

Summer 2020

OUT & ABOUT

Community. Connection. Belonging!
Issued July 2020

Newsletter


Chilliwack Society
for Community Living
est. 1954



Did you know...

- **Matt MacKay (pictured above) was recently featured on CTV News for his celebration for working at the Chilliwack RCMP for 10 years. "I hear that" Matt said as the parade for him rolled by his house.**
- **Matt also represented CSCL back in 2006 when he travelled to Africa for the Climb for Community Living – Mount Kilimanjaro Tour as a public awareness and fundraising initiative designed to support personal growth and achievement, and promote inclusion.**



OH&S COVID Task Teams

As we enter the fourth month of living in and responding to a pandemic we are extremely grateful for the diligent efforts of CSCL employees and caregivers in keeping people safe. We can also see the impact of the restrictions on individuals, families, caregivers and staff. As the province moves to “reopen” services, CSCL is in the process of examining our response and ability to expand activities that were previously reduced. A multi-pronged approach is being utilized to ensure consideration of all directives and guidelines from the province with a specific eye to the needs of each individual.

CSCL has identified ‘Task Teams’ for each Department (Home Share, Staffed Residential, Child & Youth Services, Community Inclusion Services and Outreach) to assess daily work routines and work sites to ensure the necessary protocols are in place. This includes things like limiting the number of people in a building at a time, installing additional hand sanitizing stations, putting up temporary room dividers, adding visual cues and posters and enhancing written directives such as sick policies. At the same time we are developing plans for CLBC to address how we will expand our services that were reduced during the first phase of the pandemic; Community Inclusion and Employment Services; and safely increase access to activities and services for people in group homes, home share, or supported living. While we have broad strategies that the organization is implementing, the decision about specific activities will come down to individualized planning: what is recommended and safe for one individual may not apply to the next. Our Child & Youth Services are also gearing up to deliver summer programming that looks different than past years. Each service manager has been or will be in contact with individuals, and families/caregivers impacted to discuss individual needs and collaboratively make decisions moving forward.



CORONAVIRUS
COVID-19

Cooking Club

Cooking up creative ways to stay connected...



We know social connection is essential to our mental and physical health. Studies show a healthy social life and social network has a greater impact on health than exercise, obesity, or smoking. With the pandemic and the need for physical distancing, many of the people we support are at great risk of isolation and loneliness. CSCL recognizes the importance of staying connected, and our employees and caregivers have been coming up with many creative ways to help people stay connected while we have to be apart.

One of the ways we are keeping people connected is through providing supports via Zoom. Zoom is an accessible, free platform that allows people to “meet” virtually through video calling. There have been Zoom parties, Zoom Bingo, and even Zoom Zumba. One of the most successful Zoom supports, however, has been the Outreach Cooking Club.

Prior to the pandemic, CSCL’s Outreach services offered in-person cooking clubs for individuals. Individuals would share the costs of the groceries for a meal they would then prepare together with staff support. It was a cooperative group activity and extremely popular, as cooking club provided both a social opportunity and an affordable freezer-meal for individuals to take home. Anna-Maria (above) shows off some tasty creations! When the pandemic meant stopping group activities at CSCL, Bojana Ostojic of the Outreach team was quick to come up with a way to continue cooking club safely. Each week, the cooking club meets over Zoom and cooks together. Initially, Bojana purchased ingredients and dropped them off to participants, along with the recipe. However, as things have evolved, she has adjusted the process. Now, participants take turns choosing a recipe for

the week, and they shop for their own ingredients. They then “meet” over Zoom and cook together. Over time, they have expanded beyond the original cooking club members and invite other Outreach participants to take part. Along with cooking club, Bojana recently hosted a Caring About Food Safety course, which several people took part in and received their certificates for. When asked what is most rewarding about supporting cooking club over Zoom, Bojana says, “seeing how easily adaptable people are in terms of finding new ways to connect to one another. I appreciate our cooking club ladies being open to having a virtual cooking club, rather than an in person group activity.”

Thank you to Bojana, and all the other staff, caregivers, individuals, and families who have been committed to finding creative ways to stay connected and support one another.

Bees!



What's the Buzz?

Anyone visiting the Sunshine Community Garden on Sunshine Drive lately will have noticed a new addition, two honey bee hives! These were provided by Allan and Lorna Hergesheimer, owners of the Happy Homesteader in Mission. They graciously donated all the bees, hives and maintenance time.

Q: How did you get involved with the Sunshine Community Garden?

A: I reached out to all the community gardens in the Fraser Valley to offer them bees and they accepted.

Q: What kind of bees are in those hives?

A: Those are honey bees.

Q: What are the differences in types of bees?

A: If people want pollination they probably go towards a mason bee. A lot of people are scared of honey bees, but they are actually very docile. I try to get people over the stigma of honey bees. Honey bees will pollinate all summer long. With mason bees you usually have early, late and leaf cutter mason bees.

Q: What does hive maintenance look like?

A: Typically you do some maintenance every couple of weeks, checking for diseases, etc. Too much moisture can be an issue. We usually supplement their diet with dry sugar in the winter.

Q: What else does the Happy Homesteader do?

A: Lorna teaches classes. Due to the pandemic, we are currently offering our classes online in cheese-making, sausage-making, tomato canning, and jams

Bees in this garden are happily
provided and maintained by:

the
**Happy
Homesteader**

www.thehappyhomesteader.ca
604.814.2800



CSCL Summer 'Scapes

5



The Mathieson Centre is getting freshened up for the summer. They will be unveiling a fresh new colour for the building and new equipment to maintain social distancing and safety practices. The Centre will secure more hand sanitizing stations; limit the number of people accessing the building and adding 2 meter distancing circles in and around the building to guide the Children and Youth with social distancing. The Summer Hope program is expanding, securing a second location in Agassiz at the

Friendship Centre for July and August to accommodate Families who live in Agassiz and Harrison Hot Springs. We are excited and thankful to partner with the Friendship Centre so we can utilize the beautiful facility, four days a week. We will continue to offer a program 1 day a week during the summer at the Grace Baptist Church in Hope.

For the third year in a row, CSCL is hiring a Child Care Assistant for our Summer Scapes' Day Camp Program to assist the staff in providing a fun and safe environment for the Children and Youth attending. This is a position created for a self-advocate (Youth or Adult) and we currently sifting through a handful of applications received from qualified applicants. Overall, the CYS team is very excited about being able to provide some programs this summer for Children & Youth.



Staff News!

Welcome Aboard!

Elizabeth MacPhee joins the BRIDGE employment service as a result of CSCL's successful IMPACT grant application. Jordan Schmidt is filling Janelle's position while she is away on maternity leave and will assist with Benefits and MPP. Jordan has just completed a Business Degree with a major in Human Resources and has a certificate in Communication. Jenna Mattie is CSCL's new Receptionist at our Mary Street office. Jenna is filling in for Diane Pinder, while Diane fills the Administrative Assistant role in our Shared Living service. Wendy Rykiss has joined CSCL's Admin Team, as Payroll Administrator. Wendy is certified with the Canadian Payroll Association.

EXCEL Award

CSCL's EXCEL Award is awarded annually to one manager that goes "above and beyond" in one or more of these core managerial areas: Positive Behaviour Supports (PBS), Social Capital and/or Team Leadership. Congratulations to Danielle Cross for receiving the 2020 CSCL EXCEL Award.



NADSP Council

NADSP (National Alliance for Direct Support Professionals) has created a Direct Support Professional Advisory Council.

The Council is comprised of staff working in the community living/social services field to provide a 'big picture' vision working alongside the NADSP Board.

The Council will provide information about how to make practice improvements, with the



goal of better serving DSP's in North America. It is CSCL's privilege and honour to share the news that CSCL employee, **Arlene Hebig,**

was selected by the NADSP to represent CSCL, BC and Canada on the DSP Advisory Council.

Chilliwack People First

Chilliwack People First is a Self-Advocate group that have meetings once a month to create a self-directive, supportive community of adults who have 'Diverse Abilities'.

In the beginning of COVID-19, some members of Chilliwack People First felt fear, isolation and anger at the change in their routines; unable to work, go to programs, or see their friends face-to-face. Shawn described this time as, "feeling locked up." Some members have used this time to learn how to navigate online learning. Anna-Maria has been cooking via zoom, Gean has used zoom to learn yoga, and Irene has reconnected with her love of gardening. And still some have felt no change like Gary, "I still go out." Anna-Maria and Clifford both celebrated birthdays with family and friends during this time as well. However, CPF members are



learning to adapt to a 'new normal'.

Ramona is remembering to add extra time when doing every day errands, Irene is connecting with

friends playing Bingo online, and Gean is finding joy in picnics in the park. Through this all, CPF is regrouping and finding unique ways to support each other and our community. We have successfully held two meetings via zoom and have planned to resume our commitment with 'Adopt-A-Road' (road clean-up) at the end of July. If you are interested in learning more about Chilliwack People First, please email chilliwackpeoplefirstchapter@gmail.com.

Board Update

CSCL's Board of Directors held its regular monthly meetings in a non-traditional format - by zooming!

Using the Zoom (online video conferencing) platform, the Board conducted its regular business during April, May and June; reviewing and approving the organization's reports and meeting with KPMG representatives to review the audited financial statements. The board decided in April to move the Annual General Meeting

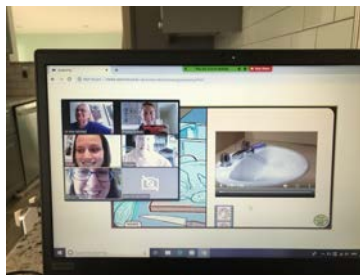


(AGM) from June to September (more information will be sent out to members) keeping open the option of conducting an electronic meeting if necessary. The Board also decided that given the circumstances presented by the pandemic, this year's AGM will be strictly a business meeting with no additional special program.

Social Capital Update

Social Capital is a term that describes the value that comes from connectedness between people in a society. CSCL assists people to develop and enhance their own social capital.

Now more than ever we all recognize the value of our connections and friendships, our social capital. Whether it was getting a friend to help you source hand sanitizer and toilet paper (who knew one day that might be a thoughtful gift?!) or picking up groceries, or showing you how to video conference using your computer, we have realized the necessity of human connectedness and relationship. There have been some lovely examples of the value of belonging and being known in community: a neighbor calling to let us know that someone was having medical concerns and



CSCL staff are using Zoom to stay connected these days

needed extra support; a community member sewing extra face coverings for a staff team. Our gatherings have looked different these past few months: following a Zumba (Zoom-ba?) class online with friends (everyone from their own home), participating in a virtual bingo game (with prizes delivered to your door), even our work-related meetings and training have been 'together, apart'. That need for connection we're all feeling is at the very heart of our Social Capital agenda, once isolation is no longer a thing, let's make sure it's no longer a thing for everyone!

CYS Services

In light of COVID-19, Child and Youth Services cancelled all regular group supports until the end of June but continued to provide 1:1 supports to children/youth based on family necessity. A **CYS staff** would check in weekly with all of the families supported by **CYS** to inquire how they were holding up during the pandemic and if there was anything that the **CYS team** could offer to help out. This included grocery shopping if needed or to provide 1:1 supports at the Mathieson Centre. The **CYS Team** put together emergency kits that contained hand sanitizer, rolls of toilet paper and other treats for families and were delivered to homes at the beginning of the pandemic. The **CYS Team** also met virtually with some youth as a way to stay connected. The team has become very creative, thinking outside the box, to provide fun activities at the Mathieson Centre while most community activities & venues had been closed.



CSCL By The Numbers:

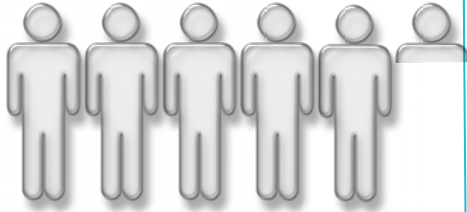
1 2 3

As of July 1, 2020

of
Individuals

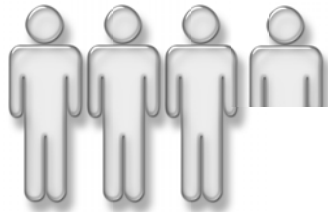
Supported:

531



of
Employees:

425



of
Active
Caregivers:

142



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:

Accessibility Report:

Prepared annually by CSCL's Accessibility Committee

Issue: COVID-19 Related restrictions to service access; reduced service in CI, CYS and Outreach

Response: Contact with each individual/family to prioritize support; consultation with funders to maximize support within current funding.

Issue: Restricted contact with family/friends (SRS, HS) due to COVID-19 related restrictions

Response: Encourage creative meeting alternatives within the PHO and WorkSafeBC restrictions & guidelines.

Ensure individuals & families have access to technology to maintain virtual contact.

ONLINE PRESENCE:



1376 Likes



708 Followers



411 Followers



4343 Views



STAR Award—Early 2020

Congratulations to Alicja Kubiak who received a CSCL STAR Award earlier this year for excellence in her supports as a CSCL employee.



Alicja (centre-left pictured with CSCL Executive Director, Julie Unger, ACE Manager, Michelle Heyes and Director, Brenda Alexander) was presented with a STAR Certificate, a Letter of Recognition and a \$100 cheque.

Alicja's nominators wrote this about her:

"Alicja quietly but competently keeps the ACE service running smooth. For all of the busyness of the service, individuals and coworkers Alicja maintains a peaceful demeanor and is truly the unsung hero of the ACE service. She is an exceptionally calm and competent staff hero at ACE and in our community."

STAR Award—Spring 2020



Congratulations to Martha Krossa who received the latest CSCL STAR Award for excellence in her job as a CSCL employee.

Martha Krossa (forefront, pictured with Manager, Nicole Sydor and Executive Director, Julie Unger) was presented (social distancing style) with a STAR Award Certificate, a Letter of Recognition and a \$100 cheque.

Martha's nominators wrote this about her: "Marty goes above and beyond as a support worker and fellow staff member. Marty is extremely knowledgeable, kind and caring. She is always there to help staff to address any issues that may arise in a respectful manner."

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!

Do you have a great idea for a ZOOM activity?

Send us your ideas for using the ZOOM platform to help stay connected to community, friends and family!

Annual General Meeting



Annual General Meeting

Tuesday, September 15th 7:00pm

Information will be mailed out to members in August.



Community Inclusion Month

October is Community Inclusion Month

Send us your ideas to promote socially distanced community inclusion ideas!



Community Living Event

Social Distance Style...

Stay tuned for more details!



CSCL Photo Contest - October

What does community inclusion mean to you?

Send in your photos of what community inclusion looks like to you in light of COVID restrictions



The Great BC Shake Out!

October 15, 2020 at 10:20 am

Millions of people world wide will practice how to "DROP, COVER, and HOLD ON!" during the Great Shake Out



On March 19, Matt Mackay celebrated his 10 year anniversary working for the Chilliwack RCMP. To show their appreciation for his hard work and dedication, RCMP members, friends, family, and support staff held a drive-by parade past his house. The celebration attracted a lot of attention with sirens, honking, and cheering, as neighbours and loved ones attended all along his normally quiet street in Yarrow. His coworkers at the RCMP describe Matt as a valued employee, who is known and well-liked by all. One of Matt's

main tasks there is to collect and shred sensitive documents, which he is able to do thanks to his enhanced security status. Asked how he felt as the parade went by, Matt said "I feel so proud!" Matt's mom Linda, says she couldn't be prouder as well. She noted that Matt's work and recognition has touched lives across the country. Her daughter, who lives in Toronto, showed the video of the parade to a neighbour who has a 13 year old daughter with Down Syndrome. "The woman was so excited she was in tears. She

never dreamed anything like that would be possible for her daughter."

For Linda, one of the things she's most proud of for Matt is that he has created positive change.

Matt says he misses his "dream job" and can't wait to go back once the pandemic restrictions allow it.

To see the awesome video of Matt's celebration, check out Chilliwack Society for Community Living's Facebook or YouTube pages. Congratulations Matt!

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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"Our Vision is for a community that welcomes and includes everyone."



Follow us on Social Media:



Your Voice!

Many thanks to Julie Unger, Ellen Peters, Danielle Cross, Dan Ceella, Danielle Marcotte, Angela Vermeer 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.