



MAY 2024

NEWSLETTER

SPRING EDITION



It was a mild winter, but that didn't dampen anyone's excitement when spring arrived early. That being said, we had plenty to keep us busy through the few cold blasts we did experience.

We attended the Annual Community Awards event, as sponsors for the Inclusive Employer Award, as well as, having been nominated ourselves for the Non-Profit of the year. While the Non Profit of the Year prize went to the CDC, we were honored to have been recognized. Dawson Co-op was awarded the Inclusive Employer of the year award. Thank you to Ivea Armstrong, DCSC Board Director, for presenting the award.

We've been experiencing a significant uptake of referrals into our Community Inclusion programs over the past few months which has lead to two additional full-time positions in that program. We are excited to have so many new people joining us.

To heat things up in January, we had a staff challenge the rest of the Society's staff to the 2000 Push-Up Challenge. Five brave souls took the challenge and completed it. Great job!

In support of World Down Syndrome Day, the Administration Office staff, donned funky socks for the day. We plan to up our game next year and have the Society as a whole, participate in more fun challenges aimed at raising public awareness for this, as well as, a number of other great causes.



INTER & G Recap 3-2024



We welcomed 150 participants to our Annual Christmas Gala this year. Trying out a new venue brought both challenges and benefits. While needing to transport all food and supplies was a feat in itself, the space allowed ample room for everyone, while still leaving space for a large dance floor. As always, it was lovely to see everyone dressed in their finest attire.

The 2023 Annual Staff Party, was Masquerade themed and took place at the Golf Club. As per staff request in the 2023 Staff Survey, a wider selection of food choices were provided, and the focus of the party was lots of games. There were ample gift cards, in addition to an assortment of physical prizes up for grabs, and a good time was had by all.

Training has continued to be a key focus for us. The Program Coordinators completed a Leadership Certificate program, while staff have been undergoing significant training on Trauma Informed Practices, FASD and Autism, to ensure they have the needed skill-sets to successfully support the incoming individuals.

A Social Media Committee was created and has already had a significant impact on our online presence. Be sure to check out our Facebook page for interesting daily posts.

With the upcoming implementation of our new Strategic Plan, we will be focusing on technological advances and ensuring more efficient processes. As we get busier and busier, it is increasingly important to make the most of our time.

We look forward to seeing everyone this fall at the AGM and hearing all about the adventures you've had. Cheers all!





Community Living

A highlight of the past season was all the cultural activities. Always looking to improve, staff really took these celebrations to a new level, ensuring they were wholesome and provided the most authentic experience possible.

The Society also enjoyed a little friendly competition between programs, seeing who could do Halloween and Christmas the best. There was some stiff competition, but Canalta won the best Halloween Door Contest, while 115th took home the prize for the best Christmas Tree.

The Annual Christmas Gala was a smashing success once again, with amazing food, great music & dancing, and a fantastic group that were dressed to the nines.

The Christmas holidays saw many individuals joining their family and friends at home which was wonderful. For those that were unable to do so, we ensured traditional Christmas experiences, complete with turkey dinners, good company, and gifts under the Christmas Tree.

We proudly participated in Disability Employment Awareness Month (DEAM), in October, and showed our appreciation and support to 12 community employers by taking them some sweet treats to enjoy. We also took part in National Disability Employment Awareness Month (NDEAM), and expressed our support by joining 459 locations in 138 cities across Canada, by lighting up our buildings in purple and blue.



“ DESPITE THE FORECAST, LIVE LIKE IT'S SPRING.”

- LILLY PULITZER

SUMMER PLANS

Summer is short and the desired list of activities & events are many, so be on the lookout for extended evening and weekend hours at the OPC. Whether you've been attending the Centre for years, or are one of the many new people whom have recently joined the Society, you are sure to have many enjoyable experiences.

Summer plans for people supported by DCSC, are as varied as the people themselves. From vacations to see relatives and friends, to trips to neighboring communities for everything from shopping, Chainsaw Carving contests in Chetwynd, dinosaur explorations in Tumbler Ridge, Street Performers Festival in Grande Prairie, to the Fall Fair, Mud Bog races, Monster Trucks, the Taylor Pow Wow, etc. For a lucky few, bucket list trips will be had, such as joining family for a cruise, or going to Haidi Gwaii!

One of the most anticipated activities of the summer for many folks, is camp. Like last year, we will be ensuring everyone gets their fill by providing many Day Camp options, in addition to Camp Sagatawa. For those ready to prove their camping prowess, a traditional camping opportunity may be offered, complete with tenting - watch for details to come!

With programs having so many plans, the summer is sure to pass in a blink, but we're sure to make the most of it!

UPCOMING EVENTS & ACTIVITIES

- ➔ Dawson Creek City Clean Up - Help raise funds for the OPC. Watch for dates.
- ➔ Walk In a Box Fundraiser is back! Join us on May 31st to partner with our local Search and Rescue (SAR) group to raise awareness and funds for Alzheimer's research. BBQ for donation to follow walk. Watch for details.
- ➔ Annual Access Awareness Day BBQ - Date to be announced soon.
- ➔ Society Evacuation Drill and BBQ - Date to be announced.
- ➔ Traditional Camp - For those brave enough to try tenting! Watch for dates.



ASSIST

Over the winter, seniors enjoyed the season with a variety of activities tailored to their interests. Game nights filled with laughter, crafting sessions where amazing ornaments were created and presented, were a huge hit, bringing residents filled with classic memories. Heartwarming performances and a music night was truly uplifting spirits. Many residents reminiscing by the fire of winters past, ready for competitive puzzle battles.

CULTURAL FEASTS

This year's resident and family Christmas dinner was a great success! Several residents enjoyed a festive evening creating new memories with loved ones.

For many, another highlight of the winter season, was the monthly cultural meal featuring savory dishes from all corners of the world. From the mildly spicy curries of India, to the rich flavours of the Mediterranean, each culinary adventure explored new tastes and traditions.

The Food Services team put forth an outstanding effort to reflect the essence of each meal's origin. Alongside their meal, residents were treated to a presentation about the customs, rituals, and history behind each culinary experience. These multicultural feasts, fostered a deep appreciation among residents for the amazing diversity of foods and cultures throughout our world.



TED LIVING

ors in Assisted Living embraced
riety of engaging activities
rests and abilities; from lively
th competitive spirit, to seasonal
ere creativity took flight and many
decorations and works of art
oudly displayed. Music nights were
esidents together for evenings
elodies. From lively sing-a-longs to
mances by talented musicians, each
y a testament to musics ability to
esidents also enjoyed time spent
replace and sharing fond memories
ling a book, or engaging in some
uilding.

SPRING PLANS

With their seeds for sowing at the ready, plans to tend bountiful gardens in place, and growing anticipation to bask in the warm sun, the residents are eagerly gearing up for the spring and summer seasons. The prospect of a thriving, colourful array of flowers in the flower gardens and an abundance of vegetables in the raised beds, have many looking forward to getting outdoors.

It is with great pride that the residents tend their gardens throughout the summer months, nurturing the vegetables so as to have an abundance to incorporate into the meals they will enjoy after harvest. Time spent accomplishing this, fosters connections between those that participate and adds an extra layer of enjoyment when relishing the taste of their homegrown produce.

The beautiful and well tended flower gardens not only enhance the look of their home and grounds, but also provide a peaceful oasis in which to enjoy a morning tea, or to reconnect with nature.

Each garden is special in its own way and equally important to those that take pride in growing them.



INDIVIDUALS RECEIVING SERVICES

100%

of individuals receiving services from DCSCCL are satisfied with the supports they receive.

Most Enjoyed Activities

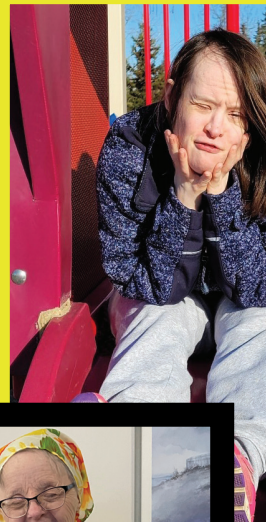
include going to the Opportunity Centre to spend time with friends, the Gala (of course!), the cultural activities, trips, and the Lunch Program.

98.5%

of individuals feel they are treated with dignity and respect by DCSCCL staff.

**"I LOVE STAYING AT ...
BECAUSE MY STAFF TREAT
ME WELL. I THANK DCSCCL
FOR GIVING ME A JOB"**

- SERVICE RECIPIENT





95.5%

of respondents feel inspired by
DCSCL's Values and Expectations.

98%

of respondents find their work with
DCSCL to be engaging



STAFF

72%
RESPONSE RATE

94.5 %

of respondents feel that their
employment experience with DCSCL has
been positive.

**MORE DETAILS TO
COME FOR BOTH
SURVEYS...**

SENIORS AGING IN PLACE

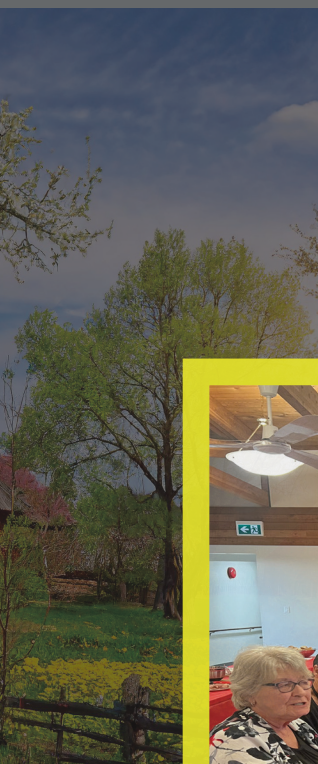
Providing services to Area D and parts of Area E, within the Peace River Regional District, the Seniors Aging In Place program is proud to currently support 270 seniors in 184 locations. In the latter part of April, three more informational sessions were held in surrounding areas, including Kelly Lake, Toms Lake, and Groundbirch/Mcleod, after which we anticipate the number of participating seniors to increase.

We are also pleased to announce that there have been four new meal items added to the list of food selections, providing a wider array of options; bringing the number of choices to 25. In addition, some of the meals offered currently, have had some adjustments made to them to align them with feedback we have received. Also, seniors can now further customize their meals by choosing between regular potatoes, sweet potatoes, or rice.

With very little snow over the winter, there was not much need for our snow removal services, however, interest in our meal and housekeeping services continued to grow, with housekeeping remaining our most popular service.

If you are interested in learning more about this program, or one of the Urban Seniors programs, please check out our website at www.dcscl.org or call Anne at 250-782-2611 Ext. 227.





URBAN SENIORS

MEAL CALL

We would like to extend BIG Thank You's to the local businesses that have been instrumental in the continuation of this program, including the Scotiabank for donating the proceeds of their December Food Drive to us, in addition to a cash donation of \$500. The Noon Rotary Club blessed us with a donation of \$1500, and the Northern Grand Casino donated \$1000. We are grateful for your generosity! This program is only possible with such generous donations as it relies solely on them and fundraising.

The cost to support a senior for the year is \$720. For this, they receive a hot, healthy homemade soup for lunch, as well as, a nutritionally balanced supper to take home. If you are interested in sponsoring a senior, please reach out to Anne, at the number provided on page 12.

We were thrilled to provide traditional Christmas and Easter meals to the 70 seniors currently accessing the program. We've also been able to treat them to a few BBQ's - something many of them are rarely able to enjoy, due to their living circumstances. Meals are well-received and appreciated by all participants.



GROCERY SHOPPING

Our grocery shopping service continues to remain very popular, with so many seniors struggling with transportation options, medical issues, or continued fear of accessing busy shopping venues. This year, we have delivered groceries 815 times in total. 348 of those deliveries were for Good Food Boxes, while in-store shopping and delivery accounted for the remaining 467 times. Please call Anne, for more information.



Bulterys House

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OUR NOMINATION HIGHLIGHTS THE INNOVATIVE INITIATIVES UNDERTAKEN IN DAWSON CREEK, INCLUDING... BULTERYS HOUSE.... THESE INITIATIVES DEMONSTRATE OUR COLLECTIVE COMMITMENT TO ADDRESSING LOCAL HEALTH CARE CHALLENGES & ENHANCING ACCESS TO QUALITY CARE FOR ALL RESIDENTS.

- THE DIVISION OF FAMILY PRACTICE

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RESOURCES

We would like to extend a HUGE Thank You to Rentco Equipment Ltd, in Dawson Creek, for their very generous donation of \$10,000! And to the Ezeard family and several local businesses for their past generosity that allowed us to complete a wonderful playroom for our pediatric guests. It is with such generosity that this program can be all that it has become.

We are also honored to have been nominated for the RCCbc Rural Community Award, which we have just been notified that we won! Thank you to those who think so highly of us and the service we are thrilled to provide.

Since opening our doors in April of 2023, our occupancy rate has climbed from 17% to 100%, proving the need for such a service in our community. People come from all around the surrounding area for medical care and we are grateful to have a safe and comfortable space available for them and/or their companions to stay. Helping to alleviate some of the angst that often accompanies medical trips, as well as, reduce the financial burden is the goal behind a program such as Bulterys House.

For more information or an Intake Form, please see www.dcscl.org or call 250-219-3901

FAMILY SUPPORT INSTITUTE

Canada's only grass roots, family-to-family, not for profit organization. Aimed at supporting, informing and empowering families through the provision of resources, news, and training opportunities. You can find a vast amount of information at www.familysupportbc.com

PLAN INSTITUTE

A national non-profit and social enterprise that supports people with disabilities and their families. We provide educational material and resources such as workshops, webinars, resources and publications, and much more. Please see www.planinstitute.ca

NIDUS

The only community-based resource in Canada devoted to personal planning. As a leader in addressing the critical needs of an aging population, NIDUS envisions a future where all adults in BC have the right to self-determination and access to support if they need help with decision-making, without the need to take away or restrict their rights. For more information, please see www.nidus.ca

NADRC

National Alzheimer's and Dementia Resource Centre. For an array of resources, see www.nadrc.acl.gov

NETWORKS

Committed to offering help, care and support in a way that is understanding, compassionate, and non-judgmental. Networks offers Food Bank/Pantry, Free Store, Social Worker, Good Food Box Program, Furniture, Support, Advocacy, Referrals, Connection to Mental Health and Addiction Services. Call us at 1-844-432-3663 or email office@networksdc.ca

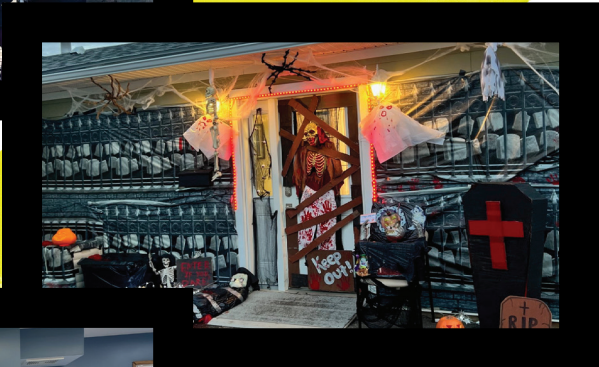
INCLUSION BC

Providing support, education and advocacy where and when it is needed, please see www.inclusionbc.org

Christmas Gala



Cultural Celebrations



THANK YOU FOR READING



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FOR MORE INFORMATION, VISIT:
WWW.DCSCL.ORG
OR CHECK US OUT ON FACEBOOK