

Fall 2018

OUT & ABOUT

Community. Connection. Belonging!

Issued October 2018

Newsletter



Chilliwack Society
for Community Living

est. 1954

October is
Community Living Month

Did you know...

- October is Community Living/Inclusion Month as proclaimed by the Federal and Provincial Governments
- CSCL's Annual Photo Contest "What Does Social Capital Look Like" begins October 1
- CSCL is now a member organization of the BC Non-Profit Housing Association

CHILLIWACK
RIVER

FIRE
CELL

October is Community Living Month

October is designated as Community Living Month in B.C. – a time taken to applaud the accomplishments and contributions of people with diverse abilities and to celebrate inclusion in Chilliwack and the wider community.

CSCL's Mission Statement reads: "CSCL, in partnership with community, builds capacity for the inclusion of people with varying abilities. We promote diversity and provide innovative, individualized services that enhance quality of life."

Terall's visit to a Fire Hall is a great example of enhancing a person's life by recognizing their passions and likes. "Terall really likes trucks and

that sort of thing", recalls CSCL support worker, Diane Sutton, "I thought he might like a visit to a fire hall."

Terall & Diane show what a good day can look like with supports from CSCL

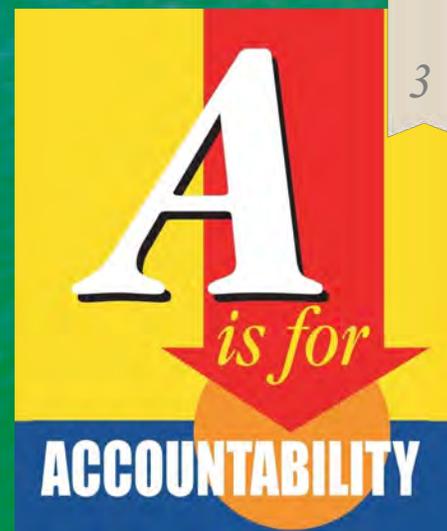
Diane also happens to be a Volunteer Captain for the Chilliwack River Valley Fire Department so is a natural "gatekeeper" for making this happen.

As a member of Inclusion BC, CSCL celebrates the "Accessibility Includes" 2018 theme of Community Inclusion Month. It is inspired by the proposed new Accessible Canada Act and BC's plan to introduce accessibility legislation.

Why is Inclusion BC celebrating accessibility? Accessibility is important because it means that everyone can live, work, play and share in their community, whatever their ability. When we improve accessibility, we build more inclusive communities and everyone benefits.



Accountability Based Management



In response to the Strategic Plan Goals “ensure leadership structure and oversight allows CSCL to meet and exceed standards” and “develop systems of accountability for social capital activities” our leadership and manager teams recently spent time learning about “Accountability Based Management”.

We invited Doug Cartan to spend a couple of days with us, teaching us the principles of accountability based management.

Doug has been involved in the field of disability and with social and community organizations for 40 years as a manager, community developer, advocate, support person, Executive Director, consultant and trainer of direct support staff and Boards of Directors

within the community living movement. Doug has been studying and discussing the need for greater organizational accountability for core values. He lives in Eastern Ontario, Canada close to Brockville.

On Sept. 24th all leadership team members, managers and senior support workers learned the basics of accountability based management. Sept. 25th the leadership team spent the day with Doug digging in to some of the implications for CSCL, particularly as it applies to role clarification, values clarification and accountabilities at various levels in the organization.

While the business world has been using these tools for years, the concepts are new to social service agencies that have typically relied on individual

employees’ sense of responsibility.

It’s fine to feel responsible to do something, but what if you don’t feel responsible for carrying out the organization’s mission, vision and values; this is where accountability practices come into play.

“Limits release energy: good people do good things when we establish the boundaries that people work within. Social services need to be more accountable for the activities of staff that lead to the good things happening in people’s lives” (Doug Cartan, Sept. 25, 2018).

We will continue to work with Doug on a consulting basis as CSCL develops its Accountability Based Management practices and structure.

CSCL Family Fun Day

CSCL's Family Fun Day for employees was Saturday, September 15, 2018. In spite of incessant rain, nothing could dampen the spirits of everyone darting across the Hall of Broadway Church, where it was held. The sack race did not differentiate between small and big people and everyone leaped together to the finish line. None the less it was the kids, who won, amassing huge piles of prizes. Better luck next time Dan – keep practicing. The hot spot of the event was the tattoo corner where Ashley Lord and Michelle Heyes had some pretty unique tattoos. It was a tough choice between a sharp air-brushed tattoo and Ashley's attention grabbing tattoo drawings. "Wings Outdoor Grill" the Food Truck was parked just outside and had a variety of wings and fries, chicken strips, salmon burgers with salad served. It was fun munching on great food even as the rain pitter pattered on. We wish a whole lot more employees had showed up, however, the comradery kept people chatting past closing time. See you next year!



Smiles-a-Plenty



Having Fun!



Good Times!



Meet the Board

Glen
Slingerland



CSCL's Board of Directors plays a pivotal role in the strategic direction of the work we do as a Society. Glen has been a CSCL Board Member since 2017.

Q: Most people would recognize you as the host of 89.5 The Drive's Breakfast Club, how did you first break into radio?

A: I started applying for jobs in the industry and managed to land a position in the thriving metropolis of Smithers, BC. I started on-air with 89.5 around February 2009.

Q: Who would you say was your most interesting radio interview?

A: Leslie Nielson – Leslie used to carry a rubber disc that he would squeeze and it made farting sounds that he would use on people in elevators or crowded rooms. He told some very entertaining stories of making that sound and blaming people around him for passing gas, OR he

took the blame himself and apologized to the people around him for his own gas problem.

Q: What do you like best about your job?

A: I get paid to play music, have fun on the radio, meet people and be involved in this fantastic community, how cool is that?

Q: So what is the best thing about Chilliwack?

A: We are slightly out of the way, yet close to everything that is awesome. Mountains, lakes, fabulous roads for motorcycling, trails, etc.

Q: What is the best thing about CSCL?

A: CSCL is all about making people feel they belong, that they are included and they can contribute.

CSCL History

October is Community Living Month
by Brenda Gillette

"In the initial years of Community Living Month celebrations, organizations went to their local City Councils and asked for proclamations making "Community Living Month" a formally recognized event across the country.



Unfortunately, while this was successful for the first few years, cities moved away from these proclamations for a variety of political reasons. The original intention of Community Living Month was to invite community to recognize the value of diverse communities that include everyone. All of our events were planned to be open to the community as a whole and funds raised were directed to benefit the broader community such as water wheelchairs for the Leisure Landing Centre, scholarships for students attending UFV, or for people that could benefit from therapeutic horseback riding. While our special events have proven highly successful, the true awareness comes through the individual social capital opportunities that have evolved in multiple ways throughout Chilliwack.

- Brenda Gillette is CSCL's first Executive Director and is currently the Executive Director of the BCCEO Network.

Staff News!



Boston Bruins

CSCL is thrilled to welcome the Boston Bruins Alumni Tour to a game at Prospera Centre on Saturday, February 23, 2019. The Big, Bad Bruins will play a group of local hockey players, the Chilly Wackers. Tickets to go on sale in mid-October!

Diane Runs For Terry

CSCL's receptionist, Diane Pinder, once again coordinated a very well organized Terry Fox Run in Chilliwack on Sunday, September 17, 2018. Excellent job, Diane!



CSCL Goes To Iceland

Three CSCL'ers will be Iceland bound for the bi-annual International Short Break Association (ISBA) Conference to present the work being done in CSCL's Respite Services.

CSCL was selected to present to delegates from all over the world about our Respite Program (an innovative service linking families to the hospitality industry for respite get-aways). Julie Unger, Karen



Slingerland and Natalie Karam (pictured) will also be attending sessions with other international presenters and look forward to bringing the

learning back to CSCL. For more information on ISBA: <http://www.isba.me>

Social Capital Update

CSCL's Social Capital Innovators Group continues to work on the development of new information and support strategies to enhance the Society's Social Capital focus.

We were excited to see a number of CSCL services successfully apply for the City of Chilliwack Neighbourhood grants using funds to host events in their neighbourhood.



"Welcome to the Neighbourhood Party" - Featuring Tracey who lives at Vanmar

been meeting to develop a video series that will highlight a number of success stories and demonstrate what social capital can look like.

Currently in the "story-boarding" phase,

These events have proven to be a great way to get to know neighbours and engage with them in a new and fun way! As CSCL continues to implement a social capital mandate, our group of "Social Capital Innovators" has

CSCL is working with ChillTV to develop the videos and promote social capital. The videos will be posted in Sharevision, on our website, and social media sites.

NAOSH Week

CSCL has won the North American Occupational Safety and Health (NAOSH) BC Health/Social Services Award for an unprecedented 4th year in a row!

CSCL “demonstrated the best campaign” and will be presented the award at the NAOSH BC Awards on Monday, November 26th, 2018 in Burnaby. This event recognizes the creativity and efforts of individuals and organizations



that participate and promote occupational health and safety locally during the first week of May. Many thanks to all the H&S committees that developed each event and to all the CSCLers that participated.

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.

After taking a hiatus for the summer months, the board of directors reconvened on September 10th for a full meeting.



CSCL Board President, Ron Laser (pictured above)

The finance committee presented the first quarter financial statement report, and the board reviewed the quarterly Organization Improvement Plan report and approved the new Accessibility Plan for 2018/19.

CSCL was successful in their grant

application to Vancity, receiving money from the Impact Real Estate division, to fund a consultant that will assist the Board in creating a

property development plan and conducting a

feasibility study.

This is an exciting venture for the Board and CSCL as we continue to explore how we can use our assets to enhance existing services and create new service streams.

Child & Youth News!

Back To School Time!

School has started up and so have the CYS fall programs! This term we are excited to be offering an additional day of Children's programming to meet the high demands of our 6-12 year olds. Our Youth programming is up and running with our Glee Club getting ready to perform at local Seniors Residences (dates to come). We are also looking forward to our Youth Halloween Dance happening October 21st where there will be games, food and ghoulish dancing!



CSCL By The Numbers:

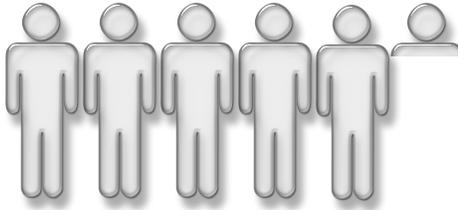
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As of October 1, 2018

of
Individuals

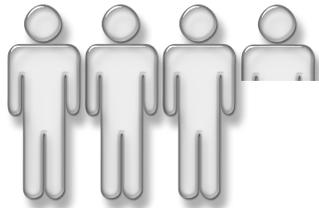
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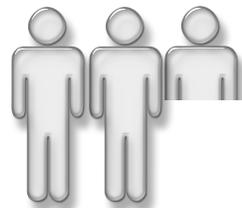
of
Employees:

335



of
**Active
Caregivers:**

237



39%



61%



0-18	19-29	30-49	50-64	65+
30%	35%	22%	10%	3%

Serving Communities in:

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



CSCL Reports

Measuring Up!

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

COR Report:

Ensure all employees are aware of the written safe work policies and procedures that apply to their specific roles and how they can be accessed.

"CSCL will ensure program orientations are completed within 4 – 10 days for all new employees. CSCL will consult with Managers to identify which of the 47 H&S Policies are to be read during Orientation. It is Mandatory that new employees complete the Program Orientation Package. This includes: 1. Safety issues. 2. 47 H&S Policies. 3. Tour of the house/program – escape routes, ER supplies, fire extinguishers, muster point etc. 4. H&S Competencies 5. Safety with the Individuals.

CSCL is
100%
Non-Profit

7
Services

54
Service/Program
Options

ONLINE PRESENCE:



1078 Likes



672 Followers



219 Followers



2219 Views



STAR Award

Congratulations to Steve Rowley who received the latest CSCL STAR Award for excellence in his job as a CSCL employee.

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

Steve's nominator wrote this about him:

"Steve does an exceptional job in supporting connection and friendship between individuals who are very limited in their ability to form or sustain positive connections, and who have little to no friendships or unpaid non-familial relationships. Steve has connected three individuals who are all in 1:1 services. All three of these young men are incredibly isolated as a result of their high needs and complex, challenging behaviour. Steve has established his own relationship with each of them, and with their other support workers, and facilitated and encouraged relationship between the individuals with a high level of success.

Pictured (L to R): Shelby Hagel, Nicola Ackerman, Steve Rowley, Brenda Alexander and Simon Wulffraat



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.



CSCL Event

October 12, 2018

Our Annual Community Living Event is moving to Friday night. Hope to see you there, and don't forget to invite family and friends!



The Great BC Shake Out

October 18, 2018 at 10:18am

On October 18 at 10:18 am, millions of people worldwide will practice how to "Drop, Cover, and Hold On" during the Great Shake Out Earthquake Drills!



developing
mindfulness
to increase
resilience

Taking Care of Ourselves Mindfully Workshop

Thursday November 1, 2018

RSVP HR to attend this free workshop and dinner Resilience for Community Living Support Workers presented by Shayna Hornstein



Staff Winter Gala & Dinner

Saturday November 24, 2018

Our biennial Staff Winter Gala & Dinner will be at the Harrison Hot Springs Resort & Spa. Plan now to attend and stay for the night!



CSCL is thrilled to host the BOSTON BRUINS Alumni Tour

Saturday, February 23, 2019 - Prospera Centre, Chilliwack
Get your tickets today!

Chiefs Fan For Life

Hockey season is in full swing, and while nobody can predict whether or not the Chilliwack Chiefs will repeat as National Champions this year, there is one thing they can count on: a group of committed and dedicated fans cheering them on!

One of those fans is Amanda MacDonald, who has been attending every home game for years.

When asked what she loves about hockey, Amanda says it's all about friends and enjoyment. She goes on to explain, "I see people I know like the person who works at the Canteen. I feel happy. I feel included and part of my community."

Amanda is not alone – being a

sports fan is a way to experience belonging that is accessible to anyone and everyone, regardless of ability.



A growing body of research is showing that being a sports fan is not only fun – it is good for you.

People who identify with a sports team experience less isolation and loneliness, and greater levels of self-esteem and positive emotion.

Those beneficial takeaways aren't impacted by whether the team wins or loses either; they are the result of experiencing community membership.

Truly, being a sports fan is one of the easiest ways to build social capital, so get out there and support your team!

"Go Chiefs Go!" says Amanda, "And I will be cheering for the CSCL Chilly Wackers too when they play the Boston Bruins in February. Great jerseys

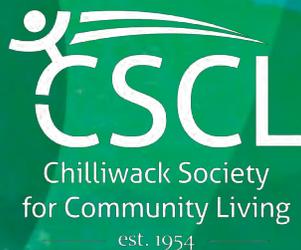
BUT unlike the Chiefs they will probably lose!"

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 Diane Sutton, Aileen Mathews, Julie Unger, Brenda Gillette, Rachael D'Silva, Danielle Cross, Ellen Peters 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.