

Growing Together

KDSCL INSIDER

DECEMBER 2009

Volume 2, Issue 10

Thank-You:

Ruby Clark for supplying the Holy Rollers with sheets.

ACT/UCT for donating \$2500

Knights of Columbus for donating \$500 towards the purchase of a Hoyer lift to assist people with disabilities who use wheelchairs to get in and out of them.

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MEANINGFUL AND PRODUCTIVE ACTIVITIES

BY ALAINA HEWER

The purpose of the Activity Service at KDSCL is to provide opportunities for individuals to develop skills and abilities that promote self esteem and independence through productive, meaningful activities in recreation and leisure, volunteerism and life skill development. The definition of meaningful is to have mean-

ing, function or a purpose. Here at KDSCL we all talk about having meaningful productive activities and/or days but to each one of us that looks different. Here are some examples of what a meaningful day looks like for staff and service recipients at KDSCL:

- "To me a meaningful" day is one in

which I can connect in a meaningful way with another being, by listening, sharing activity or work with them, or just by sharing a comfortable silence. It is a mutually beneficial time where I come away feeling I've given something and received something. The activity itself might not seem "productive" to some

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KDSCL BUILDING PROJECT

BY CHARISSE DALEY

As the year comes to an end, we would like to again thank all those that helped KDSCL win the Juicy Give and who supported our Building Replacement Project.

We are in desperate need of a new building and hope to start construction in 2010.

Our only hurdle continues to be raising the dollars to proceed. In the spirit of giving please consider making a tax deductible donation to the "KDSCL Building Replacement fund" before the end of the year. Your support is very much

needed.

For more information on the project please go to our website at www.kdscl.bc.ca or contact Charisse Daley at 250-763-4837. Donations can be mailed to or dropped off at 555 Fuller Avenue, Kelowna, BC, V1Y 7W8

Thank you!

Disclaimer: In support of self-advocacy, KDSCL includes the self advocate newsletter with our newsletter mailout. The views and opinions expressed to not necessarily reflect the views of KDSCL by remain solely those of the author and/or editor.



"We Are Artists" show opened at the Kelowna Art Gallery on November 27th and goes until March 21, 2010. The show features the work of 13 artists with developmental disabilities.



One of the many artists Scott Gould showing

Looking to Volunteer??

KDSCL is looking for volunteers!!

Phone 763-4484 for more information.

Join us in Building Community

UTILITY RELIEF REQUEST SUBMITTED BY CHARISSE DALEY

The Utility Relief Request is administered by CMHA, Kelowna and the City of Kelowna with funding from Interior Health to provide assistance to clients who are experiencing difficulty paying their City of Kelowna Utility Bill. Referring agencies can apply for assistance for their clients who have income from one of the following Income Sources:

- Canada Pension
- Old Age Security
- Ministry of Housing and Social Develop-

ment Income Assistance, PPMB or PWD

-Employment Insurance.

The Application Process is as follows:

-Fax the completed request with a copy of the latest utility bill, verification of source of income (cheque stub, bank statement or tax return) & consent form to 250-763-4827

-Approved applicants will receive a \$200 credit applied directly to their City of Kelowna Utility Account

-The referring agent will be notified by email that the application has been processed

-Utility Relief Requests will be processed starting September 1, 2009 and will continue to be processed until March 1, 2010 or funds have been exhausted.

If you have any questions regarding this funding please call Kara Keam, Homelessness Outreach Coordinator at 250-861-3644 ext.122.

VOLUNTEER... BE A FRIEND THROUGH KDSCL

BY JEREMY THOMPSON

Have you ever thought about what it takes to be a friend? Have you ever thought of how simple it can be? How about the rewards that come with making a new friend?

KDSCL is looking for volunteers that want to be more than a volunteer. We are looking for people in

our community who would like to engage in a mutually beneficial friendship with a person with a disability.

Many individuals with disabilities do not have opportunities to engage in relationships with non-paid, non-disabled people. Our goal is to create opportunities for

these relationships to flourish, both within our services as well as out in the community.

If you are interested in pursuing a friendship at KDSCL, please contact Jeremy at 250-763-4484 or email:

cpdv@kdscl.bc.ca

ACTIVITY SPOTLIGHT: CURLING

BY ALAINA HEWER

On Tuesday afternoons, a group leaves KDSC and walks to the Kelowna Curling Club. Once there, everybody puts grippers on their shoes so they can walk on the slippery ice. We grab our brooms and head to the rink. The curling arena is usually busy with curling leagues,

school field trips and the general public. We pick a lane and start dividing into two teams, yellow and red. Individuals work on their technique, by throwing a rock to the center of the scoring circle. They also develop skills by sweeping and brushing the ice to guide the rock

to the end. Whichever team wins or loses, everybody enjoys the exercise they get by chasing the rocks back and forth along the ice. The smiles on everyone's faces when the rocks clash together makes enduring the cold arena so pleasurable.

Quote of the day:
 "With our thoughts
 we create the
 world"
 -Buddha

HOLIDAY TRADITIONS: CHRISTMAS

BY ALAINA HEWER

Although Christmas is traditionally a Christian holiday, it is widely celebrated by many non-Christians and some of its popular customs have Pre-Christian themes and origins. Some modern customs of the holiday include gift-giving, Christmas carols, an exchange of greeting cards, church celebrations, a special meal, and the display of various decorations; including Christmas trees, lights, garlands, mistletoe, nativity

scenes, and holly. Also a child's favorite thing about Christmas is old St. Nick.

Most children know Santa Claus as a big, round, red-cheeked, joyous, old gentleman who delivers presents dressed in black boots and a red and white suit. But really, who is Santa Claus and where does Santa Claus come from?

The legend of Santa dates all the way back to the 4th century when a child

named Nicholas was born. At that time, nobody knew he was to become world renowned as Santa Claus, but Nicholas soon showed signs of special abilities. As a grown-up he became bishop of Myra in Lycia, a province of the Byzantine Anatolia, now in Turkey, where according to the legend, he only did good deeds. As Nicholas had died in December, it was now easy to associate him as Santa Claus with Christmas and gift giving.

Did you Know?

-Santa has 31hrs of Xmas to work with, thanks to different time zones and the rotation of the earth.

-Santa Claus is also known as St. Nicholas, Father Christmas and Kris Kringle.

-It was Coca Cola's magazine advertisements billboards, points-of-sale, store displays that exposed nearly everyone in America to the modern Santa Claus image.

**Check out our
website:
www.kdscl.bc.ca**

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 Manager
250-763-4839.

HOLIDAY TRADITIONS

CONTINUED FROM PAGE 3...

Today Santa Claus is famous all around the world as the kind old man who brings Christmas gifts to the children. Santa has widely been used as a commercial eye catcher. Nicholas was described as having a big white beard, black boots, a big red coat, and an infectious laughter-exactly like we know and love today!

HAS KDSCL HAD AN IMPACT ON YOUR FAMILY?

SUBMITTED BY CHARISSE DALEY

All of you have terrific stories about how KDSCL has brought happiness to you and your family. Is there a way to show your appreciation for all their hard work?

YES ! And it's easy. It's called Planned Giving.

Giftng money through life insurance means that KDSCL will continue to receive support after your death - leaving a legacy for your family name!

There's 3 easy ways:
1) Lower the amount of income tax you pay during your lifetime.

Here's how:

-Buy an insurance pol-

icy naming the charity as the owner & the beneficiary. Charity issues you a tax receipt for the premiums paid

-You claim the tax credit for the premiums you donated

2) Lower the amount of income tax you pay on your estate when you die.

Here's how:

-Buy and own an insurance policy naming your estate as the beneficiary. In your will, bequest the policy to the charity. When you die, your estate receives the charitable receipt for the death benefit amount which lowers

income tax on your estate

3) If you want to let a policy lapse or cancel - let someone else benefit!

Here's how:

- As the policy owner, you can sign the policy over to the charity so it becomes the new owner

-Charity makes the premium payments and is also the beneficiary

For further information please contact Charisse Daley at 250-763-4837 or via email at cdaley@kdscl.bc.ca.

ACTIVITY SPOTLIGHT: PAINTING AT OPUS
 BY ALAINA HEWER

On Monday mornings, KDSCL's painting class has the opportunity to use Opus's facilities. The purpose of having our painting class at Opus is to be equal members of the community and to have a professional setting. Opus' staff is welcome to sit in and observe or help our class. KDSCL's painting instructor, Marg Revill, teaches the

recipients basic ideas and different styles of painting such as abstract, impressionism, and postimpressionism. We tend to focus on landscape scenery photographs and do our best to paint what we see, modifying only a little. The group that goes improves so much in the time that they spend at Opus and learns how to paint background, middle

ground, and foreground with very little help. Service recipients are also taught the importance of caring for the painting utensils, paying special attention to the paint brushes and how to properly wash them without bending the bristles. At painting class we also learn how to take our time, have fun, and experiment.

Q. Why did the farmer plow his field with a steam-roller?
A. Because he wanted mashed potatoes.
 -Submitted by Teresa Sharp

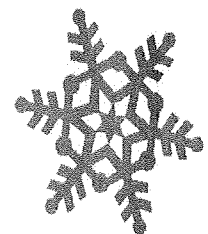
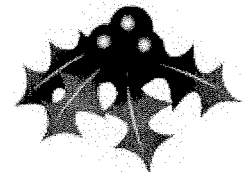
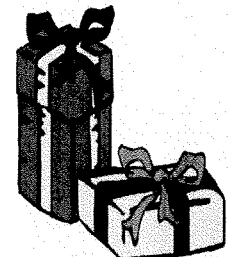
WINTER FUN WORD SEARCH

WORDS COMPILED BY SYLVIA KASOKEO AND MERCIA CARLSON

Words appear Vertical, horizontally, backwards, and diagonally.

- Noel
- Angels
- Winter
- Sweaters
- Presents
- Snowflakes
- Stockings
- Snowman
- Star
- Holly
- Icicles
- Scarves
- Santa Claus

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



. Listen to 103.9
The Juice for up-
coming fundraisers
to support KDSCL's
new building fund!!!

MEANINGFUL AND PRODUCTIVE . . .

CONTINUED FROM PAGE 1 . . .

people, but to me I feel that what is "produced" is a greater understanding of someone else. Leslie

- "Earning your own money" Colin
- "A meaningful and productive day for me is, knowing what I need to do or what someone else needs and being able to complete that task on that day so that I know what I did helped someone else to do what they need to have done. Or something like that!"

Mark

- "Learning about our peers at KDSCL and having the opportunity to be creative in our own way" Teresa
- "A meaningful productive day for me is when I can say hello to individuals around, find out how everyone's doing and maybe pass on a smile or two and still plow through a few stacks of paperwork and get them off my desk before another batch comes my way!!" Ellen

- "Staff encouraging us to be productive" Karen.E

- "A meaningful productive day to me is when individuals and I make connections in the community with potential employers. The more receptive, friendly employers leave you with a feeling of worth and purpose." Lisa

- "Something you enjoy like meeting new people, helping them and animals.

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RECIPE: TURKEY AND STUFFING POT PIE

RECIPE FOUNDED ON WWW.RECIPEZAAR.COM

Ingredients:

- 2 cups cooked turkey breast, cubed
- 1/4 cup chopped green onion
- 1 can mixed vegetables
- 1 can cream of chicken soup, & mushroom soup
- 1/4 teaspoon fresh thyme
- 1 prepared pie crust, thawed

-1 box seasoned stuffing mix

-1 teaspoon instant chicken broth

Directions:

Preheat oven to 350 degrees. In a large mixing bowl, mix the turkey, green onions, mixed vegetables, cream of chicken & mushroom soup and thyme until combined. Pour into thawed pie crust. Pre-

pare the stuffing mix, using the "Oven Baked" directions on the box. Spoon stuffing onto the vegetable/turkey mixture. Sprinkle with powdered chicken broth. Cover pie with foil and put on a baking sheet to catch any spills. Bake for 30 minutes. Uncover and bake for 20-30 minutes more, or till bubbly.



2010 KDSCL CLOSURE DATES

Mark your calendars; KDSCL will be closed on the following dates:

Christmas: December 24 - 31, 2009

(Reopening Monday, January 4, 2010)

2010:

In-service: (Closed all day) February 26, 2010

Easter: April 2 and April 5, 2010

Victoria Day: May 21, 2010

Canada Day: July 1, 2010

Summer Shutdown: August 2 to August 13, 2010 (Reopening Monday, August 16, 2010)

Labour Day: September 6, 2010

Thanksgiving: October 11, 2010

In-service: (Closed all day) October 29, 2010

Remembrance Day: November 11, 2010

Christmas Closure: December 27 - December 31, 2010.

(Reopening January 3, 2011)

MEANINGFUL AND PRODUCTIVE . . .

CONTINUED FROM PAGE 6 . . .

...Being out in the community and learning new things." Mercia

- "When everyone is actively involved in whatever they're doing" Shelley

- "Learning and having new ideas and hanging out with friends." Misty

- "A focus on activities, and an interchange between peers. The end product may not be complete but the process of getting there has been worthwhile."

Lloyd

- "Being happy" Angie

- "Everybody engaged and laughing" Mike.V

- "Spending time with people and being attentive to their needs. Also having a good time" Christian

- "Laughing a lot throughout your day, and smiling often" Lindsey

- "Being busy and enjoying what you do. Also being proud of what you do" Glenda

After asking people's

opinions on what a meaningful productive day look like for them, I noticed a few common themes. Did you? Most productive days happen when people are happy and have made connections. A productive day can happen through meeting new people or reconnecting with old friends or just by accomplishing a task. Here at KDSCL we strive to create meaningful, productive experiences for everyone on a daily bases.

**Want more information?
Check out KDSCL's website:**

www.kdscl.bc.ca

For information on our many different services, as well as policies and procedures.

**Interested in learning some sign language??
Use the internet!!**

www.aslpro.com
(Click on "main dictionary")

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

Activity 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

*The KDSCL Insider is
written by, compiled
by, and edited by staff
and service recipients
of the Activity Service
at 555 Fuller.*

*We would like to thank
everyone for their in-
put and contributions
to this issue of the
Insider*

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 Career Opportunities (ICO) and residential services.

KDSCL provides opportunities for over 150 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 bearing 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:

Please make a donation to the KDSCL building replacement fund. We have been actively working on replacing our building at 555 Fuller Avenue in order to expand our services and create 11 more housing options for some of our most vulnerable citizens!

**Wishing you a safe
and happy Holiday
Season! All the best
in 2010 from KDSCL**