a great asset to CISS and is a perfect fit for the Inlet team. The Inlet staff has been very supportive of their new manager, and has assisted Megan in getting to know the people we serve.

CISS Social Communication Group

By Jen and Noura



In early January, CISS began hosting a social group that works together on rhetoric. This group meets once a week, and is filled with supportive learning by doing individuals that help to encourage personal goals around public speaking.

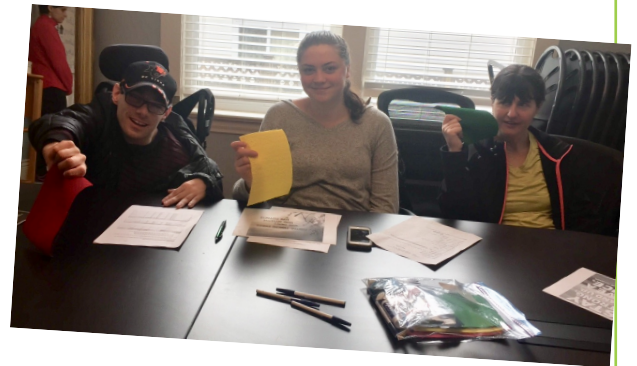
Everyone participates during the meeting by taking on different roles, such as grammarian, timer, chair and evaluator roles. By helping with different smaller tasks each week, this has helped the group to become more comfortable with speaking a little bit at a time.

A meeting has many different parts to it. We work on impromptu speaking, by answering a question on the spot and speaking for 1-2 minutes about it. We practice evaluating and giving positive feedback to our peers. We practice our listening and time management skills while taking on different meeting roles.

One main part of the meeting is prepared speeches. Prepared speeches work on specific goals or information to be shared. Participants in this group use different methods to prepare their speeches. Some use visual presentation, video recording, pictures, written speeches or props. We have found that using these different techniques helps to promote everyone's unique learning and communication styles.

We have also taken advantage of different props and materials when we create unique themes every week. For example, we have shared family stories and discussed our favorite flowers.

One of the most important parts of this group is how it has helped us all to grow in a positive way. We discuss our values as a group at the start of each meeting and add to them as we go. Everyone has improved their confidence, speaking ability and aptitude around preparing themselves to speak in front of a group. We know these skills will spill over into all aspects of our lives, so the skies the limit for the members of this group!



Krista: Silver Status with Avon

By Renee

Over the past year, Krista has been managing her Avon business remarkably well maintaining her “silver” status as well as hitting her best sales month in four years, last October. Krista appreciates all her wonderful customers that regularly purchase product from her at CISS. If you would like more information on Avon’s amazing lines of skin care and makeup products, be sure to see our CISS Avon rep Krista and place an order today!



Cell Phone Scams and Safety

By Matt and Brook



Cell phones have become a part of everyday life. It is not only a means to communicate, but it also allows us to capture moments of our life through pictures, and organize our schedules with data based calendars. Unfortunately, scammers also like to utilize cellphones to entrap unsuspecting people.

One of the most popular cellphone scams is the “one ring” missed call. This scam entails an individual calling your phone, and hanging up so quickly that you can’t answer the call in time. Your phone registers this as a missed call, with a phone number that you likely won’t recognize. You may be tempted to call the number to find out who called you, as it is an unknown number. Don’t call back unknown numbers. Part of this scam is that when you call the number back, you pay a premium rate for the call.



Another popular con is a scammer calling and asking for personal information. These types of calls may seem legitimate, as the caller may say they are from the CRA or another recognized institution. Never give out any information, personal or otherwise. If it is legitimate, say for example the CRA, you would receive notice via standard Canadian Post not a phone call. Do not provide a

caller with any personal information. If you don’t know the caller, you don’t have to talk with them.

Remember that you are not alone. Ensure you talk to people you trust about suspicious calls. You may find others have been having the same problem. You can gain confidence, strength and information in numbers.



Melissa Park Catering

By Naviit, Jonathon and Byron

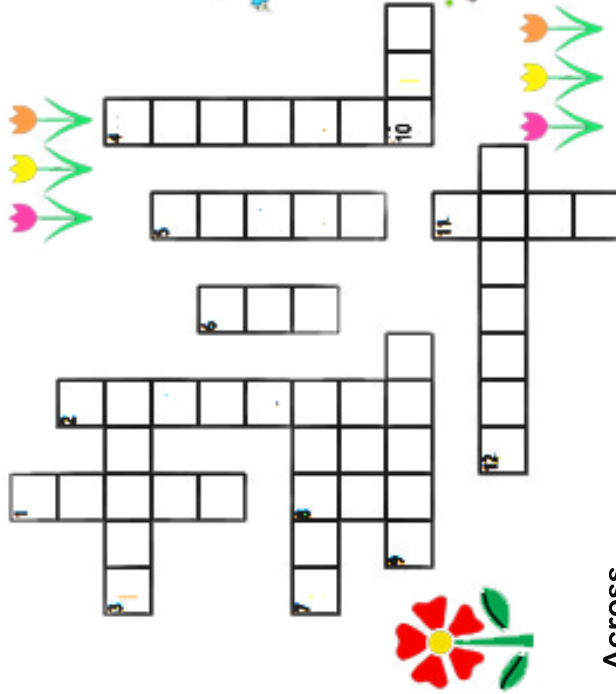
Byron and Jonathan have been working hard at Melissa Park Catering since mid-November. As part of the catering team, they make baked goods such as cookies and dessert squares to be sold and used at events. Byron and Jonathan have been a great asset to the team and work hard to learn all of the measurements and instructions to each recipe, ensuring quality control for each item sold. The most recent

event that the catering team took on was Pink Shirt Day for Anti bullying. Everyone at CISS wore their pink shirts in support of this event, and enjoyed delectable pink shortbread cookies made by Melissa Park Catering. Currently, the team is working on creating a dessert platter that can be used for catering events in the future. We all look forward to tasting what the team bakes next!



IT'S SPRING!!

Do you know the first names of our CISS management and board of directors?



Across

3. Board of Directors President at CISS?
7. CISS Executive Director?
9. Board of Directors Vice-President at CISS?
10. Director of Community Inclusion Services?
12. Program Manager – IDS/Leisure Services?

Down

1. Office Administrator & Accounting?
2. Program Manager – IDS 2 Port Coquitlam?
4. Board of Directors Treasurer at CISS?
5. Program Manager – Inlet Enterprises?
6. Office Administrator at CISS?
8. Program Manager – IDS 1 Port Coquitlam?
11. Office Clerk at CISS?

Spot the differences.



Tuning Up Your Vehicle for Spring

By Susan

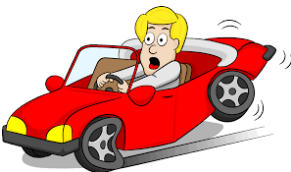
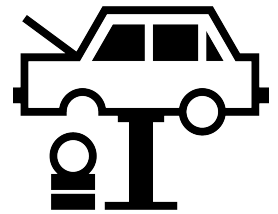
The harsh Canadian winters can really leave their mark on a car. Therefore, it's important that as the weather warms, you give your vehicle some care and attention to ensure it's in top driving condition. Here are seven steps to help your car recover from winter and get it ready for spring.

Clean your car's undercarriage – Depending on where you live, your car has likely been exposed to salt, sand and other grime that can accumulate underneath your car and even cause erosion. Go to a car wash that does a thorough undercarriage wash, or use a garden hose with as much pressure as possible to get rid of all of those lovely winter leftovers.



Deep clean your car's interior and exterior – Giving your car a full interior/exterior cleaning is a nice way to mark every season change, but it's especially important in the spring considering the mess that winter brings. Get any residue away from your paint job and give your car a good wax. Clean those floor mats and empty out any extra brushes or winter necessities from your trunk – 'tis the season to start-a-new!

Take off your winter tires – Many Canadians live in a climate that makes winter tires a safety necessity when the temperature drops. Once the mercury climbs above 7°C (and starts to stay there!) it's time to switch back to your all-season or performance tires.



Check your brakes – Road salt can impact the condition of your brakes. Salt can corrode metal and your brake pads rely on clean, properly lubricated metal frames to work properly. Save a step and get this checked while your car is already elevated having its tires changed at a service center.

Check your tire alignment – Potholes are one of the unfortunate elements of winter driving and they can certainly take their toll on your car. Have your tire alignment checked in the spring, and if you kept your all-season or all-weather tires on over the winter, consider having them rotated as well.



Check your tire pressure – Checking your tire pressure is something many people do all year round. Because your tires lose about one pound per square inch for every 6°C drop in temperature, it's especially important to check your pressure throughout the winter and as you get your car ready for the warmer months.



Replace your wiper blades – Your windshield wipers get a real workout keeping your view clear of snow and sleet over the winter, so replacing them every spring (and fall) is a small investment in making sure you have unobstructed views of the road.

Following the steps above will get your car in great shape, helping it to run smoothly on all your fair weather road trips.

Source: www.carproof.com

Go-Getters: Pippa the Therapy Dog

By Mark

This is Pippa; she came to visit us at Melissa Park as part of the self-advocate's journey to increase resources and build community connections. We really enjoyed her visit, she said hello to everyone, sat with us and she even did some tricks. Pippa is an Italian Greyhound and her job is to be a therapy dog. She travels with her human Alice. Pippa and other therapy dogs visit schools, hospitals and seniors centers to share the benefits of dog therapy.

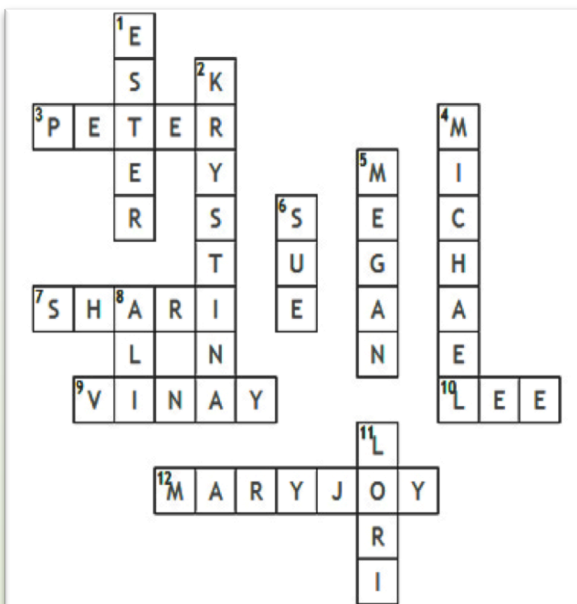
Some benefits of dog therapy include:

- Decreases anxiety
- Lowers blood pressure
- Lifts spirits and lessens depression
- Decreases feelings of isolation
- Encourages communication
- Maintains or increases motor skills

We would love to see Pippa and her friends again soon.



Crossword Answers

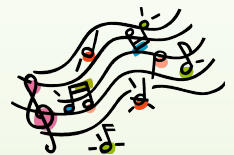


Put a Spring in Your Step, With These Pick Me Up Tunes!

By Dan

With spring in mind, I've created a playlist of upbeat songs. So dance, run, play... and enjoy these tunes with the newly arrived sunshine!

1. Don't Worry, Be Happy- Artist: Bobby McFerrin
2. Happy –Artist: Pharrell Williams
3. YMCA- Artist: Village People
4. Downtown – Artist: Lady Antebellum
5. Gotta Get Over – Artist: Eric Clapton



Success at Starbucks

By Tanya

As a Café Attendant, Raphael ensures that supplies are always available for the customers, the café space is neat and tidy, and patrons are greeted with pleasantries. Since Raphael is usually the first Starbucks employee a patron will see when they enter the store, he represents the face of the company so customer service is always his top priority.

Raphael's job at Starbucks gives him a sense of accomplishment and purpose through contributing to his community. It provides him with the opportunity to expand his social network and make his own money. Each working day, Raphael interacts with his colleagues, strengthening his understanding and practice of professional conduct, improving interpersonal skills, and building professional relationships. Raphael has gained a lot of skills, which will help him to build upon his career path. Way to go Raphael!



Getting to Know Jennifer and Jenny

By Jennifer, Jen, Brenda, and Jenny

Jennifer joined IDS1 at the beginning of January. Jennifer participates in many sports teams and is on the Special Olympics curling team. She is an avid animal lover and enjoys visiting with the animals at the shelter every week. Shortly after joining CISS, Jennifer joined the Social Communication group and has enjoyed presenting all of her speeches that she has worked hard to write.



Jenny joined IDS2 mid-March, and has greeted everyone she meets with a cheery disposition. Some of Jenny's favorite activities include word searches, acting, swimming, horseback riding and bowling... just to name a few. Despite being new to CISS, Jenny is well known by some people at Melissa Park through the local Challenger baseball team.



Consumer Satisfaction Article

By Shari

In the past four months (January to April 2018) there have been 12 client surveys completed and returned to CISS.

Question	Yes	No	No Response	
Did you have help to fill out this survey?	12	0	0	
Who helped?	Family or Caregiver 6	CISS Support Staff 6	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.	5	6	1	0
List of suggestions for the Social Committee:				
More Guitar				
I like the programs that I do at my program.	6	6	0	0
I set my own individual goals at my ISP meeting.	6	6	0	0
I get to try new things at my day program if I want.	3	9	0	0
I like the way my staff help me at my day program	7	4	0	1
My Program Manager listens to my complaints	7	4	0	1

What do you like the best about CISS?

1. Wonderful Staff
2. Very neat office
3. Working at Starbucks
4. Small group
5. Location is safe
6. Environment
7. Training individual
8. Cooking class
9. Swimming
10. Hanging out with my friends
11. Getting out
12. Keeping busy
13. Being with Friends
14. Going to Coffee House

What do you not like the best about CISS?

1. Changes in Schedule
2. There is no Korean Staff
3. I like everything
4. Going to the swimming pool in Port Coquitlam

Do you have any suggestions or ideas?

1. More resources to help consumers with future planning
2. Hire Korean speaking staff

Benefits of Music Therapy

By Celsa

Your Brain On Music

Music affects our brains like no other experience

Music therapy is a research-based practice and profession in which music is used to actively support people as they strive to improve their health, functioning and wellbeing.

Music can bypass injury

Stroke victims can regain speech, paralysis victims can regain movement.

Music can change the brain

Music encourages neuroplasticity, the ability of the brain to 'rewire'

Music engages the whole brain

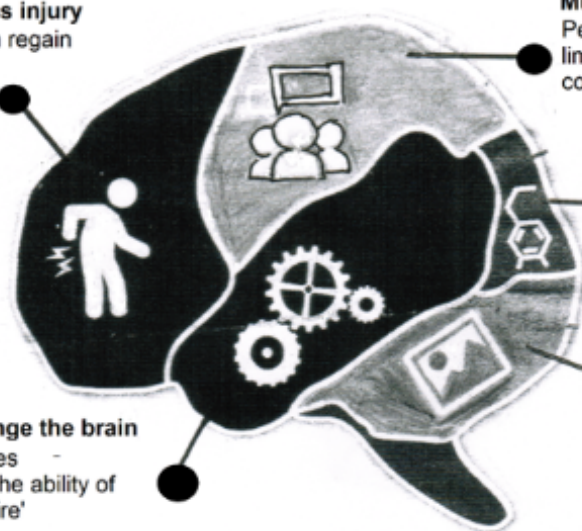
People with social or expressive limitations can open up and communicate through music

We are hardwired for music

Music activates our brain's reward system, releasing dopamine, which improves our emotional state

Music is processed and remembered like nothing else

Those with Alzheimer's are able to sing, and engage with music; music often brings back important memories



It is apparent that getting your groove on has been an effective method for positive self-image, among many other health benefits for attendees of CISS' music therapy program. Participants of this program have self-reported feelings of relaxation, and happiness. One individual says, "being able to socialize and sing with friends" in a supportive and engaging environment is beneficial to her overall well-being. While others appreciate the opportunity for self-expression. So, the next time your favorite tune comes on and you find yourself tapping your feet, don't fight it. Focus on the power of music and how it can improve your health.

Source: www.musictherapy.net





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- * = Requires Media/Parts

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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

WE NEED YOUR SUPPORT!

Please support CISS by donating to our 2018 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, Trisha, Celsa, Jenn and Krystina.

Layout by Kimberley S.

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www.gociss.org

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

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

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