



Kootenay Society for Community Living

FALL
2016

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Where to find us;	
2224 6th Avenue	
Castlegar, BC	
V1N 2V9	
If you would like to	
make a submission	
to the newsletter please email	
homesharekscl@telus.net	

There's No "I" in a Great Team

Everyone knows that working amid a disjoint or dysfunctional team reduces productivity. Staff meetings resemble battlefields, there's no give and take and seniority exceeds its natural boundaries. On the other hand, being on a great team can make work seem like fun. So how do you build a great team & what does each team contribute?

At KSCL we have many different roles that make up our one big team! We work together to create a dynamic and productive environment which is what makes KSCL successful.

So who makes up this team?

The Board of Directors KSCL has 12 volunteers that are guided by a Constitution and Bylaws to assist the Board in the exercise of its responsibilities. The Board meets monthly with the E.D. to keep the Board apprised of the day to day business functions and to make decisions that impact the Society as a whole.

The Executive Director The E.D. has 4 main roles; liason with Board of Directors; manage the Coordinators; liason with public relations and stakeholders. The E.D. relies on the Coordinators to be the expertise in their respective area of Program (s), Human Resources, Payroll, Finance, and Administration. Overseeing and making decisions for the agency is a full-time task.

Management/Coordinators KSCL has 6 positions of Coordinators that report to the E.D. Two (2) Program Coordinators (Sunny & Ruth), Human Resources Coordinator (Brigette), Finance Coordinator (Lisa), HomeShare/Administration Coordinator (Thea), and Payroll/Benefits Coordinator (Colleen).

Each Coordinator is experienced and qualified in their area of expertise to form essential part of KSCL's Administration team.

Senior Residential Workers KSCL has 9 SRCW positions in a Castlegar, Nelson, Grand Forks. Each SRCW works closely with their Program Coordinator to achieve outcomes that are person(s) centered while ensuring everyone's health & wellbeing in our care. This includes supporting the team of RCW's that work within their Program.

Residential Care Worker KSCL has over 170 employees and the vast majority is RCW. KSCL values these front-line workers & rely on their expertise to advocate and uphold a high standard of care for those we support. We ask the RCW to work a variety of hours in a 24 hr period and come to work to cover those unforeseen events.

Other Stakeholders All employees of KSCL are aware of the importance of family connections to maintain relationships. Equally important are those external relationships with funding agencies, professionals and other organizations that make our community inclusive. The Board of Directors also work personally with leaders in the business and government world, cultivating long-term strategic partnerships or donor relationships.

Kathleen Elias~Executive Director



KSCCL's Employer Appreciation Wine & Cheese



We had a great turnout at our Wine & Cheese Employer Appreciation Event. Good food, great company!



Employment Highlight

KOOTENAY SOCIETY FOR COMMUNITY LIVING



Stephanie's work station!



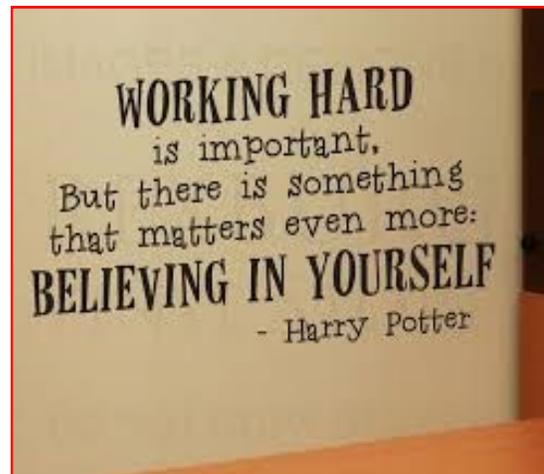
Stephanie's Co-workers!



Stephanie is really enjoying her job at the Property Guys Real Estate office! She works on the computer and uploads ads to Kijiji!



One of Stephanie's jobs involves recycling at the Castlegar & District Public Library.



Places to Go and People to See:

29th Street House!



Medieval Days, Nakusp!



Jessica's Summer Adventures!



A visit to the Enchanted Forest!



Places to Go and People to See:

KC House!



A tribute to Keith Fitzpatrick

Keith loved music, dancing and hanging out with friends! He also loved his girlfriend, Monique, very much and they dated for many years.

Keith passed away on June 19th, 2016.
Monique passed away in March of 2015.

Sadly missed, but always remembered!



Places to Go and People to See:



Community Options Day Program
Castlegar



Cottonwood
Lake



*and
so the
adventure
begins*



Pines Bible Camp
& Retreat Centre



Your Bucket List



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Places to Go and People to See:



Bigby Place Day Program
Nelson

Enjoying a swim at the beach!



SUMMER
FUN
FREEDOM
ADVENTURE



Watering the Bigby garden!



Peter & Ervin working at the Cemetery.



Therapeutic Riding Stables in Queen's Bay!



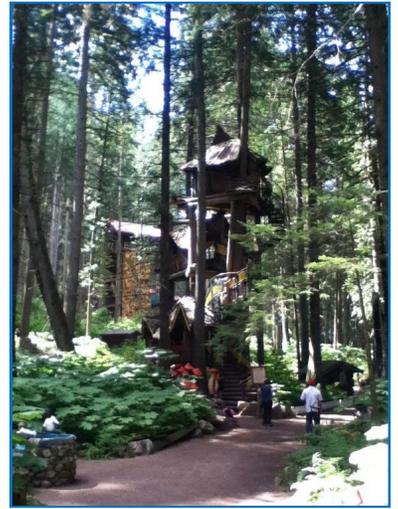
Playing in the seaweed!



Places to Go and People to See:

Silverbirch House!

Summer Adventures at the Enchanted Forest, the Log Barn, and the Buffalo Sanctuary!



Places to Go and People to See:

★HAPPY★
BIRTHDAY!

Grand Forks!

WE ♥ ICECREAM



Ryan celebrating his 45th Birthday with his Mom and Dad!



GFI Baseball



New paint job at Andrew & Nylla's!



New paint job at Ryan and Shane's!



DID YOU KNOW?

Osoyoos

Population 4,845



Osoyoos is a town, situated at the south end of the Okanagan Valley, about 6 kilometers north of the Canada/United States border crossing, along Osoyoos Lake.

The history of Osoyoos dates back to the 1860s, when it attracted outside interest from all of the gold rushes during that era. In 1861, a settler by the name of John Carmichael Haynes bought up about 22,000 acres of surrounding land and opened the first cattle ranch in the valley. A customs office was opened here in 1861, in order to regulate the influx of miners, supplies and taxes. As a result, Haynes was made a judge, customs officer and tax collector.

Agriculture became important in the early 1900s, when a commercial orchard was established. In the mid-1920s, an irrigation expansion brought and carried water to both ends of the valley, via way of an irrigation canal.

With fruit stands that line the highway throughout Osoyoos, agriculture continues to benefit the local economy of Osoyoos, along with tourism.

Osoyoos was incorporated as a village on January 14, of 1946 and again as a town in 1983. Its name is an Okanagan First Nations word that means “narrowing of the waters, referring to a strip of land that cuts Osoyoos Lake in two. It is worth noting, that the pronunciation of Osoyoos is “soy-ooos” and not Osoyoos. The history of the letter “O” at the beginning of Osoyoos is complex and complicated. According to some, the letter was added sometime after 1861, and apparently was added in order to continue a familiar pattern with other towns in the vicinity of the region that have the letter at the beginning of their names, such as Omak, Okanogan, and Oroville in Washington State, in addition to the towns in British Columbia such as Oliver and Okanagan Falls.

At 24 degrees Celcius, Osoyoos Lake is one of the warmest lakes in Canada. Other attractions in Osoyoos include Rattlesnake Canyon Park, which offers go-karts waterslide, arcade, tattoo parlor, and mini golf, in addition to Mount Baldy Ski Hill offers awesome downhill skiing and backcountry hiking.

Osoyoos' climate is classified as “semi-arid”. Considered to be Canada's true desert community, Osoyoos can be one of British Columbia's hot spots. Temperatures can exceed +35 degrees Celsius, even exceeding +40 at times. There are other towns in the province that are as hot as Osoyoos is (among them are Kamloops, Trail, and the entire Lytton, Lillooet, Spences Bridge and Ashcroft corridor). In fact, in July of 1998, the thermometer in Osoyoos reached 42.8 degrees. The hot weather has some drawbacks attached on the town; it makes it susceptible to water shortages and forest fires. Osoyoos enjoys an average of 2,100 hours of sunshine annually.



Article written by
Andy Bremner
Rosland, BC
Home Share



Break Time!

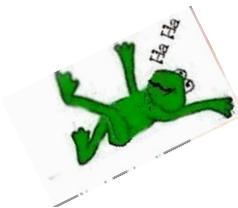
Sudoku Time!



		7		5			9	3
5	4			7		8		
		2						
			9	1	4			7
	5				7	2		
				6	2			
	1	8				3		2
		4		2	6		5	
	3				8	6		9



Fill the empty squares with the numbers 1 to 9 so that each row across, each row down and each 3x3 square contains all the numbers from 1 to 9.



Fun with Riddles!



- 1: What travels around the world but stays in one spot?
- 2: What occurs once in a minute, twice in a moment and never in one thousand years?
- 3: If I have it, I don't share it. If I share it, I don't have it. What is it?
- 4: What can you catch but not throw?
- 5: What starts with the letter "t", is filled with "t" and ends in "t"?
- 6: What is so delicate that saying its name breaks it?
- 7: What is as light as a feather, but even the world's strongest man couldn't hold it for more than a minute?
- 8: What is at the end of a rainbow?
- 9: What is the longest word in the dictionary?
- 10: I'm tall when I'm young and I'm short when I'm old. What am I?

Answer on the back page

Recipe Corner: Eggplant Parmesan II



Eggplant Parmesan II

"This is a no fry variation of this popular dish, and is just as delicious!"



Ingredients

- *3 eggplant, peeled and thinly sliced
- *2 eggs, beaten
- *4 cups Italian seasoned bread crumbs
- *6 cups of spaghetti sauce divided
- *1 (16 ounce) package mozzarella cheese, shredded & divided
- *1/2 cup grated Parmesan cheese, divided
- *1/2 teaspoon dried basil



Directions

- 1) Preheat oven to 350 degrees F
- 2) Dip eggplant slices in egg, then in bread crumbs. Place a single layer on a baking sheet. Bake in preheated oven for 5 minutes on each side.
- 3) In a 9x13 baking dish spread spaghetti sauce to cover the bottom. Place a layer of eggplant slices in the sauce. Sprinkle with Mozzarella and Parmesan cheeses. Repeat with remaining ingredients, ending with the cheeses. Sprinkle basil on top.
- 4) Bake in preheated oven for 35 minutes, or until golden brown.

Hint: Use tinfoil for easier clean up and even cooking.

Important Information!



Ryan's Restaurant Review

My most favorite place to go for tea is Common Grounds, they know your name and it's very relaxing and friendly. Crumbs is also a good place too, you get a big pot of tea and can have a few cups from it while you write pen pal letters.

September is Healthy Aging month – follow these tips to stay at your peak!



1. **Get moving**-Exercise regularly to maintain a healthy body and brain.
2. **Stay social**- Take a class, volunteer, play games, see old friends, and make new ones.
3. **Bulk up**- Eat beans and other high-fiber foods for digestive and heart health.
4. **Add some spice**- Add herbs and spices to your meals if medications dull your taste buds.
5. **Stay balanced**-Practice yoga or tai chi to improve agility and prevent falls.
6. **Take a hike** -Brisk daily walks this September can bolster both your heart and lungs.
7. **Sleep well** -Talk to a sleep specialist if you don't sleep soundly through the night.
8. **Beat the blues** -If you've been down for a while, see a doctor. Depression can be treated.
9. **Don't forget** -To aid your memory, make lists, follow routines, slow down, and organize.

Expert Tips on Healthy Aging

*Take a daily brisk walk with a friend -- you'll get an aerobic workout, and the conversation will exercise your brain and reduce stress.

*To help control the urge to overindulge, just imagine eating that sweet treat. Research shows the fantasy dessert will satisfy you, and you'll actually eat less.

*Try yoga. All types help maintain physical and emotional health. My favorite is Kundalini yoga, which focuses on meditation and strengthening.

*Follow a Mediterranean diet to help prevent memory impairment and heart problems. I love salmon covered with fresh thyme and lemon slices and grilled on a plank.

*I do tai chi three days a week, and it dramatically improves my balance. Seniors can do it, too, and cut their risk of falls by almost half.

McHappy Days!

Wednesday May 4, 2016
On McHappy Day, one dollar from every Big Mac®, Happy Meal® and McCafe® beverage is donated to Ronald McDonald Houses across Canada and other great charities.



KSCL was very lucky to receive a generous donation from the local McDonalds after their annual McHappy Days Event. The money we received helped to send 4 self advocates to the 2016 Ignite Conference in Prince



Fun Times at Operation Trackshoes Victoria, BC June, 2016



Inclusion BC Conference, 2016



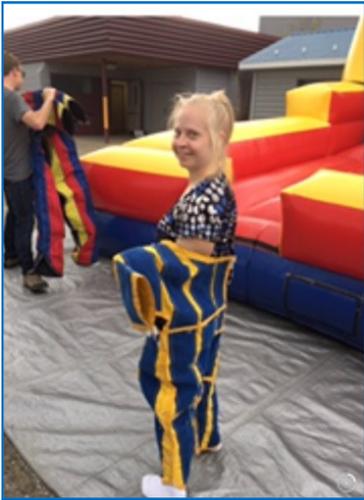
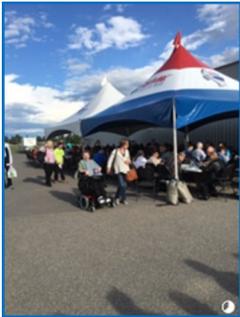
Tricycle races while wearing goggles!



Karaoke!



BBO Supper!



Velcro Wall!

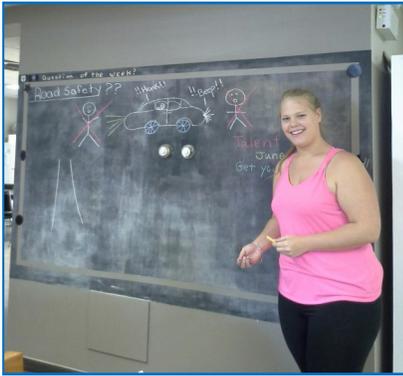


Human bowling ball!

This past June, 6 of us took off on a plane to attend the Ignite (BC Inclusion) Conference in Prince George, BC!
What an adventure!
We met people from all over BC, attended interactive and informative workshops and had an absolute blast at the "Fun Night"!



Students & Volunteers!



Alisha Breukelman~Student



Angie Labossiere~Volunteer

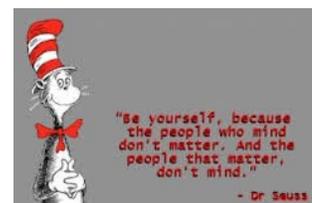
VOLUNTEERING...FACTS & BENEFITS

Did you know...?



- Volunteering gives adults the opportunity to explore a new career or to discover a new talent.
- The research shows that those who gave social support to others had lower rates of mortality than those who did not (Brown et al., 2005). And, providing support was found to have a stronger relationship with longevity than receiving support from others (Brown et al., 2003).
- Kids who see their parents and grandparents volunteering are more likely to volunteer.
- Volunteers live longer! (Harvard School of Public Health, 2004)
- Altruistic (other-regarding) emotions and behaviors are associated with greater wellbeing, health, and longevity (Post, 2005).
- Volunteers live healthier lives! (Moen, Dempster-McCain, & Williams, 1993)
- Volunteering can make you feel great about yourself as you contribute to the lives of others and your community.
- Every year in Canada, over 12.5 million volunteers give their time, energy and skills to make our communities better.
- People who routinely help others often experience a "helper's high" - a euphoric rush that releases endorphins, the body's natural painkillers. In addition to this "feel-good" rush, the health benefits of volunteering include a reduced risk of cardiovascular disease and diabetes as well as lower cholesterol levels and improved immune functioning.
- Mental functioning gets a boost from volunteering, too. The brain needs exercise as much as the body, and performing acts of kindness and making new social connections help keep the mind stimulated (Volunteer Canada, 2011).
- In a recent study, researchers found that retirees older than 65 who volunteered had less than half the risk of dying during a four year follow-up period as compared to their peers who did not volunteer their time (Boyle, 2009).

You can make a difference - Reach out now and join in! Give a little....get a lot!





Thumbs Up or Down?



Thumbs up to Petra for supporting individuals to paint both a wall collage in the other building and staining the picnic tables.



We are so fortunate to have full benefits at KSCL and in the field in which we work! Did you know that MSP and Benefits for a family of three or more is \$550 per month? For a couple it's \$500 per month and for a single employee it's \$300 per month. So let's be thankful and give a big thumbs up to getting 100% paid benefits in Community Living Services!



Thumbs up to all the students and volunteers that come to KSCL. We appreciate your time, energy and fresh ideas!



Please send your Thumbs Up, Thumbs Down suggestions to Thea at homesharekscl@telus.net



Good Bye Pete! Thanks for your many years of service with KSCL! You will be missed!

Kootenay Society for Community Living

Upcoming Events!

- Full Mandt Course-September 21st, 22nd, and 23rd
- Staff Appreciation-Casino Night! Friday, September 23rd
 - Thanksgiving -Monday, October 10th
- Celebrating Community Living Month-Pay it Forward! Friday, October 14th
 - Remembrance Day- Friday, November 11th
- KSCL Annual Christmas Party at the Complex,-Thursday, December 1st
- KSCL Administration Offices closed from December 27th to the 30th



Don't forget to check out our website at
www.ksclcastlegar.net

Riddle Answers

- | | |
|------------------|------------------------------------------------------|
| 1) A stamp! | 6) Silence |
| 2) The letter M! | 7) His breath! |
| 3) A secret! | 8) The letter W! |
| 4) A cold! | 9) Smiles, because there is a mile between each 's'! |
| 5) A teapot! | 10) A candle! |

See Thea for the answers to the Sudokus!