



Kootenay Society for Community Living

Castlegar

Grand Forks

Nelson

2008 Summer

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**If you would like
to make
a submission to
the
newsletter,
email it to :**

daykscl@telus.net

**with a short note
giving us
permission
to use it**

A Message from our Executive Director

We have had a busy and productive spring, most notable because of the success of the workshops that have been organized by KSCL. We hosted a one day presentation by CLBC on individualized funding and role of the host agencies. We also hosted a one day workshop on Affordable housing. This workshop was sponsored by BC housing and CMHC. It was delivered by BC Non profit housing association.

We also sponsored a 3 day CARF workshop on CARF 101 and Outcomes Management. 12 of our employees were able to attend the workshops. This was particularly important because our three year accreditation is expiring this year so we are working hard to prepare ourselves for the upcoming survey. Having the workshop attended by other community agencies made the event economical and showed KSCL as a community leader with a commitment to quality service.

I would like to thank our employees for working so hard to ensure our clients receive a quality of life that so rightfully they deserve. Thank you to the management team for always working very hard and taking extra tasks on with a smile. Also thanks to our board of directors for choosing to volunteer for KSCL and working tirelessly to make things happen and having faith in our ability.

Mostly I would like to thank our clients and parents for giving us the privilege of serving them. I have realized through my personal experience that giving support is much easier than receiving.

With your support and encouragement we will keep working hard towards making life better for each and every person - one at a time. We will keep learning from each other and growing together. Thank you.

Respectfully submitted by Benda Jagpal



Supported Employment at KSCL

The Supported Employment Program now has 4 people working in the Castlegar business community.



Rachel Gutwald works at Kootenay Family Place as an Office Assistant. She washes the children's toys, collects paper from the offices for recycling, shreds papers, makes file folders for the other workers and helps the children with crafts. Rachel is good at organizing her work and she especially enjoys working with the children! She loves everything about her job.



Sandrelle Fraser is working as a Light Duty Cleaner at Canadian Tire. She cleans the employee lunch room, washrooms and the office area. The cleaning tasks to be done require her to be strong and able to complete all the work within a short period of time.

Sandrelle said, "The best thing I like about working at Canadian Tire is that I get to meet new people ... because I'm a social butterfly."



Sandrelle works hard and everyone at Canadian Tire appreciates the good work she does!





Supported Employment at KSEL

Joey Ward works as a Back Shop Worker at the Castlegar Golf Course. He cleans golf clubs, washes the golf balls, takes the cardboard to the recycling bin and drives the golf carts to pick up golf balls. He works

outside where it can be cold and rainy or very hot. Joey does an excellent job and loves to drive the carts! He wishes he could take one home.



Heather Cook is working as a Light Duty Cleaner at the Safeway store. She cleans the check stands, prepares the promotional items for clerks and helps out in the bakery.

Even though some of the cleaning work tasks are hard to do, she stays focused on her work. Heather is always smiling because she really enjoys working at Safeway – especially the bakery!





Personal notes...



KSCL & Family Grads 2008!!

From our children's program : Mielle ia a Stanley Humphries Grad 08

From our Grand Forks site, staff member Debbie saw her daughter Stacey graduate May 31



Noah from Bigby Place in Nelson is a 2008 graduate from L.V. Rogers

I want to say that...

Heather ~ "I want to go to Operation Trackshoes next year. There were lots of events. I got 11 ribbons. There was a party and you had FUN!"

Joey ~ "I loved the fast slide in the Hotel. At Operation Trackshoes I liked the soccer and the ball throw".

Sandrelle ~ " it was FUN! I would love to go next year".

Rachel ~ " I had a wonderful time hanging out with the counsellors at Operation Trackshoes. I had a BLAST!!"

Hi, my name is Ryan and I live at Silverbirch Lane. I am really excited this year because I am going to Calgary to see the Calgary Stampeders. My plans are to save enough money to go on a holiday in August. Me and a staff are driving to Calgary and my dad might come. We will be 'hotelling' and eating out. I'll be saving my money and doing odd jobs to earn more for my trip.

This is me....





Personal notes...



My most fortunate of blessings was to be born to an exceptional mother, with her common sense philosophy and spiritual being presented a beautiful role model as well as a rather daunting hard-act - to - follow. Her example of the love of learning for philosophy and spiritual enlightenment enabled me to count blessings and know gratitude for that which one did have and a deep sense of compassion to give and share with those less fortunate.



It was on the suggestion of a friend that I stumbled into the work I presently do. My friend knowing my background and entrenched principles thought I would enjoy working in this field. And to say after nearly 20 years that I have become a tad enamoured of it might be something of an under statement. For whether we are paying or paid to ride the train of life this job has constant reminders of what the journey is all about. It's sharp learning curves, dark tunnels of despair and sometimes even derailing which has all of us learning of the constant change of growth and how best to evolve.

...on why I work at Silverbirch by Goldie

KUDOS

CORNER

Kudos to Victoria Makortoff
~ a wonderful ProCare Student
who gave each staff member
a Care Bear along with
this letter:



"Thank you for allowing me into your home to experience the way things are run and managed. I had a great time getting to know all the staff and the residents. The staff is an amazing group of individuals, that have a deep sense of caring and team spirit. You guys remind me of a team of Care Bears from Care – a – lot.

Thank you again, Victoria"



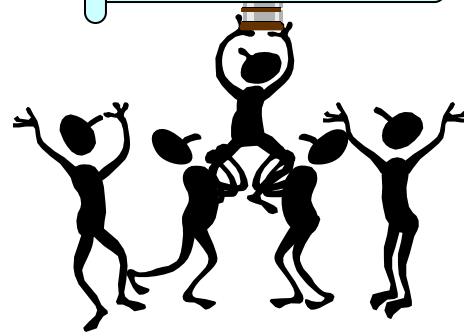
What's New at.....KSCL

KSCL has a new Self advocacy Group. A small group of Community Options participants are meeting each week to learn about advocacy , how to run Meetings and have taken on the job of reviewing the Client rights.

Terry Turner took on the job of being the Chair for the first month. During that time the group discussed "what is advocacy ?" and together read and talked about the CLBC booklet called Rights & Safeguards: A Guide for Self-Advocates. Terry says " I was a bit nervous to start out but it was my first experience as a chairperson.

I learned quite a bit about running a meeting. We decided to give everyone a chance to try our different jobs by changing every month. Sandrelle is the chair now". Sandrelle says"I am learning that I can speak up and my goal is to run the meeting and make agendas and work at organizing the meeting so that everyone knows what is going on". Nova and Karina will be sharing the task of being the group advisors. The long term plans for this group are to revise the KSCL client rights that are posted up at our main buildings so that they are easier to read. We also plan to meet with the Self Advocates group in Trail to learn more about how groups work and what their goals are. We also want to look at our own community and see where there is a need for advocacy and learn how to be a good advocacy group.

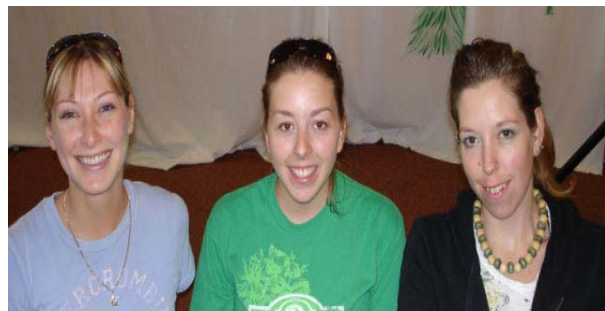
Rights and
Responsibilities



KSCL Summer Road Runner's ~ Kid's day camp

Summer camp at KSCL begins July 3. Amber Kearns, Karen Walker are joined by Katimavik volunteer Tamra and our KSCL kids.

Summer plans include arts and parks and all the fun you can fit into a Kootenay summer !





What's New at.....Bigby Place in Nelson

Bigby Place has been buzzing with activity over the last couple of months. We started seedlings for our garden that is now planted and thriving, we had a couple of fundraisers, we started a breakfast program and workshop program, we have been creating art for our future exhibit in Art walk, went on some rec. Friday adventures, and went to Operation Track shoes .

In March we started some seeds in our front window which grew and grew and grew. We ended up with an abundance of tomato plants and a few cucumber and sunflower plants. We sold quite a few and are now planning on doing it again next year. With some of our seedlings we started a garden which now has 8 foot sunflowers in it and they are still growing. The garden also contains many herbs, tomatoes, and some flowers.



Monday to Friday from 8:30-9:30 we are now doing a healthy breakfast program to help folks start their day off right. Participants and staff make different hot cereals each morning before we start our regular programs.



On Wednesday from 4:30-5:30 we have a different workshop each week for folks who would like to learn something new, have a great time, socialize with friends and have a yummy snack. Some of the workshops have included Relaxation techniques, words and movement, Friendship building, and Oh cards.

This Summer Bigby Place will be in Nelson's Art walk for its second year. One of our staff member's art work will be displayed for all of July and then in August Bigby Place participants will be featured for the month. Participants have been busy painting and creating to get ready for the big show.

Over the last couple of months we have gone on a few adventures on Fridays. We went to Kokanee Park for a picnic, went to Trout lake to see the large trout swim, soaked in the hot springs at Ainsworth, made a few dozen yummy pizzas, went bowling at our local bowling alley, learned some new things at the museum, ate some delicious egg surprise and played some great games of foose ball and ping pong. Fridays are always an adventure and a lot of fun!



What's New at.....Bigby Place

On April 30th we held a fundraiser at the Royal where staff and participants got to groove the night away to our campfire classics.

The money made was used to help our folks go to Operation Trackshoes this year.



Operation Trackshoes 2008

Seven of our participants have just returned from a great weekend at OT in Victoria BC..



The weekend was full of many laughs and a lot of fun.

Participants and staff also enjoyed their stay at Manning park on the way there and back. Lots of adventures occurred over the 5 days.

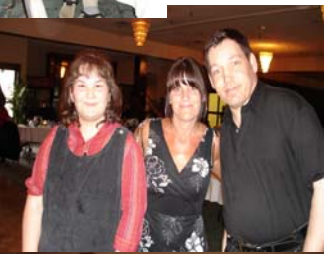




What's new at ...

Community Options Presents

a dance at the
Fireside Inn
featuring music
by Garagmahal





Community Options at Operation Trackshoes

We had another great trip was had to the 38th Operation Trackshoes in Victoria, June 13th, 14th and 15th.

Sandrelle, Heather, Rachel, Mike, Dustin, Allan, Greg and Joey were the lucky people who trained hard and went this year, staffed by Liz and Nova.

An early 8:20 am departure on Thursday ended at a hotel in Delta.

The ferry ride is always an adventure.



There were 560 athletes and over 600 volunteers at the event this year.



As usual, it was lots of fun, with the banquet and dance being the Social event of the weekend!





More from O.T. and news from Grand Forks

While on the island, everyone went to a park with a petting zoo and a band performance, a scenic drive to Glover Point and a walk along the beach at the Pacific Ocean



The hotel in Abbotsford on the way back had a pool, hot tub and water-slide, which was very fast. Everyone slept in the next morning and we had a very relaxing drive back with dinner in a pub in Grand Forks. All and all this is always a great event and the highlight of the year.

News from Grand Forks

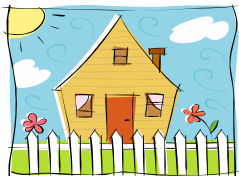
The houses are bustling with spring activity. The guys all went out and purchased bedding plants to spruce up their homes. The theatre has been a busy spot lately as well as a pool. The more temperate weather has prompted more cruises to Jewel and Christina Lake.



The relay for life was attended by some and there seemed to be interest in having a team next year.

Shane celebrated his 33rd birthday with family and friends.

There have been some much needed equipment additions for some of the guys. A new scale was purchased for more accurate and prompt weigh ins. A new walker was received and is very effective.



Greg has been actively looking for a place to live and as of July 1 Greg will take up residence in his new home. Congratulations Greg.

Kudos to all the staff who pulled their extra weight during the staff shortage. Kudos to all for the staff training and the extras involved there.





What's New at.....

KC House.... It has been a busy spring and summer for the staff and residents at the site. At the end of May, Pat, Carolyn and Bill went to Kelowna for a weekend shopping trip. When asked about the weekend, Carolyn told staff "I enjoyed myself." The cooler spring weather brought a round of colds and flu to the site, however, everyone has fully recovered, and have been taking advantage of the beautiful weather ~ going to the water park, enjoying the patio, and taking in local events in the city. We would like to send our condolences to Pat and her family as her dad passed away in May.



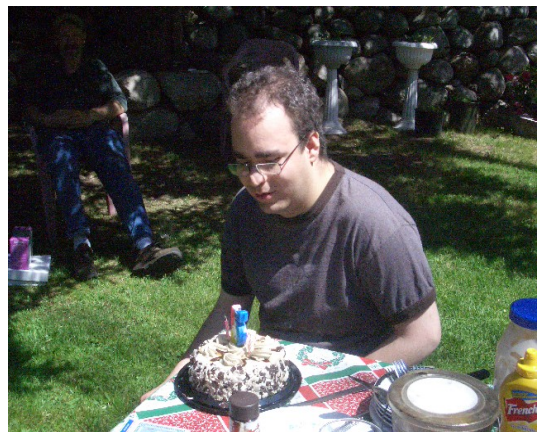
The kudos box at the site has been a positive thing- it is a great way to say thanks to our co-workers, and provides opportunity for us all to feel valued and appreciated for all of the work that we do- both large jobs and small gestures. I have randomly picked a kudo that I would like to share: Thank you to Cathy and Janis for organizing, cooking, and hosting the Easter dinner for the house. I also would like to provide a large kudos to all of the staff at the house. I am fortunate to work with such a dedicated, talented team of people- I take pride in the quality of care and hard work that goes on around me every day. I appreciate the fantastic job that you all do- thank you for making my job so much easier.



Prince House

With the warmer weather, residents and staff of Prince are eager to get out and keep busy! Residents enjoyed the Spring Fling dance, hosted by TACL, and a dance at the Fireside, hosted by Community Options. Residents also took in the Castlegar Spring Fling, held downtown, and Silver City Days in Trail. Prince house celebrated birthdays too! In April, Steven celebrated his 38th birthday, and Tyrone celebrated his 25th birthday! Lorne celebrated his 40th birthday in May! A good time was had by all! Residents also enjoyed Easter dinner at KC house.

A big thank you from Prince for the invite and all the hard work! Dinner was fantastic!



On a sadder note, Jacob's dog Skippy passed away April 9, 2008. She was well loved and will be sadly missed.



What's New at.....

Silverbirch Lane

The folks at Silverbirch have been in full gear taking in all the local parades and festivities of Silver City days, Kaslo days and the Fruitvale May days as well as Castlegar's Sunfest parade

They've been able to finally get out and enjoy some sunshine, going for walks, picnics and riding the ferry. Our favourite parade fellow made it over to Kimberly to visit his mom for a belated mother's day. He had lots of wonderful stories to tell when he got home of his escapades shopping, marching the streets and riding the ferry and not to mention all the wonderful food his mom had prepared for him! We're all looking forward to a wonderful summertime.



The girls ...sitting back and taking in the parade



29th Street

Summer has finally arrived! With the warmer weather come more activities.

Allan had a great time in Victoria attending Operation Trackshoes. He also spent a night at Ainsworth with his fellow students from Selkirk College.



All the residents enjoyed the great dance held by CO.

