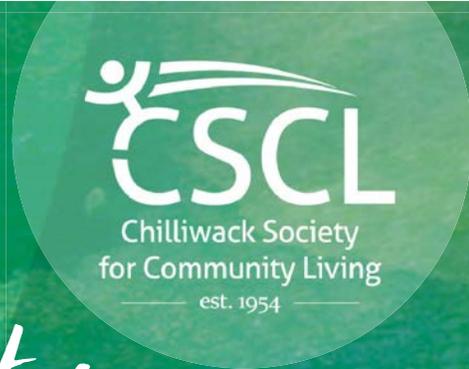


Summer 2019 OUT & ABOUT

Community. Connection. Belonging!
Issued July 2019

Newsletter



Did you know...

CSCL's Annual Report is now available on CSCL's website at cscl.org featuring this gentleman, Bruce Hayens. Bruce has received support from CSCL for 65 continuous years since 1954 when the Society was first established.





Wellness Committee's Spring into Wellness 2019: A Success!!!

This spring, CSCL employees took part in the Wellness Committee's "Spring into Wellness 2019" initiative. Those who took part chose a wellness goal they wanted to work on for 30 days. That goal could be in any of the seven domains of wellness promoted by the committee, including emotional, social, intellectual, physical, financial, environmental, and nutritional wellness and was written in the SMART goal format.

The Wellness Committee's purpose is to promote staff well-being in these domains and the Spring into Wellness initiative was a way to encourage staff to shake off the cobwebs of winter and focus on what they wanted wellness to look like for them this year.

Given the positive feedback, the Wellness Committee is planning a "Fall into Wellness" initiative in the coming months.

Stay Tuned and Stay Well!



Social Capital Stories Update



“Local, face-to-face interactions -- at the school, the playground, and the corner diner -- are the building blocks of all public life...when people engage in sustained, recurrent interaction, particularly while doing things they enjoy, relationships inevitably grow.”
— Eric Klinenberg (author)

When it comes to building social capital, this is true – spending time with others, repeatedly over time, while doing something both enjoy, is how friendships are created. CSCL is committed to supporting individuals with disabilities to develop and increase their social capital. It is central to our vision of “a community that welcomes and includes everyone”. As part of

that focus, recently, two individuals, John Doeleman and Karena Brandon, were part of a social capital video project. Karena shared her story of volunteering at a care home and becoming friends with a resident there, Angela. John shared his story of playing harmonica and jamming with the band at a local pub. Karena and John both say they really enjoyed being part of the video project and sharing their stories. Karena tells us volunteering makes her feel good, and John says he loves singing and playing with his friend Ron. When asked why she thinks sharing her story is important, Karena says “it inspires people to make friends”. When John’s support worker asked him the same

question, he had to think about it, but then told us “showing people I can do this”. Both John and Karena take pride in sharing their stories, and have benefitted tremendously from their social capital experiences, and this benefit extends to others. John’s support worker tells us, “He has also brought a very important new look to CSCL and individuals with disabilities. No longer do the people that attend pub night look at [the] individuals as people with special needs. John has always had a lot of social community involvement, but now he has the social capital with it and it has opened the door for others and a new door in his life.”

2019 AGM Photos



CSCCL's Annual General Meeting was held on Tuesday, June 4th at the Coast Hotel. Nearly 100 members, individuals served, family members and staff gathered to review annual reports, financial statements, and share stories of relationship and belonging in community. After the official meeting ended, many attendees made their way over to the Triple Play Pub to take part in the Open Mic night to celebrate and check out the musical talents of John D and his group.



Back to the Garden

*Simon
Wulffraat*



The 2019 growing season at the Sunshine Community Garden has been very successful so far.

All the small plots are rented out and the gardeners have created 19 big plots of the approximately 400 square feet in the “back 40” that have attracted some fantastic gardeners.

The garden is in full bloom and well used by individuals, community members and community groups like Chilliwack

Village Farm School who visit the garden once a week for exploration, nature learning and outdoor time.

Sadly, long-time CSCL employee Simon Wulffraat will be leaving CSCL at the beginning of July but the garden has attracted a new Garden Co-ordinator, Brad Holek, who is a master gardener and will volunteer his time to continue to grow the garden into a true community garden.

CSCL History

**“Annual General Meetings”
by Brenda Gillette**



During my years of employment with CSCL I was privileged to watch the evolution of the organization; this included the Annual General Meetings (AGM). In the early years, at least one member of every involved family attended the meeting. The AGM was often an opportunity for members to question and challenge financial outcomes for the year as well as to talk about the future options. In retrospect, these were families who heavily supported the Society both through financial donations and substantial volunteer time so it only makes sense that they closely monitored the use of both in terms of outcomes for their sons and daughters. Over the years, changes were made to the format and the financial reviews took on less importance as the focus centred on services. Several meetings that stand out in my mind were the first “Tenant Support” panel with self-advocates speaking about their experiences, the celebration of our 50th anniversary and, of course, the enormous success story of the Mt. Kilimanjaro climb. My most memorable AGM was sharing centre stage with Bruce Hayens in 2014; I’m certain that no one who was present has been able to forget his rendition of Happy Birthday to himself although we were celebrating CSCL’s 60th year in the community.

Staff News!

Welcome Aboard!

CSCL's Administration team has two new additions. Welcome aboard to Niloufar Badihi, CSCL's new Accounts Payable Administrator and Natalie Henderson, CSCL's summer student that will be assisting the Admin and HR teams.

Toronto Maple Leafs

CSCL's NHL Alumni Series continues in 2020 as the hopeful locals, the CSCL Chilly Wackers, take on the Toronto Maple Leafs Alumni team on Saturday, February 22, 2020.

30 Years Old!

Congratulations to Shaaron Enright on her 30th year as an employee with CSCL. Shaaron has had many different



positions with the Society and is currently in the Administrative Coordinator position.

Evening at the Improv

CSCL is thrilled to be the sole benefactor to an Improv-Comedy Night hosted by Chilliwack's own SimPhoney Group

CSCL presents "An Evening at the Improv" featuring the SimPhoney theatre players on Friday, October 4, 2019 at the Chilliwack Cultural Centre.

Tickets will be available at the



Cultural Centre Box Office soon so save the date and make your plans now.

Seen here are Improv master, Scott McVetty, and CSCL's Admin Coordinator, Shaaron Enright,

Social Capital Update

CSCL continues to work on implementing a Social Capital Focus; we are encouraged in our efforts by leaders in the field (Dr. Al Condeluci) and take heart that change takes time.

"I know that through translational theory research, it takes a long time for a new idea to become mainstreamed. Some estimates suggest upward to 17-20 years. Sustaining a new idea is challenging. How can we sustain a new idea and see it to fruition? This is not an easy path, but here are some of the things I am doing more of and finding that they help. First, make sure you take good notes on what you are hearing. Next, talk about the ideas with others; start this while the idea is fresh. Get others opinions, even look for some leads that can help you dig deeper.



Dr. Al Condeluci

Start doing research on the idea; call people, buy books, google leads, follow recommended TED talks.

Keep the conversation going. Report your idea at your staff meeting, seek out your supervisor or director and tell them about your thoughts on application. Keep digging and thinking and processing. Sustainability is challenging - and it is easy to go back to a default. Passion is the fuel for change, and keeping passionate requires fuel. Keep looking for new fuel to help you realize your idea by talking, researching, and exploring."
- Excerpts from Dr. Al's blog

Golf Cheam Fore CSCL

Summer is here and CSCL is excited to partner with the Cheam Mountain Golf Course with their Charity Mondays

CSCL has 3 days this summer (One Monday every Month), where CSCL will receive half the proceeds from all green fees sold during twilight hours.

Golf anytime after 2pm on:



- Monday July 15
- Monday August 19
- Monday Sept 16

Cost is \$20 per player (18 holes).

Spread the word to family and friends and meet you on the Greens!

Board Update

CSCL's Board of Directors is comprised of members of the Society elected by the General Membership each year at the Annual General Meeting.

New and retiring Board Members held their monthly meeting on June 17th and invited the leadership team to join them. While regular business was conducted and reports reviewed, priority was the election of the Board's Executive.



New CSCL Board President, Tori Long (pictured above)

Congratulations to new Board President, Tori Long; 1st Vice President – Al Niemann; 2nd Vice President – Glen Slingerland; and Treasurer – Jeremy Johnson. Committee Membership was also established for the Finance

Committee, Membership & Nominating Committee and the Property Planning Committee. The Board and Leadership Team took time to acknowledge and thank outgoing Board President, Ron

Laser and Director, Barb Wallace-Jesson. Both Ron and Barb have completed their maximum number of years/terms. We are grateful for their many hours of service to CSCL and commitment to our vision for a community that welcomes and includes everyone!

Child & Youth News!

Summer weather is already here and our summer programs are right around the corner. Summer Scapes registrations are almost full and we couldn't be more excited to offer a fun filled camp packed with adventure and amazing field trip opportunities. Our Summer Hope and Summer Teen programs are just as packed with exciting activities, extraordinary day trips and great opportunities. This year our youth will be attending a WOW event held at the Loon Lake Lodge and Retreat where they will participate in outdoor nature activities run by Wild and Immersive. We can't wait to get this summer started.



CSCCL By The Numbers:

1 2 3

As of July 1, 2019

of
Individuals

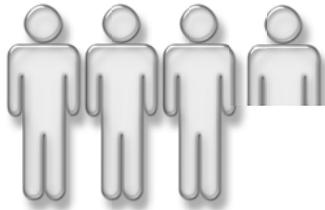
Supported:

537



of
Employees:

355



of
Active

Caregivers:

148



39%



61%



0-18
29%

19-29
32%

30-49
17%

50-64
17%

65+
5%

Serving Communities in:

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



CSCL is
100%
Non-Profit

7

Services

56

Service/Program
Options

ONLINE PRESENCE:



1173 Likes



701 Followers



260 Followers



3022 Views

CSCL Reports

Measuring Up!

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

Technology Plan:

Prepared annually by CSCL's Technology Committee

- Prepare a Disaster Recovery Plan with Level 4, documenting alternate communication paths and protocols in the event of a system outage or emergency and backup procedures/data recovery expectations.
- Microsoft has established data centres in Canada for Office 365 users that would allow CSCL to keep data stored in Canada. An IT Committee working group for the conversion to Office 365 will be formed.
- CSCL will review and specify user privileges and access to server file directories.



Caregiver Award

Congratulations to Andrew Merrin who received the latest CSCL STAR Award for excellence in his supports as a CSCL contracted caregiver.



Andrew's nominator wrote this about him:

"From the moment he was matched to Sean, Andrew has been thinking ahead and always looking to do "more". It would be easy to just maintain the status quo, however, Andrew is always committed to helping Sean learn and grow.

Truly, Andrew is so passionate about Community Living and creating good lives for people with disabilities – it's a delight working with a caregiver who really "gets" it.

Andrew always has all his contractual obligations met without needing any prompting. Best of all, you can tell he is truly excited about supporting Sean to live his best life!"

STAR Award

Congratulations to Pamela Bourdages (centre) who received the latest CSCL STAR Award for excellence in her job as a CSCL employee.

Pamela (pictured with CSCL Executive Director, Julie Unger, and Associate Director, Nancy Gauvin) was presented with a STAR Certificate, a Letter of Recognition and a \$100 cheque. Pamela's nominators wrote this about her:

"Pamela's love and passion for the people she supports shines everyday. She has made a huge change in one persons life with new activities and community involvement. She has done this for many other people too that she supports still to this day. I am so thankful to being working along side of someone with the same passion and love I have for the people we support together. I look forward to working with her and how we make many changes for the better in the lives of the people with care for everyday."



CSCL Events...



Summer Scapes

July 2019

Looking forward to another fun filled summer with the Summer'Scapes gang!



Sunshine Drive Block Party

August 28, 2019

Come join the fun at the 2nd Annual Sunshine Drive Block Party hosted by CSCL's Community Inclusion Services



An Evening at the Improv

October 4, 2019

CSCL presents "An Evening at the Improv" featuring the SimPhoney theatre players on Friday, October 4, 2019 at the Chilliwack Cultural Centre.



CSCL Event

October 18, 2019

Our Annual Community Living Event will again be held on a Friday night. Tickets available in September! Hope to see you there, don't forget to invite family and friends!



The Great BC Shake Out

October 19, 2019 at 10:19am

On October 19 at 10:19 am, millions of people worldwide will practice how to "Drop, Cover, and Hold On" during the Great Shake Out Earthquake Drills!



CSCL's iConnect Staff Conference

October 28 and 29, 2019

CSCL's Staff Conference is back with keynote speaker, Joe MacBeth from the National Alliance for Direct Support Professionals in Albany, New York



Toronto Maple Leafs Alumni Tour

February 22, 2020

Come on out and cheer on your CSCL Chilly Wackers as they play the Toronto Maple Leafs Alumni team on Saturday, February 22, 2020 at Prospera Centre

Jurassic Quest

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On Sunday, May 19th, a group of 17 individuals and 4 staff from CSCL's Early Risers, RISE and Vedder services attended the Jurassic Quest Dinosaur Show at the Vancouver Convention Centre.

A one of a kind traveling exhibit, it showcased 80 true to life animatronic dinosaurs. Each dinosaur was displayed looking as true to life as possible, with moving mouths, necks, tails and claws.

Everyone was very excited to see the giant T-Rex and the 40 foot long Apatosaurs, which

loomed above everyone with its long neck and friendly face.

"The T-rex was my favourite



dinosaur at Jurassic Quest!" said Matt, "I liked how big and real he looked. The Triceratops had a big strong head and looked

great. I had a really good time and would definitely go back."

The small true to life fuzzy and furry Velociraptor was a hit, with its beautiful blue colouring and messy feathers.

"The blue dinosaur was my favourite." said Megan.

Everyone got a chance to walk around amongst the dinosaurs and even to pet some of them during a live show. Everyone was

impressed with the size of the dinosaurs and how small everyone looked beside them! It was a great day.

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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Chilliwack, BC
Phone 604-792-7726
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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 Simon Wulffraat, Dan Ceella, Aileen Mathews, Julie Unger, Brenda Gillette, Danielle Cross, Lyle Downey and Natalie Karam 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.