

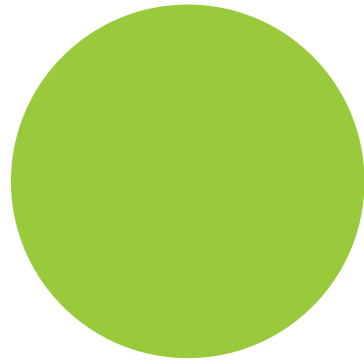


# Newsletter

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## Spring 2023

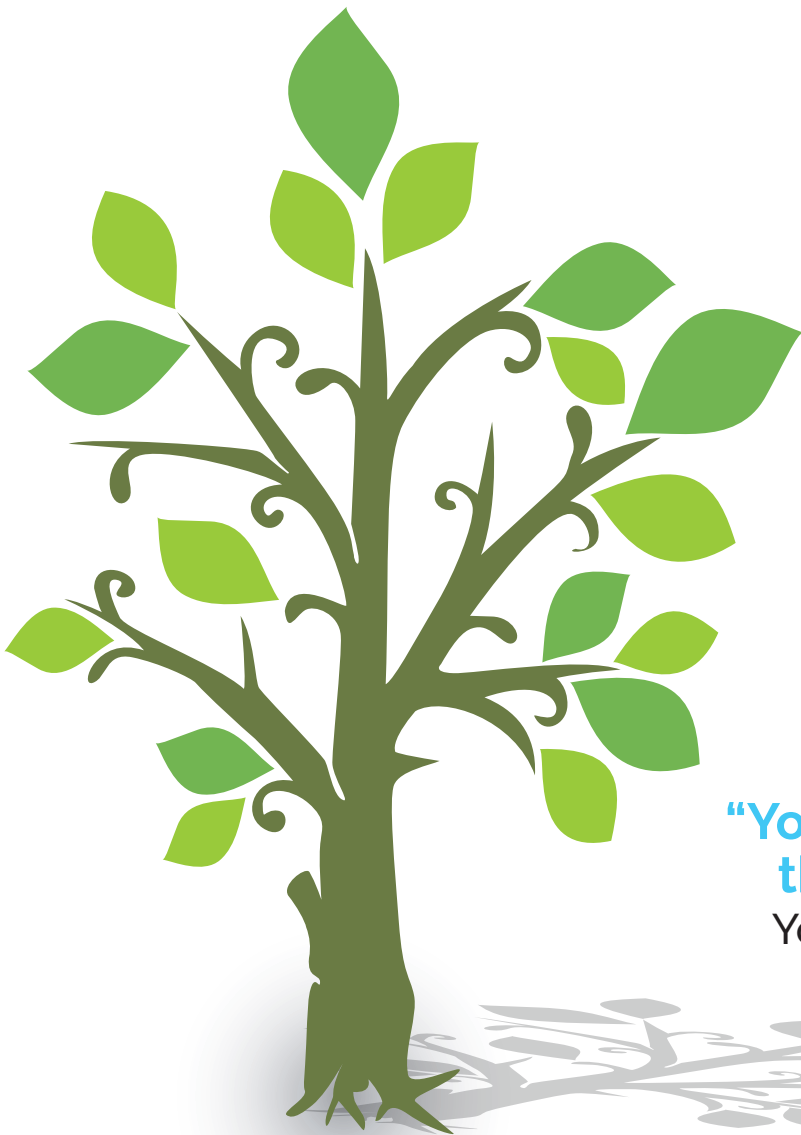
Edition # 8



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**"Your mind is a garden. Your thoughts are the seeds. You can grow flowers or you can grow weeds."**

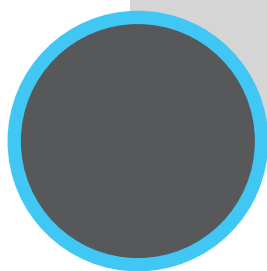
## Winter/Spring in Review

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**A**t long last, things finally returned to normal over the winter of 22/23 and not a moment did we waste!

From successfully earning another three-year Accreditation in November, to hosting the much missed Annual Christmas Gala, to throwing a 'Blast from the Past' Staff Appreciation Party, we have had a busy winter/spring season. With everyone excited to get back to doing all the things we've been missing out on, the summer and fall season ahead are lining up to be jam-packed with events and adventures. We'll soon be hosting the Accessibility Day BBQ, putting all the plans in place for the eagerly anticipated Summer Camp, planning a Society-wide Evacuation drill, and before we know it, getting set for the Annual General Meeting. We don't want to think about what comes shortly after that!

**Until then, we wish everyone a happy, healthy and fun-filled summer and fall!**





## Self Help Skills & Home Support



### Teaching people to advocate for themselves

through the power of choice is our goal this year. We have created Focused Peer Groups specifically for individuals supported through SHS/HS. Designed to provide the people learning the skills with the opportunity to choose as a group, what their focus will be, dependent on current needs/goals. Learning to spot scams, recognize true friendships, and how rights come with certain responsibilities, are just a few of the things that have been identified by participants so far.



### Some skills set to be developed include

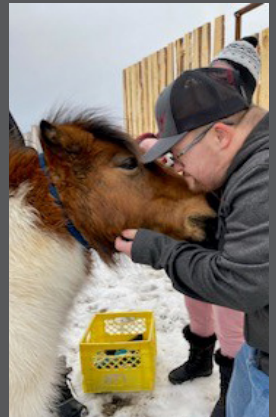
reading, writing and math skills, how to shop flyers to stay within budget, how to cook and make freezer meals based on purchases, how to care for and maintain a home, and how to stay safe at home and within community, to name a few.

We've had some very dedicated athletes with special skill sets we'd like to celebrate as well. Our local SO Bowling group brought home Gold and Silver while the SO Speed Skaters performed very well at the Regional Qualifiers!





# Opportunity Centre



## Street Performers, Chain-saw Carvings, Mud Bog, Camp - just a few of the upcoming summer activities!

Summer is short but we plan to take full advantage of it. It is our goal this year to participate in as many community events as possible - both local and in neighboring communities. Summer camp is already a hot topic around the centre and we intend to make it

**better than ever with an adventure seeker option, as well as a more laid back and accessible option. Keep your eyes peeled! As a result of our Meeting of Minds(MOM) gatherings (AKA Peer Meetings)** there are several new individual-

led activities. MOM is ran by individuals, for individuals. Since its inception there have been dozens of ideas brought forth and we've made them happen. Spread the word and be sure to join in and share your thoughts on activities!



# Supported Homes &

(115th, 1416 & Canalta)

Happy and healthy describes the people residing in our Supported Homes. With most having achieved their Socialization goal, connections most important to them were maintained or enhanced. In many cases, new connections and friendships were also established, boosting peoples overall satisfaction with the quality of their lives.



Not without challenges, the programs have seen an increase in people experiencing cognitive decline, and have not escaped the pinch felt by the nationwide staffing shortage. However, the outlook remains positive as we focus on all the ways we are fortunate - from a new grill just in time for BBQ season, to a new wheelchair van, we're feeling pretty good.



Sharing many of the same favorite activities, folks in these programs love spending time outdoors at parks or lakes, or on each others decks sharing picnic meals with friends and family. Joining in OPC activities and working various jobs through Supported Work, are also thoroughly enjoyed, as is helping to plan cultural events, complete with food, music, games, crafts, and sometimes costumes!

Summer plans for the three supported homes include some day and overnight trips to other communities, camp, lots of BBQ's and picnics, trips to Swan Lake, planting gardens and anything else the individuals decide on during their house Peer Meetings.



**115th has had new windows & counter tops installed and purchased a large mat to provide a safe place to stretch out...**

The individuals are looking forward to basking in the sun, relaxing on the patio swing, and enjoying some lovely picnics while spending some peaceful time outdoors.

**After getting their new deck, it stood to reason a new grill would be next for Canalta.**

The folks at Canalta are eager to host BBQ's for their friends and families over the summer. Catching some rays while relaxing on the deck is sure to be high on the priority list as well!

**The days of waiting for a vehicle to be available are over for the ladies of 1408...**

Did someone say shopping? The gals are over the moon for the program to have its own wheelchair van. Whether it be running errands, going to appointments, or visiting neighboring communities, they have the freedom to do so at their leisure!



# Supported Clusters

## Centennial Cluster



Our newest program, this Cluster operates out of a staff apartment during daytime hours, seven days per week. ‘Just enough’ support with life-based skills is available to ensure plenty of room for learning and growth. Doing-with not doing-for, teaching not telling, and the provision of safety to make mistakes and fail, are the focus of this program. Two meals are provided daily which the group plans in advance, does the shopping for, cooks together, and cleans up after. Cultural activities and emergency drills are also done together regularly. Rights and responsibilities, safety in the home and while in community, as well as relationship safety, are an ongoing conversations that are being had.



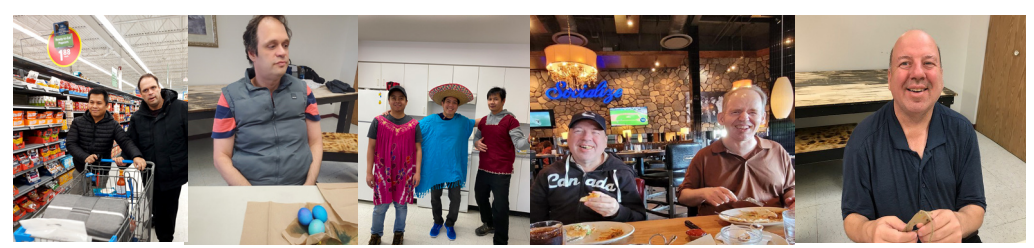
## 1408 Cluster



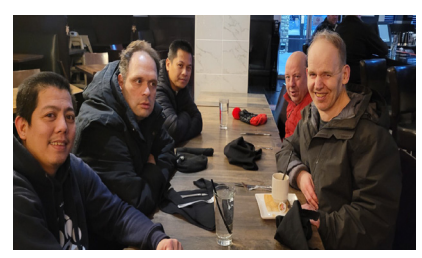
With the addition of a person to the program, the exit of another, and the moving of someone from one unit to another, 1408 has been busy transitioning and settling into new routines. There are plans to do some gardening, enjoy their patios, take in lots of activities at the OPC, hit up events in the community and surrounding area, and hopefully get in a holiday or two over the summer.



## 1328 Cluster



Over the winter, the program did a fantastic job of encouraging the men to participate in a multitude of Cultural Events. Enjoyed by all was the music, crafts and games, but the food from around the world was the real hit! Over the summer, the guys hope to go to camp, enjoy some out-of-town trips (hopefully even an overnight stay or two), spend time outdoors and participate in events around the community and surrounding area. Bingo with Bernie continues to be at hit at the OPC and Don has decided to lead a favorite activity of his own - Walking with Don. It's sure to be popular as well!



# Supported **Work**

An increase in Recycling customers has seen **27,000 ft<sup>3</sup>** of recycables kept out of the landfill.

- 14** People Employed through Confidential Shredding
- 10** People Employed by Community Employers
- 14** People Employed by Society to do various jobs
- 3** Janitorial Contracts that Employ several people
- 3** Self-Employed Entrepreneurs
- Several Small Contract Workers

**500 ounces** of Slime sold in 2 and 4 oz containers, sold in first 3 weeks at two community retailers. Way to go Mrs. Entrepreneur! Coming soon... Facial Scrubs

**"YOU ARE AMAZING PEOPLE TO WORK WITH!"**  
~ Community Employer

Nearly **9000** pounds of paper shredded between November & March.

**6** Workshops based on needs of those supported were held with up to **16** participants at each.

**"I am so happy with the services! I am going to tell everyone about you guys!"**  
~ Shredding Customer

- Confidential Shredding & Recycling adding new customers
- Community Event Calendars expanding
- New Janitorial Contract
- New Small Contracts



Over the past six months we have welcomed new people to the program, new staff, new customers and new employment opportunities. We anticipate certain areas of the program to pick up momentum over the summer, while preparing for others to slow down, as is typical for the season. With no shortage of people already planning summer adventures, we expect there'll continue to be plenty of work for anyone wanting it - this can also be a great time to have people cross-train!





"DCSCL is complimented for effectively matching the individuals in shared living with Providers who become like family, as they enjoy each other's company, celebrate holidays, go on vacations, etc."

~ CARF Surveyor

"They treat me right."

**"Home visits are best!"**

"DCSCL staff visits."

~ Individuals describing good experiences they've had with DCSCL.

"A home share provider is to be commended for offering cultural opportunities to an individual served who is a member of the First Nations, by taking the individual to Cultural events. A family member of the individual served, commented she completely trusts the provider and treasures the cultural opportunities offered to her family member. The oversight offered by the organization is stellar."

~ CARF Surveyor

"I had great help getting started with courses, etc."

~ Home Share Contractor

## Home Share

Home Sharing has been undergoing several changes over the past several months. In addition to the newly formed Home Sharing Support Society of BC (HSSSBC), CLBC's new Home Share Standards and Monitoring Tool have been a work in progress for some time now. With the goal being to ensure consistent, high quality services across the Province, agencies were given ample time to ensure they could meet the new standards with the expectation of compliance by May 2023. DCSCL Home Share Program underwent significant scrutiny during our CARF Accreditation review in November 2022 and received very positive feedback in regards to meeting the deadline.

There has been a focus on online training for Home Share Providers, Managers and Coordinators, with four pending in-person training sessions set to take place around the Province in 2023. Online training has been very beneficial but everyone is excited for the chance to make connections, build relationships, and collaborate.

DCSCL is always looking to recruit new families that have space in their homes and

hearts for a compatible individual. As for the many Home Share families currently in our program, there is much excitement over the coming summer with a plethora of fun and enriching activities planned. Camping and RVing, many outdoor activities including fresh and saltwater fishing, quadding, hiking, swimming and kayaking, as well as travel, attending concerts and festivals throughout BC and Alberta, and gardening are just a few of the plans being made!



## Assisted **Living**

**A**T LAST... the visitor restrictions that had been implemented at the beginning of the COVID-19 pandemic, have finally been lifted. Northview residents are excited and looking forward to a summer they can once again and loved ones. Enjoying time celebrations and events, are the residents are eagerly of time to make up ones planning news, staff have up with plans of residents and and busy; several BBQ's events over the at Northview.

The past seen a higher of residents providing a higher As such, many new been welcomed into so Resident Council themselves to start Committee. Each new tour and accompanied activities by a member Committee, for their Typically a stressful time for reporting that they appreciate and really enjoy the assistance with navigating Assisted Living.

Northviews residents have started sprouting veggie seeds to plant in the gardens this summer and Resident Council has brought forward plans to start a Gardening Club. This year, residents voted to grow potatoes, squash, herbs, beans, peas, and bush tomatoes, as well as, the regular flower gardens.

It goes without saying that residents and staff alike, are looking forward to the warm and wonderful summer months, getting back to "normal", and welcoming family and friends back into the fold with open arms.

gather with their friends to together, partaking in just a few of the things anticipating - there's a lot for! They aren't the only though. Since the good been eagerly coming their own to keep the their visitors happy there are sure to be and a variety of next several months

year, Northview has than usual trend moving to facilities level of care. residents have the program took it upon a Welcoming resident is given a to meals and of the Welcoming first week in Northview.

new residents, the seniors are

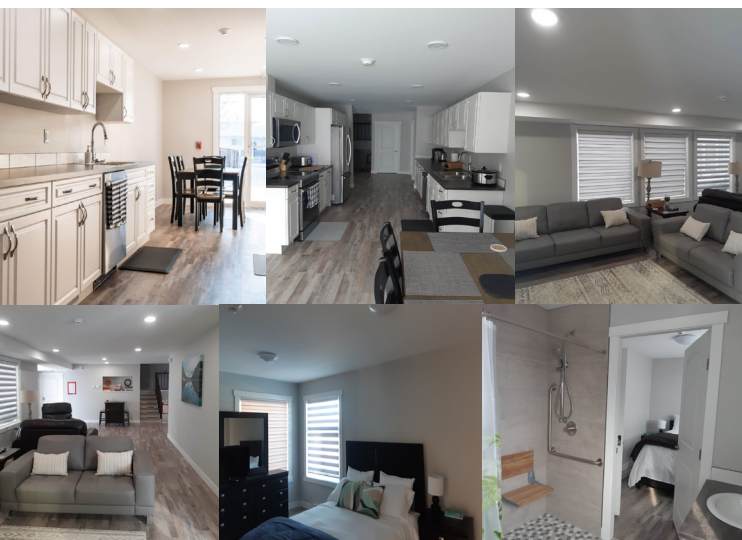
# Seniors Services

## Bulterys House



Thanks to the hard work and diligence of many passionate people, South Peace Health Services Society in partnership with Dawson Creek Society for Community Living, is proud to operate this facility which offers comfortable and safe lodging to people traveling to Dawson Creek for medical treatment or to be with family that is. The six bedroom, five bathroom wheelchair accessible home has a shared kitchen and dining area, two lounge areas and shared laundry facilities. We also offer a bariatrics chair and mechanical lifting chair to ensure accessibility and inclusion for all, and hope to soon add a child's playroom downstairs for any pediatric visitors we may have.

As awareness about this resource spreads, we anticipate being very busy. For more information or an Intake Application, please see DCSCCL's website at [www.dcscl.org](http://www.dcscl.org), or go to our Facebook page. Information is also available on Northern Health's website - Northern Connections, as well as the Healthlink BC website under the Support Services tab.



"It's not happiness that brings us gratitude. It's gratitude that brings us happiness."

- Anonymous



**Seniors Meal Call**



**Grocery Shopping**



**Seniors Aging in Place**  
[www.prrd.bc.ca/saip](http://www.prrd.bc.ca/saip)

Seniors Meal Call continues to grow in popularity. On average we cook over 300 meals a month, approximately 35 to 40 % of which are delivered in the community, with the remainder being prepared for the seniors at Rotary Village and Southview. We are proud to partner with the folks in DCSCCL's Supported Work program who ensure all the meals are delivered. We were happy to provide nice Christmas and Easter dinners, and plan to include some summer-inspired BBQ meals over the next few months.

The number of seniors we do grocery shopping for is steadily increasing. Grocery orders are taken by phone and shopping occurs twice weekly. Seniors can pay for their groceries using debit or credit upon drop-off; there is a nominal fee for shopping and delivery. Home bound seniors have expressed sincere gratitude for this service.

We have officially completed year one of our contract with the PRRD, for the Seniors Aging in Place (SAIP) program. This program offers three services, each for a nominal fee - meals, housekeeping and/or snow removal; seniors can choose to utilize one service or all three, depending on their circumstances. The number of participants utilizing SAIP has doubled since the fall, with 185 seniors throughout the 14,321 square kilometers that make up Area D and portions of Area E of the PRRD, now receiving at least one of the services offered - and it continues to grow!

If you or someone you know would benefit from any of our services, please call Anne, at (250) 782-2611 ext. 227 for more information.

# March is Survey Month

## Staff Survey Results

"I love the fun I get to have with individuals. I love my co-workers, I love learning new skills in order to teach new skills." ~ Staff

**I Feel My Co-Workers Values Are In-line With DCSCL's Mission & Statement Values And Expectations**  
**91%**

## What I Love About My Job...

"I love the opportunity for autonomous decision-making. I love the interactions with the administration staff as they possess a wealth of knowledge that can be helpful to me in this new position. I love learning from others." ~ Staff

" I like to make a difference for the better, every day, in the lives of those I support." ~ Staff

"Friendly colleagues, good schedules, benefits." ~ Staff

"Engaging, happy, fulfilling environment." ~ Staff

"Friendly colleagues, approachable admin staff, salary." ~ Staff

"I love that we are able to use our individual skills." ~ Staff

**I Find My Job Engaging**  
**99%**  
**I Am Satisfied W/Job**  
**92%**  
**It's A Great Workplace**  
**91%**  
**In-line W/Career Goals**  
**96%**

## Individual Receiving Services Results

I Am Satisfied With DCSCL Services

**94.5%**

I Feel I Am Treated With Dignity & Respect

**96%**

I Feel That I Have The Opportunity To Voice What I Think & Am Heard

**94.5%**

## Good Experiences I Have Had With DCSCL...

**EVERYTHING!** OPC activities & events, especially **BOWLING**, cooking, food & **BINGO!** Force Horse, **CAMP**, sports, games, Karaoke, **GALA**, rodeo, motorcross, travel & support.

I Am Interested In Attending Peer Meetings (Meeting of the Minds)

**52%**

## Upcoming Events **Please Join Us....**



May 12 @ 1 pm for City Clean-Up. We'll be meeting at the Opportunity Centre before heading to Kin Park. Afterwards, there'll be a BBQ and games for all the volunteers.



Friday, June 2nd for Access Awareness Day.. We'll be hosting the BBQ in front of the Opportunity Centre again and will have a community art project set up for everyone to participate in. Keep your eyes open for the time.

# Resources

## NIDUS - BC'S RA7 SEEN AS A MODEL FOR OTHER PROVINCES

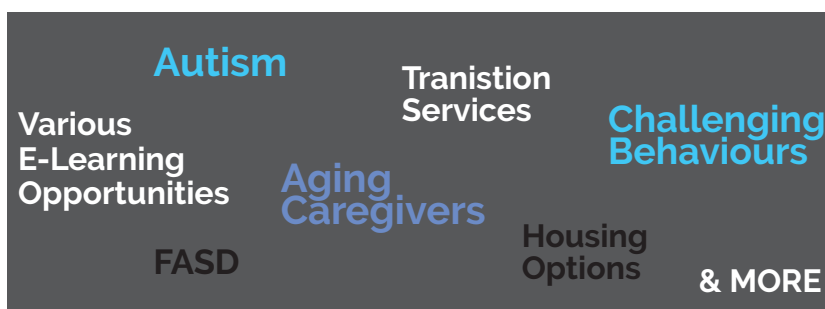
To see videos by real Reps and those they represent, go to YouTube @Nidusrarc

**CALL OUT** for participants to feature in a new video series. If interested, please e-mail [info@nidus.ca](mailto:info@nidus.ca)

## TR CARES - TRANSPORTATION SERVICE

This is a service that transports people to Dawson Creek for medical appointments. Operated by volunteers, the service is generally offered Monday through Thursday but is subject to change based on needs.

## FAMILY SUPPORT INSTITUTE (FSI) CHECK US OUT AT [www.familysupportbc.com](http://www.familysupportbc.com)



## COGNITIVE CARE KITS ENGAGE - STRENGTHEN - CONNECT

A unique and innovative resource for individuals living with dementia and/or other forms of cognitive loss.

AVAILABLE to Borrow at Dawson Creek Public Library

## NADRC [www.nadrc.acl.gov](http://www.nadrc.acl.gov)

National Alzheimer's and Dementia Resource Center  
Reports & Toolkits - Webinars & Training - And much more.

## DON'T MISS....



## Obstacle Course Event (Teams of 2)

Course 1: Track Style  
(For Wheels)

Course 2: Full Mobility  
Course

This event is inclusive of all ages and abilities. Contact [reception@fsjacl.com](mailto:reception@fsjacl.com) for more info or to register!  
MAY 26, 2023 2 - 6 PM @ FSJ Curling Club

# Gala



# Staff Party





Thanks for reading!



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1334 102 Ave  
Dawson Creek, BC  
V1G 2C6

(250)782-2611  
[info@dcscl.org](mailto:info@dcscl.org)  
[www.dcscl.org](http://www.dcscl.org)