

Kelowna and District Society for Community Living (KDSCL) Newsletter website: www.kdscl.bc.ca



Volume 2 Issue 2

Celebrating 52 Years of Service

September 2005

COMMUNITY LIVING MONTH

By Cyndy Omand

KDSCL AGM Highlights

October has been designated community living month nationally since 1998. It is an opportunity to celebrate KDSCL's mission statement "To assist people with disabilities to reach their individual goals and to participate and contribute as equal members of the community". This year KDSCL is planning the following events to celebrate community living month:

- Our banner will be draped across Ellis Street October 3 to October 17, 2005.

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On September 19, 2005, KDSCL held its 52nd Annual General Meeting. Directors completing the second year of a two year term are Denis Gates, David Paynter, Chuck Hopkins, Mindy Tompkins and Astrid Metheral. Re-elected to the board were David Low, David Fidler and Gail Meier. The Board welcomed new director, Rick Pushor. At the inaugural meeting director Gail Meier was elected President, David Fidler Vice President, David Low Treasurer and Mindy Tompkins Secretary.

Upon conclusion of regular business, we were very fortunate to have Rick Mowels, CEO of Community Living BC (CLBC) do a presentation on CLBC. CLBC is a crown corporation that has assumed responsibility for services and supports to people with developmental disabilities and their families in our province.

CLBC's vision is: "Children and adults with developmental disabilities, supported by family members and friends, will have the opportunities and supports needed to pursue their goals and participate as full and valued citizens in their community.

Rick outlined the potential changes for individuals and families: Individuals and families will decide what's best for them, more choices and flexibility, more opportunities for community inclusion, policies and rules that are clear and public, greater community input in how supports are provided, change only when a better, person centered alternative is available or requested. He described the benefits as: Community input in planning and evaluating service delivery, services more accountable to individuals and communities, encouragement and support for local creativity and innovation and greater integration of individuals into their communities.

If you would like a copy of Rick's presentation, please contact Charisse Daley at 763-4837.

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CAMP OWAISSI

By Glenda Mallach

From September 6-10, 2005, KDSCL hosted a camping trip at the Owaissi Anglican Camp on Okanagan lake. Twenty seven people enjoyed four days of swimming, hiking, campfires, singing and dancing. Everyone had a fantastic time and are looking forward to doing it again next year.

Special Olympics

By Susan Batsch

The following Kelowna athletes have been selected to be part of the BC Provincial Team in the Special Olympics National Summer Games in Brandon, Manitoba in July 2006:

- *Tanya McIntosh: Athletics
- *Crystal Miller: 10 Pin Bowling
- *William Richardson: 10 Pin Bowling
- *Kelsey Wyse: Aquatics
- *Brad Grills: Power Lifting

Our local coaches who have also been selected:

- *Ian Olive: Softball
- *Mary Beres: Softball
- *Gloria Schmitke: Athletics
- *Shannon Ball: Aquatics

Congratulations to all athletes and coaches.

Being Happy Doesn't Mean Everything is Perfect - It Means You Have Decided to see Beyond the Imperfections!"

STAFF PROFILE

By Jayne Stolz



Larene Sabo was born in Noranda, Quebec - allegedly 39 years ago. Likewise, her husband Bob grew up in Noranda. They were high-school sweethearts and married after completing their educations.

A few years later, they relocated to Sault Ste. Marie where Larene worked at the public library until the birth of their daughter, Shanna. They next moved to Kingston to join the rest of the Sabo clan.

Larene worked in the Advertising Display Department of the Kingston Daily Newspaper before deciding to look after the books for Bob's "New Venture"—a newspaper he created. Thus began her long career in the accounting field. Working for a bookkeeping service next, Larene rounded out her accounting skills, preparing her for her next challenge of being the plant accountant for VentureTrans; a manufacturing facility for the cars used on Vancouver's Skytrain.

The Sabo's decided to follow some of Larene's family and move to Kelowna. Larene worked for a few companies in Kelowna (Argus, Décor Doors Manufacturing, Bridges.com) before coming to work at the Society, as our Finance Manager.

Larene wasn't content to just work, raise her family, look after Bob and move. She's continued to learn, taking courses in Accounting, the CGA program, Management and even Astrology (wonder if she's always known she'd end up working here?).

Being the family-minded bunch the Sabo's are, their extended families either live here or close by. They enjoy their two grandchildren and often spend time floating on the Shuswap Lake in their houseboat. And they have a yappy dog who should walk the plank.

The Power of Social Support: Lessons Learned From Geese

Submitted by Maria Rutier

Fact #1: As each bird flaps its wings, it creates an uplift for the bird following behind. By flowing in a big V formation, the whole flock adds at least 71 percent greater flying range than if each bird flew on its own.

Our Lesson: By sharing a common direction and sense of community with others, you get where you are going more quickly and easily because you are traveling on the thrust of one another.

Fact #2: Whenever a goose falls out of formation, it suddenly feels the drag of resistance of flying alone, so it quickly gets back into formation and takes advantage of the lifting power of the bird immediately in front.

Our Lesson: There is strength, power and safety in numbers when we travel in the same direction with others who share a common goal.

Fact #3: When the lead goose gets tired, it rotates back into formation and another goose flies at the point position.

Our Lesson: It pays to take turns doing the hard jobs and sharing the leadership. This means that sometimes you will be the pillar for others; at other times they will rely on your strength.

Fact #4: The geese in formation honk from behind to encourage those up front to keep up their speed.

Our Lesson: We all need to give and receive active support and appreciation.

Fact #5: When a goose gets sick or wounded, two geese drop out of formation and follow it down to help and protect it. They stay with the goose until the crisis resolves. Then, they launch out on their own with another formation, or they catch up with the original flock.

Our Lesson: Like the geese, we need to stand by each other in times of need as well as when we are strong. From the book "Healing From Depression" by Douglas Bloch, M.A.

Building Capacity for Person Centered Support and Services: A 2 day Workshop in Person Centered Thinking

Kelowna: November 28 and 29, 2005

A workshop facilitated by Michael Smull that serves as a foundation for anyone involved in supporting people with developmental disabilities. The training is designed and recommended for all paid staff working for community providers, regardless of their role. For more information email Brian.Salisbury@gov.bc.ca or call 604-660-5021 or visit the CLBC website at www.communitylivingbc.ca.

Cool Arts Workshops

Cool Arts is offering art workshops this fall on the following Saturdays:

October 15, 2005

November 5, 2005

Both sessions will held at 555 Fuller Avenue. Please call Sara Lige for more information at 768-5548 or email tslige@shaw.ca.

Cool Arts is independent and not affiliated with KDSCL.

Antique: An item your grandparents bought, your parents got rid of and you're buying again.

Individualized Service Plans

By Donna Kenyon and Susan Harney

Individual planning is based on the belief that every person should have the opportunity to direct and lead a life that is personally satisfying, secure and productive.

The services offered by KDSCL are based on the goals, accomplishments, strengths, abilities, preferences, needs and cultural background of the individuals we serve.

KDSCL has developed an internal Individual Service Plan (ISP) tool. The ISP is separate from Community Living British Columbia (CLBC) Personal Service Plan (PSP). ISP meetings occur on an annual basis and are reviewed semi-annually. The supervisor or manager notifies the individual that a plan needs to occur. The person at the center of the plan chooses who to invite to their planning meeting. A convenient date and time is set. The facilitator (support staff) phones all the invited people and sends a follow-up letter stating the purpose (e.g. to support the person in developing a plan for the future) and confirming the time, date and location of the ISP meeting. People often choose one or more people who know them and support them in some way such as parent(s), caregiver(s), friend(s), CLBC Social Worker, a representative from other supporting agencies and a KDSCL support staff.

The focus of the meeting is to have the person inform us what their hopes, dreams, likes and dislikes are. This information helps to establish goals that can be supported by KDSCL. The facilitator is responsible for asking questions and getting input from everyone at the meeting. All pertinent information about health, medications and living arrangements are updated.

A recorder or scribe records the meeting by taking notes. They type the notes and ensure each person attending the meeting receives a copy. A copy of the ISP is placed in the service recipients binder.

The supervisor or manager takes the goals from the ISP form and transfers them on to the Goal Planning Implementation Tool (GPIT). Staff is assigned to support the person to work towards attaining their goals.

Community Living Month Continued from page 1...

- Articles in our local newspapers focusing on KDSCL's involvement in our community with recognition of our placements sites.

- Placing information and pictures in Kelowna's Centennial Time Capsule. The capsule will be opened in 25 years. ("I wonder how much more we will have accomplished in this time? To be equal members of the community where everyone belongs, I hope".)

- Participating in the Leon Block Party, Sunday October 23, 2005 from 11:00 am to 3:00 pm. This event will bring awareness to homelessness in Kelowna. Contact Miki Hanna at 763-4484 for more information.

- An open house, October 27, 2005 from 4:00 pm to 6:00 pm at 555 Fuller Avenue. "Come Celebrate Community Living Month with Us" and enjoy wine and cheese. We will be recognizing all our employment and volunteer placements. Leighton Cato will MC.

KDSCL has many wonderful people that are volunteering their time and effort to ensure that community living month will be a success.

Thank you.



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

Vision Statement: Ours is one of welcome. Join us in building communities that support the diverse abilities of all people.

WAYS TO HELP: *Become a member of KDSCL *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 and we will all be winners!!

Services: KDSCL provides opportunities for people to learn employment skills, work (both volunteer and paid), participate in community recreation and leisure activities and live as independently as possible.

Day Service:

555 Fuller Avenue, 250-763-4484

Provides opportunities for individuals to develop skills and abilities that promote self-esteem and personal involvement through community-based recreation and leisure activities and volunteer work.

Business Services:

KDI Wood Shop, 555 Fuller Avenue, 250-762-4915

Larry's Cycle and Sports, 535 Lawrence Avenue, 250-762-4920

Wedding Belles and Baskets, 529 Lawrence Avenue, 250-862-8113

Provides opportunities for individuals to acquire knowledge and work skills in society owned businesses that either enhance the person's ability to secure gainful or volunteer employment in a time limited placement or provide the person with meaningful activity.

Integrated Career Opportunities (ICO), 555 Fuller Avenue, 250-763-9499 or 250-717-8924

Provides supported employment opportunities for individuals to learn skills to assist them to secure employment through training plans, group and independent employment by partnering with community.

Residential Supports:

Rental Assistance: Administers 15 apartment rent subsidies enabling people with disabilities and limited incomes to live in apartments throughout our community.

Housing: Assist 5 people to live interdependently in their own home in community.

KDSCL Closure Dates

Thanksgiving: October 10, 2005

Remembrance Day: November 11, 2005

Christmas: December 26 - 30, 2005

Newsletters are published in the spring, summer, fall and winter. Submit your stories and ideas to KDSCL, 555 Fuller Ave., Kelowna, BC, Y1Y 7W8.



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United Way**