

WINTER 2019

COMMUNITY INTEGRATION SERVICES SOCIETY



# NEWS LINK



Big "Thank You" To Vancity for the Community Grant



Program Managers: Janna, Megan, Mary Joy and Krystina



Lori and Erica

## Another Successful Christmas Party by CISS



Mark and Yuni



Gingerbread house winner, Brandon!



Kitchen volunteers, Lori, Brandon and Vancity



The Dawe Family

# From the Executive Director's Desk

By Shari

Happy New Year. I hope that everyone enjoyed the festive season. Our Christmas Party, held on December 7<sup>th</sup>, was a huge success with the largest number of guests to date. The parking was challenging and we appreciate everyone's patience as we look for a larger venue for the future.

We had many special guests at the party and we enjoyed the company of newly elected City of Poco Councillor Nancy McCurrach and re-elected Councillor from the City of Coquitlam Bonita Zarrillo. Other special guests; Community Living British Columbia Community Council Member Maxine Wilson and CLBC staff members from our local office; Ryan Jamieson and Ashley Chapman.

The Christmas event is well planned and organized by our Social Committee and staff teams. Thank you to our volunteer kitchen servers from Van City (Zahra, Linda and Shima and Brandon Larson from Royal Le Page. Thank you to Erica, Lori and Lee who managed the kitchen and supported the volunteer servers.

At this year's event, CISS received a community grant from Vancity (Shaughnessy Station & North Side Community Branches) for our Go Green Signature Dips greenhouse project. This generous donation will help educate our team on greenhouse maintenance and for marketing our dips to go into local businesses. A big thank you goes out to Susan Devlin, Vancity Senior Bank Manager, and her teams for granting our team with this donation.

Annually CISS hosts an Employee Milestone Anniversary Awards luncheon and in 2018 we acknowledged the following employees: 5 Year: Bijan, Erica and Nicole, 10 Year: Lorna, Susan and Ester and 15 Year: Dee. Thank you for your commitment and service to CISS:

Thank you to our volunteer board members; President Sue Davis, Vice President Lori Ashton, Treasurer Michael Jiang, and Board members; Peter Dawe, Sarah Davis, Laura Taylor, Erica Franken, Joanna Ludlaw for your service to CISS in 2018.

Thank you to all of our employees for your hard work, commitment and collaboration in 2018, because of you, we are able to provide quality services and supports to everyone entrusted in our care. Thank you for making their experience valuable.

Kim Slind, who was an employee of CISS many moons ago has been our Newsletter layout person for the past 10 years has recently passed on this duty to our very own Adam Holmes. Congratulations to Kim who is a Librarian at a school in her home community. We appreciate your commitment to our Newsletter publication and wish you well in your new career.

What is ahead for us? In 2018, we created our Strategic Plan with goals to guide our work for the next five years. The Strategic Plan was developed over the course of the summer and fall of 2018 through a variety of means to gain input. Through this process we were able to discuss our strengths as well as areas of need and opportunities for improvement.

Key themes that emerged through input were:

**Increasing Service Delivery:** CISS will become a responsive service deliverer in more areas in the life of a person with developmental disabilities by expanding services in a range of service options. We know that you want more from us and we will put the resources and effort into expanding in 2019.



**Workplace Wellbeing:** CISS will become an employer of choice and will have a healthy workforce that provides exceptional services to those in our care. Our staff are important and we cannot provide quality services without a healthy workforce both in the front line work and in management. We know that we need to put resources and focus on improved communication, education, and wellness in 2019.

**Community Development:** CISS will build on and increase relationships and partnerships in community. New partnerships will enable individuals in our care to have more access to; affordable housing, employment and access to education, recreation and socialization.

The year ahead will be filled with exciting new opportunities, let us know if you have a talent that you would like to share with us, it takes a village, come be part of our future.

## BC Social Services Awards of Excellence

By Lee

Congratulations to Shari Mahar for winning the prestigious Awards of Excellence in the category of "Leader"! The winning recipient shows success in Providing vision, inspiration and motivation to their team; is actively involved in mentorship and the development of others. Acts with integrity, care and humility. Inspires others, demonstrates initiative and promotes a respectful and supportive workplace. This is high honor indeed!

Shari has worked tirelessly for 27 years leading CISS. Shari's dedication to community living, supported individuals, staff and colleagues is unprecedented.

To see the video in its entirety; please visit our website. [www.gociss.org/about-us/](http://www.gociss.org/about-us/)

On behalf of everyone at CISS, Congratulations!



# Congratulations!

## Farewell to Trish

By Mary Joy

We would like to announce that after 18 years of employment with CISS, Patricia will be retiring from the North Vancouver ISD/LS program. She is a conscientious and creative life skills worker, and has been part of the Newsletter Committee for many years. Trish is the mother to four sons and a grandmother of two, so we are sure she will be kept busy in retirement.

We wish you all the best Trish. Thank you for your years of service!





*Merry Christmas*  
*From CISS*







Rabbits and parrots can see behind themselves without even moving their heads!  
 Butterflies taste food by standing on top of it! Their taste receptors are in their feet .  
 Most of the dust in your home is actually dead skin! Yuck!  
 Although the Stegosaurus dinosaur was over 9 metres long, its brain was only the size of a walnut.  
 Humans get a little taller in space because there is no gravity pulling down on them.  
 Because of the unusual shape of their legs, kangaroos and emus struggle to walk backwards.  
 A hippopotamus may seem huge but it can still run faster than a man.  
 Even if an analog clock is broken, at least it shows the correct time twice a day.  
 Sneezing with your eyes open is impossible.  
 The trickiest tongue twister in the English language is apparently "Sixth sick sheik's sixth sheep's sick".  
 Give it a try and see for yourself.

❄️ Spot the 10 Differences ❄️



In the past months (August–November, 2018) there have been 8 client surveys completed and returned to CISS.

<u>Question</u>	<u>Yes</u>	<u>No</u>	<u>No Response</u>	
Did you have help to fill out this survey?	<b>6</b>	<b>2</b>		
<u>Who helped?</u>	<u>Family or Caregiver</u>  <b>4</b>	<u>CISS Support Staff/ Manager</u>  <b>4</b>	<u>Peer</u>	<u>Home Support Worker</u>

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).

<u>Question</u>	<u>Awesome</u>	<u>Okay or Good</u>	<u>Terrible</u>	<u>No Response</u>
The Social Committee plans parties and events that I like.	<b>6</b>	<b>2</b>		
<b>List of suggestions for the Social Committee:</b> Field trip/outing, Coffeehouse, Golfing, Basketball, Ping-Pong, Movies, Parties, Open house				
I like the programs that I do at my program.	<b>6</b>	<b>1</b>	<b>1</b>	
I set my own individual goals at my ISP meeting.	<b>5</b>	<b>3</b>		
I get to try new things at my day program if I want.	<b>4</b>	<b>3</b>	<b>1</b>	
I like the way my staff help me at my day program	<b>5</b>	<b>3</b>		
My Program Manager listens to my complaints	<b>4</b>	<b>4</b>		

<b>What do you <u>like</u> the best about CISS?</b> <ol style="list-style-type: none"> <li>1. Meeting people and going out into the community.</li> <li>2. I like to go swimming, bowling, play basketball, and play hockey.</li> <li>3. Being paired with peers.</li> <li>4. Daycare, Ping-Pong, Coffeehouse, Craft class.</li> <li>5. Computer.</li> <li>6. Going for a walk.</li> <li>7. Outing such as the pumpkin patch.</li> <li>8. I like feeling valued.</li> </ol>	<b>What do you <u>not like</u> the best about CISS?</b> <ol style="list-style-type: none"> <li>1. Not having things to do</li> <li>2. I do not like people bugging me</li> <li>3. A specific peers attitude</li> <li>4. Being bothered about candies</li> </ol>	<b>Do you have any suggestions or ideas?</b> <ol style="list-style-type: none"> <li>1. More fun activities</li> <li>2. Playing pool</li> </ol>
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# Go-Getters Update

By Mark

As a self-advocate member, I would like to summarize all of the great work we did in 2018, and talk about the group's plans for 2019.

Some of the highlights of 2018 included the group's discussion around: friendship, how to find a volunteer or paid job, safety issues that can arise from each season, and International Disability Day. We also had special guests come in for presentations, most notably VanCity with their presentation on money management, and St. John's with their dog therapy program.

In 2019, we would like to have teammates that are more active. So if you are interested please let your manager know! We have big plans for the year, which include having a t-shirt with our logo, building connections with other Self Advocate groups, being present in different activities, and attending conferences, which are connected with our values.

## Getting to know Felicia, Cheyenne and Dimitri

By Laura, Cheyenne, Dimitri, and John



Felicia enjoying a bike ride

Felicia joined IDS2 in September of 2018. Felicia loves to travel, and has explored many different places including Hawaii, England, Mexico and Disneyland. She is an active individual that loves swimming, biking, and taking in the sights of nature while walking. Felicia has become well known in just a short time at CISS due to her friendly demeanor and contagious laugh.

# WELCOME

Dimitri joined the IDS1 team in late October. He enjoys working, dancing and meeting new people. He likes to fill his time with fitness, particularly yoga and Zumba, but he also enjoys watching TV and listening to music. One of Dimitri's favorite things to do in his spare time is going out for a nice meal- his favorite restaurant is Montana's, mainly for their delicious cornbread, and dessert!



Dimitri and Cheyenne at the CISS Christmas Party

Cheyenne joined IDS2 at the beginning of September, and has greeted everyone she meets with a cheery disposition. Some of Cheyenne's favorite activities include hiking, ice-skating, roller blading, jewelry making, swimming, and learning new languages...Just to name a few. Despite being new to CISS, Cheyenne is well known by some peer's at Melissa Park through her past involvement with the local Challenger baseball team.

# Movie Review: Smallfoot

By Bahareh

Recently I went to see the new movie Smallfoot. The movie Smallfoot is about a yeti named Migo voiced by the actor Channing Tatum. Migo thinks that humans exist but the rest of his Yeti group do not believe him. Migo sets out to prove to his group that humans really do exist. The movie was full of humor and drama. I think that Smallfoot would be a great movie to see with your family and friends.

I would recommend that everyone who likes a funny family movie goes to see it!

## Staff Milestones

By Krystina

2018 was a very busy year for Milestone Anniversaries with seven employees celebrating their years of service to CISS.

Celebrating 15 years was Dee, 10 Year employees; Susan, Lorna, Ester and 5 Year employees; Nicole, Bijan and Erica. We celebrated these anniversaries with a lunch in the tri-cities area.

We appreciate and thank all of these employees' commitment to CISS and to the people we support.







## Great Shake Out Earthquake Drill

by Nancy

On October 18, 2018 at 10:18am, we participated as an agency in the Great Shake Out Drill.

We registered online and CISS was included in the count of this year's provincial earthquake drill. This drill is held on the third Thursday of October each year. Our Port Coquitlam and North Vancouver offices both prepared and took part in the drill.

This occurred both onsite and in community at recreation centers, parks, work sites, and in vehicles. This drill has helped us learn and be prepared with Shake Out BC.

## Exercise Tips During The Winter

by Matthew

I would like to share my ideas on how to exercise during the winter in terms of cost effectiveness and convenience. I, for one, am not a big fan of going to the gym so I've been trying to get in shape at home. The way that I do this is I utilize the stairs at my house. I will go up and down the stairs several times, and increase the frequency each week. I have also started doing sit ups, and pushups to increase overall strength. Additionally, you can take advantage of the snow by shoveling your driveway and sidewalk for a good cardio workout.

For the outdoor enthusiasts, I highly recommend heading up our local mountains for skiing, tobogganing or snowshoeing. These activities are quite fun, but can be costly so be sure to save up your money for these activities. To ensure safety, remember to dress warmly and never go out of bounds.

## Oh Christmas Tree

By John and Brenda

This was the third year that CISS participated in the PoCo Heritage Christmas Tree Festival, which was held at Leigh Square Gathering Place.

A "Sparkle of Winter" theme was chosen for the tree, and the decorations were chosen by our artists that attend the Leigh Square art classes on Tuesdays. The icy 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.





# Seasonal Affective Disorder

By Karen



Do you find yourself running low on energy and feeling a little blue as the days get shorter in autumn, and rainy days outnumber sunny ones? It is natural to feel a little melancholy as summer fades, but some people find themselves becoming so moody, irritable, and sleepy that they have a hard time engaging in normal activities. They often experience an increased craving for sugary, starchy foods, and may put on weight. Sleep can also be affected. These people are sometimes diagnosed as having a condition called Seasonal Affective Disorder (or SAD), and doctors are learning to take it more seriously.

Researchers are not completely sure why some of us are more likely to experience SAD, but it is known to run in families, and to be more common the further away from the equator we live. Sunlight hitting the eye causes the brain block the sleep hormone melatonin, which likely explains at least some of the symptoms of SAD. It tends to get worse in the fall, and then improves as the days grow longer in the spring.

The good news for those of us who struggle with Seasonal Affective Disorder is that it is treatable, and that we are not alone. For those who have experienced SAD, the very best plan is to begin to fight back before symptoms appear. Here are a few things that might help to prevent or minimize this problem:

1. Spend time outside walking, running, sitting, or taking part in activities that maximize your exposure to sunlight.
2. Spend happy time with friends and acquaintances. SAD might tempt you to avoid others just when you need them most. Laughter really is medicine!
3. Cut back on sugary and starchy processed foods, as they might give you a temporary energy boost, but will leave you feeling drained.

If you do begin to feel blue, remember there is help available. See your doctor, and share how you are feeling. One very effective treatment for SAD is a light box. Sitting in front of one can help to improve your mood in as little as twenty or thirty minutes a day. Your doctor may suggest medication. Whatever you do, pay attention to your Seasonal Affective Disorder symptoms, and remember that Spring is not far away!

## Bravos:

The following individuals received a Bravo! for going above and beyond this quarter:

Nancy from Megan, for utilizing her skillset and assisting a person with a new volunteer job.

Michale from Krystina, for being flexible and supporting all teams.

Hannah from Mary joy, for being a team player and supporting all teams with a positive attitude.

Brook from Krystina, for helping move the office furniture.

April from Megan, for her calm energy during a medical situation.

And the lucky winner of the Bravo! draw was Nancy Marshall. Congratulations, Nancy!





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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 Adam Holmes.

## **Community Integration Services Society**

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Court Burnaby, BC  
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