



Winter 2021
OUT & ABOUT

Community. Connection. Belonging!

Issued January 2021

Newsletter

**CSCL**

Chilliwack Society
for Community Living

est. 1954

Did you know...

Nicole (seen above) and her team from Jasper were this year's Grand Prize Winners in CSCL's Photo of the Year Contest. This year's theme was "How Are You Being Kind, Calm and Safe? More details about Nicole and her story on page 7.



Be Kind

Be Calm

Be Safe

CSCL is pleased to present the "Be Kind Be Calm Be Safe" Award to

Sheena Davidson

November 2020



Chilliwack Society
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Be Kind, Be Calm, Be Safe Award

These now iconic words from our Provincial Health Officer, Dr. Bonnie Henry, are the inspiration for a new employee recognition award at CSCL. CSCL employees have persevered through the pressures and stresses of working during a global pandemic, and we have asked CSCL'ers to nominate their co-workers for this monthly recognition, telling how they have demonstrated any one of the "kind", "calm" and "safe" behaviours. The first presentation was made to Sheena Davidson, nominated by a co-worker for her extraordinary efforts to maintain a calm and safe environment while demonstrating kindness on the daily. The Leadership Team was honoured to present the award to Sheena, via Zoom, at one of their weekly meetings in December. Ongoing nominations can be submitted through ShareVision and the award will be presented once each month.



CORONAVIRUS

COVID-19

CSCL's Ongoing Pandemic Response

CSCL continues to amend its pandemic response as dictated by changing orders from the Provincial Health Officer. November and December saw increased restrictions, particularly with regards to in person visits. It was disappointing for many individuals and their families to limit their seasonal celebrations, and we are extremely grateful for

the understanding and cooperation as we work to keep individuals, employees and caregivers safe.

A number of individuals and staff have contracted COVID-19 in the past month; in one instance prompting the closure of a number of our Community Inclusion sites to prevent further transmission.

We initiated our own response immediately, and worked closely with Fraser Health once they were available. The new year has seen the re-opening of these services. We are grateful for everyone's cooperation in adhering to the directives, most importantly: staying home and away from others when you are sick.



Hindsight is 2020?

This past year is definitely one we are glad to see in the rear-view mirror. While it was a year like no other, and one we are not anxious to replicate, 2020 did offer some valuable learning; things that are perhaps clearer in hindsight.

Social Capital remains a crucial endeavor: more than ever we have seen the negative impacts of isolation on all people and perhaps some of us experienced for the first time what many individuals have been living their entire life. We all need community; to experience belonging and feel that we are connected to others and valued members of a community. How 2020 has made us all long for our gatherings and social connections of years gone by; once isolation is no longer 'a thing', let's make sure it's no longer a thing for everyone!

We are adaptable: whether it's altering our workspaces and service sites, embracing new technology, changing vacation plans, or reducing numbers at congregate care sites, we adapted and survived what we couldn't have imagined last January. We have even learned

some better ways of being more inclusive. 2020 has forced us to examine options we might not have otherwise considered.

Persons with Disabilities are disproportionately affected by the pandemic: Particularly individuals who live independently and rely on their PWD benefits to survive, and children with disabilities and their families who saw the loss or reduction in their support services. The pandemic has highlighted the inequities and our provincial and national federations continue to advocate for increased supports.

Commitment of our CSCL Teams: Values serve as a compass during difficult times, keeping us on course despite the turbulence around us. We have never been more grateful than over the past 10 months as we've witnessed our employees' continued commitment: ensuring individuals exercised their rights and had opportunities to learn and grow while discovering their gifts; demonstrated accountability and delivered supports in a respectful manner.

While we say goodbye to 2020, we carry the learning and resilience with us into 2021.

Meet the Board

Bill
Turnbull

Bill Turnbull is the original owner/operator of the Town Butcher and a CSCL Board member since 2020. “My favourite quote is: “Even the smallest deed is worth more than the greatest intention”. If someone is struggling financially or physically help them out. Don’t record it or make a big deal about it. Do things for people to make their lives better and try and do it without them knowing who it is. So many people wait and try for these big

changes to make a “difference” when you can change someone’s life by just smiling and greeting them, making them feel special and that someone cares about them. I find that my way of building up inclusion in our society is to just see people as they are. Not if something is wrong or right, or if it is different than what we grew up with or was taught. Life is always changing and I am glad to see people are beginning to have a voice. My response is, stop judging and start listening.”

Arlene Hebig

NADSP Advisory Council

The NADSP Advisory Council met in early December to develop our mission statement. Our guest facilitator was Lynne Seagle, Executive Director for Hope House Foundation in Norfolk, Virginia. With Lynne’s assistance, the Council created a preliminary mission statement, which we hope to adopt early in the New Year. We also spent time identifying issues that we would like to bring forward to the NADSP. Many of issues identified were universal to DSPs, but as one of two Canadians on the council, it was important to me to advocate for the NADSP to be more inclusive in their logo and content, reflective of their growing Canadian membership. The council members are anxious to get to work in 2021. I think overall we feel we have had a bit of a slow start as it takes time to get through the “housekeeping”, but now that we are up and running, we look forward to a productive 2021!



Staff News!



It is with mixed emotions that CSCL announces the retirement of long-time employee,

Gloria Frey. Gloria has been able to touch many lives in her role as a CSW. She has been dedicated to the individuals she has supported and is a strong advocate in all aspects of their life. Her commitment and loyalty has not wavered in all the years she has been working. Gloria's steadfast integrity, attention to detail, and caring personality have brought so much value to the work she does. Best wishes from CSCL on a fun filled exciting retirement Gloria!

CSCL is thrilled to introduce the NADSP E-Badge Academy, a national certification program for CSCL employees to obtain a Direct Support Professional Certificate. More details to come soon!

CSCL is pleased to welcome Meghana Narra to our organization to help with our database development. Meghana comes to us through the Canada Summer Student's Grant.

CSCL is pleased to announce that the organization's 6th CARF Accreditation Survey will be conducted "virtually" on February 8-10, 2021.

Performance Measures

CSCL has produced a Performance Measurement Report (PMR) each year since 2003.

The data collected and the resultant analysis highlight the strengths of the organization and perhaps more importantly identify those areas where change or improvement is required. Each Service Area (Employment, Community Inclusion, Child & Youth, Outreach, Respite, Homeshare and Residential) has it's own section complete with statistics, analysis and recommendations for

improvement. The most recent report cited 43 different ways the organization can improve upon its' services although CSCL recognizes that this report is only one component of an overall continuous quality improvement system. The full report is located in ShareVision by clicking the CSCL Reports page or by clicking your Service Supports link under the Program Staff section.

Social Capital Update

Using Technology to Stay Connected: One of the biggest challenges of the pandemic has been finding ways for people to stay connected and to maintain social capital.

CSCL's Social Innovator Mentoring Team gave us an example of how we can use technology to support people to keep



connections with people. They worked with Cathy from Cottonwood 4 Cinemas last fall to create a safe, socially distanced movie experience. The movie days were followed up with a follow-up online discussion, using the Zoom video format. Caelan Sampson, Community Connector at CSCL, set up the online Zoom discussions. "The goal of the Zoom meeting afterwards was to have conversations based

on common interests and to hopefully build relationships based on those common interests."

Using the Zoom format allows people to use technology to have those conversations in a safe way, so they can continue to reap the physical, mental, and emotional benefits of having connection to other people. As the second wave of the pandemic has peaked, movie days have been put on hold. In the meantime, check out comakedo.ca for other examples of using technology to connect with others.

Board Update

CSCL's Board of Directors is elected by the Membership.

CSCL's Board of Directors committed many hours of meeting and planning this past fall to develop a new Strategic Plan for the organization. Meeting with the Leadership Team and a facilitator (over the course of three evenings, and using the virtual meeting platform- Zoom), the Board developed strategic goals and priorities for CSCL. Following the same format as the past plan, our next few years will

be dedicated to advancing the organization in five broad domains: 1) Individual Services; 2) Employee Engagement & Learning; 3) Finance; 4) Internal Business Practices, and 5) Community Connections. The "big picture" goals & priorities are determined by the board, and the activities to achieve those will now be developed by the Executive Director and leadership team.

Photo of the Year

In a world filled with uncertainty, as we face the challenges of a pandemic together, many people have adopted...

Dr. Bonnie Henry's message of "be kind, be calm, be safe". In that vein, for Community Living month, CSCL held a photo contest asking people to share a



photo that shows how they are being kind, calm, and safe. The winning photo belonged to Nicole and the Jasper House team, who spread the message of staying kind, calm, and safe, through hiding painted rocks around their neighbourhood. Initially, staff started painting rocks with Jasper House residents Paul and Nicole, as a way to pass time together during the initial health order restrictions in March. They started out with painting bees and ladybugs, but soon switched to painting Dr. Bonnie Henry's

message onto rocks. Paul and Nicole enjoyed watching staff paint the different rocks, and making sure each member of the Jasper team received one.

Later, Nicole painted a rock then hid it in the neighbourhood for Paul to find, which they both really enjoyed. This sparked the idea to hide rocks with Dr. Bonnie Henry's message in some of the neighbours' front gardens. To this day, the neighbours don't know who left the rocks, and Paul and Nicole have fun with this "secret" and seeing the rocks when they walk by. Paul and Nicole plan to paint more rocks this winter and spread some more joy this spring.

Child & Youth News!

Although the winter and holiday season looked different in CSCL's Child & Youth Services (CYS) this year, our staff were able to create fun and joyful experiences for our children and youth.

From Christmas light tours to a glow stick party for the kids, or handmade Christmas decorations made by our youth to brighten up the Mathieson Centre, the CYS department wasn't lacking in holiday cheer. University students at UFV even donated some premade holiday snowman craft kits for our kids to enjoy!



CSCCL By The Numbers:

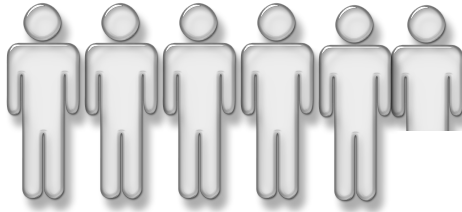
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As of January 1, 2021

of
Individuals

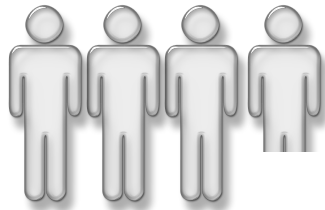
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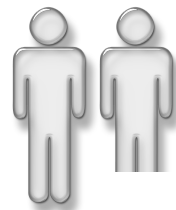
of
Employees:

365



of
Active
Caregivers:

188



39%



61%



0-18
30%

19-29
35%

30-49
22%

50-64
10%

65+
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:

Performance Measurement Report:

- Look at ways to balance CI Services that are over capacity and look at ways to allow CLBC and CSCL to offer new spaces for new referrals.
- Individuals referred to Employment services will have their Orientation completed within 30 days of referral to the service.
- Further develop services within CSCL staffed residential that specialize in the supports of individuals with dementia.
- The Shared Living monitoring report will identify a target of 90% to meet the monitoring assessment score for each individual.

CSCL is
100%
Non-Profit

7

Services

56

Service/Program
Options

ONLINE PRESENCE:



1408 Likes



723 Followers



462 Followers



5364 Views



274 Followers



Caregiver Award

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



Carina is very creative and innovative. She works very hard to include the individuals in her family. The individuals have a strong relationship with the caregiver's extended family. She is very person centered with the individuals and is focused on planning around the goals that they have. This caregiver goes above and beyond helping the individual's in her home. She really looks for opportunities that they can be involved in their community.

STAR Award

Congratulations to Yayoi Hirya (pictured up front) who received the latest CSCL STAR Award for excellence in her job as a CSCL employee. Yayoi's nominators wrote:

Yayoi continuously goes above and beyond her role as a team member. She is always the first to volunteer herself to support staff and individuals in every situation. She enters the doors with a smile on her face and leaves with the same smile everyday. Yayoi is very kind and passionate to individuals and



her team members. Yayoi has taken on extra work especially with technology and also is helping with PBS information compiling with an individual. She never objects to being asked to help. She is a calming presence with her quiet demeanor and is always interested in learning more about PBS, social capital etc. She is actively finding things for individuals and is very caring and kind. We are nominating Yayoi because we have the utmost respect for her and everything she offers.

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!



CSCL Wellness Committee!

There's more to come...

Your Wellness Committee is hard at work coming up with new way to encourage and inspire, stay tuned!



COR Audits Complete!

A special thank you...

To everyone that was interviewed, a special thank you from everyone on CSCL's COR Audit team!



CARF Survey - February 2021

CARF IS COMING...

On February 8-10, 2021, CSCL will "virtually" welcome 3 CARF surveyors for our 6th consecutive accreditation survey.

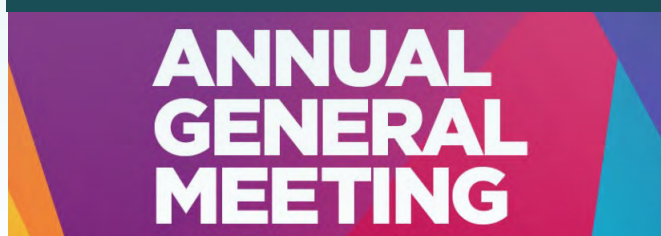


CSCL PHOTO CONTEST

What does community inclusion mean to you?

Congratulations to our newest winner Nicole!

That smile looks great on you!



Annual General Meeting

To Be Announced

CSCL's Annual General Meeting (AGM) will be announced soon.

A Tribute to Tony

Tony Vielvoye was very purposeful on how he conducted his life; he would charm everyone he met with his contagious laugh and dimples along with the biggest smile. Tony was a compassionate person. He could tell how you were feeling just by looking at your face. You couldn't hide anything from him.

Tony was a collector of many things. Anything from bottle caps to pinecones. He would love to hide them in his bedroom drawer and if staff would find them he would giggle the best giggle you ever heard. He would be like "what, you like it?" with his cheeky little grin. Tony was a very straight forward guy. When he didn't like something or thought he was treated unfairly he would let you know. His most infamous saying was "I doesn't like that". Tony connected with people on a different level, his level. Tony could exchange a quiet connection just by placing his hand on your shoulder. When Tony liked you, he really liked you.

Tony loved hair, anything hair. He would blow dry his hair when it was completely dry. He would let staff brush his hair for hours if he had his way. Tony had a happy dance. When he was dancing you saw him in his bliss. His level of content; it was a genuine expression of who he was. This was a contagious dance for all who would dance with him. It was Tony's way of celebrating something you shared or how you went out of your way to make him so happy.

Tony was the happiest going on vacations. No silly rules, drink unlimited beer and wagon-wheels for breakfast. Tony went on a few holiday adventures, from camping trips sleeping in a tent or a rustic cabin and a yurt. Tony really liked the opportunity to stay in a hotel room. Unlimited time in the shower because the water never went cold. Once he found out the hotel had a hair dryer and a coin operated pop machine, he was set. Tony always likes to know who was working so he could plan his days. Tony loved picnics, if you mentioned going on a picnic, he would be dressed and ready to go out the door. He loved eating outside but hated "those bloody bees". Some moments that really mattered to Tony, either big or small were; building a snowman, visiting family, walking across a wooden bridge and having fresh flowers in his room. He would love when he could stop at a roadside flower vendor or cutting fresh flowers at the Taylor House garden.

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."



Chilliwack Society
for Community Living
Est. 1954

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Your Voice!

Many thanks to Julie Unger, Dan Cerella, Arlene Hebig, Danielle Cross, Laura Craven, Nicole Sydor, Ellen Peters, Mary-Lee Tondreau and Aileen Mathews 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.