

Shuswap Association for Community Living SACL Newsletter

November 2014



#301 - 371 Hudson Avenue NE, PO Box 153, Salmon Arm, BC V1E 4N3 – Phone: 250-832-3885 Fax: 250-832-1076 Website: www.shuswapacl.com



A Year in Review

Since our last newsletter in April of 2014, we have been very busy...

CARF Accreditation 2014

In June of 2014, SACL completed our 4th successful 3-year CARF Accreditation Survey. CARF accreditation ensures agencies are providing quality person centered services. Thank you to all the Staff, Management, Board Members, Parents & Caregivers, Employers and Community Members who contributed to a successful outcome! If you would like to know more about the CARF process and requirements, please visit our website at:

<http://shuswapacl.com/accreditation/#.VDMY4k1oyUI>

A New Home to Call our Own!

In September of 2014, SACL invested in a single family home to provide quality supported living, respite services, and support to encourage independent living to persons we support. Ongoing upgrades and renovations were in progress in August and September. This home was designed to be a safe and welcoming environment, with space dedicated to SACL Staff to be available to residents around the clock.

Include Me!

In October, SACL partnered with Include Me BC and CLBC to collect information based on Dr. Schalock's 8 Quality of Life Domains (**Personal Development, Self-Determination, Interpersonal Relation, Social Inclusion, Rights, Emotional Well-Being, Physical Well-Being and Material Well-Being**) to improve our services and the quality of living for the persons we support. An informational seminar was held on October 2nd, and the surveys will go out to Persons Supported, Parents & Caregivers, Stakeholders and Community Members the weeks of October 13th to 24th.

Welcome!

We are pleased to welcome several new Staff Members to SACL including: **Amanda Reidford, Candice Kavanagh, Debbie Cuell, Kristiina Askola, Pauline Schmidt, Shannon Stockbruegger, Gloria Morgan, Deanna Glenn**, and our new Program Supervisor **Alana Loyd**.

Welcome also to the SACL family - 4 new Persons Supported to our services.

Farewells

Best wishes on their new adventures to **Rosemarie Leering, Denise Butler** and **Della Laas**. Thank you for your contribution to SACL.

SACL Values

(As Determined in Consultation with Persons Supported, Families & Care Providers, SACL Staff, Management, Board of Directors & CLBC)

- Friendships & Relationships
- Meaningful Activities
- Life Long Learning
- Having a Say
- Being Safe & Healthy
- A Welcoming Community
- Honoring the Past & Embracing the Future



“Never doubt that a small group of thoughtful, committed, citizens can change the world. Indeed, it is the only thing that ever has.”

Margaret Mead



Special Events and Agency Happenings

- **Strategic Planning Input**
(October 2, 2014)
Persons Supported focus group to provide input to future service direction for SACL
- **Include Me Presentation**
(October 9, 2014)
Person's Supported information session for the 'Include Me' surveys
- **Include Me Surveys**
(October 14 – 24, 2014)
Parent & Caregivers provide input for the 'Include Me' survey
- **Thanksgiving**
(Monday October 13, 2014)
Please note that all SACL Services will be closed for Thanksgiving.
- **Halloween Costume Party**
(Friday October 31, 2014)
Persons Supported costume party at the Salmar Classic Theatre
- **Remembrance Day**
(Tuesday, November 11, 2014)
Please note that all SACL Services will be closed for Remembrance Day.
- **Winter Closure**
(Friday December 24, 2014 through Wednesday January 1st, 2015)
Please note that the Health, Wellness & Life Skills and Community Volunteer programs will be closed for the above dates.

Community Inclusion Services Community Volunteer Program

Persons Supported are assisted in skill building and contributing to the community of Salmon Arm through volunteer opportunities with our community partners.

Currently, we have 25 Persons Supported volunteering at the following locations:

Salvation Army Food Bank, Churches Salmon Arm Thrift Store, RJ Haney Heritage Village & Museum, Bastion Care Facility, Shuswap Family Resource and Referral Society, Shuswap Family Daycare, SPCA, Shuswap Lodge, McQuire Lake Lodge.

Many of the people we serve volunteer at more than one non-profit per week.

If you know of anyone looking for a volunteer, or if you would like to partner with one of our Volunteers, please contact Elly Tufts at (250) 832-3885 Ext: 1101.

Community Supports

Shuswap Association for Community Living currently provides individual one-to-one supports to 17 individuals. SACL staff support healthy lifestyles and community inclusion through skill development, community activities and/or residential living support.

Healthy choices are supported through grocery shopping, preparing healthy meals, assisting with cleaning and maintain their own homes and pet care skills etc.

Life Skills supports encourage individuals to learn to maneuver throughout their community via the bus system make appointments such as dentist or doctor on the phone or in person, and assisting with financial responsibility and budgeting skills.

In the community we insure that Persons Supported take part in meaningful community.

The people we serve are always looking for meaningful friendships with others in the community that enjoy the same things as them, so if you are a bowler, swimmer, crafty, enjoy walking or just shooting the breeze please contact Elly Tufts at (250)832-3885 Ext.1101 and she will be able to match you up with someone that may just enhance your life.

Health, Wellness & Life Skills

SACL's Recreation Program has been renamed to better reflect the services we offer; it is now called Health Wellness & Life Skills Services. This service offers support to 30 individuals; all part-time. On average there are 15.2 person supported in attendance Monday to Friday. We continue to offer recreational opportunities; but, are endeavoring to make every outing a learning opportunity. As an example, instead of just going for a walk at the mall, we are also doing activities such as learning to check for clothing sizes or learning how to compare prices.

Additionally we are constantly looking for more ways to enhance community connections and partnerships. This past year a small group regularly attended a Tai Chi group in Vernon as there were none offered during the week in Salmon Arm. The instructor came to Salmon Arm for a day to offer a demonstration at the wharf that was open to the public. Ultimately our hope is that we can create enough enthusiasm and interest in this activity that an instructor will be willing to run a weekday program in Salmon Arm that the individuals we support can attend along with anyone else in the community who is interested. Our participants have been working with music therapist, Larry Keats for years. Over the summer, we took our groups to the gazebo at the wharf to demonstrate our talents and invite others to share in our enthusiasm for music. Everyone had a great time. We continue to look for other activities such as this that we can enjoy alongside other members of the community. We are always looking for volunteers to share talents, interests, and enthusiasms with us. It does not have to be a long-term commitment; even one hour to share a collection or demonstrate a talent would be appreciated. However, if you are willing or able to spend more time to help teach us a new hobby, this would also be welcome. Our doors are open!



Mission:

Shuswap Association for Community Living creates opportunities and provides support to optimize the potential of individuals with intellectual disabilities.

Vision:

We envision a caring and supportive community where all people are valued.

Community Employment Services

SACL's Employment Services, which is funded by CLBC, is approaching their 7th year of service to people with disabilities. This program supports individuals in job development and the search for employment in our community and surrounding areas.

There are 33 individuals working in the community with some holding two or more positions at various local business'.

Please help us to show support by frequenting the following local community businesses that support individuals with diverse abilities:

A&W

Andover Holdings

Askew's Salmon Arm

Askew's Sicamous

Aspiral Youth Partners

BC Hydro, Bowers Funeral Service

Buckerfield's

Canadian Tire

Chevron

CSRD-Columbia Shuswap Regional District

Dairy Queen

Boston Pizza

Downtown Improvement Association

Family Place

Jacobson Ford

Grass Root Dairies (formerly Gort's Gouda Cheese Farm)

Home Building

Comfort Inn

IMECC Holdings

King's Christian School

LASS-Literacy Alliance of the Shuswap Society

Liberty Tax

RJ Haney Heritage Village

Safeway, Salmon Arm Observer

Shoppers Drug Mart

Shuswap Children's Association

Starbucks Coffee Company

Talius

Weight Watchers

WHR-Western Human Resources

WIL Building

Walmart

These diversified business' truly show what this community is all about! Please show your support and appreciation by frequently dropping in for your purchase needs. For more information please remember to visit our website at www.shuswapacl.com

We are ALWAYS looking for more diversified employers in and around this area. Enquiries about how our successful employment process, please call: Employment Services 250-832-3885 - Extension 1310 for more information.

Employee Profile Brad McDonald



Since April 30th of 2013 Brad McDonald has been a valued employee of Chevron in Salmon Arm. He is a well-liked and appreciated member of the chevron team. Some of his work tasks include sanitizing the gas pumps, sweeping the parking lot, general tidy up, and being friendly to customers. Brad values his job and shows it by being on time, enthusiastic, and showing excellent work ethic.

Good job Brad,
keep up the
great work!

*"Brad is a hard worker
and is always willing
to take on new tasks"*

Rick Ernst, Owner





Hair Donation to Locks of Love!

Tyrone heard about growing hair to donate to kids, and wanted to help. He grew his hair for a year and a half, donating over 10 inches of hair to the cause.

Way to go Tyrone!!

Locks of Love is a public non-profit organization that provides hairpieces to financially disadvantaged children suffering from long-term medical hair loss. They use donated hair to create the highest quality hair prosthetics. Most of the children helped by Locks of Love have lost their hair due to a medical condition called alopecia areata, which has no known cause or cure. The prostheses help to restore their self-esteem and their confidence, enabling them to face the world and their peers."

The Power of Identity!

The Pride and History of People with Intellectual Disabilities

Okanagan College has published a plain language book about identity and empowerment through knowing history; specifically the story of people with intellectual disabilities. This book will be used in a new history course at Okanagan College in January of 2015. The title of the book is *"The Power of Identity: The Pride and History of People with Intellectual Disabilities."* The book and the course are designed for students with intellectual disabilities.

This new course gives students a chance to learn about the history of people with intellectual disabilities in British Columbia. They will talk about the importance of history and the ways that knowledge of history can positively impact their future. Students will get a greater understanding of disability issues by learning about the changing laws and attitudes related to disability. Students will talk about identity and think critically while becoming empowered to actively participate in citizenship. The course touches on Canadian history, but mainly focuses on BC, during the period from the late 1800s to 2014.

People from around BC and especially from the Okanagan/Shuswap area contributed to the book. Unit 1 was inspired by a focus group of graduates from the Salmon Arm campus at Okanagan College. All the art and poetry was supplied by Okanagan College students throughout the college regions. SACL recommended some judges who helped in selecting the art and poetry.

These are graduates of Okanagan College, Salmon Arm. They are members of the focus group who inspired Unit one of "The Power of Identity: The Pride and History of People with Intellectual Disabilities."

For more information about the book or the course, contact Wanda Radies at Okanagan College, Salmon Arm Campus. wradies@okanagan.bc.ca or 250-832-2126 ext. 8226

"Self-advocacy is also about identity. In contrast to normalization, where the emphasis is on conformity and denial of difference, people in self-advocacy groups are more likely to acknowledge their identity as people with (intellectual disabilities). This can be seen as a celebration of difference-much in the way that other social groups such as women, black people and disabled people have developed and celebrated their identity."
-Atkinson, D., (2002). *Advocacy and Learning Disability.*

We have Askew's Gift Cards

Pick up your \$50.00 Askew's Gift Cards at the SACL Administration Offices. Part of the proceeds from your purchase help to support SACL Programs & Services.

Administration Office Hours are Monday, Tuesday & Thursday – 7:30 am – 3:30 pm

Thank You for your Generous Donations:

Your donations are instrumental in helping SACL expand and implement new services. We send our thanks to all the generous people and community businesses and organizations who donated to SACL this year.

To find out more about our donors, please visit our website at www.shuswapacl.com

Donations from April 1, 2014 to March 31, 2014:

- ☞ Salmon Arm Savings & Credit Union ☞ Shuswap Community Foundation ☞ Justin Hines Fundraising Event ☞ Elks Lodge #455
- ☞ Super Self Storage ☞ Aquatico Bay Restaurant ☞ St John's the Evangelist Anglican Church ☞ Broadview Firemen
- ☞ Askew's Cards Proceeds ☞ Oshi Express Japanese Restaurant ☞ City of Salmon Arm Firefighters ☞ Telus Corporation
- ☞ Robert Tams ☞ Donation in honour of Jean Lovin

Please Donate!

Yes, I would like to support SACL at www.shuswapacl.com or Mail, Fax or Drop-off my Donation.

To: #301 – 371 Hudson Avenue NE Mailing Address: Po Box 153, Salmon Arm BC V1E 4N3 Phone: 250-832-3885 Fax: 250-832-1076

Name: _____

Address: _____

City: _____ Province: _____ Postal Code: _____

Email: _____ Phone: _____

Cash Cheque Money Order Other

\$25 \$50 \$100 \$250 \$500 Other _____

All charitable donations over \$20 will be issued a Tax Receipt
Charitable Donation # - 107979247RR0001