



Dawson Creek Society  
for Community Living

# Newsletter

2021/05

Issue #4



# NEWS & F

## **What to look for In this issue...**

-  **Community Inclusion Programs**
-  **Supported Employment & Shredding**
-  **Northview Assisted Living**
-  **Senior Meal Call and Rural Seniors Initiative**
-  **Residential Programs**
-  **Resources**
-  **Long-Anticipated 12 Days of Christmas Pictures**

**"If you are depressed, you are living in the past. If you are anxious, you are living in the future. If you are at peace, you are living in the present." ~ Lao Tzu**

# FEATURES

**W**hat a turbulent year 2021 has been! From lockdowns, to the easing of restrictions, to the enforcement of even stricter restrictions, our community, Canada, and the world at large, have been through a challenge unlike any most of us have experienced before. Thankfully, we are at last seeing the light at the end of the tunnel, and none too soon!! The excitement people are feeling about the slow but steady opening of all the things we have been so dearly missing, is palpable. Through it all, DCSCCL has forged ahead with our Mission to support people in their desire to lead independent, dignified lives, while ensuring their health and safety, to the best of our ability.

We have continued to

enhance our current services, while broadening our scope of practice, at the same time. Whether developing our Senior Services to include rural seniors, creating a new Strategic Plan, planning a sizeable expansion for the Opportunity Centre, or planning new programs to meet the emerging and challenging needs of the individuals we support, we have had a very, very busy start to 2021!

It is our sincere hope that over the summer and into the fall, we will see the continual easing of restrictions, however, in the meantime, we intend to make the most of small outdoor gatherings and

local travel. 'Be a Tourist in Your Own Town' is our motto for the summer and it's sure to be a blast. If you haven't already had the chance, check out our new website and/or Facebook page. All the latest and greatest news and goings-on can be found there.

Best of wishes for a wonderful summer; remember to take time and enjoy the little things. Take care and be safe.



# Community

## Self Help Skills / Home Support

*"We've went from surviving, to thriving." ~ Family Member*

This is music to our ears and accurately describes why we do the work we do!

Over the past several months, the main focus of Self Help Skills and Home Support staff, has been to ensure the continuation of relationships, and the health and wellness of all people served, as well as their families. While acceptance of today's technology, was slow to catch on with some, we have noticed a significant uptake in recent months. From Zoom, to Messenger, to Teams, etc., we have been able to regularly interact with everyone desiring to make a connection. We've managed to adapt nearly all of our regular activities, ensuring everyone that wants to participate, can and have even purchased additional iPads that can be borrowed by individuals we support, that do not have access to their

own cellphone, computer or tablet. Through the use of this technology, staff have also been able to support those wanting to return to attending Church Services, to do so.

Staff have been working hard to find ways to make remote learning fun. In partnership with the Opportunity Centre, pre-assembled 'goodie-bags' are being delivered, complete with all the supplies needed for whatever activity the individual receiving service (IRS) has signed up for. Among Self Help Skills most

popular activities, is our Literacy Workshop and Freezer Meals, however, there is also ample interest in our Learn to Drive, Baking, and Math Workshops, and of course, our Workshop Frenzy that could be about any subject, ranging from road to internet safety, to reducing stress and anxiety.

Be sure to check out Facebook and the website, to see what kinds of great things are being offered by SHS/HS and the Opportunity Centre.





# y Inclusion

## Opportunity Centre

BIG NEWS!! We have been awarded a significant grant to expand the Opportunity Centre! The Architectural Plans are done, the Tenders are due back by end of May, and we hope to see the groundwork begin in the not-too-distant future. We are so excited about all the possibilities a larger Centre will bring.

- Almost as exciting, is that we will be starting outdoor 'pods' of up to 10 people in the immediate future. Social distancing will be maintained and masks will need to be worn, but at least friends can connect and enjoy an activity together and in-person conversation!
- We have also had the good fortune to have the use of a large outdoor tent donated to us, and we've purchased a heater, to ensure people have somewhere to keep warm and dry in the case of inclement weather.
- Our Covid Convict pods of three, were a huge hit, with everyone clamoring for their chance to participate, prior to our having to temporarily shut everything down again. Once we get the go-ahead from the PHO for indoor activities, we will resume this popular group.
- With summer fast approaching, tentative plans are being made. Day trips to surrounding communities are being planned and fingers are crossed that a camping trip of some sort might be a possibility this summer!
- The City Clean-up was another success, with large numbers of staff and IRS coming out to help.
- Karaoke and FORCE Horse Program remain the two most popular activities. Karaoke has been made virtual, but FORCE has resumed small groups that can maintain safety measures, while also attending to people's mental health and wellness.
- We can't wait to see everyone again and are determined to make this a great summer!

**Can't go to the horse, the horse will come to you!**

**Thank you, FORCE!**



# Supported Work

Throughout the past year, Supported Work has managed to maintain the majority of its workforce, which is testament to the great Job Coaches and Program Coordinator.

Extensive education has been provided to the IRS to ensure they are being safe while working, and also taking all the necessary precautions to remain healthy outside of work.

Staff training is integral to all aspects of the workforce, but there a special set of skills needed by Supported Work (SW) Job Coaches, to ensure they remain up-to-date on the latest job development strategies, current marketing trends, and customized

employment. Training has been more difficult to aquire since the onset of Covid, but as virtual options have become more readily available, staff have been completing them.

## Confidential Shredding

*"Wahoo!!" ~ Billy, Happily Employed IRS*

Throughout the pandemic, local support for Confidential Shredding, resulted in our being able to pick up enough shredding to keep everyone that wanted to work, busy. We continue to be grateful for our second shredding machine

which has made keeping up to the influx possible.

We are also excited to announce that we are officially expanding our services to include recycling pick-up, as well as out of town shredding pick-ups; from Fort St. John, to Hudson's Hope, Chetwynd, and Tumbler Ridge, we hope to make the loop bi-annually. Be sure to spread the word!

We would also like to thank Safeway, our newest Shredding customer, for supporting local. Thank you!





# Senior's Services

## Northview Assisted Living

Fantastic news, the doors have been opened to visitors! Two adults and one child are welcome to visit, however appointments are still booked for screening times. Needless to say, the residents are overjoyed to be able to visit with their loved ones within their own apartments.

Additional great news is that all residents have received both their vaccines and the go-ahead has been granted to resume group activities and to have meals together in the dining room.

Residents are in good spirits and are looking forward to transplanting all the seedlings they've started indoors. There are also plans in place to resume music, Bingo, crafts, and of course, social coffee with donuts on Fridays!

There are also plans in place for Father's Day lunch and Pub Night, and Canada Day activities. As always, there are too many wonderful items on the menu to mention.

If you haven't had the chance, please check us out on [www.dcscl.org](http://www.dcscl.org) for more information.

## Seniors Meal Call & Grocery Shopping

Once weekly, in each of our senior's apartment complexes, we offer a meal program which consists of hot soup and a sandwich, as well as a take home supper. This summer, staff also hope to provide a BBQ lunch or two for a nice change, so keep your eyes peeled. We currently have approximately 50-55 seniors participating in this program; this includes identified members of the community that have their meals delivered.

Staff are working hard to find creative ways to help fund this program, and to continue expanding it so that all senior's in the community can benefit from it.

We are also currently providing a grocery shopping service to approximately 12 seniors that are unable/afraid to access community.



## Rural Senior's Initiative

*"It is a wonderful service you are providing for the seniors in the rural area. Thank you to you all." ~ RSI Recipient*

This program is funded by the regional district to help rural seniors stay in their homes longer. There are three programs, seniors can choose one or all three; Weekly Meal Program, Housekeeping, and Snow Removal/Light Maintenance. There are currently 40 seniors accessing the weekly meal program, which consists of five freshly frozen meals per week. 40 seniors are accessing the housekeeping service, while 14 benefited from the snow removal/light maintenance services. We are awaiting the referendum to pass in July, so this can become a year round service!



# Residential Services

## Canalta, 115th, and 1416 Residences, Supported Living & Home Share

"Want to go to Vancouver!"  
~ Resident upon seeing new Wheelchair van

Both the residents and staff of the 1416 Residence and Supported Living, are extremely excited to have their own wheelchair van, and there are already many plans for road trips. With the onset of Spring, and the new van, comes new hope and possibilities, and just in time! The combined effects of the ongoing pandemic, very long winter, and seemingly endless restrictions, had a very noticable effect on all the individuals in the various Residences, but they are recovering quickly now that they are able to get outdoors for some fresh air and socially distanced visits in the community.

Individuals have been empowered and supported to

maintain contact with friends and loved ones through virtual chats, and letters, but it just couldn't bring the same sense of relief and happiness, as has been expressed by the IRS, since getting to resume small group activities, going swimming, to the walking track, or out to restaurants.

Canalta and 115th Residences are also undergoing renovations. 115th Residence is getting new counters, windows, and a fence, while Canalta is sustaining significant renovations, including a revamp of the basement, new downstairs bathroom and laundry room, and extensive landscaping, to alleviate water pooling.

### **\*\*Please Note\*\***

The Kenn Borek Swimming Pool has a manual Hoyer Lift, tilting swim chair, and large raised change table, accessible to anyone needing the equipment in order to access the pool. Let the staff know what you need and they will assist you.

In addition, people needing to access the change rooms can do so just prior to, and just after, swim times.





# External Resources

## 15 Ways To Stay Connected

### Inclusion BC

To stay safe this year, many people have had to reduce in-person times together that they value so much. Community Living BC asked individuals what would be safe and meaningful to them and came up with these 15 tips:

1. Set up a schedule to call someone once a week
2. Meet once a month for a physically distanced coffee
3. Plan a drive by dance party
4. Meet outside at a park
5. Go for a walk together
6. Join a virtual yoga or exercise class together
7. Drop-off or mail arts and crafts activities
8. Find a boardgame you can play together online
9. Organize a virtual dance party
10. Make and drop off cards for First Responders and Frontline Workers
11. Mail a letter and become pen pals
12. Host an outdoor social hour with neighbors
13. Join an online cooking class together
14. Facetime a different friend each week
15. Offer to run errands for someone once a week

## Future Planning Tools

### Plan Institute

The Registered Disability Savings Plan Webinar - first and second level available  
Wills, Trusts and Estate Planning BC Webinar  
Personal Support Network Facilitation Online Course  
Disability Planning Helpline  
1-844-311-7526  
[www.planinstitute.ca](http://www.planinstitute.ca)

## Mental Health

### Various Resources

Anxiety Canada is a leader in developing free online, self-help, and evidence-based resources on anxiety. See their website at [www.anxietycanada.com](http://www.anxietycanada.com) for expert tools for managing anxiety.

...  
The CMHA has launched a special COVID-19 site to help people stay well in uncertain times. The page provides a wide variety of options for family caregivers about mental health care and you can visit it at [www.mha.bc.ca/covid-19](http://www.mha.bc.ca/covid-19)

...  
BC's Northern Health Authority has published a guide called 'Emotional Support for Seniors'.

...  
Care for caregivers is a website that focuses on professional caregivers' mental health and wellness with solutions to manage the specific strains and stresses resulting from the Covid-19 pandemic. Many family members are providing care to their family member and may benefit from the many resources available on the website:  
[www.careforcaregivers.ca](http://www.careforcaregivers.ca)

## Virtual Training Mental Health First Aid

Consists of three modules, the first self-directed, the second and third, virtual classroom.

To register or for more information, please call or email:  
Lori Veltkamp  
(403) 942-5250  
[loriveltkamp@mentalhealthready.com](mailto:loriveltkamp@mentalhealthready.com)  
[www.mentalhealthready.com](http://www.mentalhealthready.com)

## FSI Learning Explorations

### Family Support Institute of BC

The Family Support Institute of BC (FSI) is a provincial not for profit society committed to supporting families who have a family member with a disability. FSI is unique in Canada and the only grassroots family-to-family organization with a broad volunteer base. FSI supports and services are free to any family. Upcoming webinars you might like to check out:

May 26th @ 5 - 7 pm Employment Options Series

May 26th @ 6:30 - 8:30 pm Understanding Complex Behaviours

May 27th @ 12 - 1 pm Recipes for Respite

May 27th @ 7 -9 pm Housing Options

Find more resources or register for a webinar at [www.familysupportbc.com](http://www.familysupportbc.com)

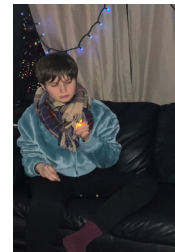
## Also Excited to Announce

## Foundry Virtual BC App

Support that meets you where you are. Access virtual services through the new Foundry BC App - created with and for youth, ages 12 - 24, and their caregivers in BC.  
[www.foundrybc.ca/virtual/](http://www.foundrybc.ca/virtual/)

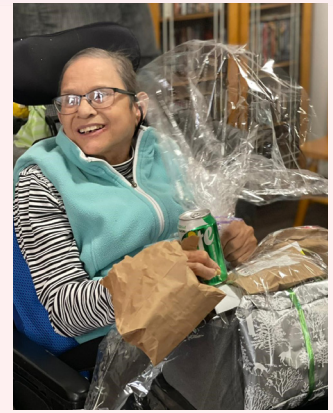


# 12 Days Christmas Rev





“Sometimes you will never know the value of a moment, until it becomes a memory.” ~Dr. Seuss



# Days of Christmas in Review





