

F A L L 2 0 1 8

COMMUNITY INTEGRATION SERVICES SOCIETY



News Link



Another Successful AGM for CISS

By Krystina

A soft breeze lacing the warm summer air set the tone for CISS' 28th annual general meeting. The day started with the Board and Executive Director presenting the annual report on CISS' performance and strategy. The reports showed the growth of the society in size and quality, and it was clear that individuals who utilize our services have enjoyed a busy and productive year. The Executive Director extended thanks to all of the staff that have made this year the success that it was.

Following the report, and a special unveiling was the much-anticipated food made by the caterers from Melissa Park Catering. Appetizing veggie trays with dill dip, savory fruit trays, zesty pasta salad, and sugar cookies sweetened the day for those in attendance. The recycling team from the City of Port Coquitlam also joined in for the day, conducting quizzes for prizes and ensuring that the waste and recycling from the event were managed effectively and responsibly. Another crowd pleaser of the day was the CISS mosaic- attendees painted tiles, which were pieced together creating an eye-catching piece which is now displayed at CISS. Please look for your invite to next year's AGM in our May 2019 newsletter.



From the Executive Director's Desk

By Shari

At this year's Annual General Meeting (AGM) on June 23rd we participated in a special project created by Erica and Emily, our summer students. This labour of love is on display at Melissa Park in the lounge. The project gave all of our; board members, staff, clients, families and community guests time to work on something special together. It was a great example of how it takes many hands to do good work. This project represents how we do our daily work at Community Integration Services Society.



Erica, who has spent the past four summers as our student will be leaving the student position but we hope that she will remain on our team in the future with special projects. Erica has been a gift to CISS and has done so much work which has made a huge difference everyday at CISS. Erica has improved our systems, created learning and teaching tools to name a very few. I cannot imagine approaching the next AGM without Erica by my side, I will miss her deeply.



The advantage to having a long term summer student is the gift that it gives to new students. This summer we had Emily Chilton join our team for the first time. It was easy to see early on that Emily was a perfect fit for the CISS family and under Erica's mentorship we had one of the best and most successful summers ever. We hope that Emily will re-join our team in future school breaks, her skills are invaluable.

At the AGM we honoured our visionary tech team, Adam and Angel, for their computer lab design and implementation. For our new computer lab, it started with a need. We needed to make a change and they were going to solve that problem for us through research, planning and developing a proposal. Once the plan came together our next challenge was how to pay for the equipment because we needed to fully upgrade every computer.

At CISS, we are constantly interacting in community and we often come across some really caring people that want to make a difference. One of those people is Maxine Wilson. We first met Maxine when she was Mayor of Coquitlam. She had a vision that anyone who wanted a job should have one so she promoted the 10X10 Challenge which challenged businesses to hire 10% of their employees to be people with disabilities. She really got us fired up about getting people paid work; I will never forget the packed Coquitlam Council Meeting with Maxine at the helm.

Maxine is a very busy woman and I reconnected with her when I was asked to join the Community Council at CLBC. Once again I reconnected with a fireball with the energy of a 40-year-old. Maxine cares deeply about the world around her and everyone in it. She wants the best for everyone and will do anything to make that happen. When Maxine learned of our need, she said, I think I can take care of it and the next day she arrived with a cheque in hand and our worries about paying for the upgrades went away.





With the dynamic team of Adam and Angel, along with the support and energy from Maxine, our Computer Lab is complete and is making a difference in all of our lives. On behalf of the Board of CISS a thank you goes out to all three of you. We could not have done this without you!

As we head into the fall for the third time CISS has been given the opportunity to participate in the Community Living British Columbia (CLBC) **include Me!** Survey.

We originally took part in the Quality of Life Demonstration Project 2010/2011; 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. In the first survey twenty-five individuals who attended day services in a CISS day program 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 a 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 were desired. We changed our system to include the eight domains: Emotional Well Being, Physical Well Being, Material Well Being, Interpersonal Relations, Social Inclusion, Rights, Personal Development, Self-Determination.

CISS participated in the CLBC **include Me!** Survey’s for the second time in 2014 and it was exciting to be able to compare to the previous survey to see areas of improvement as well as areas where we needed growth. The second survey was done with the aid of technology, which was very appealing to our younger group, and every person in service was given the opportunity to participate. To our surprise the results showed that we had a slight decline in Rights.



Following the survey, we structured our Go Getter Self Advocates to have access to space, time and resources to build on their leadership and learn from their united voice. We also recreated the Charter of Rights and are in the final phase of completing the rights video where people in service are the actors.

We are now heading into the third survey that will take place in the fall. Since our last survey CLBC has held a general public survey, which will be used for comparative data for individuals who are funded and supported through CLBC contracts. Our next results will have the four results, three surveys plus the general public.

We will keep everyone posted through posters, emails and mail outs for the Survey this fall.

How to Start Working Out

By Matt

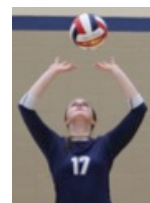


Experts have said that exercising is a vital part of maintaining a healthy lifestyle. With cooler weather on the horizon, it's the perfect time to start an exercise routine. First and foremost, it's important to consult your doctor prior to engaging in any exercise program. Your doctor can ensure there are no underlying health concerns that could negatively impact your regime. Only a doctor can determine how much exercise is safe for you.

Think about things you like to do, and pick an exercise program that would fit within those interests. There are an array of exercise options available including weightlifting, yoga, cycling, gymnastics, sports, fitness classes, dance classes, swimming... and many more! Community centres are a great place to start as they often have drop-in options available for something you may be interested in trying.



Make sure you ease into your new exercise program, and set realistic goals. It is also important to build a timeframe to accomplish these goals. A great place to do these things include websites like: <https://www.myfitnesspal.com/> or apps like: *Heavysset, FitBod, Stacked, or Workit.*



Be sure to select a day and time you feel most comfortable to work out, and stick with it! Personal trainers are good options if you can afford one. YouTube is also a great resource with an assortment of exercise tips. Remember to always have fun while exercising, and be safe!



Bravo Announcements

We appreciate everyone's hard work, dedication, and attention to detail over the past few months. It was evident that people went above and beyond the past few months with the number of BRAVO! Entries received. Congrats to:

Brenda from Krystina for her help and calm energy during an emergency situation.

Brook from Krystina for going above and beyond to assist with transitions in the morning.

Reina from Krystina for going above and beyond regular job duties to ensure flow and consistency.

Brenda from Krystina for problem solving, using creativity and flexibility to make schedule adjustments.

Bobby from Reina for helping a person with a difficult transition.

Reina from Brenda and Renee, for her hard work and hours put in to the multicultural day.

To a staff that wishes to remain anonymous from Krystina for their calm nature and quiet support during an emergency situation.

Susan From Ali for her support to all teams.

Dee from Brenda for her work at the multicultural day.

Istvan from Susan for going above and beyond to help with supporting an individual.

Navjit from Brenda and Renee for her hard work and hours put into the multicultural day.

Tanya from Ali for advocating for an individual to be provided equal opportunities at their place of employment.

Susan from Brenda for her work around picking up food items for the multicultural event.

Raishma from Brenda and Renee for her hard work and hours put into the multicultural day.

Krystina from Lee for ensuring the safety and supervision of a lockdown situation due to an accident.

Ali from Lee for ensuring the safety and supervision of a lockdown situation due to an accident.

...and the winner of the draw was "Navjit from Brenda and Renee for her hard work and hours put into the multicultural day" – Congrats, Navjit!

FUN PAGE

CAN YOU FIND THE DIFFERENCES?



Unscramble the Letters to Make a Word

Siifpecc
Mbslareau
Aticon
Rilasetic
Tlmiey

“What Am I” Riddles

I disappear every time you say my name. What am I?

The more you take the more you leave behind. What am I?

I eat, I live. I breathe, I live. I drink, I die. What am I?

I am a seed with three letters in my name. Take away the last two and I still sound the same. What am I?

I am tall when young and short when I am old. What am I?

I get smaller every time I take a bath. What am I?

Consumer Satisfaction Article

By Shari

In the past months (May to July 2018) there have been 13 client surveys completed and returned to CISS.

Question	Yes	No	No Response	
Did you have help to fill out this survey?	12		1	
Who helped?	Family or Caregiver 10	CISS Support Staff 2	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.	7	5	0	1
List of suggestions for the Social Committee: Vancouver Aquarium, Zoo or Petting Zoo, Different music at Coffee House, Kayaking or Canoeing				
I like the programs that I do at my program.	7	6	0	0
I set my own individual goals at my ISP meeting.	8	5	0	0
I get to try new things at my day program if I want.	8	4	1	0
I like the way my staff help me at my day program	7	6	0	0
My Program Manager listens to my complaints	8	5	0	0

What do you like best about CISS?

1. People helping me
2. Staff is committed to quality care
3. Planned program
4. Consistency with services
5. Everything
6. Programs and getting to try new things
7. I love going swimming, the gym and volunteer work
8. Doing fun things
9. Get to go out and have fun in the fresh air
10. Kyle Kitchen
11. My son (client) likes to join CISS and feels stability
12. Activities-Going for walks, dancing, shopping at the Dollar Store

What do you not like the best about CISS?

1. Coffee house is busy
2. When people bother me
3. Sometimes feel bored coming here everyday
4. Going to the library too much
5. Peers that are impolite

Do you have any suggestions or ideas?

1. Would like overnight respite care program
2. I would like a job doing physical work
3. Go out to new places/different places
4. More Brooke time
5. Zoo picnic
6. Golfing
7. Paintball
8. More exercise programs-Soccer/Basketball/Racquet Ball/Lawn Bowling

Staff Milestones

Congratulations on five years of service Nicole, Bijan, and Erica; and ten years of service Susan, Lorna and Ester! Through the years, their talents and efforts have helped our success. Together, we take pride in their accomplishments and commitment to excellence. A luncheon to celebrate and recognize these employees will take place in the fall.

Tips and Advice:

Staying Healthy During Cold and Flu Season

By Dan and Mary Joy

Cold and flu season will soon be in full swing. The tips below will help you stay healthy, and help you have a speedy recovery if you do end up feeling under the weather.

1. Avoid stress: Stress can effectively shut down your immune system. Try relaxing practices like deep breathing, meditation or yoga and spending time with family, friends and pets to cut down on stress.
2. Get enough sleep: Getting a good night's rest can help your body prevent you from getting ill or shorten your recovery time when you are sick. This occurs because our bodies release cytokines when we are sleeping, which regulate the function of the immune system.
3. Keep warm: When we are cold, our bodies have to spend extra energy to warm us up. This energy would otherwise be used for digesting food and fighting infections. So spoil yourself with a nice bath or a cozy sweater, it's good for your health!
4. Avoid sugars: Sugars suppress your immune system by slowing down white blood cells responsible for attacking bacteria.
5. Give your body what it needs: Whole grains and plenty of fruits and vegetables are important for keeping our bodies healthy.
6. For an extra boost: Yogurt, oats, barley, garlic, fish, chicken soup, tea, beef, and mushrooms have been shown to improve the functioning of the immune system.
7. Remember to keep exercising: It is important to find a way to keep our bodies moving even in the cold winter months. An exercise DVD you can do in the living room or bundling up for a walk on a cold sunny day are a couple of ideas to keep activity levels up.
8. Hand washing: Make sure to wash your hands regularly. This is especially important after being out in crowds or whenever we are around someone who is sick to prevent the spread of germs.

With information from: <https://www.uwhealth.org/flu/10-ways-to-stay-healthy-during-cold-and-flu-season/10371> and <https://keeperofthehome.org/keeping-your-family-healthy-during-cold-and-flu-season/>



Welcome to Omar!

By Bijan

Omar joined the IDS1 team in July, and has been enjoying an active and productive summer. He likes group activities where he can socialize, and is becoming fondly recognized for his endearing smile. Omar likes to spend his time running, and listening to music. Please introduce yourself if you have not already! Welcome Omar, we enjoy having you on our team.



Anxiety Workshop in North Vancouver

By Kathy

One of the body's reactions to anxiety is muscle tension. Muscle relaxation exercises can be particularly helpful where anxiety may be associated with muscle tension.

In progressive muscle relaxation exercises, you tense up particular muscles and then relax them, and then you practice this technique consistently. Rozmeen, Dongku, Darren, Troy, B, Jan and Kathy participated in an anxiety workshop held by CISS that focused on these techniques. All participants of this workshop took home a booklet with the newly learned exercises to practice at home.

Everyone appeared to enjoy the workshop and came away with new relaxation techniques. It is important to remember that practice means progress. Only through practice can you become more aware of your muscles, how they respond with tension, and how you can relax them. Training your body to respond differently to stress is like any training – practicing consistently is the key.

Picnic Fit for Queens

By Trish



This summer the North Van Office chose to host a summer picnic. The temperature had been soaring and challenging the mercury charts. The original venue at Barnet Marine Park was eliminated when advisory reports deemed the park closed due to high E-Coli levels. It took some planning, but the social committee found Queens Park, a fitting location that provided much needed shade in an accessible area for all CISS offices to meet for some summer fun. The turn out was amazing and a well planned treasure hunt along with cold treats added lustre to

this cheerful summer event. The picnic area of the park was nestled in a shady canopy just a few steps from a lively petting zoo.



Fall Fashion

By Jonathan and Bahareh

Time to forget those sweaty summer days! Fall is all about layering opportunities for everybody to have fun with. During the transition into fall, the weather often starts out cool, but shifts into warmer temperatures. For these days we recommend sticking with a summer dress and layering it with a jean jacket and tall boots. If dresses aren't your thing, we recommend jeans and a graphic t-shirt, which can be layered with a button up shirt, and worn with chic sandals.



1. Animal Prints

Embrace your wild side with prints or jewelry ranging from cheetah to tiger stripes.



2. The Colour Red

Monochromatic or bits and pieces, red is a sure hit this fall.



3. Plaid

Thick widths or small, you're sure to turn heads with these square designs.

Self-Advocates Corner

By Mark and Istvan

Mark and Istvan attended the HandyDART forum in New Westminster on June 1st 2018. This was a public forum to answer questions and concerns from the public about how the changes from MVT Canadian Bus services to First Canada and how it may impact its current user group.

They learnt that the transition process started in February 2018 and were looking for July 1, 2018 to mark the final transition date. July 1st marked the opening of the new HandyDART depot in Vancouver on Terminal and Main.

Future plans for HandyDART are expanding the current service while looking for ways to improve

their current processes, if you have any feedback for HandyDART they are happy to hear from you. You can reach them by calling 604-575-6600.

The Go Getters group continues to grow and build, finding new ways to develop and share the information they discover with others in CISS. Thanks to Renee's organization, Vancity came and did a presentation on budgeting and finances in June. At the June meeting the self-advocates also participated in the questions and answers for the strategic planning for CISS, we cannot wait to see what the results are!



Fourth Annual Multicultural Day at CISS

By Krystina

Multiculturalism is often seen as a defining aspect of Canadian identity and culture. At CISS, we are bound together by a set of values and beliefs which allows us to house a broad range of cultural expressions and celebrate them in a meaningful way, as seen with our fourth annual Multicultural Day.

Leading up to this event, those within the organization were invited to decorate a banner to celebrate each person's individual heritage. These banners were not only eye catching, but meaningful as they represented the rich cultural mosaic of those that are a part of CISS.

The event itself was not soon to be forgotten, as there were unique speeches, a booth set up by Avia employment, and a lovely ukulele performance by Cutie-Circle. Another wonderful aspect of this day was the celebration of food- from samosas to sushi to cabbage rolls to Irish biscuits- everything was delicious, and nothing went to waste. The social committee made this event the success that it was, so we extend a sincere thank you to this group for all their hard work.

As a non profit society, we appreciated donations from the following businesses within the community:

The Bombay Sweets

SUN Mongolian BBQ
大龍 蒙古燒烤

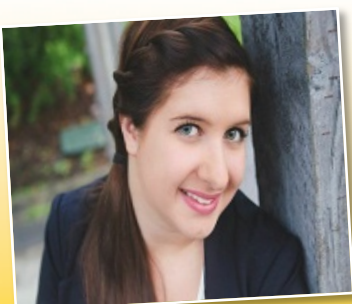
De Dutch



Wishing Ali the Best!

By Lee

We would like to announce that Ali Vrzal; IDS1 program manager is moving on. Ali came to us in February 2017 like a bright light. Ali has worked tirelessly to plan with the IDS1 team creating measurable goals and meaningful activities. I know I will miss Ali's wonderful smile and spirit. Wishing Ali the very best in her future endeavours!





Need computer help?

Hi, my name is Adam Holmes, and my passion is computers. Be it diagnostics, software/hardware installations, virus removal, memory upgrade, custom builds; I am at your service!

- A+ Certification
- NAT Certified

Affordable Computer Services !



- Diagnostic & Optimization - \$25
 - Virus Removal - \$30
 - Memory Upgrades * - \$15
 - Operating System Updates - \$20
 - Hardware Installation * - \$25
 - Software Installation * - \$25
 - Custom Built Computers * - \$30/hr
- * = Requires Media/Parts

Call or Text: 778-984-3737

Email: memdialcomputerservices@gmail.com

Twitter: @MemdialPC

Website: www.pcmaint.wordpress.com



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

Word Scramble Answers: Word Scramble Answers:

Specific
Measurable
Action
Realistic
Timely

Silence
Footsteps
Fire
A pea
A candle
A bar of soap

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, Trish, Celsa, Jenn and Krystina.

Layout by Kimberley S.

Community Integration Services Society

Admin. Office

2175 Mary Hill Road
Port Coquitlam, BC V3C 3A2
Ph: 604.461.2131 Fax: 778.285.5520

Inlet Enterprises and Individualized Day Services 1 & 2

2175 Mary Hill Road
Port Coquitlam, BC V3C 3A2
Ph: 604.461.2131 Fax: 778.285.5520

IDS - Leisure Services

#104 – 277 Mt. Hwy
North Vancouver, BC V7J 3T6
Ph: 604.986.1511 Fax: 604.986.4455

www.gociss.org

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

Printed by Kwik Kopy

8628 Commerce Court
Burnaby, BC
604 444 4452



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

Community Integration Services Society

2175 Mary Hill Road
Port Coquitlam, BC
V3C 3A2