

Winter 2020

Community integration services society

## **NEWS LINK**



Although we cannot be together this year we have many memories from years before.

We wish you all a very Merry Christmas and happy holidays.

Cheers to a wonderful 2021

## Health and Safety; Covid-19 and CISS response;

So much has changed in our world since our last newsletter and CISS is no exception. From the beginning of this worldwide pandemic, the H&S committee has worked tirelessly to keep our worksite safe for all. CISS remained open for all but a few days early on in this pandemic and have been responsive to ongoing needs. We are determined as an agency with support from the Health and Safety committee to whether this pandemic. Some measures taken; sick leave screening and messaging 'to not come to work ill'. CISS has a process in place that has proven effective in screening people back to work/program that have been absent due to illness.

In addition, CISS takes the work of the BC Centre for Disease Control along with local health authorities to monitor the current situation with COVID-19 (Coronavirus). As cases rise in British Columbia we recognize that some of the people we serve have higher rates of health concerns and may be at greater risk if exposed to the virus. We encourage everyone to stay vigilant and monitor own health.

Public health authorities continue to advise us to focus efforts on preventing transmission of cold and flu like illness. It is important for all of us to do the following:

- ☑ Wash your hands often with soap and water
- ☑ Cover your mouth and nose when coughing or sneezing
- ☑ Avoid others who are unwell
- ☑ Stay home when you are sick
- ☑ Report flu-like symptoms to your doctor
- ☑ Ensure your family has a plan to care for family members

### Where can we go for more information?

The BC Centre for Disease Control is a good resource with lots of information on their website. This also includes information translated into other languages. Several websites also have posters, which you might find helpful:

- Fraser Health – Hand Washing (including a multi-lingual poster)
- Fraser Health – Coughing & Sneezing Etiquette
- Public Health Agency of Canada – Know the Facts about Coronavirus (Multiple languages available)
- HealthLink BC – Hand Washing (Multiple languages available)

Your Health and Safety committee would like to recommend receiving the flu shot for you and your family this year.

**ANY CONCERNS OR QUESTIONS PLEASE DO NOT HESITATE TO CONTACT YOUR HEALTH AND SAFETY REPRESENTATIVE.**

**Thank you from your Health and Safety Committee.**

## From the Executive Director's Desk

This past year has been an experience that none of us could ever have expected. It has been a tremendous journey and I am proud to say that CISS is stronger than ever.

We have all learned a little more about ourselves this year and I'm guessing that most people have had time to reflect on how they will approach life moving forward. I often hear people say that although the restrictions have been challenging there are some parts that should stay the same and I agree.

Without warning our world tailspinned out of control and almost a year later we can breathe a little easier knowing that the vaccination has arrived and soon we will all be protected from this deadly vaccination.

We still have that final hill to climb but we have better access to information and supplies and have great support and cooperation from so many people which will help us through to the end. We could not have managed through this challenging situation without the support of; Community Living British Columbia (CLBC) CEO Ross Chilton and his team, the BCCEO Network CEO Brenda Gillette and her board, Community Social Services Employers Association (CSSEA) Gentil Mateus and his team, the City of Port Moody Mayor and Council, Planning Staff, CISS Board of Directors and all of our Employees.

*Thank you, we don't know what we would have done without you this year.....*

***I know that I have deep gratitude and that***

***I am grateful*** that so many individuals and their families have chosen CISS for their supports and services and ***I am grateful*** that we were able to continue to provide these services even under the most difficult of circumstances.

***I am grateful*** that although extremely challenging and even scary at times, our employees and support team have stayed the course and pivoted to a new service delivery in a very short amount of time.

***I am grateful*** that our Board of Director's have continued to have faith in our organization and support us in delivering the safest supports possible during this pandemic.

***I am grateful*** for the kindness of strangers. We have never had such support as we have this year with the donation of ten town houses in Port Moody. I have learned that the connections we make in our daily work can often lead us to great kindness from complete strangers. A special thank you to Bill Laidler (Laidler Group Realtor Development) who connected CISS to the EDGAR Group and Matthew McClenaghan who have generously donated the use of 10 town houses during the pandemic. Thank you to Jeff and Carola from Woodlands Town Homes for your generosity and support during our transition into the homes.

***I am grateful*** that we have the resilience and commitment to stay strong and not let this pandemic get in the way of our important work. We have survived 2020 and are ready for whatever comes our way in 2021.

At some point in 2021 we will make up for our lost time and celebrate all those occasions that we missed. Merry Christmas may peace, love and prosperity follow each of you in 2021.

*Shari*

## Service Awards



Brooke 10 years



Ermias 5 years



Celsa 5 years

Congratulations to several employees who received their Milestone Anniversary Awards in 2020. This year we celebrated by presenting each employee who had a milestone anniversary with a gift and a gift card for a lunch out on CISS.

2020 was a special year for CISS with being our 30<sup>th</sup> Anniversary. We will celebrate together once we are able to come together again.



Jennifer 5 years



Istvan 5 years



Reina 10 years

## Activities to do at Home – By Lisa

Yoga and meditation are practices commonly used to help calm and control the mind. Some benefits of yoga and meditation are that it stimulates brain function, enhances attention and concentration, and relieves stress and anxiety.

Click on the link below to practice meditation and yoga from the comfort of your own home.

<https://sunflowerhill.org/programs/sunflower-hill-online-activities/online-activities-yoga-and-meditation/>



With the weather getting colder and the restrictions getting tighter, it's difficult to get out and explore nature. Let's explore some of the produce grown here in BC, learn how these foods are harvested, grown and even how to cook some of them!

There are also some great virtual scavenger hunts on this link below.

<https://sunflowerhill.org/programs/sunflower-hill-online-activities/online-activities-scavenger-hunt/>

Looking for some new, simple but delicious recipes?

Join teacher Abby from Sunflower Hill in blending up some tasty smoothies, and learning how to make some easy, yummy snacks!

<https://sunflowerhill.org/programs/sunflower-hill-online-activities/online-activities-cooking/>



If you love Arts and Crafts as much as I do, then you will love these online activities.

Learn how to make a mindfulness pause jar, some beautiful plastic flower art, create your own wind sock, and so much more.

<https://sunflowerhill.org/programs/sunflower-hill-online-activities/online-activities-arts-and-crafts/>

## Winter Driving - By Nancy Marshall

Be prepared when you drive in rain, ice, snow, and slippery conditions.

Consider including in your emergency first aid kit: food, water, spare warm clothing, flares or matches, lighter, candles, shovel, non traction mat, sand or kitty litter (non clumping) and car battery jumper cables.

In BC, winter tires, chains, or snow-rated tires are required for most routes from October 1<sup>st</sup> to April 30<sup>th</sup>.

### Hydroplaning:

Hydroplaning takes place when the tires lose contact with the road surface and float on a film of water and you lose control of steering and braking.

The higher your speed the greater your chances of hydroplaning. Scan ahead for large puddles and reduce your speed, especially during heavy rain.

If hydroplaning happens, don't brake, decelerate and drive straight.

### Stuck in snow:

Clear away the snow from around your tires to allow your wheels to roll more freely.

If you have something to help your traction such as traction mats, old carpets, salt, sand or kitty litter, put it right in front of your drive wheels.

Gently rock you're your vehicle back and forth by shifting from drive to reverse, gradually increasing the distance with each rocking motion.

## Thank you for your Donation!

We are so thankful for all of the donations that have been received over the past year. This year was a very difficult year with many unexpected expenses, we really needed your help. Due to COVID 19 we had to find affordable space to provide services that allowed everyone to have safe space to be indoors.

In the summer, we started moving into the Woodlands Town Houses and moved into our final suite after receiving a Temporary Use Permit from the City of Port Moody. Because of these suites we are able to offer support to anyone in our Tri Cities area programs. We were also able to open our doors to four new people who were needing new programs this year. The EDGAR Development group donated almost \$80,000 worth of fair market space so far this year, it is with deep appreciation that we thank you for your gift to CISS.

Every year donors gift CISS with donations so we can enhance our services; a very special thank you to this year's donors: Mary Battle, Rob Blackwell, the Dhami family and Van City Port Moody Branch.

On behalf of the Board of Directors and everyone at CISS thank you, Shari



## Inet/IDS 3 Page

Although the Covid-19 pandemic has turned out to be an unprecedented challenge to CISS, clients and staff have responded with resilience as their programs have been changed to keep everyone safe.

At Inlet and IDS3 for example, some clients are participating by walking with staff in their neighbourhoods. Dan has been going for energetic outings to Mariner Park near his home, where he can stay healthy while enjoying nature and chatting with fellow walkers from a safe distance. He likes exploring the new labyrinth that was planted this summer; finding it a relaxing place to stroll.

Kai has also been spending lots of time walking with staff, exploring his neighbourhood (especially Hoy Creek Park with its fish hatchery and many trails) while Brody spends part of his time at Melissa Park, going for walks and using the computer. He also receives regular phone calls that allow him to stay connected with staff while he stays safe.

Derek has been at home as well, listening to music and staying active with his staff and had been taking weekly trips to the park or neighbourhood patios. Until recently Derek's community outing was put on hold however Derek will be coming to Woodlands for programs. Derek looks forward to venturing around Woodlands and resume accessing the community when the time is right.

And finally Holiday Season is in full swing and everybody is counting down Christmas. Suite 6-310: Peggy, Harvinder, Jennifer, Nancy, Ioana and April, finished their wooden Christmas tree decoration and shared pictures.



## IDS 1 Page

### Welcoming new Clients and Staff to IDS1!

We are happy to welcome Gustavo to the IDS1 team! Gustavo started attending CISS in September. Gustavo has many interests such as woodworking, playing the guitar, hiking, and playing sports. He also loves listening to Elton John. Gustavo is fun, energetic, and enjoys meeting new people. You will always catch him with a smile on his face either telling a joke or singing a tune.

It is with great pleasure that the IDS1 team at CISS welcomes Aide. Aide has been working on the IDS1 team casually and has now secured a permanent position. Aide has a great sense of humour and is warm and kind hearted. Welcome to IDS1, Aide!

### See you Soon to Clients!

We are wishing Dimitri well in his current educational pursuit. We look forwards to seeing Dimitri again in the summer at CISS!

### Saying Goodbye to Staff on IDS1!

Jonnyl was part of the IDS1 this year and was the lead for the Melissa Park Catering Social Enterprise. As many of you will remember, there were lovely smells and aromas when Jonnyl was in the kitchen! She was part of the delicious oat fudge bars and Valentine's Day treats. In her short time here she was an integral part of the team and will be missed. We all wish her well as she returns back to school to further her education.

CISS is also saying goodbye to John. He was a team player and with his contribution to the IDS1 team, there were lots of laughs and fun among the morning conversations. John was part of the Green House Project which supported individuals in developing and enhancing their skills in a business. CISS hopes that John's future pursuits bring him joy and we wish him all the best.



### Christmas craftwork projects and wall decorations

Since December 1<sup>st</sup>, Unit 7-330 had been looking up crafts and art activities to celebrate the holiday season. The group completed multiple Christmas crafts and decorated their unit.

There were *10 completed crafts* from both Brandon and Nenad and they are on display in the unit. Crafts included: mini shopping bags, Christmas hat made out of color glitter and paper, Christmas ornaments glued with heart shape stickers and topped with colorful stickers, bangles stringed with accessories, wall messages, and acrylic paintings. One idea was snowman template cut out with in fill facial expressions like eyes, nose, smiley mouth and colorful stickers add-ons using glitter color glue to complete the work.

More crafts would soon to be followed to continue decorating the wall up until Christmas Eve.

## IDS 2 Page

The world has experienced some profound changes throughout the year and the IDS2 Program clients and staff have taken the many challenges of 2020 in stride, demonstrating great skill in their ability to adapt in an ever-changing world.

Community Integration Services Society would like to formally welcome some new staff members who will prove to be a great asset to our organization. Zealan has joined IDS2 and enjoys supporting Nick on their daily walks through the community of Port Moody during the day.

We are also very pleased to welcome Dayna as a new staff member with IDS2. She has been getting more acquainted with Jenny and Andrea in recent days and looks forward to meeting and learning more about the clients at CISS.

Hudson has begun attending his program at the townhouses as well. He enjoys spending his time taking neighbourhood walks, making crafty cards for his family, experimenting with new arts and crafts activities, decorating the space and interacting with staff members.

Andrea has been spending her time at Melissa Park reading magazines. She also enjoys spending time with staff, getting creative with holiday craft projects and listening to Christmas carols that have a way of putting everyone in the holiday spirit.

Jenny is always willing to work with staff on a project especially when it is for the holidays! This year is no exception! Jenny is looking forward to sleeping in over the holidays and spending time on the phone with her family and friends.

A special thank you to Jenny, Brenda and Michale who made a little Christmas tree for the PoCo Heritage Christmas Tree Festival. The voting was done virtually this year and we are awaiting the results!



We have been very fortunate to have new clients begin services at the townhomes including Isabella. Isabella enjoys solving puzzles, reading magazines and going for long walks with staff while learning about street safety.

Sadly, CISS has also had some recent departures as some of our clients have left service this last year.

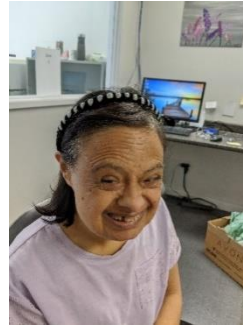
Brian has moved away and is now settled and enjoying his time in another community. We hope Brian enjoys his time there and all the new opportunities and experiences that come with finding a new home. Chantel has also left CISS. We will miss her warm smile, wonderful energy and love of all things Disney. We look forward to seeing their faces again soon.

Krista has joined us at the Woodland townhomes and is excited to spend her time with staff as she reviews and markets her Avon Products to staff and peers alike. If you are interested in making any Avon purchases, especially in time for the holiday gift giving season, please let us know.

## LS/IDS Page



**B (Sheila) made a glitter jar**



**Laura and Shellina made headbands**



**Cal out for a walk with his LSW**

The North Vancouver team is staying healthy and busy during this pandemic. With our safety protocols in place, we have been able to continue on site support and neighbourhood walks. Individuals and staff on site have taken a huge liking to board games, bingo and arts & crafts projects.



"Hi! My name is Dong Ku. I have been coming to day program at CISS for quite a few years. Art is always part of my life. From playing drums to painting the nature and beautiful flowers. Art is always polishing my soul and makes it easier for me to be connected to the world. It is the best way of communication without using a word. Art, the finest way for me to express my thoughts, emotions, intuitions and desires."



**Jennifer and Baby Declan**

# Congratulations



**Krystina and Baby Hazel**

## Getting to Know Dimitri

Dimitri has been attending classes and tells us he is learning about meditation, work safe, and customer service.

This past September he took the bus, West Coast Express and sky train and now his school is online until January.

He hopes to be in face to face in January at school but now his school is online at home until January. When asked how his college experience is different than his high school experience, Dimitri replied that in college he goes to two classrooms and a computer lab and there are no bells where in high school he went from class to class and they had bells.

Dimitri also says he has three teachers in his program and in high school he had many teachers. Something that surprised him was when he was going to school on transit there were a lot of people going to downtown to work and from downtown home. The experience he hopes to get is to have three work experiences during his program. He hopes after his program he can work at an office.

## Getting to know Isabella

Hi, I am Isabella. I have curly hair, brown eyes and skin that is clear. I am pretty beautiful. I like to giggle.

I like pop music, like Selena Gomez, Taylor Swift, Demi Lovato, Ariana Grande, Halsey, Lorde, Charli XCX, Miley Cyrus, Little Mix and One Direction. I also like Ella Eyre, Ella Henderson, Carly Rae Jepsen, Katy Perry and Ellie Goulding, Dua Lipa, Mabel, Anne Marie and Fifth Harmony.

My favorite foods are chicken nuggets, french fries, sushi and orange muffins.

Sometimes I yell a lot. I like cats, dogs, and goats. I like swimming, dancing and ice cream. I like the Disney movies, Cinderella, Beauty and The Beast, The Little Mermaid, Pocahontas, Lilo and Stich, Brave, Tangled, Frozen and Sleeping Beauty. I am afraid of rollercoasters, the movie Carrie, Watership Down, and possums. I like accents because they make me laugh. My favorite holidays are Halloween and Christmas. I love summer because I like swimming in the sun. Some of my favorite shows are Good Luck Charlie, Shake It Up, Jessie, A.N.T. Farm and Austin and Ally. Movies that make me cry are Toy Story, The Boy in the Striped Pajamas, Mrs. Doubtfire, Lady and the Tramp. Some shows that make me laugh are the show The Inbetweeners, Shrek, the show Stanger Things, Ravi from the show Jessie who has an accent, Gibby from I Carly who has an Australian accent, and my celebrity crush is Ross Lynch from Austin and Ally.

## My Online Cooking Class - Jenny

In the videos, I am learning how to wash, cut and cook ingredients to make a meal. I have also learned how to handle raw meat and vegetables. I learned it is important to wash and dry your hands while you're cooking, especially when you are cooking raw meat.

I am learning to cut food into small pieces, before cooking or eating. I am learning how to grate cheese. I have learned that it is a good idea to wash and dry your vegetables before you eat them. I have learned that when I cook meat, it is important to let it rest before cutting it. I have learned when cooking vegetables, you can stick a fork in them and if it comes out easily, it's probably cooked.

Learning how to cook is important to me, because I like to cook and I want to work towards making a simple meal for my family. My favorite food to make is pasta with Alfredo sauce. I like to eat it with garlic bread. When I am finished cooking I ask my caregiver to help me load the dishwasher. I wash my hands and make sure the kitchen is clean.

### **We need your support**

Please support CISS by donating to our 2021 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!**

Layout by Adam Holmes.

### **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](http://www.gociss.org)**

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

If you would like to submit an article, picture, or creative work e-mail your submission to: [lweisgarber@gociss.org](mailto:lweisgarber@gociss.org)