

# DAWSON CREEK SOCIETY FOR COMMUNITY LIVING

Bi-Annual News Letter

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## Our new normal..

Spring season is always a time of renewal. This season is special this year as we learn to live and work in new ways as we all need to manage the risk caused by COVID-19. During this time, that is unfamiliar for all of us, lets take a moment to help community members who need some extra support.

We want to start our second issue of bi-annual newsletter by thanking you for the support you have shown to the first edition. As we are forced to reschedule events, be sure to check out our Facebook page for upcoming events. We wish you good health!



## Coping with COVID-19

BY MELISSA WAGAR, PROGRAM COORDINATOR

Individuals and staff alike have been coping, recovering and growing during this time. The social sector has a lot of creativity and care. Individuals whom we support have their own struggles, however overall are striving through creating art, food, connection and purpose at home and in their community. Individuals have chosen to stay home since March 17, not accessing our Opportunity Centre, work or have home visits. Even with these changes, individuals are overcoming with assistance of staff. Daily they have been participating in work and play, using technology to connect and taking silver lining pictures along the way. The images have been shared with family who have been encouraged. Those celebrating birthdays have had family and friends drive by or drop cakes off at their door, singing and celebrating. Individuals have been reconnected with their past through the making of sensory dough, salt ornaments and bead making. Projects are on the go and there is no boredom in sight! Drives in the country, picnics in the park, daily walks, people watching and BBQ's have many individuals appreciating time out of the house.

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"However difficult life may seem, there is always something you can do and succeed at.."

Stephen Hawking.

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"The future depends on what we do in the present..."

Mahatma Gandhi

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## Resiliency in the Home Share world

BY REENE BRANDON, HOME SHARE MANAGER

People are amazing, TOUGH, interesting beings. Our Home Share world is populated by diversity and innovation. Everyday I am inspired by the commitment and dedication that is shown for our Home Share Individuals and their community at large. Many Home's have been self isolating since March 17 with no extra supports or services, other than check in calls and cure package drop offs. They are creatively filling up their Individuals days with projects through the new use of technology and/or one-on-one and lots and lots of nature drives. Birthdays have been celebrated by balloon covered vehicles turning in driveways with cake on board and a social distancing party ensues. Drive -in Movies are back in vogue and people are loving them. It's been a HUGE return to the kitchen and the chefs in training are learning new techniques (Face-Time encouragement and cheering as they go). Sewing machines have been dusted off, and seams are being practiced. Golfing anyone, off the Windmill Hill?



## MULTI ACCESS PROGRAMMING

BY STACY SCRIVEN, DIRECTOR OF COMMUNITY INCLUSION AND EMPLOYMENT SERVICES

Covid -19 certainly brought out the creativity in all! To ensure that no one felt left behind, lonely, or had to make do without necessities, DCSCCL pulled out all the stops.

The Opportunity Centre very quickly adjusted how activities were delivered. While there was space available for the few that desired to still attend the Centre in-person, many activities were offered on various virtual platforms! From Facetime, to Zoom, to Skype, if someone wanted to join in, we made sure they could from wherever they may be!

Self Help Skills also jumped onboard the virtual bandwagon, making sure that those in self-isolation have had everything they need. While the program looks a little different in some situations, it has been great to keep in touch and see each other's smiling, healthy faces!

Covid-19 succeeded in separating many of us by distance but we've proven our ability to adapt and maintain a strong connection with each other. Thank you to everyone for pulling together to make this work!



## COMMUNITY CLEAN UP SUCCESS!

Our city is looking clean and beautiful again, in no small part due to our multitude of amazing volunteers that took on and successfully completed five sections this year! We have great plans for the fund raising dollars earned; keep an eye on the scoop for more on that.

Thank you, to each and every volunteer that came out this year despite the challenges posed by the pandemic and need for physical distancing. The entire community benefits from your efforts!



## Aspiring to Excellence

Dawson Creek Society for community living has been accredited by CARF for the past 15-years. We were surveyed in November 2019 and have been awarded highest possible, another Three-years accreditation. This demonstrates the quality of service and conformance to the standards that we are committed to.

## Survey results are in!

As promised, the results of the latest Family and Individual Receiving Services survey are in. We had a whopping 95% return rate for our individuals survey! of those, 94 % were satisfied in the services they have received, saying, "Can't get much better!". Just what we want to hear!

Our family survey saw a satisfaction rate of 80 % with a return rate of 36 %- an increase from past years-another success! Overall, the family gatherings we held were widely enjoyed. "we love the gatherings, hope for more." We have heard you and are working on it. Watch for your invites!

More information will be available in our Annual Performance Improvement Report which will be available at our AGM in September (hopefully we will be able to gather as a group by then).



# COVID-19 Fraud

As COVID-19 continues, watch out for associated scams. Fraudsters want to profit from consumers' fears, uncertainties and misinformation. Fraudsters are exploiting the crisis to facilitate fraud and cyber crime.

**Beware of,**  
Spoofed government, healthcare or research information.

Unsolicited calls, emails and texts requesting urgent action or payment.

Unauthorized or fraudulent charities requesting money for victims, products or research

High-priced or low-quality products purchased in bulk by consumers and resold for profit

## Reported Scams

Fraudsters are posing as,  
Loan and financial service companies offering loans, debt consolidation and other financial assistance services.

Cleaning or heating companies offering duct cleaning services or air filters to protect from COVID-19.

Local and provincial hydro/electrical power companies threatening to disconnect your power for non-payment.

Public Health Agency of Canada giving false results saying you have been tested positive for COVID-19. Tricking you into confirming your health card and credit card numbers for a prescription.

Financial advisors pressuring people to invest in hot new stocks related to the disease. Offering financial aid and/or loans to help you get through the shutdowns (Source: Canadian Anti-Fraud Centre).

*'spring is here*

**Upcoming events!**

OP center will be restarting Lunch program in June

Please join the Op center for Science hour-Volcano special in June

# B.C.'s Restart Plan

The B.C. government introduced the province's Restart Plan which lays out a series of steps to protect people as restrictions on different types of activities and gatherings are gradually lifted. Individuals and families will have lots of questions about how we will work together to move into the 'new normal'. We will make sure to keep you updated in the coming weeks.

As B.C. Premier John Horgan shared on Twitter, the restart plan "isn't a return to normal, but it's a hopeful, careful step toward a real recovery for all of us. COVID-19 won't be behind us for many months (until there's a vaccine). The new normal means following these golden rules."



## Golden rules for everybody



Practice physical distancing



Clean your hands



Stay at home if you're feeling ill - no exceptions



Increase cleaning at home and at work



Stay informed



Cover your cough



Minimize non-essential travel



Make spaces safer

COVID-19 IN BC

# STAYING SOCIALLY *connected*

DURING THE COVID-19 PANDEMIC

Offered by Plan Plan institute



The ability to stay connected to one another has dramatically changed over the last two months as most of us are staying home to protect ourselves, and our loved ones. As a result, many of us have lost our community connections, have less contact with family, friends and formal support, and are experiencing increased isolation. Though staying home protects everyone's physical health, having little to no physical contact with those outside of our home can be detrimental to our mental well being. Isolation affects us all - disproportionately so for those with disabilities - and now more than ever, it is important that we ensure we stay socially connected.



## WEBINAR TOPICS

**Make it a Team Effort** - June 2, 1:00PM - 2:00PM (PT) Webinar on teamwork.

**The Latest Technology Helps** - June 9, 1:00PM - 2:00PM (PT). Webinar on how technology can facilitate greater connections.

**Little Things Make a Big Difference** - June 16, 1:00PM - 2:00PM (PT)

**Majority of People Care and Want to Act** - June 23, 1:00PM - 2:00PM (PT)

Register for the Webinar at below address:

[HTTPS://EVENTS.R20.CONSTANTCONTACT.COM/REGISTER/EVENTREG?OEIDK=A07EH39B3TQFAEDEB10&OSEQ=&C=&CH=](https://events.r20.constantcontact.com/register/eventreg?oeidk=A07EH39B3TQFAEDEB10&oseq=&c=&ch=)