



*Growing Together*

# K D S C L COMMUNITY LINK

Spring 2012

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For the latest KDSCL  
information, please  
check out our  
website at  
[www.kdscl.bc.ca](http://www.kdscl.bc.ca)

*The KDSCL Insider is written by, compiled by, and edited by staff and people who receive services from KDSCL.*

*We would like to thank everyone for their input and contributions to this issue of the Insider.*

Thank you to the following individuals who made donations to our society via the TELUS Dollars for Doers program. When TELUS employee retirees records a minimum of 50 hours of volunteer service in their community, TELUS donates \$200 to a registered charity. If the retiree volunteers over 200 hours TELUS donates \$500. Thank you David Knapp for making a \$200 donation in memory of Barbara Mary Knapp, Jack Clark for his \$200 donation and Ruby Clark for her \$500 donation!

**THANK YOU!!!**

KDSCL has been very lucky to have individuals and groups donate to our society. We actively seek out donations to help with service costs and for our building project. We desperately need to build a new building on Fuller Avenue. KDSCL is very thankful and appreciates all donations. We have individuals and/or groups who have donated every year and/or made substantial donations. In recognition of all (and we are GRATEFUL for ALL donations) we are categorizing amounts received.

- ♥ Up to \$100 Donors
  - Sharon and Hannu Tukimaki
  - Mike and Freia Smith
  - Raybould family
  - Co-Dependants Anonymous

- ♥ \$100-\$500 Donors
  - Mr. and Mrs. Grady

- ♥ \$500-\$2000 Donors
  - Bob and Jean Hadgraft
  - Charisse Daley



**Thank You!!!**

**ABOVE AND BEYOND  
BY CHARISSE DALEY**

KDSCL is very, very lucky to have an amazing group of staff. Their years of service vary from a few months to over thirty years, with just about half working for the society for over 10 years. Many staff volunteer their time after hours and help with the extras including community awareness, fundraising, staff training, etc. Acknowledging individual contributions can sometimes cause some to feel left out and in no way is this intended to take away from **all of the efforts of our great staff.**

Over the last year, four specific staff have volunteered their time and/or been involved in most of KDSCL's outside of work events, Cyndy Omand the chair of the Community Living Awareness Committee (CLAC); Ellen Voth, the unofficial secretary of the CLAC committee /volunteer/ craft guru; Johanna Cameron, coordinator of the "after hours training events" and the KDSCL Staff Craft and Bake Sale and Lloyd Horton, volunteer extraordinaire. These four individuals (again this acknowledgement is not intended to take away from the time donated by many other staff) volunteered or participated in most events which enabled KDSCL to continue our quest for a new building and provide the much needed extras that contracts and grants do not allow for. When you see them, thank them, they are true advocates of our society.

**JAZEL THANK YOU**  
**BY MIKI HANNA**

Jazel Homes hosted the 6<sup>th</sup> annual Texas Hold-em/ Christmas Party Fund Raising event with all the proceeds assigned to the KDSCL New Building Fund. 150 people from the business community attended the event. We received an abundance of donated items for the silent auction, all supplied by the people whom attended. A heart

filled thanks goes out to the businesses that have supported project build from the beginning, you know who you are.

**A special thanks** to business members from the Okanagan Business Excellence group that showed their support by contributing and participating in the event.

Because of you all, the success of the

event was greater than what we could have hoped. KDSCL is grateful and thankful to all of you.

**Thank you to James, his family and his impressive staff for their extraordinarily generous spirit.**

“A dream you dream alone is only a dream. A dream together is reality”.

-John Lennon.

**FOUNDATIONS THANK-YOU**

Foundations for Employment is a three year project that assists youth in their last years of high school to obtain paid work experiences. This project cannot operate without grants from non-governmental sources. In December 2011 Vancouver Foundations granted the funds to operate the second year of the project. In this second year of the project extra staffing time will be available thanks to a grant from Central Okanagan Foundation. KDSCL thanks Vancouver Foundation and Central Okanagan Foundation for making this pilot project a reality.

*KDSCL's website was updated in 2011. The website has a calendar of events which is updated often, along with news and other useful information. All of our policies, procedures and useful forms are also available. We encourage you to check the website regularly. If something is missing or you would like to see other features please let us know. The website address is [www.kdscl.bc.ca](http://www.kdscl.bc.ca).*

Thank-you to Ruby Clark for her donations of sheets which enable our Holy Rollers group to prepare bandages to donate to third world countries, and more specifically to a hospital

If you would prefer to view the KDSCL Community Link from our website visit [www.kdscl.bc.ca](http://www.kdscl.bc.ca).  
If you would prefer to no longer receive a paper copy of our newsletter please let Charisse know via email at [cpd3@kdscl.bc.ca](mailto:cpd3@kdscl.bc.ca)

**SELF-ADVOCATE UPATE!**  
**BY SHELLEY DECOSTE**

The KDSCL self advocates meet on the last Wednesday of the month at 555 Fuller. PLEASE COME!

In January we had a good turn out for our first meeting of the year. We had: Geoff, Eva, Angie, Rory, Karen, Misty, Jordon, Nicole, Ed, and Matthew

We had Lisa come in and talk about bullying. We read and talked about the bullying policy in the manual. It was a good topic.

Feb 29 was WEAR PINK DAY TO HELP STOP BULLYING. The Self advocates were very interested in participating by wearing pink to show their support.

Signs that you might be bullied are when

someone calls you names, takes your things, or hits you. They usually are mad or upset in their own life and they need to talk to someone. The best way to stop bullying is to go tell some one you trust, walk away, try to be with other people. Bullies don't like having lots of people around.

We had a request to move the meeting from 12:30 to 12:00 so the people who have volunteer Jobs that afternoon can still come. If you want to get involved with the self advocates we would love to have more people join us. This is your group. Do you have any interesting things that you want to learn? This year let's get out and volunteer and be a part of this great place called Kelowna.

**TRAVEL CLUB NEWS!!!**

We have planned the following 4 travel club trips for the 2012 year. Below you will find ESTIMATIONS of dates and costs. Please let Rhonda (250-763-4836) or Glenda (250-763-4484) know if you are interested in any of the trips. After we determine how many people are interested we will finalize dates and costs. Please also indicate if there are any other locations you are interested in and we can work towards including that in our plans as well.

#1 Noah's Ark Resort – Revelstoke (camping in cabins) May 14 – 18 – 4 nights \$500.



#2 Alaskan Cruise 7 nights August 3 – 10 \$2,000.

#3 Camp Owaissi August 28 - 31 – 3 nights \$150.

#4 Silver Reef Holiday Lights (bus trip) 3 nights December 4 – 7 \$500.



If you have any questions about these trips please phone Rhonda or Glenda at the phone numbers indicated above.



Matthew Working at Tree Brewery!!! I think he enjoys some of the perks of the job!!!

**EMPLOYMENT SPOTLIGHT**  
**BY LINDA BERGER**

We were excited when we approached Tree Brewery owner Tod Melnyk regarding hiring someone with a disability. He was immediately receptive to the idea. I was given an informational tour of the brewery and told what type of skills would be needed to work on their assembly line. An interview was then set up at which point Matthew was offered and accepted a part time position working two 7 hour shifts per week. Prior to Matthew's start Tree Brewery helped establish natural supports within their company to ensure success. Matthew is now enjoying working as part of the assembly line placing stickers on boxes and assembling the boxes to be filled further down the line.

Matthew enjoys going to work and the perks that come with working for Tree Brewery. We are grateful to Tod and the staff at Tree brewery for supporting Matthew and our community. I have already approached them with more possible positions within their company. They are a great support to people with disabilities and our community. A big "CHEERS" to Matthew and Tree Brewery.

**EMPLOYMENT SPOTLIGHT**  
**BY ROD ORANCHUK**

Clay started a new job out at Juniper Hills Stables on January 5th. Clay is totally in his element at this place of employment. Clay started out being responsible for placing the new shavings in the stalls and prepping the indoor riding area. Very quickly Clay has been able to take on many other tasks. Clay has decided to take care of the chickens (watering, picking the eggs and feeding them). Clay also has taken on the task of loading bails on to the Toro (small farm dump truck) and driving it down the hill to feed the horses. Clay has also been able to notice on his own that the horses need water, so he has taken on the responsibility of watering the horses.

Clay also assists the owner, Anna, with moving and setting up the jumps. A quote from Anna (owner) "We at Juniper Hills Stables really enjoy Clay's enthusiasm".



"Clay has a great sense of humor and is a great help". (Mary the Farm hand)

If you or someone you know runs a business that needs employees, give us a call!!!

We support many individuals who have **incredible skills** that would make **excellent employees**. All they need is a shot at it.

Please phone:  
Integrated Career Opportunities at: 250-763-9499 or Nikki at: 250-763-4484 to find out more about supported employment.

**Interested in Volunteering??**  
**KDSCL has many opportunities to get involved.**

**For more information**  
**Phone Mark at**  
**250-763-4484**

**DIVERSITY WORKS!!!**

We want to congratulate the following individuals who have recently gained employment in the community.

Curtis is working at Bodyfit and Choices Market;

Angie Pisiso has a Capital News paper route, and works at the Prestige Inn;

Murray Mattioda has gained

employment at PDI Door and Windows;

Mercia Carlson is working at China Beach Tanning and Paramount Theatre;

Daylene Marsden is working at Paramount Theatre;

Eva Pare is also working at Paramount Theatre;

Another individual is working as an

Avon sales representative.

We want to thank the new employers who are showing the rest of our community how diversity can work in Kelowna. We encourage other employers to think about how they can have diversity work for them!!!

**HOME ADAPTATIONS FOR INDEPENDENCE (HAFI)**

The Home Adaptations for Independence (HAFI) provides financial assistance to help low-income seniors and people with disabilities in British Columbia continue to live in the comfort of their home.

Small adaptations to your home can make a big difference in the lives of people who wish to remain in their own home.

To qualify for up to \$20,000 in financial assistance for these adaptations you must apply in 1 of 3 ways:

1. Download the documents from [www.bchousing.org/HAFI](http://www.bchousing.org/HAFI)
2. Call BC Housing at 604-646-7055 to have documents mailed to you,
3. In person at any BC Housing Office.

For more information contact:

HAFI  
BC Housing  
Homeowner  
protection Branch  
650-4789  
Kingsway  
Burnaby, BC  
V5H 0A3.

Phone:  
604-646-7055

Fax:  
604-646-7054

Email:  
[hafi@bchousing.org](mailto:hafi@bchousing.org)

Website:  
[www.bchousing.org/HAFI](http://www.bchousing.org/HAFI)

## **SATISFIED??**

**BY LESLIE MUNRO**

Every year in May KDSCL gives Satisfaction Surveys to the people we provide services to. This is a chance for people to let staff, supervisors, and management know if KDSCL is doing good work. People can write down their comments on the paper by themselves, or they can tell a volunteer and the volunteer can write the information down. The surveys are anonymous; no one can tell who made the comments. Overall the feedback from people KDSCL provides services to is positive. May 2011 there were a couple areas where people felt KDSCL could get better at.

74% of the people who answered the surveys felt that coming to KDSCL gave them chances to make and keep friendships. That means 26% of people felt that KDSCL could do a better job helping people make friends. Some of the ways KDSCL tries to help people make friends is through group activities during the day at the Activity Service, and at night and the weekends through Social Recreation. Through work at Social Ventures and I.C.O. people also have chances to make contacts with people at work. If you have ideas for activities that could happen at KDSCL to help people make friends please let Susan Harney or Mark Wengrowich know about them. KDSCL can't make friends for people but KDSCL can provide activities and opportunities for people to meet and socialize with others.

68% of people felt happy with the amount of community activities they take part in. That means that 32% of people may want to take part in more community activities. KDSCL helps people get involved in community activities through the Activity Service activity groups, Social Recreation in the evening and weekends, the Community Living Awareness Committee (people can volunteer at different events in the community such as parade and festivals), and Volunteer opportunities at other nonprofit agencies. If you have ideas for community activities that KDSCL could help people get involved with please let Susan Harney or Mark Wengrowich know about them.

At KDSCL people can get help working on their own personal goals. In May 2011 21% of people felt that more focus could be placed on achieving personal goals. Goals are usually made during people's Individual Service Plan meeting. Mark Wengrowich, Susan Harney and Ellen Voth check the goals on a regular basis to make sure that goals are being worked on. If you feel you are not getting help with your goals, please let Mark and Susan know.

If you are not happy with something at KDSCL please let one of the staff know. Shelley Decoste is the Society Liaison for KDSCL. Part of her job is to listen to the concerns of people who attend KDSCL and help them to find ways to solve their problems. If you attend KDSCL and are not happy with something about KDSCL you might not feel comfortable going to speak with a staff person or Mark or Susan about it. You might feel more comfortable speaking with Shelley and then she can help you figure out a way to get your voice heard.

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

Mike Varga  
Occupational Health and Safety  
Chairperson  
250-763-4484

Leslie Munro  
Activity Quality Assurance Manager  
250-763-4839.

Or contact the following at:

250-763-4484:

Wayne Major

Nikki Gaede

Or

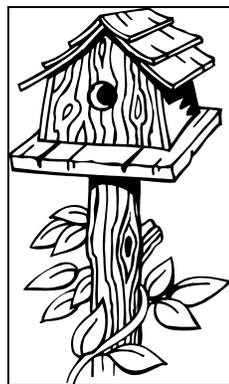
Rod Oranchuk  
at 250-763-9499

## KDSCL IN OUR COMMUNITY!!!

BY ELLEN VOTH

After a very successful fall and winter (with the Scarecrow Festival, Swag Sale and assisting with the Staff Bake Sale and Silent Auction) the Community Living Awareness Committee is continuing to keep busy this spring.

Saturday, March 10 we hosted a booth at the Annual Seed Swap at Okanagan College. We were visited by many people including KDSCL staff, Individuals and their families and caregivers, and many people we met at the last two year's Seed Swaps came back to say hello. In addition we gave out information about KDSCL to many more people



who inquired. We sold some bird, bat and mason bee houses, several birdfeeders and fancy garden stakes, and also gave away plain garden stakes, 'spoon' row markers, seeds

and seed balls and 'birds nest starter kits'. Interesting to note that the birds nest kits are threads that have come from the KDSCL Holy Rollers group, who take donated sheets, wash them, rip them, de-thread them and then sew them into bandages that get sent to Victoria (Compassionate Resource Warehouse) and then distributed to countries in need all over the world. With even the pulled threads being used from this project, it is one of the environmentally friendly activities KDSCL participates in while reaching out to touch the world!

On April 28<sup>th</sup>, the Rick Hanson 25<sup>th</sup> Anniversary Relay will come through Kelowna. Each Relay day will conclude with an End of Day Celebration – ours will be at City Park. KDSCL is hoping to be a part of this event and we encourage everyone to come and check out the celebration.

Our next event is the **May Days Parade on May 19<sup>th</sup>**. We are busy getting signs ready to carry and would love for as many members of our community to participate with us in 'Building Community'! If you, your family, your friends, your co-workers – anyone and everyone you know – are able to join us and march along with us and maybe carry a sign, please let us know, the more the merrier! A little more than a month later, we'll be marching again for the **Westside Days Parade on June 30** as well for those who are on the other side of the bridge. We welcome everyone who can to join one or both parades to help represent KDSCL.



In between parades, on Friday June 8<sup>th</sup> KDSCL will celebrate it's 59<sup>th</sup> Birthday (!) with a 60's themed Barbecue lunch – everyone is invited. Put on your polyester pants, go-go boots or tie-dyed T-shirt and come and enjoy the festivities!

Watch for further information to come home and check the KDSCL website and Facebook page regularly for updates!

Do you have extra cans or bottles you don't know what to do with??? Bring them down to Columbia Bottle Depot and tell them that you want to donate them to KDSCL!!

Thank you  
Columbia Bottle  
Depot!!!

**TRAVEL CLUB: MAZATLAN, MEXICO**  
**BY THOMAS BURD**

On February 2<sup>nd</sup> 2012, a group of our KDSCL friends and four support staff were privileged to fly to Mazatlan, Mexico on an eight day, all-inclusive vacation. The 4-hour flight from Kelowna was wonderful. We arrived in Mexico to near 80-degree temperatures and it stayed that way for the entire 8 days. Poolside was wonderful and we basked in sunshine most of our stay.

The Mexican people are wonderful hosts and we were treated royally by hotel staff, as well as, serving staff in the restaurants. They were actually lining up to get us to sit in their section of the restaurant. We were so pampered.

The food was divine and what an assortment of flavours there was! Anything one could desire was served at the buffet. The nightly entertainment was spectacular. Mariachi music, fandango dancers, skits, rope twirlers and wonderful singers made it so entertaining for us all!

At poolside there was a wide variety of drinks served to our

hearts content. Daily there was an assortment of games, exercises, competitions and just plain swimming and lolling in the pool with a cool rum and coke in hand, of which Tracey enjoyed liberally.

On one day we took a tour by ferry to an island where we were treated to a fresh coconut milk drink. Some chose to go horseback riding or banana boat cruising. Meghan chose both and was thrilled when the banana boat was deliberately tipped and they all were toppled into the water. She loved it. The next day we visited an aquarium where many different marine animals such as seals, crocodiles, birds and many varieties of fish were on display.

We wish to thank KDSCL for making this wonderful vacation possible and special kudos to our amazing Glenda G as she worked so hard to arrange everything, and it all ran so smoothly. Thank you Miki and Lloyd for your totally professional support.

*Give your mother/wife/  
girlfriend/sister a Hanging  
Basket for Mother's day this  
year!!*

*This year will mark our  
second annual Hanging  
Basket Fundraiser. Linda  
and Grant Taylor from  
Grand Forks are planting,  
growing and delivering them  
exclusively for KDSCL.*



*Buy your tickets today, as  
they will go fast. Cost is  
\$30 (tax included).  
Pick-up will be on May 12th  
between 9-11, just in time  
for Mother's day on May  
13th.*

*To order your hanging  
basket contact Jayne at  
250-763-4836 or by  
email at [jayne@kdscl.bc.ca](mailto:jayne@kdscl.bc.ca)*

**Spring Quotes**

"Spring is nature's way of saying 'let's party'"  
-Robin Williams.

"In the Spring, I have counted 136 different kinds of weather inside of 24 hours"  
-Mark Twain

"Spring is when you feel like whistling even with a shoe full of slush"  
-Doug Larsen

"In the Spring time; the only pretty ring time; when birds do sing; hey ding a ding; sweet lovers love the spring."  
-William Shakespeare.

**WHAT IS YOUR FAVOURITE THING ABOUT KELOWNA?**

-“I like the people the best as they are helpful” - Annaliis

-“I love the scenery. Every morning when I drive to work I have the gorgeous view of the lake surrounded by the mountains” - Barb

- “The restaurants and drinking beer” - Tracey

- “The shopping” - Jane

-“The scenery, the mountains and the lake, the people...just about everything” - Marg.

-“I like the people very much.” - Carrie

-“I like Kelowna as I like the shopping especially Wal-Mart” - Carolyn

-“I like going to the movies” - Jeanne

-“I enjoy all of the amenities” - Ed

-“My mom lives here” - Karen

-“It’s a better city” - Jim

-“I love Kelowna. I love the mountains. The people are so much nicer than Vancouver. I’m used to smaller cities.” - Mercia

-“I like the weather - 4 seasons.” - Ruth

-“Because I received my post ed and met my husband here. Our family enjoys all the lakes and beaches.” - Lisa

**FALL WORDSEARCH**

Words can appear vertically, horizontally, backwards, and diagonally.

- BIRDS
- SHOWERS
- WARMTH
- PARKS
- TREES
- FLOWERS
- BLOOMING
- RELAXING
- ANIMALS
- PICNIC

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
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| P | Z | X | B | G | Z | H | E | F | G | U | I | E | R | W |
| A | E | B | X | Z | N | D | A | W | L | C | Z | C | P | I |
| R | A | R | T | I | J | L | N | O | N | P | B | Q | I | X |
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A LITTLE BIT OF HUMOUR

There were two strings walking down the street. There was a sign that said "no strings allowed". The strings then tied themselves in a knot. An officer approached them and said, "are you a string?" and the strings replied, "no I am a frayed knot" - Provided by Misty Tuck

"Knock Knock" Four high school boys afflicted with spring fever skipped morning classes. After lunch they reported to the teacher that they had a flat tire.  
"Who's there?"  
"Inturrupting Cow"  
"Inturrupting co..."  
"MOOOO!!!"  
Still smiling, she waited for them to sit down. Then she said: "First Question: Which tire was flat?"

A family of three tomatoes were walking downtown one day when the little baby tomato started lagging behind. The big father tomato walks back to the baby tomato, stomps on her, squashing her into a red paste, and says, "Ketchup!"

How do you change a pumpkin into another vegetable? You throw it up in the air and it comes down squash

"A person without a sense of humor is like a wagon without springs. It's jolted by every pebble on the road."  
-Henry Ward Beecher

Contact Information

Activity Service:  
555 Fuller Avenue:  
250-763-4484  
Kelowna Diversified  
Industries (KDI)  
Woodshop  
250-762-4915  
647 Old Meadows Rd.  
778-477-5543

Integrated Career  
Opportunities (ICO)  
925 Sutherland Ave.  
250-763-9499

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

Individualized Funding/  
Home Sharing  
250-763-4837

Website:  
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 Activity and Business services, Integrated Career Opportunities (ICO) and residential, individualized funding and home sharing services.

#### **KDSCL provides opportunities for over 150 people with diversabilities 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

The vision of KDSCL is of welcome... 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!*

KDSCL would like to thank Menzies Graphics Group for subsidizing the cost of printing the KDSCL Insider.



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**GRAPHICS GROUP** — Signs — Solutions  
*Since 1946*

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