

WINTER 2019/2020

**COMMUNITY INTEGRATION SERVICES SOCIETY**



# NEWS LINK

**Mark your calendars!**

**For Community Integration Services Society's**

**Annual Christmas Party!**



This year's party will be at a NEW location;  
All Saints Parish located at 821 Fairfax Street in Coquitlam.

Our special event will be held on

**Friday December 13<sup>th</sup> from 11:30 a.m. until 2:30 p.m.**

There will be great food, entertainment, gingerbread house draws and PIXTA Pictures.

Please RSVP with your Manager once you receive your invitation!

# Multicultural Celebration

By Reina and Scott

The Social Committee organized another successful multicultural day celebrating the diversity of culture that makes up our society.

It was a wonderful celebration sharing arts and culture, talents and food from different countries.



Noura showcased her traditional clothing from Iran.



The Cuties, a group of diversified musicians came back for another outstanding performance playing their ukuleles.



Chantal rendered us a song Color of the Wind and Catherine shared her talent playing a Canadian tune with her violin.



Dimitri and his Mom shared with everyone how to make their authentic Italian pizza. Everyone brought dishes from their country to share. It was a fantastic celebration of diversity in our society

## Community Gardens

By Scott and Jenn

The North Vancouver office obtained a garden plot at the Lonsdale Community Garden and has been utilizing the space in line with the seasons.

To start, we worked hard to remove all the old plants and weeds from the previous owner of the plot, so that it would be ready for our plants.

Since we got the plot later in the year, we had to find plants that could withstand colder weather. We picked out some kale, broccoli, garlic and flowers which are plants that can handle the cold. The kale and broccoli did incredibly well, and was even harvested! One way we harvested the kale was by making it into kale chips which everyone enjoyed.

Now that winter has arrived, we have covered our plot with maple leaves to protect it from damage and weather. Over the course of the winter, we will work as a team to plan on how we will decorate the plot to make it personalized, and grow fruit and vegetables for the summer.

## From the Executive Director's Desk

By Shari



After 28 years of work at Community Integration Services Society, Program Manager, Mary Joy Lovering retired. We celebrated her service and commitment to CISS at our Annual General Meeting (AGM) on June 22, 2019.

Mary Joy has done an incredible job at CISS while at the same time raised a family. Her boys, Tyler, Martyn and Tim along with their families attended this special event.



The AGM was another successful event and the weather allowed us to be outside for the majority of the day. Outside of a little wind it was a spectacular day and all of our guests enjoyed the event, activities and the special celebration. Everyone needs to mark their calendar for our 30<sup>th</sup> Anniversary Event and AGM on June 27<sup>th</sup> 2020.

The Board of Directors have started out their term this year with the development of a survey tool that each board member will participate in during the fall. The survey will help the board work on their Strategic Goal: *CISS' BOD will expand their knowledge through educational activities and will build on our systems to provide the best governance to the Society.* The board is preparing for significant changes to the board with the pending retirement of three board members by the end of this term. Succession planning is underway to assure that the Society is left in good hands on the board of directors. We welcome Peter Dawe who has returned to the Board Chair Position, Lori Ashton Vice Chair, Michael Jiang as Treasurer and Laura Taylor as Secretary and returning members at large; Sarah Davis, Sue Davis, Joanna Ludlow and a new family member is in the process of joining the board at the December meeting.

Another Strategic Goal for CISS is to have a Responsive Service Delivery; *CISS will become a responsive service deliverer in more areas in the life of a person with - developmental disabilities through expansion.* In preparation to provide the new LIFE Service in 2020 we have expanded our Individualized Day Services to have a third department. We are in the process of hiring on the management team and once that is stabilized we will be assessing the three IDS programs to determine which individuals will be candidates for the LIFE service. The LIFE service will be a blended service of employment and community inclusion very similar to what we currently provide however will have very specific short term goals to move people towards their personal aspirations, criteria for this program must include employment. More detailed information will be provided once CLBC has completed the current trial and once the program is made accessible for vendors like CISS to become qualified for the work.

I am looking forward to seeing you at our Annual Christmas Party, moving to a new venue will help with parking and accessibility, let us know what you think after the Party this year.





**HAPPY  
HALLOWEEN!**



## Bravos!

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

Lorna from Tammy, for acting as a temporary key worker while a co-worker was away.

Zahra from Brenda, for taking care of the gardens at Melissa Park.

Zahra from Tammy, for ensuring key worker duties were complete for a coworker that was away on vacation!

Tanya from Janna, for providing silent support. Good job!

Debbie from Janna, for completing four different desserts and assisting individuals in completing these. They were delicious!

Michale from Tammy, for taking on the PNE/Catering event.

John from Susan, for doing the karaoke at Coffeehouse.

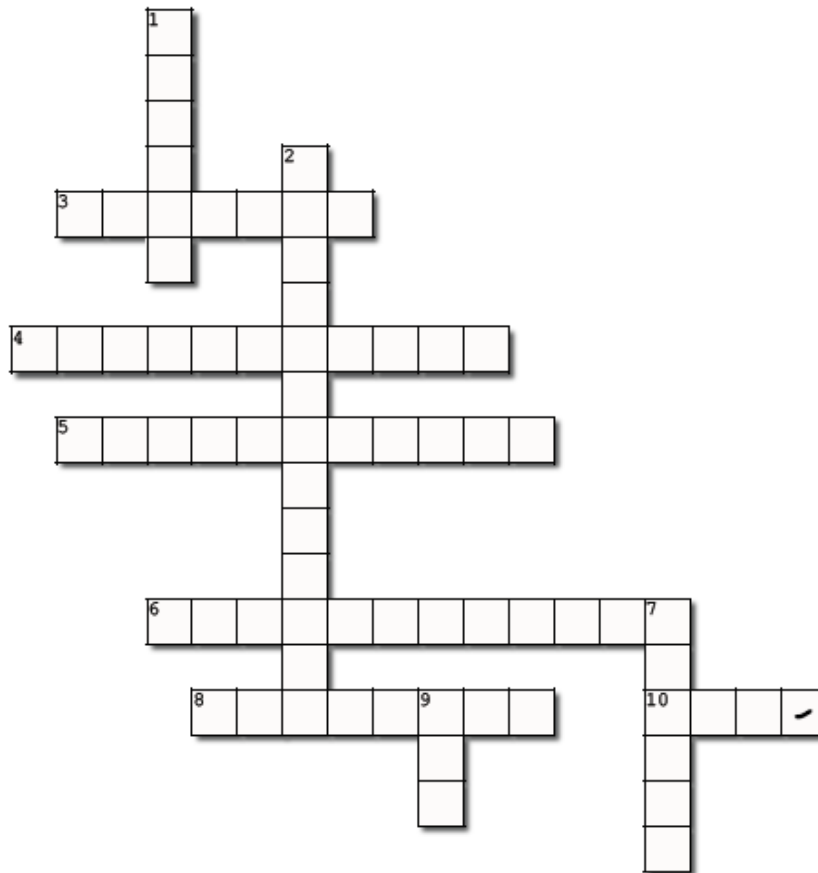
Krystina from Lee, for taking a leadership role in training new managers.

Janna from Lee, for doing an exceptional job managing/organizing the first PNE/Marketplace event.

John from Janna, for setting up the compost with notes on Sharevision with instructions.

And the lucky winners of the Bravo! draw were **Janna and Tanya**. Congratulations, **Janna and Tanya**!

Complete the crossword puzzle below



Created using the Crossword Maker on TheTeachersCorner.net

**Across**

- 3. a day of festivity or recreation
- 4. has a white beard and brings gifts
- 5. a novelty confectionary house
- 6. the night before christmas
- 8. decoration placed on a tree
- 10. placed under a christmas tree

**Down**

- 1. individuals think more of this during christmas time
- 2. when many member of an extended family congregate
- 7. a traditional christmas drink
- 9. helps build the gifts for Santa Clause



- 9. Elf
- 7. Eggnog
- 2. Family Reunion
- 1. Family

**Down**

- 10. Gift
- 8. Ornament
- 6. Christmas Eve
- 5. Gingerbread
- 4. Santa Clause

**Across**

- 3. Holiday



## Safe Winter Driving by Karen C.

The secret to being a safe driver in the winter can be summed up in one word: planning.

Since you can't control the weather or the other drivers on the road, it's essential that you focus on the things you can control, namely your vehicle and your own behaviour.

When the temperature drops below 7 degrees Celsius, even if roads are dry, summer tires lose their grip, so make sure that your tires are at least rated M+S (Mud & Snow), are properly inflated, and have lots of tread. Even better, use specialized winter tires (necessary if you travel in many places outside the Lower Mainland) or "All-Weather" (not All-Season) tires. Check your oil, anti-freeze, and window-washer fluid, and make sure your battery, wiper blades, and lights are in good shape.



Before the first snow arrives, imagine the possible problems it might cause and prepare for them. Carry a snow scraper and brush, and give yourself time to completely clear your windows, lights, and roof of snow. Pack jumper cables, snow boots, gloves, and a warm jacket in your trunk in case of emergency, and keep your cell phone charged. A membership in BCAA is a good investment that can pay for itself if you need to have your car towed, a tire changed, or a battery jump-started. If you are travelling in remote areas, pack blankets and non-perishable snacks in case you have to wait for help.

Always give yourself extra driving time so you won't be tempted to speed, and turn on your head and tail-lights (not just daytime running lights) in the dark and in bad weather.

Leave at least two car-lengths between you and the car in front of you to avoid collisions, and check both ways before you enter intersections to make sure there are no cars skidding toward you.

Avoid hills that have not been plowed (plan alternate routes), and most importantly, if you feel you can't drive safely due to poor visibility and icy roads, don't drive.

## Suggestion Box

By: Shari

Over the past six months there were two suggestions made through the suggestion box.

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

**Suggestion:** Can we please get plastic water jugs for the fridge instead of the glass bottles. Reasoning is the lids are unsanitary with everyone touching the opening of the bottles to use and close.

*Good suggestion, I will share this with the OA and have it added to the shopping list. Please feel free to make this suggestion directly to the OA in the future, she would be happy to accommodate this very reasonable request.*

**Suggestion:** Can we please get some kind of lighting in the parking lot. Maybe solar or some kind of light that saves money. It is so dark out there in the morning. It makes me nervous at times. Thank you so much.

*Excellent suggestion. We will most likely need to use a solar type lighting because of where the lighting is required. I will discuss this with our maintenance staff and have it attended to right away. I would highly suggest that the early arrivals park in front of Melissa Park on the street, there is always parking available first thing in the morning and it is well lite.*

In the past months (May to October 2019) there have been 27 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>24</b>	<b>3</b>		
<u>Who helped?</u>	<u>Family or Caregiver</u> <b>3</b>	<u>CISS Support Staff/Manager</u> <b>20</b>	<u>Peer</u>	<u>Home Support Worker</u> <b>1</b>

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>20</b>	<b>5</b>	<b>1</b>	<b>1</b> N/A only attend part time
<b>List of suggestions for the Social Committee:</b> <ul style="list-style-type: none"> <li>• Picnic at the beach</li> <li>• Christmas Party, Multicultural Day</li> <li>• More parties, dancing</li> <li>• Summer, Halloween and Christmas</li> <li>• Picnic at Belcarra Beach in summer time</li> <li>• Attending a Hockey Game</li> </ul>				
I like the programs that I do at my program.	<b>16</b>	<b>11</b>		
I set my own individual goals at my ISP meeting.	<b>18</b>	<b>7</b>		<b>2</b> (NA & can't determine)
I get to try new things at my day program if I want.	<b>19</b>	<b>8</b>		
I like the way my staff help me at my day program	<b>19</b>	<b>7</b>		<b>1 Unknown</b>
My Program Manager listens to my complaints	<b>18</b>	<b>8</b>		<b>1 Unknown</b>

#### **What do you like the best about CISS?**

Bowling, swimming, music, dancing  
 Being out in Community  
 Working with certain staff, peers  
 Playing board games  
 Exercise, Inclusion  
 Visiting SPCA cats,  
 Workout at the gym, working at VanCity,  
 Coffee House,  
 Coming here participating in my programs

#### **What do you not like the best about CISS?**

Being paired with certain individuals  
 Some people make noise  
 Some staff are mean  
 Telling me what to do  
 I don't like bird noise and some clients  
 Working with the same peers  
 I do not like it when someone is mean to me  
 People bugging me

#### **Do you have any suggestions or ideas?**

More Music Activities  
 Trying to come up with new things to do especially in the winter months  
 New Events  
 I like to go see movies it is fun

Keep a specific person away from me  
 Staff can help me with privacy  
 Door to door pick up and drop off  
 Cooking class catering



## New IDS3 Program

By: Lee

CISS is excited to announce the expansion with a new IDS3 program!

This individualized service program will focus on advancing meaningful community inclusion through employment, personal development, and strengthening people's informal support networks.

People and families will have a new service option within this newest IDS program that will emphasize employment supports but not limited too.

In the summer of 2019 we welcomed Brody and Aiden; with Nick and Mark following suit shortly after. We are excited to establish and expand this service.

## Thanksgiving at CISS

By Janna

Community Integration Services Society celebrated Thanksgiving during a surprise onsite activity on October 11.

Before everyone's arrival, there was a table of treats and a few activities set up. Everyone participated in a "Thankfulness Board" where a large cork board was decorated with turkeys and thankfulness quotes.

There were felts and lots of paper in the shape of speaking bubbles to write what things we are thankful for. As a result, the board was full and most people participated in the activity.

Everyone was laughing and enjoying the morning as we shared what we were writing and eating delicious treats together.

## PNE Recap

by Dimitri and John

In August, Vancity invited CISS as one of their community partners, to be one of the vendors at the PNE.

From IDS1, Dimitri and John went to the PNE on Wednesday August 21. They met with IDS2 who was already running the booth from 11:00am. They had a tent sponsored by Vancity in the Vancity Marketplace. They spent a month preparing dips to be sold. They went with 60 Dill dips and 60 Mexican dips. CISS sold 6 dips in total though everyone admitted it was in part to the only day it rained! Next year we hope to be invited back to do it again. Dimitri stated "It was so fun!"

Dry Dips are for sale for \$10.00 each and for sale through Mina and Ester. Pick up and enjoy in the same day!





## New positions at Coffeehouse

By Lee and Brook

The Coffeehouse program did its annual Volunteer application review, and completed hiring in September.

Every year the volunteer jobs at coffeehouse become vacant and opportunities arise for people to help out with the event for a one-year term. It is a great opportunity for people to gain valuable work experience as well as socialize with peers.

Applicants can choose from varying jobs that are available; table and chair set up, cleaning, recycling, organizing, door admittance and others. Yearly, the job positions become vacant so people may choose to work in the same position or have the option to try something different.

## Greenhouse Article

By Dimitri, Jonathan and John

Starting last year, CISS began the Greenhouse Project with Jonathan and Dimitri.

There are two herbs that are grown in the greenhouse: dill weed and parsley. These plants are being used for making the CISS Signature Dry Dips. The flavours are Mexican Style Dry Mix, and Dill Dip Dry Mix. Dimitri and Jonathan first did research on the plants and soil.



Next, they got to visit Archbishop Carney Regional Secondary School to check out their active greenhouse. They gave Jonathan and Dimitri a tour to give them ideas for how CISS' greenhouse would run. "We then bought the soil and supplies at Home Depot and Art Knapps" says Dimitri, "We planted the dill and parsley seeds we bought and setup a watering schedule." Jonathan explains, "We started planting on Earth Day. We hosted an event and presentation with posters on the wall." The duo would then monitor the greenhouse daily, and ensured the plants were watered. When it was time to harvest, Dimitri and Jonathan would then collect the herbs and dehydrate them with the dehydrator and the oven with the help of their staff.

The greenhouse is currently closed for the winter season to return next year.

## Leading the Way to Independence

By Mark and Istvan

This October, there was an organized event called, "**Leading the way to independency**" put on for Self-Advocates. We had eight workshops, but I would like to highlight two of them: Online and Personal Safety, and Housing Panel. My favourite was the Housing Panel because we got useful information about home share and independent living programs. From each program, we had representatives who shared their experiences.

During the Online and Personal Safety workshop, we learned how to be safe when we are on the Internet. I would like to share some easy tips how to stay safe online. First, protect your password. To be safe, you have to set up different passwords for all sites. Do not use your birthday, phone number, home address, 1234, or ABCD as a password. Do not forget to change your passwords every three months. Second, find a "checker friend" who you trust and can keep an eye on your post. He/she can help you protect your privacy and set up personal settings on your devices. Finally, **it is OK to say NO**. It is ok to say no to unfriendly and unknown people. It is also ok to unfriend or unfollow people.

Do not forget, the internet is a window to the world. Be careful what do you put in your window. Be safe.

# **“The Neurology of Loneliness: Surprising Discoveries About How Our Brains Respond to Rejection”**

featuring David Pitonyak Reflections from Karen C.

This short video (8:41) shares some powerful insights that come from recent research into how the brain functions in social isolation. It describes an experiment in which volunteers are hooked up to a brain-scanning device, and then are fooled into thinking they are playing a multi-player computer game (in fact, they are playing against the computer itself). Part-way through the “game,” the computer begins to ignore the volunteer, and the scans show a shocking result: that virtually all the volunteers’ brains react to this rejection as if they are being punched. In other words, the brain does not differentiate between being snubbed and being hit.

David Pitonyak, the presenter, explains that because humans are social animals, we spend a huge amount of our time thinking about our relationships, and when we worry about how we fit in, our brains produce chemicals that cause harm. He insists that much of the negative behaviour people exhibit results from the stress caused by loneliness, and that the reverse is also true: relationships have healing power.

If we realize that our ordinary interactions with people have the potential to cause healing or harm, we can try to be more conscious of the messages we are sending, often in simple ways. Do we say hello and goodbye, and greet people by name? Do we look people in the eye and give them our full attention, however briefly? Do we ask them meaningful questions about their lives and listen to their answers? This video is useful in helping us to consider what small steps we can take to help enrich our clients’ emotional lives.

## **Pro Wrestling Tour Circuit - Review**

by Matthew

I took an early afternoon ferry ride to Nanaimo, B.C. to watch Pro Wrestling held at the Departure Bay Activity Centre.

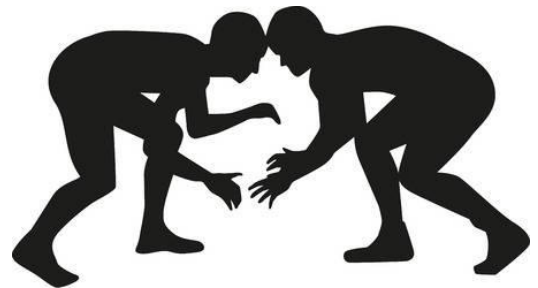
The venue was jam packed with fans like us and we were lucky enough to score ringside seats which made the experience even more exciting.

The wrestlers did an awesome job with their entertaining showmanship for the crowd, with their antics.

In pro wrestling there are good guys who normally get the cheers and bad guys who get the boos. I did so much cheering that I nearly lost my voice.

Pro Wrestling is choreographed and I can assure everyone no wrestler got hurt that night. I highly recommend everyone to watch Pro Wrestling. Its high energy, entertaining and affordable for the most part.

Check their website on Pro Wrestling Tour Circuit and guaranteed you won't be disappointed.





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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, Bijan, John, Ghirmay and Krystina.

Layout by Adam Holmes

## **Community Integration Services Society**

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

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