



Kootenay Society for Community Living

Castlegar

Grand Forks

Nelson

A Message from our Executive Director

2008 Spring

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Where to find us;

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

daykscl@telus.net

with a short note giving us permission to use it

KSCL's annual strategic Planning Session was held this February. "What is a Strategic plan" you might ask? Strategic Planning is an on going item of discussion at all internal meetings. During the year we continually develop our short term and long term goals. Once a year our board holds a Saturday Session where I have the opportunity to take this list of goals to the board. During the session we review and revise our Mission Statement, Vision Statement and minutes of the Prior year's meeting. At this year's session we have established 8 short term and 3 long term goals for our Society. After the planning session an action list is prepared and duties were assigned to members. I believe Planning Session gives us positive energy and a renewed sense of direction and commitment. The minutes of this years Strategic Plan are available on our website.



As part of KSCL's commitment to ongoing professional development we organized a one day workshop presented by David Hingsburger on February 15th. The workshop was titled: "If you do that one More Time: Behavioural Approaches to People with Disabilities"

This turned out to be an outstanding event and was well attended by 140 professionals, parents and caregivers from Castlegar and surrounding communities. Based on the positive feedback we received from people who participated in that workshop, I am pleased to say that we will continue



What's new?

to bring informative workshops and speakers to this area.

2008 will be an Accreditation year for our agency. All our sites and staff will be preparing for what I know will be another successful accreditation. Carf is our accrediting agency, and in the interests of doing the best job possible KSCL will be hosting CARF 101 on April 30 and Outcomes Management on May 1st and 2nd. We have close to 15 of our own KSCL employees signed up for these workshops and we have staff from local Kootenay agencies along with staff from Kelowna, Courtenay and Kitimat signed up for the CARF workshops. This is the first time CARF workshops are being presented in the Kootenay's. I am very pleased with the response we received from community agencies



KSCL will be presenting another series of workshops on Violent Behaviour in Persons with a "Dual Diagnosis", Overcoming Resistive Behaviour and Power Struggles in People with Intellectual Disabilities and Effective Counselling of Persons with high functioning Autism and Asperger's Syndrome. These workshops will be presented on October 3rd and 4th, 2008 in Castlegar.

Last but not least I would like to let you know that KSCL has received a CLBC contract to provide Supported Employment in Castlegar. Even though it is a small contract, I believe it might be a beginning of something HUGE! We are very pleased to have hired Bernice Beckstead to provide this service in Castlegar. She has been a KSCL Board Member for past 6 years and has extensive experience in this area and commitment to our service to this community. Bernice has resigned from our board in order to take on this new and exciting program for KSCL.



Personal notes...

*I want to say
that...*

"I had a great time watching the Canucks win in Vancouver, and I can't wait to see another game! Next time, I want to see Wayne Gretzky and the Coyotes play!"

Jack K.

I'm going twice a week to Curves. I feel good about going to Curves; I work out, build up my muscles. My favourite part is stretching. Curve's is my favourite physical activity. I notice that I have more energy, more muscles now. What would I tell people about curves? It's lots of fun!

By Louise B.



Friends are those rare people who ask how we are.....
Then wait to hear the answer

Submitted by Laurie W.

"I enjoyed the meal at the Xmas party and enjoyed watching people dance ...I used to dance lot. I enjoyed seeing all the people I haven't seen for a long time, Nice party!"

Bill B.



Staff Appreciation

Spring is a time to get energized ~ distress, stretch and smile.



KSCL is binging Keith Voykin in April 10 for a day of staff massages 8am to 4pm

A sign up sheet is posted on the bulletin board at the office. Brigette will e-mail a confirmation of your appointment on April 3rd.



Staff Survey draw Winner

Ursula Archambault

Received a Gift certificate to the Greek Oven

KUDOS C O R N E R

- ⇒ To Nina and Nova for helping Ray get his class 4!!
- ⇒ To Ray YOU DID IT!! congratulations on getting your class IV!!!!
- ⇒ To Sharon from the staff at SBL for your great insight and ideas regarding healthy food and activities for the guys, and for getting Ryan involved in play and for being Fun Friendly & Fair .
- ⇒

AWESOME!





What's New at.....KSCL

Congratulations and a warm welcome to Bernice Beckstead who has joined the KSCL team in our new Supported Employment Program

Here is a short summary of the KSCL's newest program...

The Supported Employment Program has been developed and is up and running. The content of the program was drawn from many sources and designed specifically to ensure that standards defined by CARF for providing supported employment services are being followed.

The Supported Employment program will include the following steps:

1. Self-Assessment of the client's prior and current skills, values and interests.
2. Preparation for employment - developing a resume, practicing interview skills, etc.
3. Job Development - work experience and securing work placements.
4. Job Site Training
5. Job Retention - providing job training/coaching on site
6. Long Term Follow-up - establishing relationships with both employer and client for long term follow up.

The specific activities that the Job Coach will perform within each of the steps will vary depending on the needs of the client. A list of potential clients for the program has been provided by Community Living B.C.

One client has started the program and is in the process of exploring employment possibilities. Bernice Beckstead, Job Coach



Bigby Place in Nelson

The snow is melting here in Nelson but we hope to get a couple of more cross-country ski days in before it's all gone. We have been busy over the winter playing music, cooking, skiing, bowling, swimming, hanging out at Ainsworth Hot Springs, as well as participating in a new Bigby winter sport, Snow Shoeing (hiking in the snow).



On March 1st, we had 10 participants, 2 staff, and our practicum student, participate in this year's annual Lip Sync competition at the Capital Theater. Everyone dressed in wonderful under-the-sea costumes to perform the Beatles' Octopuses Garden.



Well done everyone!

We have started running Wednesday night workshops that happen every other Wednesday night from 4:30 to 6:30pm. Some of the topics covered will include safety in the kitchen, friendship, and relationships. We will spend some time cooking as well as eating at the workshops. The cost is \$2 per person to participate. Please come and sign up on our participant board.

Seven participants have been registered for this year's Operation Trackshoes in Victoria. We will be practicing every Thursday afternoon to get ready for the big event.



We are starting to plant seedlings in our front window to get ready for some spring gardening. We have plans to make Bigby Place greener this year with focus on our front garden space.

And finally, we are planning a spring fundraiser to help cover the costs of sending our folks to Operation Trackshoes. Announcements for the event will be sent out in a couple of weeks as to where and when the event will take place.

From everyone here at Bigby Place "Happy Spring!"



Community Options We would like to share with you where and how the **COMMUNITY** in Community Options is evident. Here are some examples of CO's community access programs.

Our program serves nine participants who attend on a fulltime basis, with an additional fourteen who attend part time. From this group, CO has twelve program participants involved in our largest community based activity program at Campus Recycling, Selkirk College. This program was started in 1991 and has had many different participants on payroll over the years. Clients and their support staff work at recycling five days a week. Six of our clients also attend educational programs at the College and fit in their hours at recycling between set class times.

The Kinnaird Church has looked to meet a community need for exercise /walking space during the winter when icy road and snow banks make walking too much of a challenge. C.O. Staff registered and now support nine people, twice a week to walk the halls at old KMS. This is an integrated activity and we see many other members of the Castlegar community who are walking their way to fitness. C.O. has made a focus on fitness a significant part of our programs: two of our group are integrating into a community business for circuit training at Curves in downtown Castlegar. We also have a group of six men and women, who are being supported to go through a fitness and strength building routine at the Complex weight room. Also, on Mondays, eight participants go swimming during public swimming hours at the complex. It is nice to get feedback and "welcomes" from other regular community swimmers. Staff at C.O. initiated and signed up an integrated team to be entered into the "Walk the Kootenay's," which is part of the "Castlegar in Action" challenge. We are delighted that Brenda joined our team and we faithfully are recording each team member's activities and counting up the kilometres to fitness.



Participants not involved in recycling are given opportunities to go into the community to access the public library, coffee shops and various businesses to make shopping purchases. With the advent of spring, walks to parks and favourite destinations will resume.

Our latest foray into the community is something we are really excited about. Community Options is collaborating with the Columbia Basin Alliance for Literacy to form a Friday morning, adult literacy group at the Castlegar Library. We will have five clients supported by C.O. and CBAL staff.

We love being a part of the Castlegar community and the Kootenay's !



What's New at.....



CO St' Patrick's Day Tea



...and treats



Grand Forks – “Roalshary Revelry”

January was Birthday month for both Ryan and Roger. The guys selected places to eat out and join neighbours, friends and family in celebrating their special days. Greg will be celebrating his birthday in March.

There has been plenty of opportunity for accessing community recreational opportunities this past while. We attended the film festival and a local dance extravaganza which brightened up the winter evenings.

The local pool provides activity for all the guys here and they look forward to those days. Andrew has tried out skating this winter and Greg has been excited and enthusiastic about skiing every Friday.

Congratulations to Andrew as has landed a new job delivering papers.

The longer evenings provide an opportunity to go out a little more in the evening. The theatre is always a drawing feature depending on what is showing.

The warmer weather may prompt the barbeque to be fired up for some favourite meals. Everyone seems to be longing for summer this year so

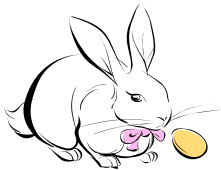




What's New at.....

KC House

All of us at KC house really enjoyed the KSCL Christmas party. Carolina attended with her friends and as you can see from the big smile on her face was having the time of her life, and looking like the bell of the ball in her new outfit and fancy hairdo.



The house is now preparing to celebrate Easter with a large Easter dinner for friends at all of the sites
- we look forward to seeing everyone.

We have 3 residents planning a spring weekend getaway to Kelowna, and another resident planning a trip to West Edmonton mall this year. A very special thank you to all of the staff who are going the extra mile as many of us are sick -the extra efforts have not gone unnoticed.



We would also like to make a special mention in memory of Michael who passed away on April 29, 2007.

Prince House

Wow! It is hard to believe winter is past, and spring is on the way!

The KSCL annual Christmas party is a fond memory, and so too are the activities of the Christmas season.

Tyrone spent his holidays in Mexico, and Jacob more recently enjoyed a winter holiday to see the Vancouver Canucks Win!



Christmas holidays for Steve and Lorne were spent with their families while Jacob was invited to Christmas dinner at Billy's house.

Prince house also hosted the hot lunch for March, and the next day threw a HUGE 80th birthday bash for Jacob!



Many thanks to Kathy and Nina for making this celebration such a success, and much appreciation goes out to those who helped Jacob celebrate this amazing milestone!

As weather turns warmer, it is time to look forward to planning outdoor activities and summer holidays!

Prince house hopes everyone has a wonderful spring, and we are all looking forward to a fantastic summer!



What's New at.....

Silverbirch Lane

Brrrrrrrrrrrr...
It's still cold but today the sun is shining!
It's been a long winter...too much snow...too much shoveling.
..too many colds

However, through all that we still managed to enjoy
a great KSCL Christmas party, a staff party, and a
fun Christmas holiday!



Throughout these past months we were entertained
almost daily with the neighbourhood turkeys
"big birds" as it were, dropping by to hang out.

We also welcomed two new staff members, Sharon
and Diane to our team. It's really great to have them
on board!

Ryan was home for Christmas with his parents and re-
ported back saying he had an awesome time. January found us in Survival mode,
what to do there's too much snow... So we watched movies and shoveled snow.
February found everyone thinking to the future, picnics, parades, the warm sun
and the Valentines spring fling dance. Everyone had so much fun that
day, thanks to CO and the Thursday music program for providing some
much needed fun to look forward to each week! Ryan also, joined the
Adult Group in February to attend the movie night and dinner at the Ele-
ment, he enjoyed his time with everyone. Dave Hingsburger was another success,
almost all our staff were able to attend and enjoy this workshop



29th Street



March is a month for Birthdays for us over here. Three out of
four residents celebrated their birthdays with a special dinner
out in Trail.

* Everyone is excited about the snow finally melting and we can
now put away our winter layers and bring out our spring clothes.

On that note, all the residents and staff had a
great time at the Christmas Party this December.

29th Street will be hosting the monthly luncheon in
April. Please note the dates will not be on the Fri-
day, but rather on the Thursday (April 3).



Our site is looking forward to attending
an Easter Supper at KC House once
again this year. Thanks to KC House for extending the invita-
tion to our site!!

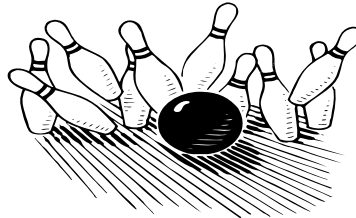


Notices

We would like to inform our community partners and all our stakeholders that we have formally changed our name from :

“ Kootenay Society for Community Living - Castlegar”
to
“Kootenay Society for Community Living ”

SPECIAL OLYMPICS BC



After more than a year, we finally have Special O bowling back in Castlegar. We have been working closely with the Special Olympics' Coordinator for the Kootenay Region, and have what we need to start bowling again.

Tuesday, November 20/07 was our first night back at the bowling alley. A small, but enthusiastic group turned out for our first night, and we are proud to say that we have two teams bowling this year. We were excited to welcome back our recreational bowlers as well, and were happy to see some new faces joining us.

More volunteers would be great – Special O requires us to have one volunteer per lane for our competitive bowlers. I do not require a weekly commitment- whatever you can give, we can use. We are bowling on Tuesdays from 3:30pm-4:30pm. Come and volunteer, or just show up to for some socializing and good sport. Thanks to those who have already stepped up to make this year happen.

For more information, please contact Robyn Rasmussen at 365-0943 (work), or 304-9314 (cell).



Notices

If you are interested in the upcoming workshops and seminars offered by KSCL:

⇒ CARF 101 April 31, 2008

⇒ CARF Advanced Outcomes Training May 1 and 2, 2008

Check out our website under "EVENTS"

KSCL Parent Advisory and Advocacy Group

We are looking for feedback from Castlegar parents and caregivers.

Should we be considering daytime meeting hours or possibly alternating evening and afternoons? more casual? or more formal? Over coffee at a home? Or at a coffee shop? With kids or without? Babysitting needed? Let us know!!

Contact Karina at 365-2624 or Denise at 365-2295 with your ideas and input.

S.P.E.A.K.

Nelson's parent advisory committee meets each month.

The next SPEAK meeting will be:

April 14, 2008

from 4:30 - 6:30 pm

contact Ruth at 352-0867 for location