

OUT & ABOUT

Community. Connection. Belonging!
Summer 2017 Edition - Issued July 1, 2017

Newsletter



Did you know...

- Inclusion BC organized their first ever “Disability Pride” parade to help kick-off their annual conference hosted by the Richmond Society for Community Living
- An individual receiving CSCL HomeShare services won a free iPad for participating in the CLBC includeMe! Survey
- CSCL is hosting a “Fun Day with Potluck” event at Gwen Vaughn Park on Friday, September 8, 2017 at 2:30pm. All CSCL employees are welcome to attend.

Inspired
By
Connection



CSCL Presents at Inclusion BC

As a founding member of Inclusion BC (formerly BC Association for Community Living), CSCL was pleased to join over 700 people participating in the conference and AGM held in Richmond between June 14th and 17th. “The annual gathering is Canada’s leading forum on intellectual disability, human rights and inclusion. This year’s theme (Inspired by Love) celebrated the strength of sharing vulnerabilities as we engage in deeper and more meaningful relationships. Through openness, appreciative learning, lived experiences, and social innovations we spark connections and gain a deeper understanding of the human bonds that forge our sense of shared community. When we understand and value one another, we embrace reciprocity, encourage enlightenment and energize progressive, lasting

innovation (inclusionbc.org). We were proud to present two workshops at the Inspired by Love Conference. Brenda Alexander and Jeff Gilbank hosted a 90 minute workshop called “Belonging: Inspired by Connection”,



Brenda Alexander (inset) Sharon Goldthorp, Caitlin Baker, Mackenzie Peterson, Eddy Sola, Nancy Gauvin and Jeff Gilbank (top photo)

presenting the Social Capital focus CSCL has adopted. They talked about the theories supporting social capital

efforts and were honoured to share the “success stories” of some of the individuals supported through CSCL services. Nancy Gauvin facilitated a workshop in which three self-advocates shared their employment success stories in a session titled “Lovin’ Work, Lovin’ Life”. Mackenzie Peterson, Eddy Sola and Caitlin Baker shared not only their employment successes, but also the human bonds and relationships that have developed from their personal connections at work. Both workshops were extremely well received and we extend our thanks to everyone who presented at this exciting conference. CSCL continues to be a leader in the community living movement in BC. Sharing our learning and supporting Inclusion BC is one of the ways in which we contribute to energizing progressive and lasting innovation.

Truth & Reconciliation

3



On May 17 and 18, a group of CSCL employees attended Truth and Reconciliation Training held at the Government House at Sto:lo Nation. Molly Willie, Community Wellness Worker at Sto:lo Services, shared her personal story so that we could have a better understanding of some of the traditional ways of living of First Nations people. She explained their way of life, cultural roles, teachings, and responsibilities within family systems and in communities. Molly showed us pictures of Alert Bay and the old residential school that would be the first

things visitors would see as they approached by ferry. The residential school has now been torn down. Molly then traced the historical impacts on First Nations people from the time Europeans made contact to

“The truth of our common experiences will help set our spirits free and pave the way to reconciliation.”

- www.trc.ca

present day and the challenges that First Nations people face. She explained about the residential school era and gave us statistics on First Nations SIDS

(sudden infant death syndrome), FAS (fetal alcohol syndrome), depression, diabetes, number of people incarcerated before the age of 25, poverty levels, and domestic abuse statistics. On the 2nd day, Dr. Allyson Cushing presented on Understanding Trauma, since a significant percentage of First Nations people have survived trauma. She said working without a basic knowledge of trauma can leave survivors feeling misunderstood and unsupported which perpetuates a damaging cycle that prevents healing and growth.

Wellness Corner

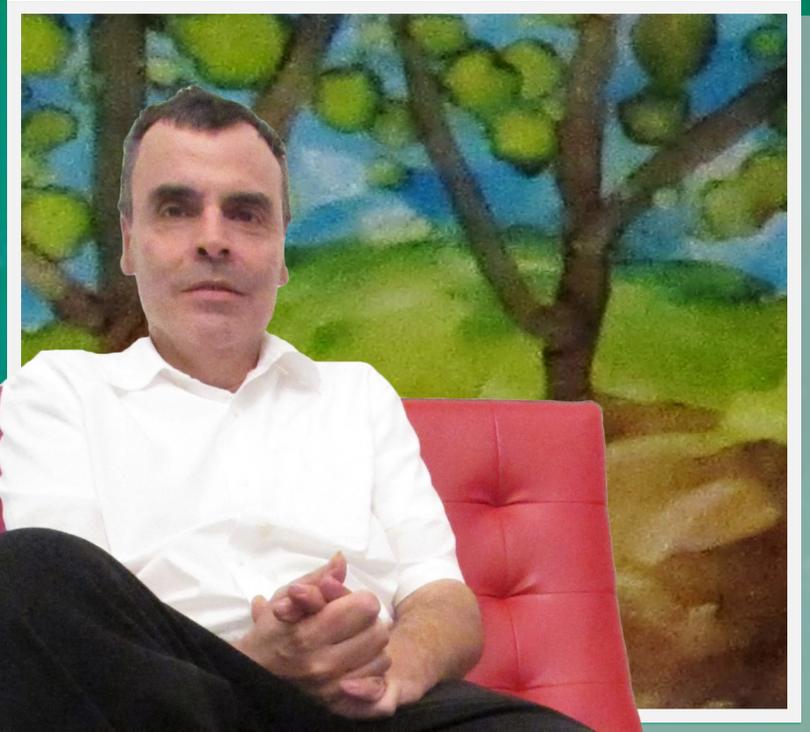
START YOUR OWN INITIATIVE!!

The Homeshare/Adult Respite Managers have started their own Wellness Initiative called 15x15. As a group, they have agreed to support each other's efforts and progress to each lose 15 lbs in 15 weeks. With weekly weigh ins and healthy lunches, they are on the right track to success. What wellness initiative will your team create? Let us know at wellness.committee@cscl.org

Be Well!



Open Door Art Show



CSCL's annual "Open Door Art Exhibit" at the O'Connor Art Gallery ran June 21-24, 2017. Located at the Chilliwack Cultural Centre, this free event was open to the public and featured artworks from many individuals receiving services from CSCL. "It was inspirational to be a part of" said Elan Nootbos, one of the organizers, "the art was amazing!" Marlita S, one of the artists said, "I love painting. I really liked the artists that came and taught us."

CSCL Featured Service: "Children & Youth Respite"



CSCL's Children and Youth Respite Program, offers families raising children and youth with special needs, the opportunity to have a short break, knowing that their child or youth is well cared for.

The program offers respite services to families with children from birth to eighteen years. It is family directed which means that families are given the opportunity to select a caregiver from our pool of carefully screened caregivers. The family/caregiver relationship is very important, and all parties are encouraged to take the time to build

trust so respite generally begins in small, hourly blocks, increasing as the child or youth and family feel comfortable. Families may choose to receive respite in hourly chunks, overnight, a weekend or up to one week at a time. One family commented; "Respite has been a life-saver! I don't know what I would do without it!"

CSCL History

"The Importance of Networking"
by Brenda Gillette

In today's world, networking is a common term used to describe interacting with other people to exchange



information and develop contacts often in the context of one's career. It is interesting to think back to the early 1950s when CSCL was being formed. Families only connected through happenstance; there were no formal networks. Linkages only occurred when family or friends identified another family who had a child with a disability. I'm always amazed by the perseverance of those early families. Somehow they not only found each other but they connected to families in other communities all of whom were struggling with similar issues. Together they formed community agencies that continue to provide support today; together they battled and won the right for public education for their sons and daughters and together they formed what is today Inclusion BC. Without the power of networks we would not have ever achieved the social movement we know now as "community living".

Brenda Gillette was CSCL's first Executive Director and is now the CEO of the BC CEO Network

Staff News!

CARF Survey

Congratulations to all CSCL employees, Board members, families and individuals and other stakeholders – it's official! CSCL received the official CARF letter and survey report and, as a result, have achieved a full three year accreditation; that will be extended through to May 31, 2020.

COR Audit

CSCL has once again passed WorkSafeBC's Certificate of Recognition (COR) audit with an 89% compliance score. This excellent result qualifies CSCL for a rebate for next year. The 2017 rebate amounted to over \$25K all which goes back into H&S and Wellness initiatives and training.

ShareVision Update

The new "enhanced" version of ShareVision went into effect on July 1. Although most features are more "behind-the-scenes" than last year's rollout the biggest impact to CSCL employees will be that all "Program" lists are now being completed solely in the new version.

New Services

A new 24/7 service started recently to support an individual starting a new life in Chilliwack. Nicole Sydor is managing the service and is currently in the hiring process for new staff.

First Job & Lovin' It!

Joey is a working man this summer! Joey was hired by manager, Chris Kizmann, to work at the Townsend Park Concession Stand.

With the support of his amazing boss and concession stand team, Joey is learning several skills including dishwashing, food preparation and how to be a food runner. "I am learning so much and I like being part of a team." says Joey.



Chris has been an integral part of Joey's success – willing to provide help and support in any way necessary. He is happy to have Joey on his team and says that Joey's presence "makes everyone's job easier."

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: "Al Condeluci - Relevance & Regularity"

CSCL Staff Reflection: Condeluci's approach to building social capital in this video identifies two factors that help strengthen and maintain the building of social connections. The idea behind this talk is basically that we work "with" our natural propensity towards group acceptance and cohesion. The way we can enhance and strengthen that signal is by dialing in to the expectations we intuitively tend to hold for the connections that we deem important, and those are Relevance and Regularity. An analogy for relevance could be signal strength on a radio channel, or a spot-light on a

stage, shining on the values the person highlighted has to offer. If an individual is highly attuned to a group they intend to join, this happens spontaneously, but that is not always the case, and may be capacity-dependent (communication barrier, for example). Therein lies our work as a support base, which is, to aid in providing adequate exposure of those capacities the individual already possesses, so they are at an equitable footing as much as possible within this group setting, since the degree to which a support person can successfully help accomplish this will translate to a degree of impact on the perceived relevance the person will have to other group members.

Board Update

Our Board of Directors hosted CSCL's Annual General Meeting on Tuesday, June 6th at the Best Western Hotel.

The membership voted on special resolutions including acceptance of the constitution and bylaws of the Society, ensuring CSCL is in full compliance with the new BC Societies Act. Other business at the AGM included election of Board Members; acclaimed as directors for two year terms are Ron Laser, Jacqueline MacGregor, Sandeep Sandhu, Glen Slingerland, Samantha Tolmie and Barb Wallace-Jesson. A meeting of the

Board of Directors was held on June 19th with CSCL's leadership team as guests. We thanked outgoing board members Brent Tolmie, Jeannine Walsh, Bev Keswick and Lois Mazuren for their years of exemplary service to CSCL. The board elected its executive for the coming year: President - Ron Laser; 1st Vice President - Tori Long; 2nd Vice President - Lori Hawkin and Secretary/Treasurer - Samantha Tolmie.

Les Canadiens Are Coming!

Habs fans unite!

CSCL is excited to welcome the Montreal Canadiens Alumni Tour, sponsored by Canadian Tire, to a

game at Prospera Centre on Thursday, February 15, 2018. Tickets will go on sale in early October so stay tuned for more announcements.

Les Canadiens

will play a group of local "old-timers" (age 35 years or older) in a full 3 period 60 minute game. Player applications will be available soon, so if you know people that are interested – get the word out now!



To help get ready for the big game, CSCL is having a "Name Our Team" contest in August. This contest is only open to individuals receiving CSCL services and the

winner will receive 2 free VIP tickets to the game. The VIP experience includes: reserved seats behind the Canadiens bench, a meet and greet with

the Canadian players, Canadian memorabilia draws and a draw for a Montreal Canadiens jersey signed by all the alumni players. Plus drinks and refreshments. See you at the rink!

Child & Youth News!



Summer'Scapes

Summer Scapes Day Camp is a fun filled inclusive day camp for any child 6-12 years of age. The campers participate in swimming, crafts, indoor/outdoor games, sports and various hikes while making connections and meeting new friends. The children get to explore and get to know their surrounding community while also taking a field trip every Friday for an extraordinary adventure.



CSCCL By The Numbers:

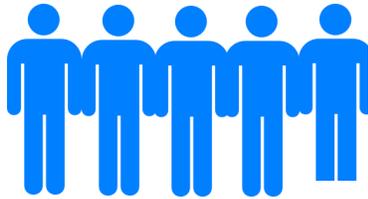
1 2 3

As of July 1, 2017

of
Individuals

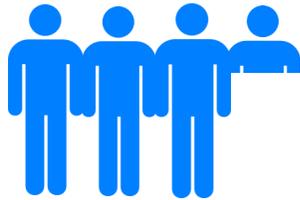
Supported:

495



of
Employees:

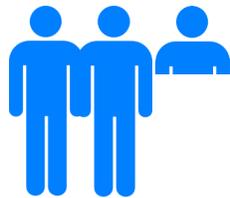
325



of
Active

Caregivers:

232



41%



59%



0-18
28%

19-29
35%

30-49
22%

50-64
12%

65+
3%

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:



880 Likes



593 Followers



176 Followers



922 Views

CSCL Reports

Measuring Up!

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

HR Report:

Excerpt from CSCL's most recent Human Resources Report:

HR Report - Recruitment: Recruitment is an on-going function. CSCL needs to work towards always keeping a pool of candidates ready to start with a few days' notice. From the 2015 and 2016 data of employees hired we need approximately 70 new employees per year.

Action: The Recruitment Team of Ellen Peters and Rachael will conduct 5 interviews per week.



STAR Award



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

Congratulations to Corina (Cori) McLaughlin who received the latest CSCL STAR Award for excellence in her job as a CSCL employee.

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

Cori's nominator wrote this about her:

"Cori is an exceptional employee. She goes above and beyond in supporting the individuals who live at Wilmada house. Cori, as acting manager of Wilmada house, while Blaine was on holidays, worked super hard at supporting all the individuals, staff and day to day running of Wilmada. Cori planned and executed an awesome 69th birthday party at Cultus lake for one of the individuals at Wilmada. It was a dream of this individuals aging mom and himself to spend the day at the lake surrounded by friends. The party was a huge success."

CTM with Popcorn! Lights, camera, action!



Norm Kunc and Emma Van der Klift will be your hosts for the evening in a glitz and glam affair with thought-provoking conversations

CSCL, in collaboration with Cottonwood 4 Cinemas, is thrilled to announce 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 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! Pre-Sale tickets will be available to individuals receiving services and their families exclusively through CSCL in September. General admission tickets will be available soon after so save the date now:
7pm - Thursday, October 12 at 7pm

CSCL Events...



Summer Scapes

July-Aug

Summer Scapes Day Camp is a fun filled inclusive day camp for any child 6-12 years of age.



Party in the Park

July 7, 14, 21, 28

This popular local event is once again back for the summer and involves many of CSCL's stakeholders and people receiving service. Look for Lori Eckstein's handiwork!



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.



Community Living Event

Saturday October 21

CSCL will be hosting its' annual Community Living Event at Tzeachten Hall. Look for tickets will go on sale in September.



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..

New Home Sweet Home

Ground Breaking Ceremony Marks New Beginning

On the morning of July 11th, a group of individuals, their family members, CSCL Board Members, Staff and guests, gathered on the Mathieson field (Wells Road & Sunshine Drive) to put a ceremonial shovel in the ground and mark the start of construction for a new tri-plex.

These three new, fully accessible, two bedroom units, will be home to six adults currently residing in



Erin and Hilda (seated L to R) break ground with the help of Erin's mother and Hilda's brother on the site of their future new home

other CSCL managed homes.

"This project has been in the planning phase for about three years and we are excited to get the work underway that will create fully accessible homes for six individuals, serving

their needs well into the future" said Julie Unger, Executive Director.

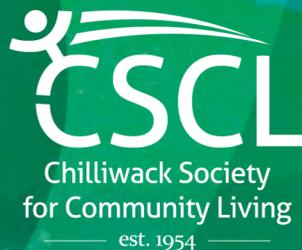
The project is slated to be completed in early January 2018.

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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Web 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, Kami Edwards, Natalie Karam, Rachael D'Silva, Cindy Karen Pedersen 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 for your comments, editorials, and/or newsletter ideas.