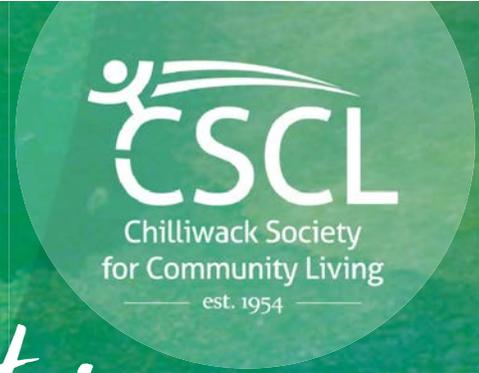


Fall 2019

OUT & ABOUT

Community. Connection. Belonging!
Issued October 2019

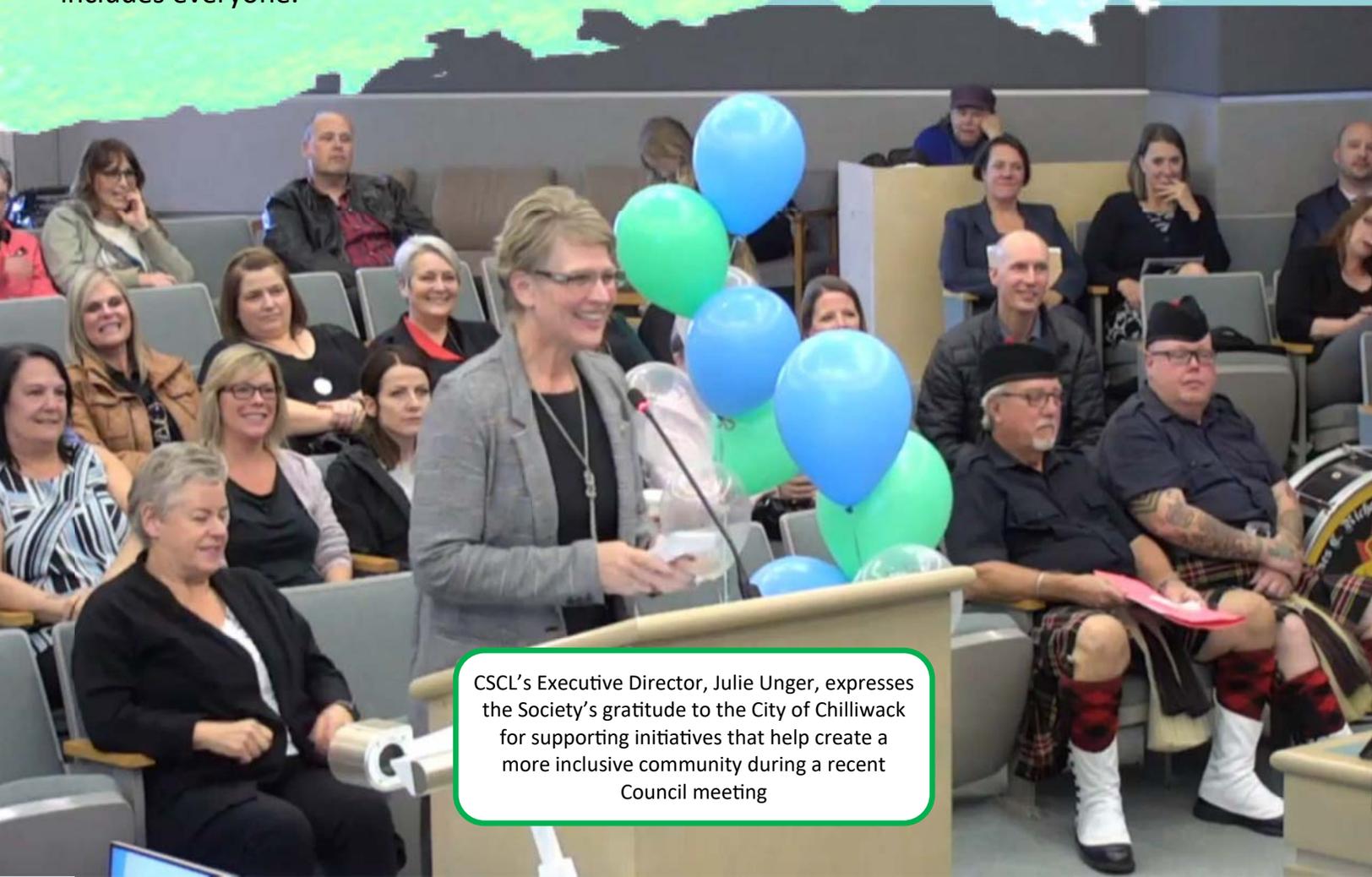
Newsletter



Tree of Belonging



Gratitude: the quality of being thankful; readiness to show appreciation for and to return kindness. It's October and that means all kinds of things from pumpkin spice lattes to sweater weather to bringing out the slow cooker, raking leaves, or gathering friends and family for a Thanksgiving dinner. At CSCL it also signals Community Inclusion Month and celebrating a community that welcomes and includes everyone. This year we decided to theme our annual October photo contest "Gratitude". A recent Harvard Health Publishing article stated "expressing gratitude may be one of the simplest ways to feel better". We can usually find something to be dissatisfied with; our world is far from perfect. But shifting our perspective to focus on the goodness in our lives can actually make us feel happier. "With gratitude, people acknowledge the goodness in their lives. In the process, people usually recognize that the source of that goodness lies at least partially outside themselves. As a result, gratitude also helps people connect to something larger than themselves as individuals — whether to other people, nature, or a higher power." As we express our gratitude to friends, family, co-workers, neighbours, clubs, groups, businesses... we are connecting to our community. That's what community inclusion is all about: connecting and belonging. A simple act of gratitude not only makes us feel better, it draws attention to and amplifies all the goodness in our lives and in our community. This October, look for the good, be grateful, and show appreciation to the people in our community who help to make it a community that welcomes and includes everyone.



CSCL's Executive Director, Julie Unger, expresses the Society's gratitude to the City of Chilliwack for supporting initiatives that help create a more inclusive community during a recent Council meeting

Tree of Belonging



Participants at Early Risers have been creating large pieces of statement art work collaboratively for many years.

Working together on a single piece is fun, inclusive and inspiring. It allows each individual to work at their own pace, with their own style and interpretation, while still being part of a larger overall outcome. In many ways it symbolizes how we work together in society, each in our own way and with our own unique contribution, to create a diverse and vibrant community.

This year the group worked on a stained glass piece they named the “Tree of Belonging” (pictured above).

“We had fun doing it” said Mark Blanchette, one of the artists. Participants and staff worked for months to plan and put it together. Another of the artists, Kara Loewen, said “Everybody worked together at Early Risers. People are so artistic. It is so beautiful. I love it and I hope we can do it again”.

This piece was displayed at the Chilliwack Cultural Centre for the Open Door exhibition and

is now on display at CSCL’s head office. “Gratitude” cards have also been made with the image of the “Tree of Belonging” to support this year’s Community Inclusion Month

The artists involved feel proud that their work is appreciated by members of the public. “I like all the colours” said Jesse Gemmell about the final look of the large mounted combination of canvases.

Early Risers participants are in the process of planning another large piece for this coming year so stay tuned!



Annual Employee Family Fun Day Saturday September 7, 2019 @ The Chilliwack Corn Maze and Pumpkin Patch

This year CSCL's Employee Family Fun Day was held at the picture-perfect setting of The Chilliwack Corn Maze. More than 90 CSCL staff and family attended. Families had a great time exploring the many attractions as well as wandering through the corn maze. The 2019 design of the corn maze was to celebrate the Vancouver Canuck's 50th anniversary!

Kids spent a good deal of their time in the barns, playing tag on the bales of hay and watching the animals. Some kids spent their entire time bouncing on all sorts of trampolines and obstacle courses. They also had the opportunity learn about agriculture and where food comes from.

Some families may have got a little lost while exploring the Corn Maze but were relieved to finally make their way out and join everyone to a yummy lunch of KFC and salads.

Kids spent the day on hayrides & pumpkin picking and made their way back to the group in time for the lucky draw and to win some fabulous prizes.

Thanks, Social Committee for all your efforts we had a BLAST and look forward to next year!



Meet the Board

Tori Long



Tori Long was elected Board President at the last Board meeting and has officially begun her duties. Tori's son receives services from CSCL so she is very familiar with the Society and its services. Tori currently works for the Chilliwack School District and has been volunteering her time to the Chilliwack community for many years. Tori's role as Board President is, primarily, to ensure the integrity of the Board's process and, secondarily,

occasional representation of the Board to outside parties. The president is the only Board member authorized to speak for the Board, other than in specifically authorized instances. The authority of the president consists of making any decision on behalf of the Board, which falls within and is consistent with Board policies on Governance Process and on the Board-Executive relationship.

CSCL History

"Giving Thanks"
by Brenda Gillette



For this edition of Out & About I was asked to consider what CSCL has been most grateful for over the years. From a historical perspective, the most incredible gift had to be the property on Sunshine Drive that was donated by the Carter family in the 1950s. That property has gone on to be the foundation that allowed for much of the growth and expansion in service delivery that we have today. However, another gift that might seem strange now was the offer from the Knights of Columbus to take over their Bingo operations in the winter of 1976. Bingo provided funding and stability to a then struggling CSCL. It opened many opportunities that would otherwise not have been possible and ultimately benefited CSCL in a myriad of unexpected ways that included purchasing property, vehicles and much needed program supplies as well as paying staff wages and allowing for the development of new options and opportunities for the individuals receiving service. It must be noted that the operation of Bingo required thousands of volunteer hours of work every year and CSCL's gratitude must extend to all those volunteers who spent most Thursday nights for almost 20 years in the Bingo Hall.

Staff News!

Welcome Aboard!

Shauna Svekla is CSCL's new Recruitment and Retention Specialist. She has a Bachelor's degree in Psychology from UFV and has completed the Career Development Practice Certificate from Douglas College. Corinne Vooy's has joined CSCL as Human Resources & Benefits Administrator and will fill Janelle's position while she is away on maternity leave.

Congratulations!

Congratulations to Christine Toop on her new position as a Shared Living manager; to Ben Gross on his new position as CYS Acting Manager and to Bojana Ostojic to her new position as the Explore Manager Temp.

Stewards Needed!

CSCL has grown and today has 373 employees. To meet our Collective Agreement contractual requirements, we are in need of additional shop stewards. BCGEU representative, Tamara Peterson, has requested to hold member-to-member meetings in conjunction with all CSCL Services & Programs staff quarterly meetings. These meetings will be informational meetings and will not take more than 10 minutes. Stay tuned!

Rona Fundraiser

The Chilliwack Rona Store selected CSCL as their Non-Profit Organization for their annual Heroes Campaign fundraiser.

The campaign, which ran for the entire month of September, collected donations from customers at the cash register or through Popcorn sales. As a way to help out, Individuals and Staff from CSCL assisted with the popcorn sales six days/week.



All proceeds will go towards improving the walkway accessibility around CSCL's Mathieson Centre. Thank you to everyone who helped out with this fundraiser. In addition, a BIG Thank You to Rona for supporting CSCL and for helping to bring a needed project to life.

Social Capital Update

It's been an exciting season at the Chilliwack Society for Community Living of connecting to people and groups to build social capital.

A large group of individuals and staff supported the first REVEL marathon in Chilliwack this past August.



CSCL'ers were spotted running and volunteering at this great community

CSCL'ers participated and volunteered at the Chilliwack Marathon

event. We also hosted block parties and were able to catch some of them on video! CSCL has some new Social Capital Videos up on the website that we'd love you to check out. Many thanks to Justin

Booth at Dock Visual Media Inc. for lending his talents to the video project and making each story come to life. Our Social Capital development

continues with the recent convening of a Social Capital Mentoring group.

We're looking forward to the innovation and ideas from this group of direct support staff and managers as they offer leadership to CSCL's Social Capital work.

Bev's Retirement

Long time manager, Beverley Merrick, is retiring soon.

Bev has been a CSCL employee since 2011 and has worked a number of positions during her tenure. Bev is officially retiring on October 31 and will be stepping away from her manager position at Gillette Place and Jasper. Bev was also a Shop Steward with the BCGEU for the last few years and sat on the Emergency Preparedness, Human Resources, Financial and Labour



Management committees as well. Bev was and is a tireless supporter of social justice issues and she will be missed.



Child & Youth News!

CSCL's Child & Youth Services had a fantastic, fun-filled Summer and many friendships and memories were made. Now that Fall has arrived, a new program has started called LEAP. LEAP is a 12 week curriculum based program that combines classroom work as well as community access (putting the skills learned in the classroom into practice in the community). LEAP focuses on Lifeskills, transition planning skills and pre-employment skills development. The current curriculum is for 15-18 year olds; however the goal is to create curriculums for younger ages as well. Stay tuned!



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.

While the board did not meet as an entire group over the summer months, there were a number of committee meetings and other work happening. The Property Planning Committee met twice and reviewed the reports from the Property Review and Real Estate Assessment. The committee has developed some initial ideas that will be brought back to the full board at their October meeting. The Finance Committee met to



CSCL's 2019-2020 Board of Directors

review CSCL's financial results to July 31, 2019 and will report back in October as well. Our newest board members gathered for

Board Orientation in September; spending an

evening together learning about CSCL's history, Board Governance Policy and the role of a director. CSCL is grateful for our volunteer board members who are so committed to their role and the work of the organization.

CSCL By The Numbers:

1 2 3

As of October 1, 2019

of
Individuals

Supported:

559



of
Employees:

373



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

CSCL Reports

Measuring Up!

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

COR Work Plan:

Prepared annually by CSCL's COR Audit Working Group

CSCL's OH&S committee needs to identify mandatory training for members; hazards site inspections and investigations, etc. Budget and training could be an issue. A list would need to be created to identify what training will be required and the associated costs. Section 3.27 of the Occupational Health and Safety Regulations details specific training requirements for joint health and safety committee members. CSCL will ensure members are trained as required. All training should be documented.

ONLINE PRESENCE:



1191 Likes



706 Followers



271 Followers



3337 Views



Caregiver Award

Congratulations to Ashleigh Cloete who received the latest CSCL Caregiver Award for excellence in her supports as a CSCL contracted caregiver.



Ashleigh's nominator wrote this about her: "Ashleigh is an excellent caregiver and provides exemplary supports, she is always looking to learn more - she goes out of her way to further her learning around diabetes or in any other area that would benefit the individual she supports. Ashleigh is always looking for new opportunities for (individual) and advocates for her to have the best, fullest life possible. Ashleigh makes a positive difference in the individual's life; represents CSCL's philosophy of support; is responsive to the needs of the individual; can overcome adversity; works well with the individual's support network and family; is able to exhibit resiliency; adopts a person centered approach; and takes the necessary steps to build success for the individual."

STAR Award

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

Jodi (pictured with CSCL Executive Director, Julie Unger, Manager, Kami Edwards and Associate Director, Michelle Gower) was presented with a STAR Certificate, a Letter of Recognition and a \$100 cheque.

Jodi's nominators wrote this about her: "Jodi was instrumental in organizing the very first ice cream social which has now become a tradition in the ladies neighbourhood. Jodi was crucial to the success of the event."



CSCL Events...



CSCL at City Hall

October 1, 2019

CSCL's Executive Director, Julie Unger, will be presenting at City Hall on Oct 1st to thank the Council for creating opportunities to help build a more inclusive community.

**COMEDY
NIGHT**

Completely Off Topic!

October 4, 2019

CSCL is the only benefactor for "An Evening at the Improv" featuring the SimPhoney Theatre Players!

Chilliwack Society for Community Living
Spooky Spectacular
Community Living Event

CSCL Event

October 18, 2019

CSCL's Annual Community Living Event will again be held on a Friday night. Tickets now available!



DROP!



COVER!



HOLD ON!

The CSCL BC Shake Out

October 19, 2019 at 10:19am

October 19 at 10:19am, millions of people worldwide will practice how to "Drop, Cover, and Hold On"



CSCL Photo Contest

October 1st to 31st, 2019

The theme for our Annual Photo Contest is all about GRATITUDE. See ShareVision for details!

**iCSCL
Connect**

CSCL iConnect 4 Staff Conference

October 28 & 29, 2019

CSCL's biennial premiere event for employees welcomes keynote speaker, Joe Macbeth, to Chilliwack.



VS



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 Saturday Feb 22 at the Chilliwack Coliseum

I Am Voting

12

The federal election is scheduled for October 21, 2019 and with that election comes some important changes to make voting in Canada more accessible.

Paul Kerr is very familiar with voting and the work it takes to make an informed decision in his right to vote.

Pamela Lawes, who supported Paul in voting in the last municipal election, explained what that looks like. "He will watch televised debates. He's gone to the Cultural Centre to see debates as well. Beforehand, we'll go over the candidates with him to give him background information. A separate support worker will take him in for voting and see who he wants to vote for." Lawes explained that



it's good to have several people involved in the process to keep it as balanced as possible.

Paul has voted at all three levels of government. This is his second federal election. Lawes stated that her and others supporting Paul have been very pleased with the voting process. "They've been really great at the polling stations. We've never been questioned on his right to vote." One of the changes recommended by an advisory

group for disability issues working with Elections Canada is to guarantee voters the right to have someone come in with them to support them in marking their ballot. Other measures include tools to make the ballots easier to see, access to translators in ASL, and polling stations that are accessible.

For people who are unable to make it to the polling station, they can vote by mail or mobile voting station. This needs to be set up ahead of time.

Lawes stated voting gives Paul a lot of pride. "He feels like a part of the community. Getting involved and being able to make a choice on who he wants to represent him."

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 Aileen Mathews, Julie Unger, Dan Celella, Mary-Lee Tondreau, Brenda Gillette, Rachel Murrell, Danielle Cross 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.