

Winter 2024 OUT & ABOUT

Community. Connection. Belonging!

Newsletter



Photo of the Year!
Anna Maria Volunteering

CSCL Turns 70!

On January 6th, 2024 CSCL marked 70 years of delivering services.

We can't help but wonder what that handful of families who formed this Society in 1954 would say or think about the organization today.

Could they even have imagined the legacy of innovation that springboarded from their tireless advocacy and volunteerism?

Did they know they were laying the foundation for services that would span the lifetime of children with support needs, and adults with developmental disabilities?

Throughout the coming months we will be celebrating this milestone year with several events. See page 8 for information about the amazing exhibit at the Chilliwack Museum and Archives, chronicling our 70 years.

June 11th will be our AGM with special activities (location tba). We're looking forward to a special summer event and of course our annual Community Inclusion event happening October 25th. We are so proud to work at CSCL and contribute to the continued legacy of innovation and responsive services. Thank you for joining us on this journey to inclusion.



**OUR JOURNEY
FOR INCLUSION**
70 Years of Innovation

CHILLiwack
museum & archives



BRITISH COLUMBIA
ARTS COUNCIL



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Congratulations to Ashley Caminiti who was the winner of CSCL's 70th Anniversary Logo Contest! Many thanks to everyone who participated. There were some excellent and creative submissions, and it was a very difficult choice for the selection group.

Ashley's entry will be used to represent CSCL's 70th Anniversary in many ways for the rest of the year.

Here is Ashley's Artist Statement:

"The CSCL's Mission Statement and the everyday work I do in our community inspired my approach to drawing the CSCL logo, one I created to represent the dedication to community, equality, diversity, and inclusion of CSCL. These are principles that guide me in the way I support the individuals I do and with my own life, too."

"The logo uses symbolism to highlight the qualities of CSCL, for example, the hand holding symbolizes unity and togetherness with hands up to celebrate 70 years of CSCL. The varying heights indicate equality and the colours, diversity. Finally, the houses indicate the many areas of care and support CSCL provides in the community. I am so grateful to be a part of CSCL and everything we stand for and as such, grateful to be a part of a vibrant, inclusive, and caring community, too."

- Ashley Caminiti

Lori's Advocacy

A few years ago when Lori Eckstein tried using her debit card, it was declined. She soon discovered that the Public Guardian and Trustee had drained her bank account. This upset Lori, who insisted that she was able to handle her own money. She soon learned they had taken the money out of her account because there was more than \$5000 in it. Until that point, she was very proud that she was able to save over \$7000 and didn't feel it was fair that she should have that money taken out of her account because she worked hard to save her money. One of the roles of the Public Guardian and Trustee (PGT) is to 'protect the legal, financial, personal and health care interests of adults who require assistance in decision making.' Lori advocated that she was able to handle her own finances and worked hard to prove that. Lori stated, "I can handle my own money." In early 2023, she began the process of showing the PGT that she could. Through a doctor's evaluation and a series of tests with a social worker, she was able to show that she was financially independent enough to manage her own money. She showed that she could

identify bills in her mail, figure out how much money she would need to pay for a coffee, log into her bank account on her iPad, and transfer money between her Savings and Chequing accounts. When asked why it was so important for her to control her own money, Lori said, "Because I wanted my own money back and to make my own choice. I wanted to do a will and I wanted my choice of rep." She has also shown other self-advocates and support workers that advocacy works. Other individuals have reached out to Lori and her support staff to learn more about her experience, so that they too can advocate for themselves.

Thank you for your advocacy, Lori and congratulations!

Lori Eckstein holds up her letter from the PGT



Caregiving Summit

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A Special Report by CSCL employees, Penny Goryk and Jodie Dessau:

Hello Direct Support Professionals of CSCL!

We had the opportunity to attend a Caregiving Summit in Ottawa in November on behalf of the Canadian Direct Support Professionals Fellows. What is the Canadian Direct Support Professional Fellows you ask? In September of 2022, CSCL's Leadership reached out to see if anyone wanted to participate in Mental Health and Wellbeing of DSP's group with Sue Hutton (facilitator of the DSP Fellows) Canadian Association of Mental Health guidance and the Centre for Canadian Caregiving Excellence backing. We said "SURE"!! We have been attending monthly online meetings with other DSP's from across Canada. Once the DSP definition and terms of reference are completed, we would like to share it with everyone. We will also offer informative Webinar's to all DSP's at CSCL in the new year. In the future, Canadian DSP Fellows will continue to grow and support all DSP's in Canada. Mental Health and Wellbeing is critical for all DSP's in Canada and we would like to advocate for everyone in this field. If you have any questions or comments please do not hesitate to contact us. All the best in 2024!!

Email: penny.goryk@cscl.org

Work Cell # 604 997-1758

Email: jodie.dessau@cscl.org

Work Cell # 778 539 6504



Jodie and Penny in front of the Tomb of the Unknown Soldier in Ottawa

Outreach Memory Guy

They say an elephant never forgets, but the saying should be Braden Adams never forgets! You may have met Braden if you've stopped by CSCL's Outreach office, where he acts as a liaison for the Ministry of Social Development and Poverty Reduction (MSDPR). Outside of his work, Braden is a Memory Sports champion – he is a 5x Canadian champion and currently is ranked 12th in the world on the Memory League's leaderboard. Memory Sports is a recognized sport, with memory athletes competing at national and international levels. Memory athletes use different strategies to memorize and recall large amounts of information, like the order of cards in a shuffled deck of cards. Then they have contests, to see who has the best and most accurate memory. Memory sports is something Braden is very passionate about, and in 2021 he did a charity fundraiser for the Alzheimer's Society of BC, where he attempted to memorize and perfectly recall 70 decks of cards in a single sitting. Braden explains, "I did it

virtually using a popular memory sports software training website and streamed it



live on Twitch so everyone could see what I was doing. The memorization phase took me about 9.5 hours. Then I recalled each deck, which took about 5 hours. Out of 70 decks, I recalled 68 of them perfectly! I had a card swap on deck 5 and another on deck 57. So, out of a possible 3640 cards, I correctly recalled the order of 3636 of them! And I was able to raise money for a charity that is really important to me in the process, which is what really mattered." Braden shares his passion by offering memory training through an online tutoring service. If you are interested in learning more about Braden's memory training service, or about memory sports, please visit his website at <https://www.bradenmemory.com/>

In Memory of Joudelie (Noodle) King



Written by her sister
Rebecca:

In loving memory of our dear Joudelie, a radiant sunbeam soul that brought so much light and warmth to all who knew her. Coming from Haiti to Canada as an infant, Joudelie's story is one of resilience, triumph, and extraordinary strength. In her 20 years on earth, Joudelie consistently proved people wrong. She defied every limitation that was placed upon her. If you told her no, she'd laugh. There wasn't much our Noodle couldn't do!

Her spirit, like a force of nature, radiated warmth and emboldened advocacy and action to change how we see the world and ourselves. Her laughter was so contagious and so perfectly unique to her, that it will echo in the hearts of her community forever; indelible imprints of joy. May her beautiful soul rest in heavenly peace, and may we carry the light she brought into our lives forward, embracing the resilience we all have inside us.

NADSP

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NEWS



As an employee of CSCL - all of us have access to the NADSP "Members" site for 2023. This means you have access to NADSP resources, webinars, material, training discounts, etc.

Check out the email that was sent to all employees recently and see the attached poster with the link to access the NADSP website, where to access the Members section and the shared password.

Or email CSCL's Human Resources department for more information at human.resources@cscl.org



CSCL News!

CSCL's Strategic Planning Meetings were held on January 12 and 13 at the CSCL's REV building. The meetings were facilitated by Dan Collins, Executive Director of Inclusion Langley, and included CSCL employees and Board members. Strategic planning is a process in which CSCL's leaders define their vision for the future and identify their organization's goals and objectives.

CSCL is excited to begin using the latest version of ShareVision called ShareVision 4 or SV4. This new platform was introduced on January 1, 2024 just months after CSCL began using Microsoft 365 for many of its' online applications.

Photo of the Year

Congratulations to Anna Maria Keiner for winning the CSCL Photo of the Year! The photo also graces the newsletter cover.

Anna Maria submitted the photo with help from her support staff at Explore, Ellen Peters. The photo depicts Anna Maria gently holding a cat while volunteering at Chilliwack's Cat Haven. Her winning submission read:



Anna Maria loves giving back to her community by volunteering her time to Chilliwack Animal Safe Haven. She not only helps to keep the cats home safe and clean, but showers them with lots of love and affection while they wait for their forever homes.

Inclusion Exhibition

CSCL was first established in 1954 so this year marks our 70th Anniversary!



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70 Years of Innovation

CHILLIWACK
museum & archives

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inclusionBC

To help commemorate this milestone, CSCL is cohosting an exhibit called, Our Journey for Inclusion: 70 Years of Innovation, developed in partnership with the Chilliwack Museum and Archives and Inclusion BC. The exhibit will be displayed at the Chilliwack Museum and Archives (45820 Spadina Avenue) from January to June 2024.

There was a special "Opening Night" on Thursday, January 18 and to help enrich the exhibit, there is artwork displayed that explores the theme "Wholeness" - the principle that people with diverse abilities are whole and valued, and the importance of embracing disability as part of a person's identity as a source of empowerment.

People First Update

Matt Yeomans is the outgoing President of the Chilliwack Chapter of the People First Group.

Matt gives us this update:

"I am attending a 15 week course with the BC Mental Health & Addictions to become a Peer Support worker. I also work with CLBC as a community connector. My role as a community



connector is to help people beat loneliness and help people with diverse abilities build more strong and positive connections. This will help people to have a better quality of life in our community."

Board Update

CSCL's Board of Directors is elected by the Membership every year at the Annual General Meeting (AGM).

The Board had a full Fall Session with three monthly meetings and two Finance Committee meetings. Oversight of the organization's finances are a top priority as the funding

models have not kept pace with the cost of delivering services. CSCL's Executive Director and Director of Finance provide regular updates to the Board on the status of local and provincial advocacy for adequate funding.



Mike Robinson, CSCL President

The December meeting included a seasonal celebration with an invitation to the Leadership Team members, who provided service updates and

individual stories from their

respective departments. The Board began the new year with two days of Strategic Planning (January 12 & 13), including a review of CSCL's Mission, Vision, and Values.

Child & Youth News!

CSCL's Child and Youth Services is excited to announce it is now an After School Licensed program for children aged 6-12.

Starting September 2024 we will be offering 10 places per day for afterschool care for anyone in the community!

More information to come!





A Festival of Trees

CSCL employee, Cheryl Granade, has a daughter who is a manager at the Coast Hotel and knows many of the individuals supported by CSCL. She asked Cheryl if any individuals would be interested in participating in this year's Festival of Trees. The Festival of Trees is a showcase at the hotel of Christmas trees decorated by various community member groups.

Cheryl inquired with other CSCL services and after consultation with individuals, staff, and managers it was decided that the services ACE, Vedder, THRIVE, WAVE, Britton, OASIS and REV would participate.

They were given 2 months to think of a theme and handmade the main ornaments for the trees. They then went to the Coast Hotel on a scheduled appointment to decorate and enjoy a hot chocolate and a cookie provided by the hotel.



L to R: Andy Chapman, Larry Smith, Bev Arkell, Robin Rodin and Lisa Coles from OASIS help out decorating their "winning" tree

Once all the trees were decorated the voting began. The hotel guests, hotel staff and all community members were encouraged to vote. People were also encouraged to bring in donations to support the Salvation Army. The group that had the tree with the most votes would win a Pizza party at the hotel. The winner of the Pizza party turned out to be the group from CSCL's Oasis service.

As Cheryl said, "I really believe this

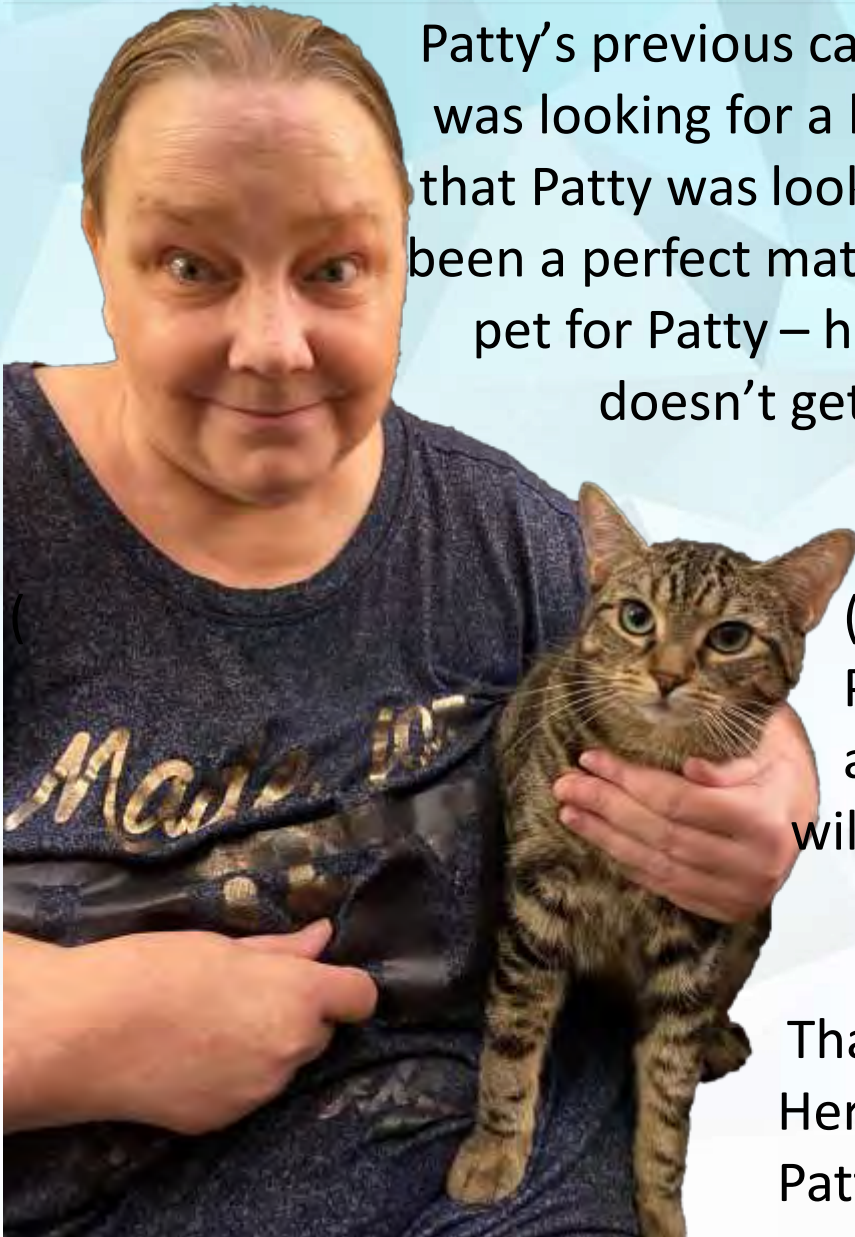
was a wonderful opportunity for us all to participate and to be seen in our community having

fun and being creative with the goal to help people in need in Chilliwack. I would like the individuals and staff to know that their gesture of help for the Salvation Army was appreciated and enjoyment and festivities of watching each tree come together was enjoyed by the hotel staff and guests. Each tree was beautiful!"

Patty's Purrfect Pet

Hercules is a one-year-old tabby cat (born August 6th) who shares his life with Patricia "Patty" Cook. Patty has always loved cats and was missing her old kitty Sasha when she decided she was ready for a new feline friend and heard about Hercules. Hercules had belonged to Patty's previous caregiver's sister and he was looking for a home at the same time that Patty was looking for a new cat. It has been a perfect match. Hercules is the ideal pet for Patty – he has a quiet meow, he doesn't get under foot and trip her, and he loves watching TV with Patty! (he also loves catnip). Patty's favorite thing about Hercules is that he will meow at Patty and it is like he talks to her.

Thank you for sharing
Hercules with all of us
Patty!



CSCL By The Numbers:

1 2 3

As of January 1, 2024

of
Individuals

Supported:

508



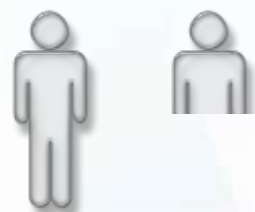
of
Employees:

390

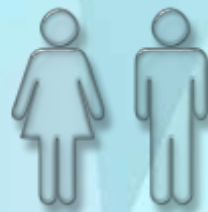


of
Active
Caregivers:

136



39%



60%

1% Self Describe



0-18	19-29	30-49	50-64	65+
33%	28%	26%	6%	7%

Serving Communities in:

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



CSCL is
100%
Non-Profit

10
Services

56
Service/Program
Options

ONLINE PRESENCE:



2105 Followers



768 Followers



17650 Views



544 Followers

CSCL Reports

Measuring Up!

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

CSCL H&S Report:

Emergency Response Drills are conducted by all Services throughout the year. The Emergency Preparedness Committee reviews all Emergency Drills. CSCL's Emergency Preparedness Plan indicates the frequency that each drill should be conducted. CSCL's Emergency Drills Overall Compliance for 2023 was 85%.

CSCL will review the overall process and determine efficiencies and ways to increase overall compliance



STAR Award

Congratulations to Kara Delorme (centre) who received the latest CSCL STAR Award from Executive Director, Julie Unger and Manager, Nicole Sydor. The STAR Award was created to recognize employees for excellence in their job as a CSCL employee. Kara's nominator(s) wrote:

Kara supports an individual to grocery shop who loves to pick out items and visit the store. The staff there are fantastic and have come to recognize the individual on a first name basis. So much so that Christmas gifts were exchanged. Kara took it upon herself to recognize these wonderful staff too. Kara has demonstrated the importance of building non-paid connections with the staff at our local grocery store. By doing so, this builds the individual's social capital.



Caregiver Award

Congratulations to Diane Tietcheu (Left Photo - presented by CSCL Manager, Christine Toop on her left) and Kelsey Luinge (Right Photo - presented by CSCL Manager, Danielle Cross on her left) who received the latest CSCL Caregiver Recognition Awards for their outstanding service to the people they support.



CSCL Events...



BINGO Wednesdays!

Did you know about ZOOM BINGO?

Come join us for BINGO every Wednesday, hosted by the gang at Vanmar! Email them for more details!



Zoom into Connection!

Have a great idea for a Zoom activity?

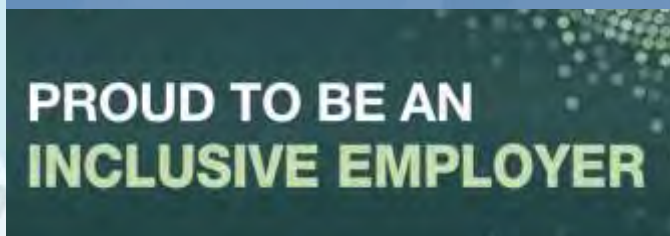
Send us your ideas to help everyone stay connected to community, family and friend!



Career Fairs

January to April 2023

CSCL will be participating in Career Fairs hosted by the University of the Fraser Valley and Sto:lo Nation.



Inclusive Employer Luncheon

April 2024

CSCL's Employment Services will be once again hosting their annual Recognition Event!



Sunshine Community Garden

Spring 2024

Get connected with the Sunshine Community Garden! Register now for the 2024 Growing Season!



NAOSH Week

May 2024

Time to focus on the importance of preventing injury and illness in the workplace, at home and in the community.



Annual General Meeting

June 2024

CSCL will be hosting our Annual General Meeting in June 2024. More details to come!

"Tommy's Choice Dog"

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CSCL's LIFE staff had the opportunity to attend a customized/self employment training session in October of 2023. One of the presenters of self employment was Mr. Ryder Newhouse, who founded Tommy's Choice Dog Cookies. Along with his mom and grandparents Lillian and Maxwell Newhouse, Ryder put his love for dogs to making healthy dog cookies. When LIFE staff heard their presentation, a discussion was had on how CSCL could be involved to help the Newhouse's need for more production and to meet the current sales levels. After a few meetings and discussions with LIFE and Early Risers participants, LIFE staff began work as a production team in making Tommy's Choice Dog cookies. Participants receive pre-made cookie dough for dogs and then roll, cut and bake delicious and healthy dog cookies. After baking the cookies, they are then put in a dehydrator for 13 hours. The cookies are then picked and packaged and ready for sale. Two participants joined the sales team at the local Christmas Craft market on November 18, 2023. Dog Cookie sales were brisk and the sales team had a blast interacting with attendees. LIFE staff have now been approached by Lillian and Maxwell Newhouse about having a Dog cookie sales stand in the CSCL office where people can purchase dog cookies with partial proceeds going to CSCL. The dog cookie partnership continues in 2024. A very exciting venture for all involved.



Chilliwack Society For Community Living

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

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Chilliwack, BC
Phone 604-792-7726
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, Natalie Karam, Dan Celella, Cheryl Granade, Danielle Cross, Ellen Peters, and Aileen Mathews for their contributions to this edition. And, of course, to Anna Maria Keiner for gracing our cover! CSCL would like to acknowledge the recent passing Ed Bryan, Eric Fiedler, and Linda Doyscher.

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.