

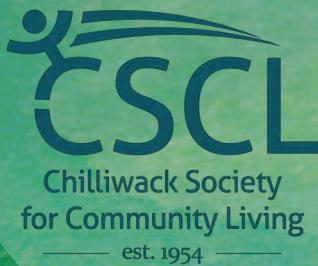
Fall 2017

# OUT & ABOUT

Community. Connection. Belonging!

Issued October 1, 2017

## Newsletter



Welcome  
back

Dr. Al  
to

The logo for CSCL iConnect. It features a stylized blue 'C' and 'S' icon above the word 'CSCL' in a bold, sans-serif font. Below 'CSCL', the word 'iConnect' is written in a larger, white, sans-serif font.

### Did you know...

- On September 20, the new BC Government increased the disability benefit (PWD) rate by \$100 per month
- October is Community Living/Inclusion Month
- CSCL's Annual Photo Contest "What Does Social Capital Look Like" begins October 1
- Darlene White won the "Name Our Hockey Team" contest - the CSCL Chilly Wackers, will face-off against the Montreal Canadiens Alumni team on Thursday, February 15, 2018. Go Chilly Wackers Go!

# iConnect3: CSCL's Staff Conference is back!

CSCL strives to be a learning organization that encourages the growth and development of its employees in the pursuit of our mission and vision.

Our focus on building social capital for the individuals we support could only be brought to fruition through the buy-in and commitment of our dedicated staff.

To foster the learning, we are pleased to be hosting our 3rd Annual Staff Conference focused on developing our social capital building skills – “iConnect 3”!

CSCLers will take over the Best

Western Conference Rooms for two days in November as we learn together under the tutelage of Dr. Al Condiluci.

We are thrilled that he will be joining us for the full two days; kicking off each day with a key note address outlining the specific steps to building Social Capital.

We have added a “Dear Dr. Al” component when he will answer questions and challenges put forward by our staff in advance of the conference.

Each afternoon session will feature facilitated learning circles and group

report back under Dr. Al’s guidance.

We plan to share some social capital “success” stories and then have Dr. Al wrap up the day with encouragement and inspiration to keep moving the initiative forward at CSCL and in our community.

Families interested in hearing Dr. Al will have opportunity on Sunday, November 5th at 2:30 p.m. when he will present to board and family members.

Contact our reception at 604-792-7726 to reserve your free ticket (space is limited – first come first served).



# CONVERSATIONS THAT MATTER WITH POPCORN



*Hosted by:*

**Norman Kunc and Emma Van Der Klift**

Are you ready for some glitz and glamour - and popcorn? CSCL, in collaboration with Cottonwood 4 Cinemas and co-sponsored by Inclusion BC's Disability Pride 2017, is thrilled to present a special evening with Norm Kunc and Emma Van der Klift. The big event is called "Conversations That Matter - with Popcorn!" and it will feature three selected videos to be displayed on the

**Norm Kunc and Emma Van Der Klift will be your hosts for an evening of glitz, glamour and good conversations - conversations that matter!**

big screen from the Conversations That Matter website. Norm and Emma will then facilitate a discussion after each film. Cottonwood 4 Cinemas have opened up their

doors for the event so CSCL is going "Old Hollywood" for one big evening of tinsel, tux and glam! This event is exclusive to CSCL and registration is now open. All CSCL employees, caregivers and families and individuals receiving services are invited to attend. Contact a CSCL manager and register today as only the first 145 people will be allowed to attend!

## Wellness Corner

The CSCL Volley Dolls play in the competitive Chilliwack Women's Volleyball League (CWVL) and play games every Wednesday evening between September – April at the Cheam Centre. The CSCL Volley Dolls are comprised of 2 current CSCL employees, 1 former CSCL employee and 3 community members. The team's roster is full – however, there are two weekend tournaments throughout the season where the team can pick up extra players. If anyone is interested in playing in the tournaments with the CSCL Volley Dolls – they can contact Natalie Karam at [natalie.karam@cscl.org](mailto:natalie.karam@cscl.org)



# SUMMER FUN @ CSCL



Summer 2017 was a particular hot but fun one and we think these photos prove it! CSCL hosted a Sports Day and Summer 'Scapes is always a fun time for the kids!

# Meet The Board

CSCL's Board of Directors plays a pivotal role in the strategic direction of the work we do as a Society.



*Jacqueline MacGregor is a new CSCL Board Member. We asked Jacqueline a few questions in a forum we call "Meet the Board"*

Q: You were born in Australia – what is the biggest difference living in Canada?

A: Definitely the four distinct seasons we experience here. I didn't own a winter coat when I moved here, that changed rapidly.

Q: You work as a palliative care nurse – why nursing?

A: I fell in love with working in palliative care when I went to a hospice open house and attended a conference. We are all going to face it and helping terminally ill people and their families is a privilege in my opinion. My mum had ALS, that also was a

determining factor in my career choice. People are so grateful to have support, comfort, even just someone to listen to them.

Q: You've said Chilliwack has a "warm community spirit" – what do you mean by that?

A: Yes, Chilliwack absolutely has a warm community spirit. As soon as I moved here, I found everyone said hi and smiled. This was felt by me in businesses, restaurants, banks, etc. Most people I deal with are polite and kind, my friends and family says the same thing when they come to visit so it must be true.

# CSCL History

**"Dr. Al"**  
by Brenda Gillette



I don't know how many conferences and training events I have attended over the years always with optimism, promising myself that I would find some small piece of new information that would recharge my batteries and give me a jump start in my professional life. Several years ago, I had the opportunity to attend the International Short Break Association's annual conference in Toronto. The keynote speaker was Dr. Al Condeluci; his message was simple and clear – involve people more broadly in community and their quality of life will improve. The message was not new but Dr. Al's sincerity and enthusiasm was overwhelming and struck a chord with me. I knew that if communicated well, this very fundamental thought could be captured and shared and brought to real life in our community. I struggled through the conference crowd to introduce myself and find a way to make a connection with him... and the rest as they say "is history". I am so excited by the positive growth I see and hear about at CSCL; the stories are significant and demonstrate the power of social capital brought about through connections that are facilitated by the many staff, individuals and families working for an inclusive community.

# Staff News!

## Diane Runs For Terry

CSCL's new receptionist, Diane Pinder, stepped up as a volunteer in Chilliwack to coordinate the September 17th Terry Fox Run.



## 500 Individuals in Service & Counting...

For the first time in CSCL's 63 years of operation, the Society is currently supporting over 500 people at one time!

## iCertify

CSCL's Medication Committee is pleased to announce that they intend to roll out the Medication I-Certify Health Point training on October 15, 2017.

## Chilliwack Connect

CSCL is hosting a booth at this year's Chilliwack Connect Day on October 28, 2017. Chilliwack Connect is a community-based event. It is organized and hosted by local service agencies, churches and volunteers.

# Carla Says Good-Bye

*You may not have met Carla Thiesen in person, but it is guaranteed she knew the names of all the adults supported by CSCL in the last 6 years.*

Carla has been CSCL's Liaison Analyst with CLBC since 2011 and if you have met her you already know that she has made a significant difference in our community. "Working with CSCL has been a



true privilege", Carla said recently at her Good-Bye Party CSCL hosted for her, "I can honestly say it has been a highlight of my career."

We wish you all the best of luck in your future endeavours, Carla!

## Conversations Matter

*A sampling of a CSCL employee reflection (with explicit permission) after watching a selected Conversations That Matter video from Norm and Emma's website.*

Video: Living an Enviable Life

CSCL Staff Reflection: This is a candid, very touching exchange between Kunc and Frazee. It offers a gift of perspective for all of us, into an experience that proves difficult to fully grasp, even after watching the entire segment. It is difficult because it requires both cognitive and affective empathy in order to fully comprehend Frazee's experience. Such insight is what helps guide the work of the caregiver in ways that wards off the common assumptions we are all prone to. As psychologist Daniel Goleman would say, the least we can do is be fully present. Frazee helps us by pointing out the perceptions she often encounters from people who look at her predicament, functionally, and immediately

make assumptions about her experience, given the 'limitations, incapacity and perhaps indignity'. Frazee does preface these words with a perception 'from the outside' as she describes it, emphasizing the shallowness of such views. In turn, she counts the many blessings in her life that validate her experience, suggesting that one does in fact return to a relatively stable level of happiness despite one's circumstances in life. Finally, Frazee is speaking directly to an internalized attitude that is held society-wide, which, according to the Stereotype Content Model is one of pity, contributing to paternalistic and disrespectful behaviour towards a person with a disability, largely a result of ignorance or difficulty in relating.

# Board Update

The Board of Directors had a well-deserved break over the summer and reconvened on September 11th to a very full agenda.

The Board's governance role requires they review all annual reports. CSCL's Annual Compliance Report, Accessibility Plan, and Risk Register/Risk Management Plan were all reviewed and approved by the Board. All public plans can be accessed through CSCL's



ShareVision database by clicking the "CSCL Reports" link. To assess the feasibility of managing the organization's assets in a different way, the board will have a lawyer who specializes in non-profits and charities make a presentation at the October Board meeting.

## Orange Shirt Day

*Orange Shirt Day recognizes the harm done to generations of children by residential schools. It is an affirmation of our commitment to ensure that every child matters.*

Orange Shirt Day also recognizes our commitment to reconciliation, anti-racism, and anti-bullying in general.

remember the victims and recognize the survivors of the Residential School system. The Alexander team was proud to



On September 29th, CSCL's Alexander team joined others across Canadian communities to participate in Orange Shirt Day to

stand united with Phyllis Webstab, a Residential School survivor, and never forget that Every Child Matters.

# Child & Youth News!

## Ode To Summer

As the breeze turns colder and the rain comes down, it is evident that summer is officially over and our Summer programs here at CYS have come to an end. What a great summer we had! All of our programs were full; our children and youth got to experience a variety of field trips including Science World, the Water slides , and the Abbotsford Trout Hatchery and River Rafting for our Wow Event. With our Fall programs now underway we have different adventures waiting in the wings including our Glee Club performances at our local seniors homes, our teen Halloween dance as well our Christmas Party in December.



# CSCL By The Numbers:

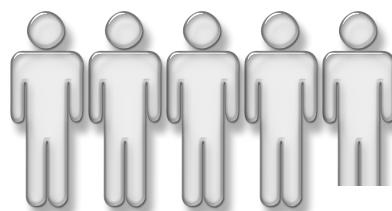
**1 2 3**

As of October 1, 2017

# of  
**Individuals**

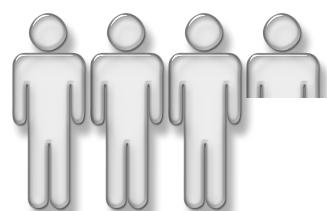
Supported:

**503**



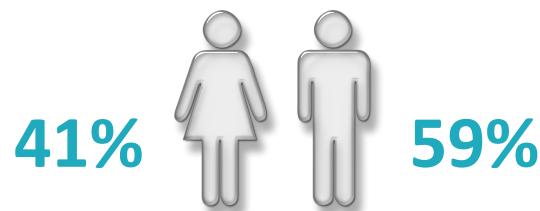
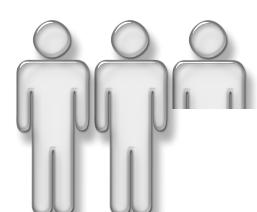
# of  
**Employees:**

**328**



# of  
**Active  
Caregivers:**

**185**



**Serving Communities in:**

- Chilliwack
- Sardis
- Hope
- Yarrow
- Agassiz
- Harrison
- Deroche
- Greendale
- Cultus Lake
- Sunshine Valley



CSCL is  
**100%**  
Non-Profit

**7**  
Services

**52**  
Service/Program  
Options

**ONLINE PRESENCE:**  
**913 Likes**  
**605 Followers**  
**176 Followers**  
**1113 Views**



# CSCL Reports

## Measuring Up!

A random survey of progress updates from CSCL's official Plans and Reports:

### Accessibility Report:

Excerpt from CSCL's most recent Accessibility Report:

CSCL will continue to address the financial issues facing individuals receiving support and the families of children/youth as needs arise and funds permit.

**Issue:** Some Individuals receiving CSCL services have financial barriers to access training and certification.

**Action:** CSCL will fund all First Aid & Food Safe Training for Individuals receiving services (No Sponsorship requests are required).



# STAR Award

*Congratulations to Marilyne Nystrom who received the latest CSCL STAR Award for excellence in her job as a CSCL employee.*

Marilyne was presented with a STAR Certificate, a Letter of Recognition and a \$100 cheque.

Marilyne's nominator wrote this about her:

"Marilyne is an exceptional employee and co-worker who deserves recognition for her dedication to above and beyond care and support not only to the individual we support but to all of her coworkers. She keeps well informed on all the happenings and is outstanding at keeping notes from meetings and appointments and shares this information in well written documents and emails keeping us all informed. I truly can't say enough great things about Marilyne I am honored to be able to work alongside her and can't think of a more deserving candidate."



Marilyne Nystrom (left) is presented her STAR Award by CSCL's Executive Director, Julie Unger

# Caregiver Award

Esther King (3rd from left sitting with her extended family) is a caregiver that goes above and beyond for her family and the people she supports. Her years of experience and wealth of knowledge bring an exceptionally high level of care; acknowledged by funders, health care professionals and self-advocates, alike. All of us here at CSCL, recognize and celebrate everything that Esther has done, and continues to do, for us and the individuals she supports. Thank you, Esther!!!!



# CSCL Events...



## October is Community Living Month!

Community Living Month is a time when communities around the province and across Canada host events to celebrate the abilities and achievements of people with developmental disabilities.



## What does Social Capital look like to you?

**All Weekdays in October**

CSCL will once again host this annual event and announce daily winners and one lucky grand prize winner.



## CTM & Popcorn

**October 12**

A truly one-of-a-kind “Hollywood-style” event featuring videos from the Conversations That Matter website and hosted by Norm Kunc and Emma Van der Klift.



## Great BC ShakeOut

**Thursday, October 19**

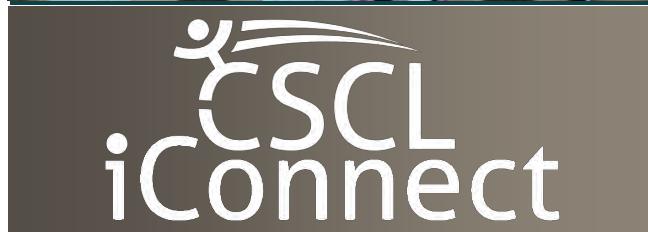
Drop, Cover and Hold On! CSCL will once again be taking place in this annual simulated Earthquake Drill that is held world-wide!



## Community Living Event

**4pm - Saturday October 21**

CSCL will be hosting its' annual Community Living Event at Tzeachten Hall. Tickets are on sale and available at CSCL's Mary Street Office.



## Staff Conference

**November 6-7 2017**

CSCL will be conducting its' annual staff conference over a two day event with Dr. Al Condeluci. Dr. Al will present to families on Sunday, November 5 in the afternoon.



## Christmas Rotary Parade

**December 2, 2017**

CSCL will once again host a float in this year's parade. CSCL was lucky enough to win Best Overall prize in last year's parade.

# Wind & Tide - A Perfect Match

Chilliwack's Wind & Tide Preschool had been operating out of a local elementary school for 10 years and was recently informed the preschool would no longer be able to operate out of that space. In their frantic need to locate another space that could accommodate their preschool classes (2 classes per day, 20 children each class, Monday – Friday, 8:30am-2:30pm) and still be able to meet licensing requirements – they began their search. They had several families in the community recommend they contact CSCL regarding the potential use of the Mathieson Centre. After several meetings, many discussions, an abundance of emails back and forth and a few revised drafts of a Partnership Contract – it was agreed that the Mathieson Centre (CSCL's Child & Youth Services Building) would be the location for the Wind & Tide



Ms. Rachelle and Ms. Alannah are the Wind & Tide teachers.

Preschool for the 2017/2018 school year. Wind & Tide believes that every child deserves rich, life-enhancing knowledge. They want to inspire each child to make a difference in their world and they feel that this is best accomplished when each child's unique gifts and talents are recognized and

appreciated in an authentic and caring manner. The Wind & Tide Preschool is an Inclusive program that welcomes any child and is in alignment with CSCL's vision of a "community that welcomes and includes everyone". This partnership will help to shine a light of acceptance on the diverse-abilities of each and every child. The Wind & Tide Preschool's philosophy and vision are aligned with CSCL so the partnership was an easy decision to make!

Preschool classes started on September 11th, 2017 and will continue through until the end of June 2018. There are two Wind & Tide Preschool Teachers that are now based at the Mathieson Centre, their names are Ms. Rachelle and Ms. Alannah...the next time you are at the Mathieson Centre please feel free to say hello and welcome them.

## Chilliwack Society For Community Living

Supporting adults with developmental disabilities, children and youth with special needs and their families since 1954.

9535 Mary Street  
Chilliwack, BC  
Phone 604-792-7726  
Email [info@cscl.org](mailto:info@cscl.org)  
Web [www.cscl.org](http://www.cscl.org)

*"Our Vision is for a community that welcomes and includes everyone."*



Follow us on Social Media:



## Your Voice!

Many thanks to Julie Unger, Brenda Gillette, Ellen Peters, Craig Yendall, Rachael D'Silva, Natalie Karam, Jacqueline MacGregor , Aileen Mathews , Jen Kennedy, Ellen Peters and Besart Hysniu for their contributions to this edition.

Do you have something to say?  
Let's hear from you!

Please contact Jeff Gilbank at [jeff.gilbank@cscl.org](mailto:jeff.gilbank@cscl.org) for your comments, editorials, and/or newsletter ideas.