



**Community  
Integration  
Services  
Society is  
committed to  
enabling  
individuals  
with  
disabilities to  
become active  
members of  
their own  
communities**



*Sarah and Andrea outside at CISS's Port Moody Office*

### **In this issue...**

From the Executive Director's Desk.....	2
Health and Safety Committee Update.....	2
What's New.....	3
Helpful Hints.....	4
Consumer Profile: Spotlight on Kathy.....	4
Wendy's Websites.....	5
Thoughts, Art and Storytelling.....	6
Announcements.....	7
Obsessive Compulsive Disorder.....	8
Welcome to Holland.....	9
Recognition.....	10

## **From the Executive Director's Desk** **The Status of Individualized Funding - By Glenn Campbell**



*CISS's Annual General Meeting*

Individualized Funding (IF) is an allocation of public funds that are given directly to an individual/or representative to meet disability-related needs.

IF supporters backed the Interim Authority Community Living British Columbia Board's (IACLBC now CLBC) vision of expanding flexibility and choices available to allow for innovative, creative and flexible supports. IF, which is viewed as a joint project between the Ministry of Children and Family Development (MCFD) and Community Living B.C. (CLBC), was to be implemented in two stages and run until March of 2004. Unfortunately, a number of issues arose regarding tax implications which involved the Canada Revenue Agency. It was viewed as possibly taxable earnings. As well the implications regarding the "un-bundling" of service contracts and the stability of the service sector additionally stalled the process.

CLBC still remains committed to increasing the choices and flexibility that individuals and families want. They are currently contacting all individuals who applied to participate in IF with the aim to meet their needs through individualized planning. CLBC states that it is making a concerted effort to create options that promote and maximize services. They support an individualized, person-centered planning approach which they hope will increase opportunities for funding portability for individuals when it is needed.

## **Health and Safety Committee Update**

### **Tara of Inlet Enterprises**

The Health and Safety Committee began meeting in July of last year. Like all new committees, it has taken time for the members to become accustomed to their new roles and to determine priorities. Some of our members have changed. Anna (IDS-Leisure) is no longer on the committee and we have gained two members, Lisa (IDS-Port Moody) and Trisha (IDS-Leisure). We thank Anna for her contribution while she was on the committee and welcome Lisa and Trisha to the team.

Recently, safety inspections were conducted at all three CISS offices by the Health and Safety Committee members. We have reviewed all of the inspections and have determined that there are many changes that will need to take place at all the sites. The challenge is that CISS is planning a location move in the near future and must consider the costs and priorities of required changes. However, staff and consumers will observe small changes taking place immediately that will make their working environments safer.

On the agenda for our next meeting is to establish a system of safety drills. Some of our sites need to begin conducting regular drills and while some of our sites do fire drills, it is time to include bomb threat drills and earthquake drills to the schedule. It will help us learn and be ready for other emergencies. We are also researching where staff and consumers will be able to seek shelter in the community in the event of an emergency.



# What's New?

## At the Port Moody office... - By Laurel

In this newsletter we have had a lot of things going on. John celebrated his 30<sup>th</sup> birthday at Montana's restaurant with some of his peers and staff. Rae took a vacation over the Christmas break to Disney World. The Kyle Kitchen volunteers made a big turkey luncheon for the seniors at the centre to enjoy. Many thanks to Lee and the rest of the people who volunteered prepping and serving the lunch. Kyle Kitchen program is run in cooperation with Kyle Centre and CISS. The Kyle Kitchen program is a program in which some of the consumers at CISS volunteer weekly to make an affordable lunch and dessert to be sold to the local seniors every Tuesday afternoon. The consumer Christmas party was a huge success. Lots of consumers and their families turned out to enjoy a turkey dinner, dancing and socializing at the Executive Inn in Coquitlam.

On December 20<sup>th</sup> the CISS Drama Club put on The Wizard of Oz play at the Kyle Centre for their peers and families. Thank you to Stephan for all his hard work organizing and setting up for this event. Drama Club took a break after the play for Christmas break and has since restarted. The Drama Club is always looking for new people to join and for new opinions and ideas on how we can make Drama more fun and exciting.

In November/ December IDS was lucky to get a practicum student from Douglas College, Beatrice. Beatrice spent 5 weeks at IDS reorganizing and cleaning up our Kyle Kitchen books. Beatrice finished her practicum here and is now working at CISS as a new addition to our relief staff. Welcome Beatrice.

IDS had another practicum student from Douglas College Community and Classroom Support program after Christmas. Loni spent 5 weeks with us organizing and cleaning up our Coffee House books. She has since completed her practicum – we wish her luck in her future endeavors. Congratulations to Rae for getting a new position doing the finances for the Kyle Kitchen program.

We wish Andrea well on her new venture. She will be working at an orphanage in India helping out with the tsunami relief effort. Welcome to our new staff Ramon who has been hired into a full time position, and Jessica who has transferred from Inlet. They will both be joining Wendy's team.

## At Inlet... - By Mary Joy

A warm welcome to George who is transferred to Inlet Enterprises from Individualized Day Services and a fond farewell to Bruce who left Inlet, you will be missed. Russell continues to plug away at school and at Kyle Kitchen with his peer Derek. The Drama Club has finished their performance of the Wizard of Oz and the Garden Program will be starting up once again. As the consumers age, we are adapting new programs which are proving to be successful. Out with the old and in with the new! Some programs have been passed on to others and new ones developed. Bravo to the team for working so well together to make these changes successful.

## In North Vancouver... By Christina

Lots of changes have been afoot at the North Van office. After seven years of employment at CISS, Rosemary has decided to move on to new experiences and opportunities. Lenka B., with us just a brief four months, has also decided to move on to new challenges. We wish them both the best of luck in their future endeavours.

Welcome a new face, Gillian. Gillian has worked with some of our seniors in the past in a home care worker capacity and we are pleased to have her join the North Vancouver staff team. Another welcome to Rozmeen V. who joined our program in January 2005 and currently attends one day a week.



# Helpful Hints

## Dealing with the Winter Blahs!

by Pam



1. Open blinds, curtains and let the natural light in. Sit by a window whenever possible.
2. Eat more hot stews and soups as they are comforting and nourishing.
3. Go outside and appreciate the great outdoors. Take note of nature and the landscape and begin to really appreciate its beauty.
4. Exercise, as much as you may not want to. Try a new fitness class, go walk on the beach, find a new hiking trail or join a league or club. Doing it with a friend makes it easier and more enjoyable.
5. Surround yourself with “sunny” people. When you connect with positive people that appreciate you, you will feel good about yourself.
6. Buy a tropical plant for your home or office. It will remind you of a tropical location and lift your spirits.
7. The color orange is cheerful. Incorporate the color orange into your day either by wearing orange or having something orange near you in your home, office, or car.
8. Turn off the T.V., stereo or computer and light some candles and stare at the flame for a minute or two. Then close your eyes and relax to relieve stress and enjoy the peaceful silence.
9. Massage, either done by a professional or at home, is another way to bring warmth and serenity to your body. Warm scented oil in the microwave slightly and use long strokes for the limbs and circular strokes for the torso. Don't forget your temples, scalp, fingers and toes.
10. Get rid of clutter and organize your home. Donate to the needy and less fortunate and you will feel an inner glow.



## Consumer Profile

### Spotlight on Kathy By Carolyn

Kathy has been with Inlet Enterprises since it's inception in 1990 and will be celebrating her 60<sup>th</sup> Birthday this year.

During her time at Inlet, Kathy has been actively involved in various community volunteer positions. For 4 years Kathy volunteered at Art Knapps in Port Coquitlam, where she was responsible for watering plants on a weekly basis. Kathy also volunteered her time for 2 years doing the Costco shopping for the Cameron Centre Seniors program. She participated in shopping for individual seniors in the Safeway Senior's Shopping Program at the Burquitlam location. Kathy has received various awards of commendation for her participation in these programs.

Kathy has been involved in the Drama Club. In December she played the part of Aunt Em in the CISS production of “The Wizard of Oz”. Kathy regularly attends the Coffee Houses at Eastburn Community Centre and Place Maillardville where she enjoys the lively music and socializing with her many friends, peers and staff. Another pastime Kathy enjoys is looking at photo albums and reminiscing about the past events.

Kathy moved into a new house in 2003 to accommodate her changing needs and has adapted well to her new surroundings, roommates and staff. On March 23rd 2005 Kathy retired from Inlet Enterprises.

# Fantastic Food

## Breakfast Beverage by Brenda C.

### Ingredients:

- 1 cup of mixed fruit
- Brenda uses (Costco frozen fruit salad)
- ½ cup fresh or frozen mixed berries
- 2 cups soya milk (vanilla)
- ½ cups non-fat vanilla yogurt
- 1 medium banana



“Time flies like an arrow.  
Fruit flies like a banana.”□

### Directions:

In blender mix yogurt, banana and 1 cup of soya milk together at medium speed until smooth. Then add other fruit on high speed. If you need more soya milk at the end for a really smooth shake add the rest of the soya milk.

\*\*Add different fruit to your taste and add your favorite flavor of soya milk. \*\*

\*\* Other ideas: add protein powder, wheat germ etc. Enjoy your healthy shake. \*\*



## Wendy's Websites

JUMPSTART'S REALITY CHECK. Here it is! You're on your own now. What kind of lifestyle do you want? Answer these few basic questions and we'll give you a Reality Check. Good luck..you're gonna need it. If you have teenagers or young adults in your family or know one, send him or her over to take the short quiz. It asks what necessities or luxuries the teens or young adults will expect when they are on their own. Then, for the wakeup call, this program calculates how much in wages - and education - would be required to maintain that standard of living. A real eye-opener. FYI, it's from the States, so some prices will seem unrealistic here.

[http://www.jumpstart.org/madmoney/pgv\\_money\\_rc\\_form.html](http://www.jumpstart.org/madmoney/pgv_money_rc_form.html)

The Board of Community Living BC and the Ministry of Children and Family Development recently presented their new Service Delivery Model for Community Living Services. This model expresses the “meat and potatoes” of how community living services will be administered in the Province once Community Living BC takes over this summer.

The coalition is concerned about a number of areas where the model has moved from its original intentions and would like to gather your feedback. Please read the document and send your comments, feedback or questions to:

[feedback@communitylivingcoalition.bc.ca](mailto:feedback@communitylivingcoalition.bc.ca)

Some of the specific concerns we have with the new service model are:

- New model is more service and bureaucracy focused - rather than community and family / individual driven.
- Increased bureaucracy with two managers in each community living centre.
- Decreased autonomy / independence for planners.
- No mention of Individualized Funding.

You can read the presentation on the service model on the coalition website here:

[http://www.communitylivingcoalition.bc.ca/PDF/transforming\\_cls\\_jan05.pdf](http://www.communitylivingcoalition.bc.ca/PDF/transforming_cls_jan05.pdf)

A Vela Microboard is formed when a small group (micro) of committed family and friends join together with a person with challenges to create a non-profit society (board). Together this small group of people address the person's planning and support needs in an empowering and customized fashion. A Vela Microboard comes out of the person-centred planning philosophy and is therefore created for the sole support of one individual.

<http://www.microboard.org/>

The Motion Picture Theatre Associations of Canada and the National Advisory Council of Disability Organizations have developed a program that will provide discounted admission to the support person accompanying a person with a disability to member movie theatres across Canada.

<http://access2.ca/>



*Mike, looking ready for adventure.*

## Mike's wish

By Mike and Jobie

It has been Mike's dream his whole life to be able to take a trip to Newfoundland to visit his grandfather. In order to make his dream a reality

Mike and his support staff at CISS have put together a fund raising program. This program started with a letter writing campaign to all different organizations asking them if they can help him reach his goal. The cost for the trip will be airfare, accommodations, car rental, and food for Mike and his support staff. Mike would like to achieve this goal by September 2005. The estimated cost of this trip is \$4000.

To date, Mike has already raised a total of \$550.00 courtesy of the Knights of Columbus. Mike would like to thank them for their generosity in helping to make his dream come true.

Any donations can be received for Mike by contacting the organization at 604-461-2131 ask for Jobie or Shari.

## Favourite Quote

By Bruce

To be different is to fight the most difficult fight there is, and continue fighting for the rest of your life.

-Author unknown

## Book Review

**A Child Called "It" - One Child's Courage to Survive**

**Author: Dave Pelzer**

**Review by Brenda P.**

This is the true story of Dave Pelzer when he was a child. He was brutally beaten, starved, and forced to endure unpredictable games by his mother, who was an alcoholic and unstable. Dave became a slave to his mother, not a son but an "it".

Over time Dave had to learn how to outwit his mother to survive. No one knew in the outside world that this boy was being abused other than his father, who eventually left the family because he couldn't take the abusive situation. I don't usually read about abuse of any kind but once I started reading this book I didn't want to put it down until I found out that this little boy named Dave survives.

It was written that this was the most severe child abuse case in California history. Dave Pelzer also wrote another book which I haven't read. It's called *The Lost Boy*.



## Happy Birthdays

for the Months of January, February,  
March and April at CISS!

Kathy	Laura S.
Christina	Margaret
Greg	Lee
Dan	Adam
Nishi	Nicole
Shelley	Kimberly
Kristen	Kirsten
Jessica	Beatrice
Lenka	Rosella
Wendy V.	April
Shannon	Brenda C.
Mary H.	



*John seems to contemplate life here at his 30th birthday party held at Montana's Grill in December 2004. Happy birthday John!*



## Garage Sale

By Kim

Recently Shelley had her Individual Service Plan meeting at CISS. During the meeting Shelley expressed an interest in learning some new skills that would aid her in obtaining work in a retail store dealing directly with customers. Even though Shelley has great work habits which she uses each week at her volunteer job at Share Society she still feels the urge to get out on the floor and barter with the customers. To make Shelley's dream come true we have made a plan to organize a CISS garage sale with Shelley being in charge of the planning, organizing and of course the pricing of the items. Shelley has generously offered the revenue generated from the event to the CISS fundraising area. Shelley and her support staff Kim will be looking for gently used items, volunteer workers and a good space to hold the event which we hope will take place in the fall of 2005. For any interested people please contact Kim or Shari at CISS at 604-461-2131. Keep posted for more information as the summer approaches.



# Obsessive Compulsive Disorder

By April

Obsessive Compulsive Disorder, commonly known as O.C.D., is a disability that presently affects 2-3 % of the population. In British Columbia alone, an estimated over 1800 people have been diagnosed with this disorder. The disorder in its truest form manifests itself through intrusive and invasive thoughts or obsessions that consume an individual's time adversely affecting their ability to function in daily living. To rid themselves from these constant thoughts the individual begins to create compulsions or repetitive rituals to lessen the feeling of anxiety. These coping mechanisms developed give reassurance to the individual but in turn directly interfere with the disorder, producing a repetitive cognitive pattern of thought – compulsion that the individual feels compelled to adhere to. In today's society, with its fast pace and high stress it is quite common for people to adopt strict routines and controlling lifestyles as coping strategies to assist with their day to day schedules. However helpful these developed behaviors may be, they are in fact, frowned upon by society and seen as controlling and uptight, being labeled as compulsive and obsessive. But it is when these stressed related behaviors dominate an individual's time for more than two hours or more in a day that a clear diagnosis of O.C.D. can be actually determined.

The cause of O.C.D., to date, is not known but research has found it to be multi-determined, having biological, social and psychological links. Onset of the disorder generally starts in late teens to early twenties, a crucial time of self esteem and self image development for any young adolescent, leaving many to feel shame from having the disorder, left to suffer untreated for years. As the disorder goes untreated, many individuals do not seek the treatment necessary to manage the disorder while others go unaware of their compulsions. In the end it is a family member who tries desperately to alleviate the stress of the disorder by assisting the individual in coping with their compulsions, only to finally realize the need for assistance in order to regain and maintain a healthy lifestyle.

Successful managing and treatment for O.C.D. is of both a medical and psychological nature. The most successful of the medications tried for the disorder have been found to be the SSRI's - Selected Serotonin Reuptake Inhibitors allowing gradual increments of serotonin to be released in the brain. Serotonin, the chemical responsible for controlling an individual's sleep, appetite and general moods is what is known for its deficiency in the brain with this specific disorder. These medications have been found to be effective when used with individuals diagnosed with O.C.D., giving a 70% of symptom relief to its users after a one year trial period. The second form of treatment used in combination with the above medications is called cognitive behavioral therapy. This form of treatment is one that addresses the disorder in a two step stage. Firstly, it exposes the individual to their anxieties or stimulus; and secondly, known as response prevention, teaches the individual to face the fear of the anxiety and refrain from completing the compulsion that follows. This repetitive exposure and response is thought to desensitize the individual to the fear thus lowering the individual's anxiety over it in time. This treatment is done in a series of 10 – 20 appointments and is presently being offered to individuals at the Anxiety Disorder Clinic at the University of British Columbia. Though this form of psychological treatment has been very successful at the Clinic it is not widely available throughout the province leaving many to succumb to the long wait lists that accompany such a newly researched treatment.

Information gathered within this article came from an evening workshop that some of the CISS staff team attended in January 2005. The presenters of the workshop were: Dr. Chodkiewicz, Psychiatrist at St.Paul's Hospital & Dr. Jacobi, Psychologist at U.B.C.

# WELCOME TO HOLLAND

by Emily Perl Kingsley.

©1987 by Emily Perl Kingsley. All rights reserved

I am often asked to describe the experience of raising a child with a disability - to try to help people who have not shared that unique experience to understand it, to imagine how it would feel. It's like this.....

When you're going to have a baby, it's like planning a fabulous vacation trip - to Italy. You buy a bunch of guide books and make your wonderful plans. The Coliseum. The Michelangelo David. The gondolas in Venice. You may learn some handy phrases in Italian. It's all very exciting.

After months of eager anticipation, the day finally arrives. You pack your bags and off you go. Several hours later, the plane lands. The stewardess comes in and says, "Welcome to Holland."

"Holland?!" you say. "What do you mean Holland?? I signed up for Italy! I'm supposed to be in Italy. All my life I've dreamed of going to Italy."

But there's been a change in the flight plan. They've landed in Holland and there you must stay.

The important thing is that they haven't taken you to a horrible, disgusting, filthy place, full of pestilence, famine and disease. It's just a different place.

So you must go out and buy new guide books. And you must learn a whole new language. And you will meet a whole new group of people you would never have met.

It's just a different place. It's slower-paced than Italy, less flashy than Italy. But after you've been there for a while and you catch your breath, you look around.... and you begin to notice that Holland has windmills....and Holland has tulips. Holland even has Rembrandts.

But everyone you know is busy coming and going from Italy... and they're all bragging about what a wonderful time they had there. And for the rest of your life, you will say "Yes, that's where I was supposed to go. That's what I had planned."

And the pain of that will never, ever, ever, ever go away... because the loss of that dream is a very very significant loss.

But... if you spend your life mourning the fact that you didn't get to Italy, you may never be free to enjoy the very special, the very lovely things ... about Holland.

## Family Support Institute

The Family Support Institute is a province-wide organization whose purpose is to strengthen and support families faced with the extraordinary circumstances that come with having a family member who has a disability. We believe that families are the best resource available to support one another. Directed by families, the Family Support Institute provides information, training and province-wide networking to assist families and their communities to build upon and share their strengths.

Wendy Langridge recently attended the Family Support Institute's annual training weekend with other parents throughout BC. The training provided is enabling parents to better support other families in their own communities.

Call 604 875 1119 for more information.



# THANK YOU!

## Donation

**To Red Cross for Tsunami Relief**  
**By Bryan**

On December 26<sup>th</sup> 2004 an earthquake measuring over 9.0 in magnitude occurred deep below the Indian Ocean. The resulting tsunami left hundreds of thousands of people dead and many more missing. Watching the events unfold on television, millions of people across North America were touched and felt it necessary to help in some way. One individual in particular was Ed. He has spent the past year collecting bottles, cans and juice boxes for his recycling program. At the end of 2004 Ed had saved over \$27 from returning the bottles and cans. When the staff at Inlet learned that Ed was planning to donate his hard earned recycling money they decided to chip in and match Ed's donation. On January 27<sup>th</sup> 2005 Ed donated \$53.26 to the Red Cross for their Asian tsunami relief fund.

## Special thanks

to Kristen Keighley-Wight for her contribution to our newsletter and website. Kristen designed our current newsletter format and played a pivotal role in getting our website up and running.

Thanks Kristen!

## Parent Group

We wish to thank Lori Emanuels for coming out from Vela Microboard Association to talk to some families. She met with us on March 30<sup>th</sup>, 2005 and talked about Microboards and to inform the parents. The families had lots of questions for her, and we appreciate the time she took in answering them. We hope to continue to have other people to come in for future parent group meetings.



*Russell hard at work putting recyclable materials in the bins.*

## Volunteer Recognition

Throughout the months of November, December and January participants at CISS donated 308.6 hours of their time volunteering at the following jobs: Housekeeping 411, computer cleaning I.E., Kyle Kitchen senior lunch program, Java with Friends Coffee House, Wildlife Rescue, Queen's Park Hospital, Arch Bishop Carney recycling program, Lady of Fatima Church, Share Society, Calvery Church, Coquitlam Community Garden and Rogers Video.

**Great Job Everyone!!**



# CISS COFFEE HOUSE



COME JOIN THE FUN!

**Location:**  
Place Maillardville  
1200 Cartier St.  
Coquitlam



## Java with Friends



**Time:**  
Thursdays  
12:15 - 1:30 p.m.

**Cost:**  
\$2.00 admission

concession also available  
(coffee, pop, chips)

*Live Music*

*Door Prizes*

*Dancing*

*Opportunities to  
Socialize*



*Brad, rockin' as usual at Java with Friends.*



*George and Todd hanging out at Java with Friends.*

**We need your support**

Please support CISS by donating to our 2004/2005 fundraising campaign.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_

Enclosed is a cheque or money order (made payable to Community Integration Services Society) for the amount of:

- \$25     \$50     \$100     other

Your charitable receipt will be sent to the above address.

**Thank you for your contribution!**

Members of the Newsletter Committee include: Wendy Langridge, Bruce Hansen, Trish Roarty, Lisa McCallum, and Laurel Shaw

Layout by Bruce Hansen

Hey!! Are you interested in our newsletter? Would you like to contribute? We are always looking for new articles or information that you might want to share.

If you would like submit a piece for the next edition, e-mail Wendy at: [wendy.langridge@communityintegration.org](mailto:wendy.langridge@communityintegration.org)

**Community Integration Services Society**

**IDS - Port Moody**

#205 - 3003 St. Johns Street  
Port Moody, BC V3H 2C4  
Ph: 604.461.2131 Fax: 604.461.4443

**Inlet Enterprises**

#202 - 504 Cottonwood Ave.  
Coquitlam, BC V3J 2R5  
Ph: 604.931.4554 Fax: 604.931.1690

**IDS - Leisure**

#1 - 1583 Pemberton Ave.  
North Vancouver, BC V7P 2S4  
Ph: 604.986.1511 Fax: 604.986.4455

[www.communityintegration.org](http://www.communityintegration.org)

**Community Integration Services Society**

205 - 3003 St. Johns Street  
Port Moody, BC  
V3H 2C4