

DCSCL Newsletter



Dawson Creek Society
for Community Living

Issue #6

NEWS & HO

What to look for In this issue...

- Community Inclusion Programs**
- Supported Work**
- Senior's Services**
- Residential Services**
- Home Share**
- External Resources**
- Survey Results**
- 12 Days of Christmas & OPC Renovations**

"If we had no winter, the spring would not be so pleasant."
~ Anne Bradstreet

HIGHLIGHTS

Spring is in the air, summer is just around the corner, and once again we find ourselves hoping that life might finally be returning to normal. It has been a long couple years and people are tired of being scared, tired of the controversy and division, and tired of not doing the things we love to do with all the people we hold dear. While everyone seems to be cautiously optimistic this year, the excitement over all the possibilities is steadily growing. We are actively looking for a summer camp, planning lots of Culturally-based inclusive activities and events at the newly renovated Opportunity Centre, and anticipating lots of day trips for picnics, fishing, and loads of fun.

A concerted effort has been made by all the programs of DCSCCL, to maintain and enhance the quality of life of those we support, to the absolute best of our abilities throughout the pandemic and

another long winter. While there have been challenges, there have also been opportunities. We have used this time to support people to work on their goals, to become more independent, to improve their communication skills, to embrace technology, and to learn to advocate for themselves. Many individuals have flourished, experiencing great success, and leaving staff humbled, yet proud. Those moments are, after all, why we do what we do. Learning to slow down, and to really focus on and hone skills, because there's no rush to go-go-go, has been the silver-lining of Covid-19; for all of us. As life begins to pick up its pace again, let us strive not to forget how much positive came from slowing down a little, while at the same time, embracing our chance to reunite with friends, family, and missed activities.

The mounting excitement as the renovations near completion, is palpable. The staff and individuals

are busy making plans on how to utilize the space, and dreaming of all the dances and parties the future holds. Not to mention, the Grand Opening! We hope to hold many inclusive events in which families and friends can join in on the fun, and with some luck the restrictions will not be tightened again come fall, and we will see all of you at the Annual AGM.

Be sure to keep up-to-date on what is going on at the Centre, as well as throughout the Society, by checking out our Facebook page, and our website.

We hope that everyone has a wonderful summer, chock full of amazing new memories!



Self Help Skills, Home Support & Outreach

"My family is going to be so happy with all the support I will be getting with you guys!" ~ New Referral

Our Self Help Skills, Home Support and Outreach Programs have put significant effort in supporting individuals to reach their goals, many of which have been accomplished due to the multitude of one-one-one skill building opportunities provided.

While Home Support staff focus on supporting individuals in their homes, learning Food Safe, how to cook, clean, do laundry, make shopping lists, and much more, Self Help Skills and Outreach staff teach the basic skills of daily living. Over the past several months, individuals have built skills around banking and budgeting, buying healthy groceries on a budget, Internet awareness, literacy, freezer meal planning, hygiene and dressing appropriately, socialization and dating skills, how to respond in various emergencies, and a myriad of other need-to-

know things.

In anticipation of more time spent in community as the restrictions continue to lessen, staff are turning their focus to include more Stranger Danger practice and are reminding people of the importance of remembering that not everyone that seems nice, is actually nice or should be trusted.

Over the past year, Cultural Awareness has been an integral part of what we teach and practice. Whether it be Red, Pink or Orange Shirt Day, the various holidays and traditions of the multi-cultural population we have, the war in Ukraine, politics, elections, or religions, staff strive to provide unbiased information to the people we supported.

2021 saw the start of the new Centennial Cluster Program. This is an exciting new model of care that see's people supported within their own homes, receiving one-on-one supports when required,

while also providing a central place that staff are stationed out of and the individuals are welcome to come to visit, enjoy a fresh meal, or request support for anything else they might need. It allows people that might otherwise struggle to maintain their independence to do so with just 'enough' support to be successful. We are very excited about this new program.

Staff have been learning many new skills themselves, as the complexity of the needs of individuals requiring supports continues to become more challenging. Positive Behaviour Intervention training, Trauma Informed training, and Mental Health and Addiction training are just a few areas that staff are being asked to increase competencies in, in addition to the many annual reviews, Relias training and Open Future Learning modules they are expected to complete regularly.

Opportunity Centre

Exciting news!!

The renovations are nearly complete and we hope to have occupancy very soon!

We'd like to thank everyone for their patience during an already challenging time. It has been a long haul, but upon first sight, we believe that everyone will agree that it was worth the wait.

While there are already many plans for the new Centre, including copious amounts of art, all sorts of indoor sports, cooking galore, and lots of events, we would love to hear any ideas that people may have, so be sure to chat with an Activity Worker and let them know what you are thinking.

Since last fall, we have managed to stay quite busy despite the strict Covid-19 protocols we had to follow. The 12 Days of Christmas was a success once again with over 100 gift bags being dispersed to supported individuals throughout the community and surrounding area; as far away as Tumbler Ridge. They were tailored

to people's specific needs and/or desires this year and were very well-received. All the same, we are all very hopeful that 2022 will see the return of our Annual Christmas Gala, hosted in our beautiful new Centre.

The individuals have been keeping busy with some of the old favorites, like Lunch Program, Karaoke, and bowling, but we also saw the return of Bingo with Bernie, the growth of the FORCE Horse Program, and a significant interest in one of our newest activities - Escape Rooms. We also have high hopes of restarting day and overnight camps again this year!

Cultural activities and accessibility played a substantial role over the past year as well, and we plan to continue and improving on both. We have purchased a new magnetic globe and plan to track our 'adventures' around the world this year. In addition, individuals, as well as a visually impaired staff member have been participating in

the community to improve accessibility for all. From walking the Dawson Trail to seek out barriers, to assisting with adding braille to change rooms, and even having an Accessible Pedestrian Signal installed on one of the main traffic lights in town, we have some amazing individuals and staff that are working hard to enhance people's independence.

A big thank you goes out to ARC Resources for their generous donation of \$2500 for the new appliances!

We look forward to seeing everyone at the Grand Opening so be sure to watch for the official announcement.



Supported Work

"I really love my new job"

CL ~ Senior Meal Delivery

It has been a busy few months for the Supported Work Program. With 38 individuals being supported currently, each with their own unique skillsets and challenges, each requiring various levels of support, the Job Coaches have been kept hopping.

Confidential Shredding worked very hard to inform local companies of what we offer and were successful in growing their customer base over the winter. Between October to March, they shredded nearly 48,000 pounds of paper! Supported Work also saw a modest expansion, with

one individual being hired to deliver senior's lunches twice weekly, another individual was hired by a new-to-Dawson Creek business, and scheduled recycling pick-ups have continued to increase.

We are very excited over the possibilities that may present themselves as a result of Urban Systems wanting to partner with us. They are a business that supports companies to source grants for Social Enterprises, like our Shredding program, while also working to encourage other business to be inclusive employers.

Over the next few months, we plan to take part in the

Inclusion BC's Mentoring program, a national initiative promoting the employment of people with disabilities throughout Canada. The focus will be on developing half/full day mentoring opportunities in which job seekers will be matched with individual mentors around the community, to explore various career options and learn more about what is needed to pursue their desired field of interest.

So many great things to come!

A big thank you to ARC Resources for the Christmas pizza lunch - you made the crew very happy!



Senior's Services

Northview Assisted Living

Residents are eagerly awaiting summer and the easing of restrictions so they can reconnect to and make new memories with loved ones.

As restrictions ease, the focus will be on making each holiday and milestone memorable for the residents, and to help facilitate this, both the Family Room and second floor patio have been updated and are now fully accessible with automatic doors. New patio seating will ensure the residents enjoy the beautiful summer weather in comfort.

Plans for the raised gardens are already in full swing. Last year many residents made pruning, watering and weeding a part of their day and expressed joy over tending the plants and having access to an abundance of fresh tomatoes.

Including a fall menu full of freshly harvested produce, the kitchen has some big plans for the summer, including weekly BBQ's, new meal options, and lots of celebrations with the residents choice of food and traditions. It's set to be a great summer!

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. We currently have approximately 55-60 seniors participating in this program weekly; this includes identified members of the community that have their meals delivered. To date, we have provided over 4000 home-cooked meals to local seniors.

We are thrilled to have been awarded some of the funds necessary to continue this program and are busy applying for grants so it can continue and possibly even expand, so more seniors can benefit from it.

We also provide a grocery shopping service and have delivered groceries to local seniors nearly 600 times.

To learn more, feel free to contact us.



Senior's Aging in Place Rural Program

Consisting of three programs: the Weekly Meal Program, Housekeeping, and Snow Removal/Light Maintenance, we are proud to say that this program has assisted 97 rural seniors to maintain their independence in 2021. A total of 9,607 home-cooked meals were served, and 674 housekeeping visits were made.

This trial program is funded by Director's of Area D and E.

If you know of a senior that could use some assistance with healthy meals, housekeeping or snow removal, please contact us to learn more.



Residential Services

With the changing of the seasons, came the changing of Covid-19 restrictions leaving individuals and staff to settle in for another long winter full of activities and connecting with family and friends through virtual means.

Despite the challenges posed by the continuing pandemic however, the individuals thoroughly enjoyed our new tradition, 12 Days of Christmas. They were overjoyed as the gift bags were delivered, and very appreciative every day as they opened the days' surprise.

Excitement and anticipation abounded as each home planned their own mini Christmas Gala, and as New Years was rang in with private Celebrations, there was much hope by the individuals and staff alike, for an easier year ahead.

All the residences have been working hard to reach their goals, as well as support each of the individuals to reach theirs. 1416 Residence's residents are aging with grace and have celebrated many accomplishments this past year, including making healthier choices and eating accordingly, gaining meaningful employment, maintaining connections with family and within

the community, and improving communication skills. They are looking forward to participating in, and even leading some activities in our brand new Opportunity Centre, once it opens.

The folks at Canalta and 115th Residences have also been working hard towards achieving new skills. For many, their #1 goal is to reconnect with dearly missed family and friends. Canalta individuals have also come up with a very clever, fun and interactive way to build fire safety skills - Fire Safety Jeopardy!

In anticipation of spring, the residents at Canalta are planning what kind of flowers and/or vegetables to plant. They are not alone in their excitement over the prospect of warmer weather and more time outdoors.

Both Canalta and 115th have upcoming renovations to look forward to, with alterations planned for the inside and out. Among other things, Canalta will have some long-anticipated landscaping done, and 115th looks forward to a new fence.

The past year has seen the addition of a long-time service recipient of DCSCCL, into

the 1408 Cluster. She is well-known by all and the transition was seamless. She has joined the rest of the ladies in the 1408 Cluster, as well as the men in the 1328 Cluster, in their pursuit of further independence. They were all empowered to maintain meaningful social connections and to work on goals specific to each of them. While one lady continued to run her own business and learned valuable money skills in the process, others worked on making healthy lifestyle changes, improving communication, and learning to advocate for themselves.

The 1328 Cluster has seen some significant changes in the structure of the program, aimed to enhance the quality of the lives of the men and ensure ample community participation, and opportunities to work on their communication skills and exercise goals. A new Coordinator is excited to support the staff and individuals to be successful in making these changes and reaching their goals.

All of the residential programs will be purchasing sensory items specific to the needs of the people supported, to enhance their quality of life.

"You don't know how much it means to me that my sister has such a beautiful home to live in and the best staff to care for her."
~ Family Member

& Supported Living

In addition, 1416, Canalta and 115th Residences, are contemplating a therapy animal for each home with the response from the individuals and staff in the homes thusfar, being overwhelmingly positive. We are still gathering information, but hope to have furry companions in the not-too-distant future.



Home Share

The program has been busy over the past several months. New Standards for the Coordination of Home Sharing came into effect April 1st of this year and it is also an Accreditation year for DCSCCL, so there is much for the Manager to learn and do to ensure the program is in top-form and meeting all of the new standards.

Everyone is feeling the strain of the on-going pandemic and all the challenges posed by it. There have been many individuals transitioning, both into and out of, Home Shares. We've also been experiencing a higher-than-normal number of contractor's deciding to stop being providers for a

variety of reasons, including retirement and moving away. As a result, we are looking to recruit new Home Share Providers so if you know of someone that would enjoy a companion and might like to learn more about the program, please tell them to reach out to us.

Thankfully we are beginning to see the light at the end of the tunnel and everyone is grateful for the reprieve we are being given. The individuals and Contractors alike, have grand plans for a fun-filled summer including camping, RVing, fishing, quadding, biking, hiking, swimming, gardening, concerts, festivals and of course, some travel. It's great

to have hope for a closer-to-normal future!



External Resources



Inclusion BC

Welcome to Everybody Belongs, Inclusion BC's annual conference. This is B.C.'s premier learning event on community inclusion and diversity, and will mark our 44th annual learning event. We will be hosting the three-day event in Surrey, B.C., from May 26-28, 2022, at the Sheraton Vancouver Guildford Hotel.

Originally planned for the spring of 2020, the conference was postponed due to COVID-19.

We hope you'll join us at Everybody Belongs in 2022!

Registration Open Now

(250)891-5384

events@aspect.bc.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 for expert tools for managing anxiety.

www.anxietycanada.com

...

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

...

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 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

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

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 4th @ 6:30 - 8pm PDT
Complex and Challenging Behaviours

May 12th @ 7 - 8:30pm PDT
FASD - Thinking Outside the Box

May 16th @ 6:30-7:30pm PDT
Transitioning to CLBC
May 18th @ 10-11:30am PDT
myBooklet BC

May 19th 7 - 9pm PDT
Housing Options

Individuals Receiving Services Survey

As always, it has been our pleasure to support the many wonderful people that count on us. We received some great idea's for activities that people would like to see held at the newly renovated Opportunity Centre, and we will definitely be working them into our future calendars. Be sure to stay informed by reading the monthly Scoop Newsletter so desired activities are not missed. And keep the idea's coming!

Some of what IRS would like to see:

- COOK IN THE NEW KITCHEN
- ZUMBA AND DANCES
- CHRISTMAS GALA AND PARTIES
- LOTS OF OUTDOOR ACTIVITIES
- BINGO
- YOGA
- A VARIETY OF GAMES AND SPORTS
- CRIB TOURNAMENT
- CHESS TOURNAMENT
- PAINTING AND DRAWING
- WRITING
- CRAFTS, CROCHETING AND BEADING
- KARAOKE
- OUT OF TOWN TRIPS / ACTIVITIES
- MOVIE NIGHTS
- WORKSHOPS
- EMERGENCY DRILLS

"Thanks for everything you do!"

~ IRS

"Doing a good job!"

~ IRS

"Keep up the good work!"

~ IRS

2022 Individual Receiving Services Survey

96%

Satisfied

Individuals are satisfied with the level of support they receive from DCSCL.

100%

Dignity & Respect

Individuals overwhelmingly agree that they are treated with dignity and respect by all staff.

93%

Heard

Individuals feel they have the opportunity to voice their preferences

12 Days of Christmas

"The longer you have to wait for something, the more you will appreciate when it finally arrives."



Opportunity Centre Renovations



