

*Growing Together*

# KDSCL INSIDER

December 2008

Volume 2, Issue 5

## THANK YOU

To the following for continuing to make donations to our society:

- > **Briefly highlight your point of interest here.**
- > **Briefly highlight your point of interest here.**
- > **Briefly highlight your point of interest here.**
- > **Briefly highlight your point of interest here.**

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## COMMISSION ON ACCREDITATION FOR REHABILITATION FACILITIES (CARF)

BY LESLIE MUNRO

On November 19th through 21st, we had a team of three CARF professionals come to KDSCL to survey the services that KDSCL offers. These surveyors come from various places throughout Canada and the United States. Our surveyor team included Peter Sprowl from Kingston, Ontario, David Livingstone from Burnaby and Jim Aberg from Iowa.

CARF stands for Commission on Accreditation for Rehabilitation Facilities. The surveyors evaluated every aspect of our society including all service areas,

documentation for service recipients, human resources, finances, governance, individual service planning, health and safety and administration, etc.

CARF uses 845 standards to assess services. KDSCL was in compliance with 95% of these standards.

We received 15 recommendations on how to improve our society. None of these recommendations are related to direct service provision. At least four of the recommendations are the same but relate to a different standard.

In addition to these recommendations, we received two exemplary designations. The first in our Health and Safety Practices for the Risk Management Assessment that Leigh Edwards designed. The second exemplary designation is for our work in Community Integration.

Many staff, Board Members, and service recipients assisted in preparing for this survey. We now must wait for the official report from CARF regarding our accreditation status.

## RDSP RIPPLES:

AN ARTICLE FROM THE PLANNED LIFETIME ADVOCACY NETWORK

When the Registered Disability Savings Plan received Royal Assent in December of 2007 we were extremely pleased. To see this piece of legislation come into force after having developed and advocated for its implementation made it all the more exciting. However, as we were celebrating the

creation of the RDSP and looking forward to the launch at the end of this year, we also understood that there was still a lot more work to be done before the RDSP could be properly utilized by families across Canada.

With funding and support from the Max Bell Foundation, we created Maximizing the Ripples, a project

focused on seeking provincial reforms that will enable people and their families to fully use the newly created Registered Disability Savings Plan. This meant encouraging provincial government's to exempt the RDSP from affecting those receiving provincial Disability Benefits.



## STAFF PROFILE: ARLENE TIMMER

BY JEREMY THOMPSON

**A**rlene was born at St. Mary's hospital in New Westminster. However, she lived and grew up in Surrey. Being the youngest child of five, her childhood was a happy and memorable one. She has two brothers and two sisters. Arlene attended a school in New Westminster in her early school years. When Fraser Valley Christian High opened in Surrey, Arlene attended until she graduated in 1985.

In high school Arlene was a bit mischievous. She had some hats, and bumper stickers made that said, "Surrey by Choice". Her and her Surrey friends would wear these hats to parties and sporting events, and occasionally they would stick one of the bumper stickers on the cars of friends from neighbouring cities who would tease the girls as being "Surrey Girls".

For a good portion of her high school life, Arlene had worked at Purdy's Chocolate and Nuts. Arlene, however, had decided at a young age that she wanted to support people with developmental disabilities. Her mother used to assist families who had kids with disabilities by looking after the kids in a sort of respite situations (albeit, unpaid). As a child, Arlene would spend some time with

these children. Arlene's passion continued throughout her youth. While in high school she volunteered at an infant development center, which was a special needs class room. It was here that Arlene assisted with a P.E. classes. Also, it was during this time that Arlene helped out with a friendship class that took place at her church.

Immediately following graduation Arlene enrolled at Douglas College in the Human Service Worker program. Way back then it was only a one year program so Arlene was finished by 1986. Arlene did not waste any time and went right to work, spending most of her days working in a group home in Surrey. It was during this time that she met and married her husband Earl and shortly after had her first and only daughter. Throughout the next years, Arlene and Earl had three other children, all boys.

Arlene moved to the Okanagan in 1991, and settled down in Lake Country. For the next four years Arlene was a stay at

home mom, while Earl went off to work. Eventually, however, it was time for Arlene to get back to work, and she got a job with Bethesda house. Arlene worked for Bethesda for 10 years, and stayed in the same group home for that whole time. There came a time, when Arlene decided to leave the home setting, and jumped over to KDSCL in January of 2006, first working at Wedding Belles and Baskets. When the wedding shop closed, Arlene came to the day service, where she has worked ever since working both in full-time capacity, and now is in a part-time position.

Arlene is a valuable member of the team at KDSCL. She is always encouraging, always energetic, and always creative. Her work with the drama club stands out, as her enthusiasm always turns out a fun skit on Friday afternoons. The care and respect that Arlene has for the people she supports is evident by her daily interactions, and caring nature. Her positive work ethic does not go unnoticed by neither staff, nor service recipient.

### Christmas Haiku

**Glistening cold fields  
and frost-bitten red  
noses  
making snow angels.**

- Megan Hart



*Arlene and one of her drama skits.*

**SERVICE RECIPIENT PROFILE: JASON CLINE**

BY MEGAN HART AND NICHOLE SMITH

Jason Cline was born in 1963 in St. Mary's, a little town in Ontario. Jason grew up with his mom and dad, and his older brother, David and older sister, Janice. Jason attended school in Stratford, Ontario before moving with his family to Kelowna, where he has been living for over 25 years.

Jason loves watching movies; some of his favorites are Lilo and Stitch, Home Alone, and Land Before Time. Jason also loves Gilligan's Island, the Jeffersons, and All in the Family. Jason is also a whiz at the computer and enjoys spending time surfing the

internet. Jason loves doing impersonations of various Disney and movie characters, as well as some of his friends and the staff at KDSCL.

Jason has attended KDSCL for many years, and currently participates in the day service activities. Jason enjoys spending his time with his friends at KDSCL and shows great enthusiasm for bike riding, swimming, going out into the community, kite flying, gardening and drama classes. Jason also loves volunteering and has spent time volunteered at Windsor Manor.

Jason also participates in KDSCL's evening and

weekend Social Recreation program. He loves socializing with his friends and enjoys their outings to various restaurants, the dinner and a movie outings, as well as going to Rocket's hockey games, as well as all the outings he gets to share with his girlfriend, Megan.

Jason loves going on holidays, among his favorites are Disney World and Disneyland. He also enjoys camping and loves to drive the boat!

Jason is well liked at KDSCL, and everyone appreciates his friendly, caring and humorous personality.



**TRAVEL CLUB: DISNEY WORLD**

BY SYLVIA KASOKEO

On October 3rd through 12th, KDSCL's travel club took a trip to Orlando, Florida, where we spent time at Disney World.

We stayed at the Fantasy World Resort, in a renaissance town home, where I got to stay in the master bedroom. We all enjoyed swimming in the Fantasy

World Resort pool, too.

I really enjoyed the trip for many reasons. I got the opportunity to take a lot of pictures of Disney World and all of the characters we got to meet. I met Mickey Mouse, Minnie Mouse, Pluto, Donald Duck, Goofy, and the Genie from Aladdin. I enjoyed watching people go on rides, and I especially liked

going on the Fantasy Land Train, the Animal Kingdom African Safari, and the Hollywood Studio's History of Movies. Other things I enjoyed were taking long walks at Disney World; eating out at different restaurants; the acrobatic Lion King performance at the Animal Kingdom; as well as shopping and buying a variety of souvenirs.

The travel group consisted of two staff: Mark Wengrowich, Skye Kaidannek; and five service recipients: Sylvia Kasokeo, Jeff Greenlay, Jason Cline, Scott Gould and Charlene Harris.



**“What lies behind us and what lies before us are small matters compared to what lies within us.”**

- Emerson





The Caribbean Cruise travel group consisted of Teresa Sharp, Beverly Polmear, and staff, Miki Hanna.

**“I had a spectacular cruise. We saw monkeys and macaws and lizards. And lots of them! I really want to go again...to see the monkeys and macaws and lizards and everything else. All the food on our ship was the best and there was lots of good food all day long.”**

- Teresa Sharp



## TRAVEL CLUB TRIP: CARIBBEAN CRUISE

BY MIKI HANNA

On October 3rd through 12th, KDSCL's travel club consisting of two service recipients and one staff had an awesome time on a nine day Caribbean Cruise aboard the Carnival Glory Ship.

We set sail from Port Canaveral, Orlando, Florida, and sailed toward Cozumel. While in Cozumel, we enjoyed a glass bottom boat tour through crystal clear waters and we were able to see and feed exotic fish at three different coral reefs. The sun was hot, the captain and crew were a lot of fun, it was an awesome time.

We then sailed to Isla Roat, just off the coast of the Honduras. The white sandy beaches were so beautiful.

Beverly went to a beach party with some great people that we spent time with on the ship. She returned chatting about the good time she had listening to music and laying in the sun.

Teresa and I took a tour of Gumbalimba Park. We strolled through beautiful nature trails, crossed a rope bridge and were able to hold parrots, macaws, spider, white-faced and howler monkey's. The plants and trees in the forest were breath-taking. After the tour, we enjoyed a refreshing swim on the most beautiful beaches we have ever seen.

The next part of our trip was beautiful Belize. Here, we had a private tour of Belize City, which was amazing. After the tour, we did some shopping, lis-

tened to local music, and I had a really good, cold Belizean beer.

Our last port of call was the Freeport Bahamas. Here the ladies decided to just kick back and enjoy some shopping in the quaint markets by the sea and enjoyed the sun.

On the last day of the journey, we sailed back to Orlando. We hooked up with our friends on the Disneyworld travel trip, and we all went out to the Arabian Nights dinner show. It was a magical show and like a fairy tale come true, a love story on horseback featuring black stallions and other beautiful horses from around the world. Our time came to an end, and we made our journey back home.

## CHRISTMAS CRAFT AND BAKE SALE

COMPILED BY JOHANNA POPLAWSKI

For the second year in a row, KDSCL staff, led by Johanna Poplawski held a Christmas Craft and Bake Sale. This year was very successful bringing in just over \$2,000. We are very grateful for the efforts put forward by all staff involved.

This fundraiser would not be possible without individual and corporate dona-

tions. KDSCL would like to acknowledge and thank the following donors:

John Revill; Bowring; Home Sense; Safeway on Bernard; Dairy Queen on Gordon; Propane Gas; Beach Comber; Costco; Kelowna Wine; Kelowna Rockets; Kal Tire; Anegret Chocolates in Towne Center mall; Hallmark Store on the Westside; Shopper's Drug Mart on the Westside; Gourmet outfit-

ters; Granville Island Candle Company; Valley Lanes; Jim Hadgraft; Jean Hadgraft; Player's Choice; Larry's Cycle; Manteo Resort; Ramada Inn; Various Sellers from the Kelowna Farmer's and Crafter's Market; Marc Houde; Linda Weaver-Horton; Cindy Omand; Glenda Mal-lach; Johanna Poplawski; and KDSCL staff, parents and friends who donated baking.



CREATIVE WRITING: THE GREAT SNOWFALL

BY MEGAN HART

One snowy day on Christmas Eve, all of our family was beginning to arrive at our house. This time of year brings us all together because of grandpa Rob's birthday and the Christmas holidays. Grandpa Rob's birthday supper was great and we all enjoyed each others company.

Late Christmas morning, we all gather downstairs to open gifts. In between the Christmas music on the radio, we hear that the highway is closed until further notice. Our parents tell us not to worry, so all of us kids go outside to play in the snow while everyone prepares Christmas dinner.

The supper was great, and the turkey was superb, but the radio still says the highway is snowed in and there's no hope of getting it cleaned any time soon. Everyone is beginning to get worried about leaving the next day. My cousins and brother and I return back outside to play.

Boxing day morning approaches and all of our family is supposed to be leaving today. The radio is pleading for the city to get their snow plows out. Unfortunately, the city responds that the snow plows are too small for the amount of snow on the highways. Our aunt, uncle and grandparents begin to get anxious about leaving, so they send us kids back

outside to continue playing in the snow. The afternoon passes and we've been very busy outside. When mom and dad finally call us in for hot chocolate, we gather around the radio and hear that the government has announced the release of their top secret snow plows. We are all very excited that everyone will be able to leave safely and go back home.

Once everyone is packed up, we help them load the cars. While everyone is outside, they look around to see snowmen, snow angels and igloos everywhere. They are amazed by the beautiful winter wonderland that we have created in the snow.



**“What is Christmas? It is tenderness for the past, courage for the present, hope for the future. It is a fervent wish that every cup may overflow with blessings rich and eternal, and that every path may lead to peace.”**  
  
- Agnes M. Pahro

CHRISTMAS WORD SEARCH

Words appear vertical, horizontal, backwards, and diagonal.

- CHRISTMAS
- SANTA
- TINSEL
- SNOWMAN
- HOLIDAY
- CANDYCANE
- STOCKINGS
- HOLLY
- SNOWFLAKE
- CELBRATE
- SEASON
- MISTLETOE

- POINTSETTA
- ICICLES
- STAR
- REINDEER
- SLEIGH
- EGGNOG
- GARLAND
- PRESENTS
- RUDOLPH
- FAMILY

E N A C Y D N A C N X F L S I  
 S I S J P R E S E N T S S S N S  
 T S L Q P S E A S O N G L O T  
 A A E O I L I C I C L E S W O  
 R M I H T I N S E L Y M T M C  
 S T G R E I N D E E R I K A K  
 A S H K G O H P L O D U R N I  
 N I Y L I M A F B X T F K A N  
 T R E T A R B E L E C R Q N G  
 A H A E O T E L T S I M I X S  
 Y C X W G A R L A N D V S B H  
 L F K M M E G G N O G Y L N G  
 L T H X J G A H O L I D A Y S  
 O A T T E S T N I O P A N Q M  
 H E K A L F W O N S F N C B M

THE QUARTERLY COMIC



## RIGHTS AND RESPONSIBILITIES OF INDIVIDUALS RECEIVING SERVICES FROM K D S C L

### A CHARTER OF RIGHTS

As an adult with a developmental disability and as a user of services, I have the right to:

- Be treated as an adult human being
- Be treated in a fair way
- Be treated with respect
- Not be teased, called names or hurt in other ways
- Have friends
- Go out and have fun
- Have someone to love
- Get married
- Have children
- Take care of my own money
- Have control in my own home

### Laws that protect me (like the Canadian Charter of Rights and Freedoms)

- Not be discriminated against for things like being female or male, the country my family comes from, my skin colour, my religious beliefs, who I choose to love or my disability
- Get fair wages
- Get the same things as everyone else who does the same job (for example, coffee and lunch breaks, medical benefits, vacation time and maternity leave)

- Get the same medical services and care as other people

### Make informed choices and decisions in my life

- Make decisions and choices based on my feelings, beliefs and what is important to me
- Be told enough things to help me decide (make an informed choice)
- Take chances (risks) once I know what might happen
- Decide what I do on my own time
- Decide what I do with my own things
- Decide how I plan for my future (what goals I set and what I want to talk about when I plan)
- Choose to live on my own or with others
- Decide who comes into my home
- Choose the services I use
- Have choices when I use services, including where I live, who I live with, what I eat, what changes happen in my home, what work I do, when I go to the bathroom, what doctor I go to, what my doctor does to me, and many other things
- Make mistakes

- Change my mind
- Decide to stop using a service
- Choose when I need support

### Support

- Get help, if I need it, with things like finding a place to live, making a budget and learning what I need to learn
- Have staff and other supporters (like my family and friends) who treat me nice (kind, polite and with respect)
- Have supporters who are helpful
- Not be told off by supporters
- Hear good things, not just bad things, about myself from supporters
- Have enough money from the government to buy the services and support I need
- Get help with taking care of money (from my guardian and others), if I need it
- Get help with taking care of money (from my trustee and others), if I need it
- Have a say even if I need help making decisions

*Continued on page 7*

**“I have the right to be treated with respect”**

**“I have the right to decide how I plan for my future (what goals I set and what I want to talk about when I plan)”**

**RIGHTS AND RESPONSIBILITIES OF INDIVIDUALS RECEIVING SERVICES FROM KDSCL (CONTINUED FROM PAGE 6)**

**Speak for myself and be listened to**

- Speak my mind and give my opinions
- Talk about my rights
- Show my feelings
- Make complaints if I am not happy
- Say “no”
- Disagree with people
- Have people listen to me when I talk
- Have people try to understand me

**Access**

- Get services in my community
- Have good special (accessible) transportation, if I need it
- Use seating for people with a disability on regular transportation, if I need it
- Get around easier if I use a wheelchair (for example: ramps, curb cuts)
- Be part of and have access to the community (things like jobs and recreation)
- Go to school and to get the training if I need to learn new things

**Privacy**

- Spend time alone, if I want
- Have people get my okay to go into my locker at work

- Have people knock or get my okay before they go into my room at home
- Use the telephone without someone listening to what I am saying
- Have the choice of going out without telling others where I am going
- Have things my doctor knows about me kept between us, unless I need help to understand

**Safety and protection**

- Feel safe when I use services
- Feel safe when I am out in the community
- Not be hurt, attacked or have my things taken from me
- Learn how to take care of myself

**This Charter of Rights was made by people with a developmental disability who use services, at the 1994 Opening Doors Conference put on by The Vocational and Rehabilitation Research Institute, 3304 - 33rd. Street, N.W. Calgary, AB Canada T2L 2A6.**

**Responsibilities**

As someone receiving service from KDSCL:

- You have the responsibility to Contact the Community Living BC

- to request service
- You have the responsibility to respect volunteer and staff privacy and human rights
- You have the responsibility to provide the staff with complete and accurate (correct) information about your wants and needs
- You have the responsibility to ask for more information when you don't understand
- You have the responsibility to provide supplies and equipment required for Home Help/Maintenance
- You have the responsibility to contact the office if you will not be available to receive services
- You have the responsibility to tell the staff if you feel you might have difficulty taking part in a service offered by the Society
- You have the responsibility to speak to staff if you have a concern or complaint
- You have the responsibility to be respectful and courteous (polite)
- You have the responsibility to stay home when you are sick until you are healthy again

**The Rights and Responsibilities was reviewed and approved by Self-Advocates:**

**August 22, 2005  
January 16, 2007  
June 27, 2007  
November 2008**

**“I have the responsibility to be respectful and courteous (polite)”**

## QUALITY ASSURANCE UPDATE: HEALTH AND SAFETY AT KDSCL

BY LESLIE MUNRO

***In the next issue:***  
**Accessibility at KDSCL**

The CARF surveyors who visited in November were very impressed with KDSCL's systems of assuring health and safety. There were no recommendations in the area of health and safety. The process for maintaining a healthy and safe environment at KDSCL has evolved over many years, and continues to evolve. The process, in brief form, is as followed:

### **1. Inspections:**

**A.** In September the Occupational Health and Safety (OH&S) committee complete a health and safety assessment of each of KDSCL's facilities. At the same time the Activity Quality Assurance Manager (AQAM) completes the Risk Management Assessment. Any areas that need to be acted on are placed in the Risk Management Action Plan which is managed by the AQAM. The internal safety inspections of facilities is completed again in March. The Risk Management Action Plan is posted at service areas, and updates are sent out regularly.

**B.** An annual (yearly) safety inspection is completed by a qualified external (outside) agency. Any concerns are added to the Risk Management Action Plan for follow up.

**C.** The OH&S committee ensures that the weekly

Vehicle Inspection Checklists are completed and required actions are taken to maintain safe vehicles.

**D.** The OH&S committee ensures monthly that the First Aid Contents Checklist forms are completed and the kits restocked.

**E.** The OH&S committee ensures that all emergency drills are completed as scheduled.

### **2. The OH&S committee:**

**A. Committee Composition:** The OH&S committee is comprised of union and management personnel. The committee elects its chair in June of each year, and meets at least 9 times per year. This year the committee chair is Mike Varga. Union representatives are Wayne Major, D'Arcy Bell, Shane Milligan, and Darlene Hass. Holly Wilson is a self advocate who has volunteered to sit on the committee as a representative of the Advocacy in the Service Site committee. Leslie Munro is the management representative.

**B. Safety Concerns:** If an employee, volunteer or service recipient, identifies (finds) a health or safety concern, the person talks about their concern with the supervisor of the area. If the concern is not fixed, or cannot be fixed by the supervisor, the person sends a note to the chairperson of the OH&S committee. The OH&S com-

mittee takes action based on the level of concern, either hazardous (immediate attention) or maintenance (no later than ten working days of the request). The OH&S committee keeps documentation of all concerns and the actions taken to fix them.

**C. Follow up:** Preventable incidents, accidents, complaints, damage and Work Safe BC reports are given to the OH&S committee for review and follow up. Any actions taken are recorded in the OH&S meeting minutes.

### **3. Incident Report Analysis:**

Each June all incident reports completed during the year are analyzed in regard to the types of incidents which have occurred, which service the incident occurred in, and whether incidents were preventable. Trends are analyzed, and recommendations are made. For example this year the number of incidents involving falls increased substantially compared to the previous year. The OH&S committee is responding by designing an agency wide awareness campaign on fall prevention.

Any incidents involving falls are followed up immediately by an OH&S member with the staff involved in reporting, with a goal of preventing further incidents.

**If you have any suggestions or questions regarding health and safety you can contact:**

**Susan Harney**, Activity Service Supervisor 250-763-4484

**Mark Wengrowich**, Development Supervisor 250-763-9499

**Mike Varga**, OH&S Chair 250-763-4484

**Leslie Munro**, Activity Quality Assurance 250-763-4839.



## CHRISTMAS TRADITIONS: THE FRUITCAKE

**F**ruitcake is for many families the giving and receiving of a favorite, though often ridiculed, traditional food. Fruitcake is considered to be a part of many families' Christmas traditions just as important as having a Christmas tree.

Like many Christmas traditions, the idea of giving fruitcakes as gifts is thought to have originated in ancient times. No one ever recorded who took the first cake and added fruit, honey, nuts, and alcohol to make an edible gift for their family, but records indicate that this tradition was occurring in Rome prior to the birth of

Jesus (B.C.).

One of the main reasons fruitcakes were given as gifts in early times is that the ingredients combined in such a way as to greatly reduce the spoiling of this food. This was a huge advantage when the average family had very little control over their food supply, and allowed people to travel longer distances since they could carry a food supply with them that would not spoil.

The fruitcake as we know it today evolved from plum cake recipes in England. It became a natural food to have for holiday celebrations, since it could be made in advance (sometimes many months

in advance) and then families could be prepared to give their visitors a treat.

After trying to eat a piece of fruitcake, I have joined the list of people who believe that fruitcakes are never consumed, just created and given as gifts to others. One day, our planet will be overwhelmed with fruitcakes and they will all need to be dumped into an ocean, possibly creating the new continent of 'fruitcacia'. Or, maybe they will just be used as bricks in the building of skyscrapers.

For more Christmas Traditions, go to:

[www.merry-christmas.com/traditions.htm](http://www.merry-christmas.com/traditions.htm)



## FRUITCAKE RECIPE

### INGREDIENTS:

- 2 cups packed brown sugar
- 3 cups all-purpose flour
- 1 tablespoon baking soda
- 2 tablespoons ground cinnamon
- 2 tablespoons ground cloves
- 2 tablespoons ground allspice
- 2 tablespoons ground nutmeg
- 4 eggs
- 2 tablespoons lemon zest
- 2 tablespoons vanilla extract
- 1/2 cup brandy
- 1 1/2 cups raisins
- 1 1/2 cups chopped nuts
- 1 1/2 cups dried mixed fruit
- 1 1/2 cups butter, melted
- 1 3/4 cups brandy
- In a large bowl, combine sugar, flour, soda, spices, eggs, lemon rind, vanilla, 1/2 cup brandy, fruit, nuts, and melted butter or margarine. Mix thoroughly. Pour into prepared pan.
- Bake for 1 hour, or until a tester inserted in the center comes out clean. Cool on a wire rack.
- Wrap cooled cake in foil. Sprinkle 2 tablespoons brandy over the cake everyday for 2 weeks.

### DIRECTIONS:

- Preheat oven to 225 degrees F (110 degrees C). Grease and flour a tube pan.



## New Look!!!

*KDSCL's activity service has taken over the quarterly newsletter and is now offering it as an activity for service recipients. The newsletter group consists of two staff: Nichole Smith and Jeremy Thompson along with service recipients: Megan Hart, Sylvia Kasokeo, Carolyn Larsen, Rosemary Schmidt, Holly Wilson and Brad Burditt. Amongst the addition of new editors and contributors, we have also changed the overall look of the newsletter and have added many new columns including the Service Recipient Profile, Volunteer Spotlight, Creative Writing and Poetry and more. Thank you to everyone for their input and hard work!*

## DID YOU KNOW...?

(AND OTHER RANDOM FACTS ABOUT KDSCL STAFF)

...**R**od Oranchuck and Don Bach were recently awarded for their 15 years of dedicated service to KDSCL?

...Three staff are getting married in 2009? They are Jeremy Thompson (July 25, 2009), Susan Hibbs (August 2, 2009) and Nichole Smith (October 3, 2009)!!!

...Susan Harney is the longest employed staff

with KDSCL and is approaching her 28th year?

...**Mike Johnson dresses up his Yorkshire-terrier dog named Allie for their cool winter walks in a pink jacket, boots and a hat (and sunglasses when its sunny)?**

...In September, Mike Varga shaved his head for breast cancer? Mike is involved in many events that raise support and awareness for breast can-

cer.

...Wayne Major can recite by memory the poem entitled "Rime of the Ancient Mariner" by Samuel Taylor Coleridge that has 218 paragraphs (or 5000 words or 726 lines)?

...Wayne has also memorized "Paradise Lost" books one and two?

...Lloyd Horton participates in Scottish Country Dance with his wife?

## BCACL TRAINING: THE RIPPLE EFFECT IV

**T**he British Columbia Association for Community Living (BCACL) will be holding their fourth training weekend in Naramata, B.C. On February 6 to 8th, 2009. "The Ripple Effect IV: Exploring the Power of Advocacy and Community Development" will provide

family members with a child or family member that have a developmental disability with an all expense paid weekend that will focus on community development, individual advocacy, systems change as well as valuable information to ensure a good life for the person you love

and support.

The deadline for your application for this training is January 16th, 2009.

For more information please contact Karen De Long at [kdelong@bcacl.org](mailto:kdelong@bcacl.org) or Laney Bryenton at [lbryenton@bcacl.org](mailto:lbryenton@bcacl.org) or by phone: 604-777-9100

## BELIEVING IN A COMMUNITY WHERE EVERYONE BELONGS

BY MIKI HANNA

**O**n behalf of The Kelowna and District Society for Community Living (KDSCL), I would like to thank James Zelenik from Jazel Homes for graciously hosting a third successful fundraising event at Nine-teen Steakhouse and Lounge.

The proceeds from the events go to the KDSCL building replacement fund. KDSCL is a not-for profit

organization that has been providing service to adults with disabilities in Kelowna and the surrounding areas for 55 years. KDSCL is currently raising funds to replace our building on Fuller Avenue which is old, beyond repair and no longer meets the needs of the people we support nor the community. KDSCL has truly appreciated the assistance Jazel has provided to move this project

forward.

In addition, I would like to thank the following: the Home Building Center Kelowna and Westside, Geinow Windows, Interior Comfort Westbank, Creative Doors, KRM, True Consulting, Royal Le Page Westbank, Sandy Zelenik, Alex Hanna and the volunteer's that shared the evening with us. There donation helped make this event successful.

**KDSCL ANNUAL CLOSURES**  
*MARK YOUR CALENDARS!*

**2008/2009**

**Christmas Closure: December 25, 2008 to January 1, 2009**  
**(Reopening January 5, 2009)**

**2009/2010**

**KDSCL In-service: February 13, 2009 (Closed all day)**

**Easter: April 10 and 13, 2009**

**Victoria Day: May 18, 2009**

**Canada Day: July 1, 2009**

**Summer Shutdown: August 3 to 14, 2009 (Reopening August 17, 2009)**

**Labor Day: September 7, 2009**

**KDSCL In-service: September 25, 2009 (Closed all day)**

**Thanksgiving: October 12, 2009**

**Remembrance Day: November 11, 2009**

**Christmas Closure: December 24, 2009 to January 3, 2010**  
**(Reopening January 4, 2010)**



**RDSP RIPPLES (CONTINUED FROM PAGE 1)**

To date, British Columbia, Newfoundland and Labrador, Saskatchewan and Yukon have all taken this step and exempted the RDSP from affecting their Disability Benefits, with most of the other provinces on the cusp of announcing their treatment of RDSP.

PLAN has been involved in discussions with the pro-

vincial governments to encourage the exemption of the RDSP. In May of this year PLAN hosted a National Symposium on the RDSP in Toronto with government officials from the provinces and will be hosting another National Symposium in the fall, and continues to maintain a dialogue with political and bureaucratic decision-makers in the provinces.

PLAN sees the RDSP as an

opportunity to not only reform provincial disability policy, but to begin shifting provincial laws and regulations away from the traditional welfare-based approach and more towards an asset-based approach where people with disabilities are allowed to save for their future while still receiving government supports and programs.

More info at [www.plan.ca](http://www.plan.ca)

**VOLUNTEER SPOTLIGHT: FOODBANK**

*BY JEREMY THOMPSON AND BRAD BURDITT*

Working at the Kelowna Food Bank is one of the many volunteer opportunities that are available through KDSCL. Every Tuesday, Wednesday and Friday a group of individuals, with the support of a staff member head off for the food bank. They arrive at 10:30am and leave again at 2:00pm. During these three and a half hours the volunteer group

might do a variety of jobs, including: Preparing non-perishable food items for hamper packing; scratching out the bar codes on food items; portioning tea bags, and sorting coins.

This volunteer position provides a great way for individuals to connect with their community. They work alongside up to 20 other volunteers on any given day, as well as meet

many of the individuals who depend on the food bank to feed their families. Thank-you for all your hard work, this is a great way to help your community.

Volunteers include: Brad Burditt; David Connally; Tracey Anderson; Collin Giggs; Angie Pizio; Bev Polmear; Carrie Clark; Jackie Miller; and Carolyn Larsen.

**Friend**

**Friend is with us in group. We have feelings together. To be with friend's is with heart**

**-Holly Wilson**

**K E L O W N A   A N D  
D I S T R I C T  
S O C I E T Y   F O R  
C O M M U N I T Y  
L I V I N G**

**Day Service**  
250-763-4484  
555 Fuller Avenue &  
925 Sutherland

**Integrated Career  
Opportunities (ICO)**  
250-763-9499  
555 Fuller Avenue

**Kelowna Diversified  
Industries (KDI) Woodshop**  
250-762-4915  
555 Fuller Avenue

**Larry's Cycle & Sports**  
250-762-4920  
123-1511 Sutherland Avenue

**Administration**  
250-763-4836 or 250-763-4837  
Fax 250-763-4488

**Individualized Funding/Home Sharing**  
250-763-4839

**Website: [www.kdscl.bc.ca](http://www.kdscl.bc.ca)**

**ABOUT OUR ORGANIZATION . . .**

**The Kelowna and District Society for Community Living (KDSCL)** is a not-for-profit advocacy organization, governed by a volunteer board of directors that provides services to people with developmental disabilities and their families in day and business services, Integrated Community Opportunities (ICO) and residential services.

KDSCL provides opportunities for people with disabilities to achieve full citizenship by:

- Teaching employment and life skills.
- Assisting people to work, both in volunteer positions and paid employment.

- Facilitating participation in community recreation and leisure activities.
- Assisting people to live interdependently in their communities.

**Mission Statement**

To assist people with disabilities to reach their individual goals and to participate and contribute as equal members of the community.

**Mandate**

To promote, organize and support the education, training, development and welfare of all people with disabilities in a manner consistent with the Mission Statement, and bear-

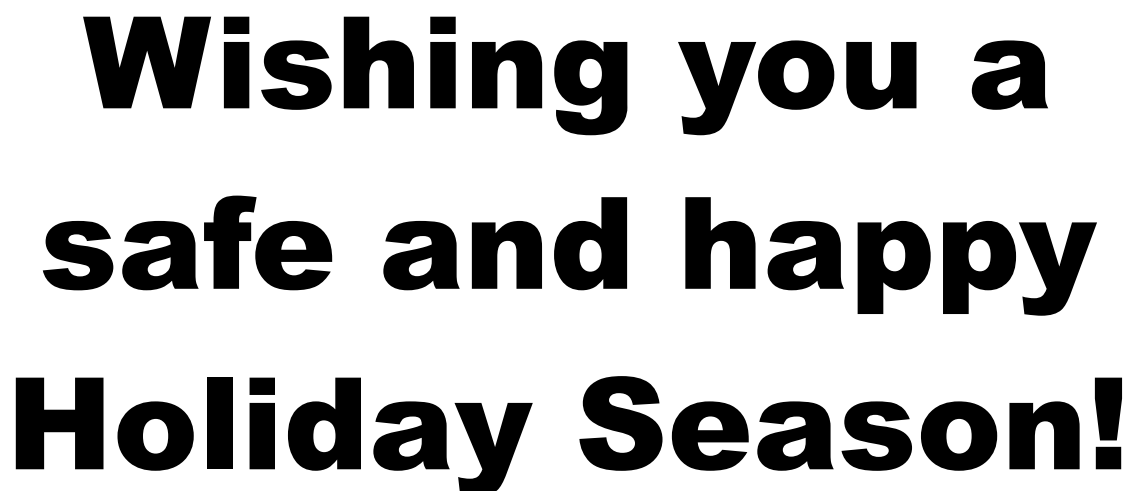
ing in mind always, the strengths and needs of the individual.

**Vision Statement**

"Ours is of welcome. Join us in building communities that support and value the diverse abilities of all people".

**Ways to Help:**

- Become a member
- Be informed and involved Volunteer a few hours each week
- Involve yourself in a Committee
- Support people to be included in their community Make tax deductible donations or bequeath
- Just be a friend!



**Wishing you a  
safe and happy  
Holiday Season!**