

End of an Era

After 40 years at CSCL,
Brenda Gillette says her final
good-byes

Did you know...

- *Brenda has been CSCL's one and only Executive Director*
- *Brenda has been honoured with numerous awards including CLBC's WOW Award*
- *CSCL will be presenting at the annual CASE (Supported Employment) Conference in June*
- *CSCL's Art Club will be held every Wednesday afternoon at the Mathieson. Contact Elan at RISE for more information*

Bruce & Brenda



One of Brenda's favourite things to do was to visit people and see for herself how CSCL's supports made positive impacts for people. The accompanying photos capture those visits when Brenda shared a few moments with Bruce Hayens, who has received services from CSCL for many years. Bruce's mother, Dorothy, was also one of CSCL's founding Board Members.

Brenda Gillette



A Tribute to Her Time at CSCL

After a lifetime of commitment to CSCL, Brenda retired on December 31, 2015.

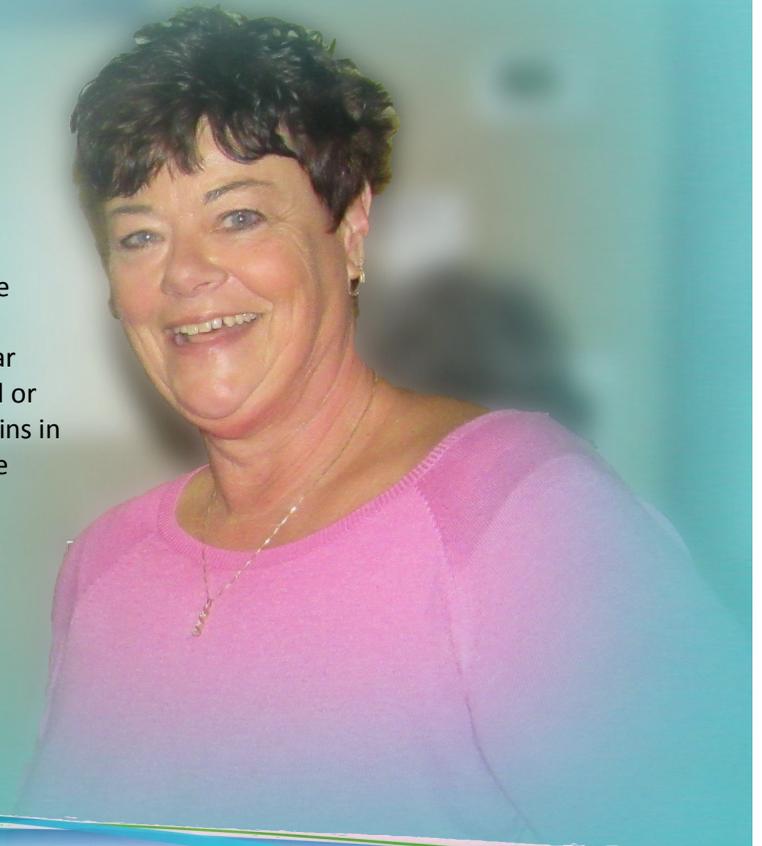
How does one begin to adequately acknowledge the contributions and sacrifices Brenda has made for the organization and the people we support? She has adamantly argued she “did what anyone else could have done”; she was doing “a job that she was paid for”; there was “nothing extraordinary about her contributions”; “it has always been a team effort”, and so on. While we acknowledge the many people within the organization who have contributed, and continue to participate in the Society as a forerunner in community living, we have to believe Brenda’s leadership and unwavering commitment to quality services were instrumental to our collective success.

Her career began humbly with the Society back in 1975, hired as the Board’s ‘second choice’ (yes, they told her she wasn’t their first pick) for the bookkeeper position. From there she quickly moved to be the “Manager” (one and only) for the Society, and an eventual change of position title to Executive Director. The forty and a half years that followed her hire in 1975 have truly been legendary and unparalleled in this sector. One wonders if the Board of 1975 realized the significance of who they almost passed over.

We’re so glad their first choice never panned out!

CSCL’s Board of Directors and Staff have worked to ensure Brenda’s last months at the helm of CSCL continued to be meaningful for her and the organization, and to acknowledge the milestones and ‘lasts’ along the way. And yet, with all the celebrations and tributes and ‘swan songs’ this past year - it somehow still feels so inadequate in exchange for what she has given CSCL and our community. Her contributions to CSCL and community living will far outlive her career. Beyond the services she developed or building projects she coordinated, her influence remains in our constant challenge to each other: “Is this what the Individual we are serving wants? Is this the best CSCL can do?”

CSCL will honour Brenda at a formal (sold-out) retirement dinner on January 29th!



Knit and Natter



When Jane's support workers were helping Jane look for activities she was interested in they came across the Knit and Natter (knit one, knit all) Club.

It was the best of both worlds; as Jane loves to knit and is very social. She especially enjoys interacting with new friends out in the community. It was a perfect fit! The club meets at the library and Jane shares her own

stories and is always in her element with the other participants in the group. Jane often doesn't want to leave as she is having so much fun. The club started with a few people just looking to get out and spend time with their friends knitting. It has grown in popularity and now it's more than just knitting - it's sharing ideas, stories and making new friends. People of all ages come together and share their love of needle arts with other needlework enthusiasts. Whether you love cross-stitch,

embroidery or other types of needle art people come to work on their projects with others who share the same passion. You can bring your own projects, additional lighting, and your enthusiasm. Knitting is a fun and relaxing way to connect across the generations. Knitters of all ages and abilities come to share ideas, techniques, and good conversation. The Knit and Natter (knit one, knit all) Club happens at the Sardis library on Wednesdays from 1:00 to 2:30.

Wellness Corner

Happy New Year from your Wellness Committee! We encourage you to use your SMART goal writing skills and write yourself a new years resolution. Don't forget to keep it Specific, Measureable, Achievable, Realistic, and Time based.

Good luck and Be well."



Lori Celebrates Her 50th!

With a little help from her friends...

Lori Eckstein (middle) celebrated her 'BIG 50' with a little help from some great friends including her long time neighbours Gord & Gloria (pictured).



Lori, along with her other roommates from Southlands, have formed a special friendship with their neighbours Gord and Gloria. Over the years, it's become a familiar sight to see Lori visiting with Gord as he works around the yard. When it comes to those rare household emergencies, Gord always seems to be the first one around to lend a hand. Last summer the house developed a leak that nearly flooded the entire basement on one side of the house; Guess who was there helping staff manage the problem? Gord to the rescue! Gloria came over to lend a hand too! This particular skill at being able to fix just about anything has not escaped Lori's attention, and Gord has fixed many belts, watch straps, and necklaces for her. In fact, it was not a surprise to see Gord pull a pair of pliers from his back pocket at Lori's Birthday party so that he could fix yet another necklace. Now that's a GOOD NEIGHBOUR! Many thanks to you, Gloria and Gord!



CSCL Featured Service: "Home Share & Respite"



Maria and Patrick (seated) share their home with Rhonda and Irene supported by CSCL's Home Share service.

The Home Share and Respite departments are looking for community members who are interested in a flexible and rewarding career, contracting with our agency to provide paid supports to individuals in their home. We have a high need for caregivers with accessible homes, which are one level and wheelchair friendly. Contracted caregivers provide paid support, while sharing their homes and lives with individuals

who have a developmental disability. Caregivers are responsible for providing a high quality of care and support in such areas as health care, nutrition, personal hygiene and appearance, social and recreational activities and community participation. If you or someone you know are interested in learning more about becoming a home share or respite caregiver, please call to speak with one of the managers at 393-3208.

CSCL History

An Historical Document

In 1998, former CSCL Board member, David Yendall, wrote an article about the Society as a UCFV practicum student entitled "History of the Upper Fraser Valley Society for the Mentally Handicapped People". The Society at the time was preparing for its 50th anniversary and there was an effort to remember the past achievements and all the people that were involved. The paper mentions the founding members: Phil Beldam, Henry Goossen, Dorothy Hayens, Floyd Cusack, Dr. A. Farewell, J.R. McPhee, Kay Crowley and Dr. Whitbread. In the early days, the Board was "operational" and not "governing" as we have today so most members served on committees some of which were named Education, Ladies Auxiliary, School, Finance, Membership, Administration and Publicity. The paper also has a section outlining the significant events in the development of the Society - too many to mention here! Oral interviews were also conducted by David including some with Eleanor Isaac, Bea Morris and Jim & Innes Tolmie to round out the paper. Many of these family names continue to have a current day connection to the Society - a legacy decades old now! If you recognize David's surname, it is likely because his son, Craig, is now an employee with CSCL and the Manager of the Alexander Apartments. Another great example of the commitment and long-standing connection people have with this great organization.

Staff News!

Diane Pinder

CSCL is proud to welcome another great team member to the Administration team. Diane Pinder has joined CSCL's ranks as the new Human Resources & Finance Administration Assistant.



Diane will be assisting Harman and Rayne to ensure all accounts payable and expenses are being conducted properly and will cover Tracey at Reception during times when she is away. "I started at CSCL on December 1 and so far it's been great!" Diane explains, "Everyone has been very nice and I love what CSCL stands for." When she is not at her desk, you can find Diane hiking or fishing with her husband at one of Chilliwack's many great outdoor locations. "We came to Chilliwack about 20 years ago and there is no better place to live. We love it here."

Welcome aboard Diane!

Retirement Tea

Tracey Oesch (left) and Joanne Bunnin (right) were very happy (and sad) to attend an Afternoon Tea to celebrate Brenda's retirement.

An open house was held on December 14th, 2015 from 1 to 4pm at the Mathieson Centre. A great turn out of individuals served, family members, staff, CLBC staff, Community Council Members, current and former colleagues. The centre was



absolutely packed for a good portion of the afternoon with lots of well-wishers bringing cards and flowers, hugs and words of thanks for Brenda. A great tribute to Brenda, and a lovely opportunity for her to be reminded of the lives she's touched in her amazing career with CSCL.

Social Capital People

An excerpt from "The Critical Nature of Social Capital" by Dr. Al Condeluci, PhD

Social Capital is a term that describes the notion of friendship and social connectedness. Clearly, all people have some form of social capital, but it hasn't been until recently that sociologists have come to realize the power and potency of this concept. In a basic way, this notion of social capital is critical to all of us. Stop and think about it – your life is a complex web of people who you relate to on various levels for various things. Those people you are closest to are your covenant relationships. These are the people you love and spend the

most amount of time with. Next all those people that you freely exchange with make up your friendship relationships. You spend a fair amount of time with these people and rely on them for things you need as your situation becomes more complex. Last are all those people that you know and see in your daily or weekly activities. You exchange pleasantries with these folks and might even discuss or debate events around you, but you do not go much beyond these dimensions.



Social Innovators

CSCL has started a Social Innovators working group to further the conversation about ways to implement Social Capital into all of CSCL services.

Taking inspiration from the great conversations had at the very successful first CSCL Staff iConnect Conference, CSCL is embarking on a direction to make Social Capital and integral part of our day-to-day operations. Using the framework laid out by keynote speaker, Dr. Al Condeluci, the CSCL Social Innovators working group is looking for ways to help



build people's social networks and relationships within the natural environments in our community. The group consists of a cross-representation of the Society including our new Executive Director, Julie Unger. "CSCL has always been seen as an innovative and learning organization and this is another great example."

CSCL Board Update

CSCL's active and engaged Board of Directors has been busy with numerous activities over the past few months...

The Board held their November meeting in conjunction with the Staff Conference, and participated with families in an evening session with Dr. Al Condeluci. December's Board meeting was a seasonal celebration dinner together with the CSCL Leadership Team. In addition to monitoring the transition in the Society's leadership from retiring Executive Director, Brenda Gillette, to new Executive Director, Julie Unger, they have been organizing a Strategic Planning Session. The current plan is ending, and the Board and Leadership Team will be meeting for a weekend of strategizing in March. Stakeholder engagement

sessions are being organized in advance of the planning weekend to better inform the Strategic Planning process.

Board Committees: The Board's newly formed Membership Committee will now be reviewing all Society membership applications to be in compliance with changes to the BC Society's Act. The Finance Committee meets quarterly to review statements, and the Property Review Committee meets as required to plan for CSCL's buildings and property.

CSCL Floats!

Winning Entry!

CSCL's Children & Youth Department had another winning entry in this year's Rotary Christmas Parade on December 5th. CSCL won first place in the non-profit category



which came with a trophy and a \$750 cheque! This was the 3rd year in a row that CSCL took home the big prize and the event gets better every year! Many thanks to everyone who participated but special thanks to Lisa Stromdahl who along with Triton Transport organized the truck and trailer needed to build the float. PetSmart also donated stuffed animals that were handed out to children along the parade route by CSCL staff. In all, over 25 children and youth and their family members participated on the CSCL float. The above photo of the float entry is credited to Ian Meissner of the Rotary Club of Chilliwack.

CSCCL By The Numbers:

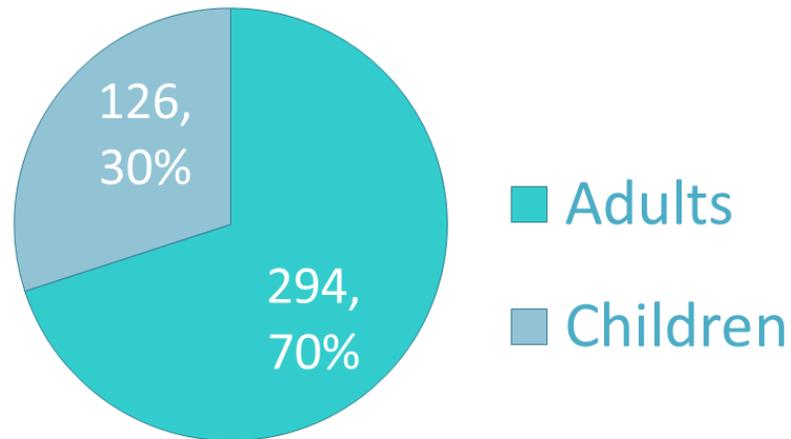
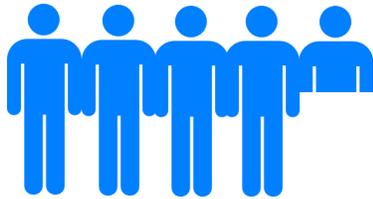
1 2 3

As of January 1, 2016

of
Individuals

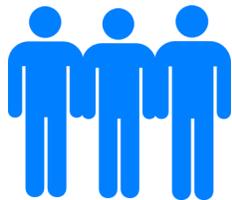
Supported:

420



of
Employees:

296



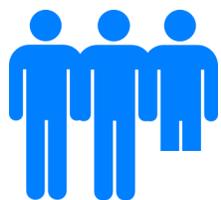
Serving Communities in:

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



of
Active
Caregivers:

260



CSCL Reports

Measuring Up!

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

Strategic Plan

Excerpt from CSCL's Strategic Planning Report 2015:

Goal: A coordinated Crisis Response system will be in place to respond adequately and appropriately to need.
Result: A Crisis Response program "Crossroads" is now funded through CLBC by reallocating monies from the ACR and Explore programs. CSCL has hired a manager to operationalize the service.

Accessibility @ Work!

Excerpt from CSCL's Accessibility Plan 2015-2016:
Goal: CSCL will participate in the SD#33 Human Services Program.

Result: Julie Unger and Natalie Karam have participated in several of the Human Services Program Advisory Committee Meetings and are exploring options for inclusion of material regarding persons with disabilities.

CSCL is

100%

Non-Profit

12

Services

45

Program Options

ONLINE PRESENCE:



534 Likes



450 Followers



1173 Pageloads per week



STAR Award



Tim Parks (centre) receives his award from CSCL Associate Director of Employment Services, Nancy Gauvin, and CSCL Executive Director, Julie Unger (right and left respectively)

Congratulations to Tim Parks of RISE who received the latest CSCL STAR Award for excellence in a support worker role.

Tim was presented with a STAR Certificate, a Letter of Recognition and a \$100 cheque. Other nominees included Meghan Marsden.

Tim's nominator wrote this about him:

"I am nominating Tim because of his willingness to assist his peers in achieving their class 4 license.

He always responds in a pleasant manner when contacted and his training has proven successful. I personally have had several of my employees seek assistance from Tim with great success. They report that he is thorough and very clear in his instructions which results in these employees passing their tests. Thank you Tim for going above and beyond in this manner."



CSCL employees, Mary-Lee Tondreau and Bev Merrick begin the task of packaging all the donations.

CSCL Gives Back...

For over 10 years CSCL has been involved with the local Chilliwack Salvation Army's Adopt-A-Family program

CSCL in recent years have been sponsoring a larger family and this year was no exception as we sponsored a blended family with seven children. The CSCL team pulls together providing the sponsored family with their Christmas food hamper and buying gifts fulfilling the wish lists of each child. We take great pride in collecting for our family, seeing the end result, packaging and delivering the boxes to the Salvation Army church. We are excited knowing our family would be told of their sponsorship on the day they arrive to pick up their main food hamper. Our continued commitment with sponsoring a family is ultimately to make a positive difference in a sponsored family's life.

Coming Events...



Brenda's Retirement Dinner Party

Friday, January 29, 2016

CSCL will be hosting a special night to pay tribute to Canada's longest serving Executive Director in the Community Living sector. **SOLD OUT**



CSCL "Chilliwack Chiefs" Fundraiser

Sunday, January 31 at Prospera Place

CSCL will be selling 50/50 tickets at the Chiefs game vs. Kelowna Warriors. All proceeds will benefit the CSCL Children & Youth Sponsorship Program



Strategic Planning Weekend

Saturday & Sunday, March 5 & 6, 2016

CSCL will be conducting its annual Strategic Planning meetings with members participating from the CSCL Board and CSCL Leadership team.



Employee Recognition Awards

Tuesday, March 8, 2016 at the Best Western

CSCL will be honouring employees with 5, 10, 15, 20 and 25 year tenure at a special breakfast award ceremony organized by CSCL's Human Resources committee.



Annual General Meeting

Tuesday, June 7, 2016

CSCL will be hosting its 62nd Annual General Meeting. More information including the location and time to be announced.



Community Living Event

Saturday, October 1, 2016

CSCL will be hosting its' annual Community Living Event at Tzeachten Hall. Watch this space for more details in future editions of Out & About.



iConnect Conference

Monday & Tuesday, October 24 & 25, 2016

CSCL will be conducting its' annual staff conference. More information and details to be announced at a later date.

Social Capital on the Double!

“Need For Speed for Ryan & Steve!”

Social Capital is about discovering or enhancing the value of people’s social networks and commonalities and using it to better the lives of everyone involved!

In September 2014, life changed for Steve when Ryan became one of the staff at Chilliwack Gravel Sales.

After a few months of working with Ryan, and many conversations about cars and racing, Steve asked Ryan if he would like to go to the Mission races. The two of them had a blast racing Steve’s race car and riding on the back of his 250 Honda motorcycle. It seems that Steve and Ryan have a lot in common; a need for speed is certainly



Ryan Kuester (left) and his co-worker and friend, Steve at Chilliwack Gravel Sales

what comes to mind. Steve showed up in his new 1500 Ram Truck at work one day and asked Ryan if he would like to go out for a drive. Ryan was thinking “sure” not realizing that he was going to be the driver. He couldn’t believe what a thrill it was to actually drive on a track at 100km per hour! Steve has opened up his heart to Ryan, supporting him wherever Ryan needs it. Steve recently purchased a dirt bike and while fixing it up thought of making it safe for Ryan to ride. Ryan now rides most weekends and always with a huge smile on his face. Ryan says that Steve is like the long lost uncle that every person dreams of, he is so much fun, kind and goes above and beyond expectations. This year, Ryan is looking forward to achieving more “need for speed” goals and all the fun that goes along with them!

Chilliwack Society For Community Living

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

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Email info@cscl.org
Web www.cscl.org

“Our Vision is for a community that welcomes and includes everyone.”



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Your Voice!

Many thanks to Julie Unger, Brenda Gillette, Shaaron Enright, Jan Legere, Ellen Peters, Kami Edwards, Nancy Gauvin, Sharen Goldthorpe, Dr. Al Condeluci and Mary-Lee Tondreau 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 for your comments, editorials, and/or newsletter ideas.