

THE CITIZEN

Connecting People with Their Community



CLBC Newsletter - January 2008

Volume 4 Issue 1

Making Connections

What's Inside

Eating Game



Family Intern



Grief Workshop



Dream Wedding



Community Living Awards



The participants of Youth Connections – a recreation program designed for youth with special needs – both learn and teach lessons in communication, connection, and community. Here, Matthew Lai shoots some hoops at Steveston Community Centre. See page four for full story. (Photo by Chris Rae)

MESSAGE FROM THE BOARD

Lois Hollstedt



Policies help organizations put their mission, vision and values into practice. In a new organization, this can be challenging. For the past two years, CLBC has created many policies to guide our staff, volunteers and the public in our day-to-day work. CLBC policies are intended to give staff and the public across the province a consistent way of doing business. We want to be as transparent as possible in how and why decisions are made.

One of the issues the board discussed when CLBC was created was complaints. The board wanted to know how many people complained, if they were dealt with quickly and fairly, whether people felt they had access to new people to hear their concerns, and what kinds of concerns people had. A policy was developed to help people move through a complaint to resolution, and the issues and results were reported to the board at least once a year.

The policy is based on the principle that problems should be resolved in local communities wherever possible. The individual and staff involved in the complaint first try to work things out and, if they cannot, the local manager becomes involved. If there is still no resolution, the complaint moves up through to the vice president, and finally the CEO. Time limits are set for speedy movement of issues through the system.

In addition, a new position was created in June to provide a point person for complaints within the organization – the Director of Quality Assurance. In this position, Paula Grant focuses on systemic quality, both internal to CLBC and externally in relation to our service providers. She monitors trends, acts as a government liaison, oversees accreditation and co-ordinates Freedom of Information and Protection of Privacy Act requests. This position also facilitates internal, independent reviews of complaints and concerns on behalf of individuals with developmental disabilities and their families by someone who remains external to CLBC's service delivery operations.

The board also receives information from the Advocate for Service Quality and the Ombudsperson on the complaints they receive about CLBC. The new Representative for Children and Youth and the Ombudsperson have recently indicated that they will be undertaking a joint review of our complaint process, based on recommendations in the Hughes Report. We look forward to working with them to see if improvements can be made.

CLBC will begin to collect more refined data about complaints. A re-written policy has been approved by the board, and it is currently in the final approval stage. We hope this new policy and position will give those we support and their families better recourse when they are dissatisfied with a service provided by CLBC or disagree with a decision made by a CLBC staff member. ✨

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INSIDE VOICE

The self-advocate's perspective.

CRANBROOK MOM NEVER GAVE UP

By Joanne Gauthier

My name is Joanne Gauthier. I am a self-advocate from Cranbrook. I am married to Mike, who is also a self-advocate. We met in college in the early 80s. When I met Mike, I felt worthless, and thought because I had a developmental disability no one would want to be with me. I was very depressed. Mike never gave up on me. He kept calling and visiting me, and cooking meals for me. We became really good friends. He made me very happy – so happy we wanted to get married.

I was 19, and lots of people did not want me to get married. They called us the “R” word and said we should not be allowed to get married. People thought we were not capable of looking after ourselves or each other.

A lady, who I call my other mom, and my doctor stood up for me. They told me that it is my life and I can decide to do whatever I want. They never gave up on me and Mike.

We ended up getting married twice, because our first wedding was not what we wanted. Our second wedding was planned only by us and was what we wanted with what we could afford. We got married on our 10th anniversary.

After we were first married, Mike

and I dreamed of owning our own home and having a family. We went to work – Mike at Pizza Hut and me at Arby’s and Bonanza. It took us three years to save for a down payment, and then we were able to buy our first home.

Right after we moved in, I found out that I was pregnant with our oldest daughter. We were so excited. We had to deal with lots of people who thought we were not capable of raising a baby. Other people wanted us to give the baby up for adoption. People wanted to take the baby when she was born.

But we didn’t want to do this, and we spoke up for ourselves and our baby. We also had other people help us – a small group of people, including our doctor and my other mom, who believed in us.

We had our first daughter in July 1990 and our second daughter in August 1994. Today our girls are 13 and 17. Being a mom is so exciting, and brings me lots of joy. We are a close family, dealing with the normal teenager stuff.

Both Mike and I still work. I work at Superstore in the meat department. Superstore has been a really good place to work, because they always help me to do my job well, and also let me take time off for the



work I do with the BC Association for Community Living (BCACL). Mike works helping people with disabilities. Mike and I are also the only husband and wife team who sit on the BCACL’s Self-Advocacy Caucus.

I love my life – being married, and being a mom. I want other self-advocates to listen to their hearts, and to believe in themselves. You can do anything you want if you put your mind to it.

** As told by Joanne Gauthier, with some help from hubby Mike Gauthier and Aimee Morry. ✨*

Inside Voice is published in each issue of The Citizen. If you are interested in writing for this column, please call Karin Basaraba at 1-877-660-2522 or e-mail editor@communitylivingbc.ca to discuss.

KIDS LEARN LIFE LESSONS WHILE HAVING FUN

COVER STORY

By Chris Rae

"It's kind of a magical place," says Lisa Pak as she fondly describes the Youth Connections program she has been involved with for almost 12 years.

Youth Connections was started in Richmond over 20 years ago by parents who needed a place for their special needs children to go after school that would allow them to have fun and be active in their community.

The program is for children and youth ages six to 19, although most of its 33 current participants are age 10 and above, as high demand and long waitlists have prevented many new participants from enrolling.

"It gives them a much bigger voice for themselves and the opportunity to have choice in their lives."

During the school year, the kids are dropped off at the program's offices in the Richmond Caring Place after 2 p.m. and spend about

three to four hours with a staff member taking part in activities in the community. During summer and winter holidays the program runs full days.

From bus tours and yoga classes, to babysitting lessons and skating at the local rink, participants spend the majority of their time out in the community. "Although everyone gets picked up and dropped off

here, by about 3:30 p.m. it's pretty much empty unless it's raining outside," says Lisa who is the program's supervisor.

For kids who rely on a wheelchair for mobility, swimming is one of the most popular activities. "We're definitely at the pool almost all the time. An activity like swimming becomes really important because it provides an opportunity for kids to get out of their chairs and be more mobile," says Lisa.

Even riding public transit such as the B-Line bus or SkyTrain becomes an adventure as the kids watch for the next stop coming up.

The recreation and leisure guides for local facilities in Richmond are a major source of activity ideas. Also, an annual personal planning meeting helps children and parents give input into the types of things they would like to be doing.

Lisa describes the process. "We sit down with them and ask them what they want to do. What are the things they want to learn? What do they want out of their activity schedule?"

In the three years the personal planning sessions have been taking place, they have become a highly anticipated event for the kids, "It

gives them a much bigger voice for themselves and the opportunity to have choice in their lives," says Lisa.

The goals that come out of these sessions often relate to the



(left to right) Matthew Lai, Daniel Aharon, Lisa Pak, Aaron Chen, Katelyn McPhedrian and Balraj Zimich hang out in the Youth Connections space at Richmond Caring Place. (Photo by Chris Rae.)

development of life skills. For example, many parents want to see their children form relationships with friends beyond the relationships they have with paid program staff and respite workers. This can be a challenge as the kids often need constant supervision for their safety. Youth Connections gives them the chance to invite friends along on outings while still being supervised. "You can take a bit of a step back and let them do their own thing," says Lisa.

As much as possible, activities are done in classes open to the public. However, this does have challenges.

“A lot of our guys have been told ‘Sorry, you’re not at par to join these things.’ We don’t want to be a part of them hearing that,” Lisa says.

In one case, Youth Connections contracted out with the city to do a hip-hop dance class just for its members. It allowed everyone to move at their own pace. In that environment, kids were able to build confidence to help them when they join open public classes in the future.

Caroline Holat spent more than 10 years in Youth Connections. She smiles as she relates her experiences in the program, “I’ve been coming here all these years and it’s always been good – the supervisors, everything. On sunny days we go out for coffee, we go for lunch, we play cards, we go to Chapters. Basically we go everywhere.”

Now 20, Caroline has recently moved on to the Transitions program. Housed in the same space as Youth Connections, Transitions is a program for young adults 19 and over. It fills the void created when participants finish high school and also become too old



Dylan Dhaliwal (left) chats with staff members Justin Cho. (Photo by Chris Rae)

to attend Youth Connections. The program is nearing its capacity of 22 participants, but the demand far exceeds the number of available spaces. “It’s kind of sad,” says Lisa, “We hope more programs like it will open up.”

Both programs have helped Caroline develop important skills. “As I’ve entered adulthood it’s great because I’m learning what I need to learn. To be honest, I can’t imagine not having the support I have here,” she says.

Miranda Sin’s daughter, Joanna, is now 18 and has been in Youth Connections since she was six. One of Joanna’s major goals during her personal planning process was to spend more time out of her wheelchair and increase her mobility. This was a challenge because, while Joanna can walk on her own, she might grab and lean on other kids, putting them at risk. To reach the goal, the staff set up a schedule of how many days a week Joanna would walk. “Mostly, the goals are achieved,” says Miranda, “almost 90 per cent.”

Youth Connections helped Joanna realize not only her personal goals, but also a dream. Last year, with funds raised by her mother, Joanna was accompanied by Lisa and two other staff members to Disneyland.

For Miranda, the benefits go beyond helping her daughter. As a mother, she has received extra support from the program’s staff during times of family crisis. As well, the staff has helped put together a unified approach to interacting with Joanna that includes home and school life.



Michelle Wong (left) helps Joanna Sin (right) spend time out of her wheelchair during an open gym session at Steveston Community Centre. (Photo by Chris Rae)

“They are very observant. Their knowledge of Joanna is very thorough. They will track how they treat her and handle her behaviour and share that with other staff members and me. We all use the same approach. We all treat her the same way,” Miranda says.

Along with community involvement, the program also fosters a sense of family. “All the workers really love the kids they are tending to. It’s such a wonderful program and I’m sorry not all special needs kids can join it,” says Miranda.

Lisa echoes the sentiment and says the pride she feels in the kids is a lot like that of a parent, “When you invest time in these kids, they get to places you didn’t even think they could. That makes my job completely worth it.” ✨

AUTHOR WRITES A NEW STORY FOR INCLUSION

For over 20 years, John Lord has been a guru in the field of community living. A leader in researching, writing and speaking on the topic of community living and disability, his research, workshops and seminars have influenced the movement of inclusion in Canadian communities.

Today, along with his wife Peggy Hutchinson, Lord has published another book called *Pathways to Inclusion: Building a New Story with People and Communities* released in August 2007 by Captus Press Inc. Already this book is being used by instructors in post-secondary institutions across Canada for their disability studies, social work and community psychology courses.

Pathways to Inclusion: Building a New Story with People and Communities provides a historical overview of how people with disabilities were invisible in their communities and segregated from their families without the respect or recognition of their strengths, abilities, gifts and dreams. The book then takes a look at innovative projects across Canada that are implementing change through person-centred planning, individualized funding and policy and, therefore, replacing traditional attitudes and approaches effectively.

An excerpt from the book elaborates on the responsibility of society to create change, "We as a society have created attitudes and approaches that are often negative and patronizing. We must begin by first acknowledging how we have systematically done so and by dismantling our old ways. Only then can we begin to create new, more appropriate images. . . . Individuals, families, community associations, governments, and the private sector each have a role to play in dismantling exclusion and constructing social inclusion."

Lord was the founder of the Centre for Research and Education in Human Services in Ontario. Together with his colleagues, they traced innovative projects across Canada and identified 30 projects that reflect the New Story, a phrase coined by Lord that described innovative ways to encourage community living and

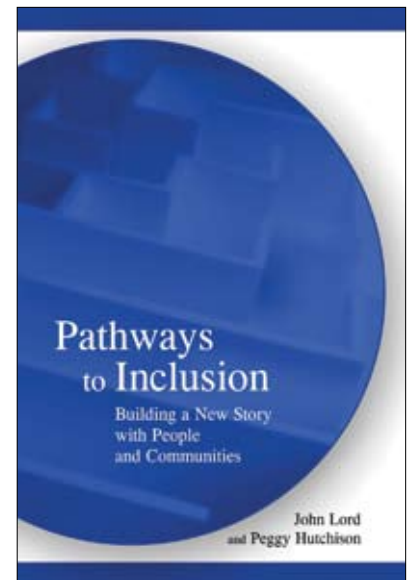
inclusion. "The book weaves together the New Story and the commonalities of the projects," says Lord. "What we noticed is the value of community, citizenship and self-determination was really high, as well as the need for self-advocates to be supported in how they want to live their lives."

As a researcher and a parent of a daughter with a disability, Lord has been able to work on the development of his research on many levels. "My daughter has been an inspiration," explains Lord. "She has taken my research and put it into practice. . . . You will find her story scattered throughout the book."

The building blocks of the book revolve around the essence of the New Story, by building effective, person-centred approaches and sustaining them. The three key areas Lord has elaborated on are building social networks and meaningful relationships, the strength of peer support and the need for effective policy.

When asked what his predictions for the future of community living and inclusion are, Lord states, "We need energy and activism. We need parent groups and self-advocates to be strong and for government agencies to support them. We need to build compassionate communities where everyone believes this as an important issue. There is a great future, as people with disabilities and their families have been leading the change already. I am very optimistic."

Please visit www.johnlord.net for more information or to order the book. 



Pathways to Inclusion: Building a New Story with People and Communities by John Lord and Peggy Hutchinson, recently published.

INTERNATIONAL CLUB PROVIDES WAYS TO CONTRIBUTE

Article courtesy of *Access Resources*

With locations around the world, the Aktion Club has become an international community service group that is taking on communities by storm. Equipped with very enthusiastic adult citizens who have a disability and the sponsorship of Kiwanis International, the Aktion Club is contributing largely to the well-being of communities around the world.

One of the newest locations of the Aktion Club is in Kelowna, facilitated by Access Resources, a Community Living BC service provider. Access Resources was approached by Kiwanis International and asked if they were interested in forming an Aktion Club in Kelowna. After discussion, Access Resources felt the mission of the club supported the vision and goals of Community Living BC and therefore, in September 2007, the Kelowna Aktion Club was formed.

The mission of the Aktion Club is to provide adult citizens, who have a disability, the opportunity to develop initiative and leadership, to serve their community, to be integrated into society and to demonstrate the dignity and value of individuals who have a disability.

Aktion Club members join and participate because they enjoy contributing their skills, energy and time towards helping other people, meeting people and being valued as citizens of their community.

Kelowna Aktion Club members have already participated in a number of community activities and fundraising events including, the Central Okanagan Child Development Variety Club's Teddy Bear event, The Bridge Youth and Family Services' Night of the Arts concert, the Salvation Army


Christmas Kettle Drive and the City of Kelowna Adopt-a-Road initiative. Kelowna's Aktion Club members are looking forward to participating in many more community events and fundraisers in the New Year.

Self-advocates join the club and are considered a member of the board and meets weekly to discuss upcoming activities. "The club is very much member driven. They arrive to the meetings with ideas and activities they learned about that they would like to participate or volunteer for. They are meeting people and gaining new skills and really enjoying their time spent in the community," says John McGill of Access Resources.

Access Resources has been very pleased with the response of the community in supporting the Kelowna Aktion Club, as well with the contributions the club members provide to the well-being of the community.



Members of the Kelowna Aktion Club, along with local members of the Kiwanis High Noon Club and the Kiwanis Business Club of Kelowna, cleaning up the roads in the Adopt-a-Road Clean-up.

For more information on the Kelowna Aktion Club please visit the Access Resource's website at www.accessresources.ca and for more information on the Aktion Club, please visit their website at www.aktionclub.org. 

GAME LETS CHILDREN MAKE HEALTHY FOOD CHOICES

For many families with children who have autism, mealtimes can be a challenge. But a new book aims to take the surprise out of mealtimes for children with autism and put healthy choices on their plates.

THE EATING GAME (Get Awesome Meals Every day) is a system where children take control of what they eat. A colour-coded chart is placed on the family's fridge, where each of the four Canada Food Guide groups are assigned a colour. The children then select a food card to match each section of the chart. This ensures that the child's nutritional needs are met through the day.

The author, Jean Nicol, created the game after a family friend complained about their 7-year-old son Ethan's lack of interest in food. Ethan, who has autism, would only eat either hotdogs or rice.

Jean, who was a home economics and elementary school teacher for 32 years, knew from her experience working with children with autism that many of these children have significant issues with food choices and eating habits. She recognized that some of the problems may be due to sensory issues, such as taste, smell and texture.

"Many people with Autism Spectrum Disorder (ASD) have varying degrees of difficulty with communication and social skills," says Jean. "They are also, for the most part, facing unpredictable environments. For many with ASD, structure, routine and predictability allow them to make better choices, be successful and be more in control in their environments."



Ethan and Jean plan his meals by using THE EATING GAME.

But with family mealtimes, the parent or caregiver generally makes the choices and prepares the meals. Unless the child is hanging around in the kitchen,

watching or helping with meal preparation, for most, meals are a surprise until they sit down to eat. This is not the best situation for a child with autism.

What often happens, Jean says, is that they choose to eat a selected few foods repeatedly. The parent is happy that they are eating something and complies by presenting the favoured foods repeatedly.

Jean's challenge was to find ways to help children with autism to be more involved in making healthy food choices ahead of time, so that meals would be more predictable.

The first day they used the game with Ethan, he chose hotdogs and rice for breakfast. However, he soon learned that if he used those foods up, he wouldn't be able to eat them again that day. "All of a sudden, he was making the choices," says Jean.

Now, 10 months later, Ethan is now eating regular, healthy meals and snacks. He eats about 50 more foods than he did when he first started using the game.

The game would work well for children as young as two years old. It would also work well with those who do not have autism, but also have issues with eating. The book has been used in group homes, and Jean is also looking to adapt the book for seniors.

The daily planning charts, food pictures and their storage pages are on durable laminated card stock. The book is \$49.85, plus applicable provincial sales tax and shipping. For more information about THE EATING GAME, or to order a book, please e-mail Jean Nicol at jnicol@ns.sympatico.ca.

"For many with ASD, structure, routine and predictability allow them to be able to make better choices, be successful and be more in control in their environments."

COUPLE'S FUTURE BEGAN WITH WEDDING DAY

By Penny Soderena-Sutton, *Self-advocate Peer Advisor, AiMHi*

When I got up on my wedding day, I thought, "This is it. You will have a new page in your life and a new future ahead of you."

On a sad note, I lost my mother the week before my wedding and we laid her to rest on the Tuesday before the wedding.

My maid of honour, Lynn, was great. She made sure all the bridesmaids and I were exactly where we needed to be, and Rod's best man did the same. They did a wonderful job of having the whole weekend in place. From Friday night to the Sunday open house, everything flowed so well, that if something did go wrong no one would have known it.

The morning of the wedding, my maid of honour, bridesmaids and I all went to the mall to get our hair and nails done. But at the same time, Rod and his groomsmen were also at the same mall! Don't worry – we didn't meet until later that day!

I wanted to follow the old saying: something old, something new, something borrowed and something blue. "Something old" was my handbag which was made from my mother's wedding dress and my mother's wedding band. "Something new" was two things: my dress and a new life with the one I love. "Something borrowed" was a pearl necklace from a co-worker and "something blue" was my nails, my garter and some of my flowers.

We went back to the bridal suite to finish getting ready. When the make-up lady came in, I started to feel butterflies in my stomach and hoped Rod had them too. One of my bridesmaids, Ruth, said, "Penny's looking a bit different." So Lynn said, "Go and make her some mild tea." They told me to sit down and breathe.

Around 1:30, we were busy getting ready and I still had those butterflies. Just then, one of my bridesmaids heard a knock on the door. She opened the door and a hotel staff member handed her a box. In the box was a silver bracelet from Rod. I gave a card to one of Rod's groomsmen to give to him before the wedding.

I looked out the window and saw the sun trying to come out. "Is this a sign that my mother is here watching me and is happy to see me happy?" I thought. I knew that she was, so I felt ready to get married.

When we came to the church, someone told me that I looked like a fairy princess. "You are glowing," I thought to myself. "This feels so right to be standing here."

After the ceremony, we had four wedding cars, which we took to get our pictures taken at Rainbow Park and then at Sears.

There were 64 people at our reception. For our first dance, we had a co-worker named Barry sing a song called "Suddenly" by Billy Ocean.

I feel so warm inside when I think of all of the support we had for our wedding. For Rod and I, that day was about our future starting. ✨



Penny and Rod walk down the aisle on their wedding day.

SELF-ADVOCATES SPEND A NIGHT ON THE RED CARPET

By Ashley Prescott, Special Projects Co-ordinator, Fort St. John Association for Community Living

Getting ready for a big awards ceremony takes a lot of time and effort – whether it's the Oscars or the Community Living Awards. And to award winners at the Fort St. John Association for Community Living's (FSJACL) fall ceremonies, the night was just as special.

On September 13, 2007, while hosting their Annual General Meeting (AGM), the FSJACL celebrated their second annual Community Living Awards gala to applaud the abilities and achievements of adults who have a developmental disability.

As the Community Living Awards began, the air was full of nervous chatter, giggles and smiles all around as volunteers, families and nominees gathered at the newly, renovated Lido Theatre in Fort St. John. Other than the lack of celebrities you would see on the cover of magazines, you couldn't tell the difference from a night at the Oscars.

Doormen dressed in tuxes greeted the award nominees, families and other guests as they walked the red carpet leading from the sidewalk through the open theatre doors. Passing drivers slowed to a crawl, trying to see what was going on.

Over 120 people attended the AGM and the awards ceremony, including three local city councillors, CLBC representatives, family members, FSJACL members, staff and local residents. Attendance greatly increased from the previous year. "The support we received that night from everyone was so generous and inspiring," said Ashley Prescott, special projects co-ordinator,


FSJACL.

In 2006, the FSJACL wanted to have more celebration in their Annual General Meetings, which lead to the creation of the Community Living Awards ceremony. The first year sparked such intense emotion, that a

lasting tradition had been created and has become the highlight of the year.

A nomination letter is mailed to each FSJACL resident and member, asking for nominations. On the big night, each award is introduced, then as the winner is announced, a red curtain raises to reveal the individual's name and photo. A song selected to match the individual and the award is played as they make their way to the stage, where individuals were given Oscar-like awards engraved with a description of their unique talents, achievements or characteristics.

"What is exceptionally wonderful for me was, about 95 per cent of individuals supported through the FSJACL were in attendance, and every single one of them received an award," says Ahmed ElNamer, quality service analyst, Community Living BC.

The FSJACL plans to continue hosting the Community Living Awards with their Annual General Meetings. "It's really uplifting to be able to celebrate what makes each person unique," says Cindy Mohr, Executive Director, FSJACL. "The fact that it brings tears and smiles to everyone who attends, as well as the increase of community presence from year to year, speaks volumes to the power of the night." 



Holly Sutherland poses with her "Best Food Server" award.

VERNON ARTIST BELIEVED IN EVERYONE HAVING A VOICE

By Aimee Morry, *Self-advocate Advisor, CLBC*

Arnold Bennington, artist, activist and People First advocate, passed away on January 10, 2008.

Born July 30, 1949 in Dawson Creek, Arnold was not expected to talk, walk or learn. Experts also said his mom should not keep him because it would be too expensive to take care of his medical bills.

Arnold lived in foster homes throughout the Vancouver area until he was four, then spent many years at the Woodlands Institution. He was proud of the fact that he survived and overcame this difficult time in his life. Arnold always openly spoke to many people about his experiences as a child at Woodlands.

Over the years, he was an active member, mentor and mover and shaker in the disability rights movement. Arnold's purpose was working alongside People First – the national voice for people who have been labelled with an intellectual disability – at local, provincial and national levels. He was an honest, passionate and outspoken advocate for inclusion, opportunity and full citizenship for people with disabilities.

Arnold attended many meetings during his life and thoroughly believed in Robert's Rule of Order – a recognized guide to running meetings and conferences effectively and fairly. He even earned the nickname of "Point of Order," because he would often add his ideas with declaring, "Point of order!"

His second passion was technology. He enjoyed working, collecting and sharing his expertise with

others about computers, cameras and printers. He even published a book about himself called, "The Fantastic Book of Arnold," which he was so proud of. He wanted people to know who he was and what he had done.

Arnold has achieved many victories directly related to individual rights, inclusion, accessibility and citizenship. He made a difference in the lives of many people because of who he was: a straight shooter (who talked loudly and boldly about things just as they were), a joker, and a person who cared and dared to make a difference – without hesitating to share his stories as a way to teach and inspire others.

He will be remembered for calling people the wrong names, the newsletter he created, developing photos right in his hotel room, and his ability to talk about

things as they are. Arnold inspired others to help him with his vision of a world where people were seen as people first, and where labels were something found only on jars.

Arnold, you will always be missed and never forgotten. Thank you for your endless and substantial contributions towards your work in advocating for full citizenship for all people.

Arnold was to receive CLBC's Community Service Award for his contributions in the community living movement. Unfortunately we missed recognizing Arnold in person.

Special thanks to Shelley Rattai, Susan Langhorst and Canada People First for your help in sharing Arnold's journey. 🙌



Arnold by his award-winning painting, "Arnold's Mandala", at the North Okanagan Art Competition hosted by the Vernon Community Living Centre.

A GOLDEN WIN IN THE WORLDS

By Carol Aun, Reporter, Mission City Record

It was a homecoming that had Bryce Schaufelberger smiling for days, even weeks maybe.

The soccer player was already on cloud nine after winning the gold medal with his team in Shanghai, China last month at the Special Olympics World Games, and the reception he received when he walked into the arrivals lounge at Vancouver International Airport left him speechless.

Friends, family and his supporters all cheered as he walked through the glass doors. They were waving flags, and holding up posters and banners that congratulated him and welcomed him home. It was quite the excitement after a 12-hour plane ride.

As things started to settle down, Schaufelberger



Mission's Bryce Schaufelberger proudly holds up the gold medal he won at the Special Olympics World Games in China. Photo courtesy of Jason Roessle, Mission City Record.

told *The Record* this last competition was the most high profile of his career. And he had been waiting four years for this opportunity.

"The team was selected four years ago," explained Schaufelberger.

Players were selected based on their ability to dribble, kick, pass and play as a team. They were also marked on their fitness level, defence skills and endurance.

"Bryce is one of the better players on the team," commented Stuart Coates, one of the coaches with Team Canada, who has been working with Schaufelberger for nearly 12 years.

Although Schaufelberger was selected for the team, the team didn't qualify for the Worlds until last year.

"We have a good group of guys," said Schaufelberger, who spent the past year training and counting down the days until the event.


The trip was interesting, he noted.

According to Schaufelberger, the experience was overwhelming at first, but the hospitality the team received was excellent.

Schaufelberger admitted he was a bit nervous in the first match against Great Britain, but at the same time, he was excited. And his play came through — contributing two goals in Canada's 8-0 win.

Canada dropped its second game to Peru by a tight 2-1 score, but won the third game against Chinese-Tai Pei 3-0. The gold medal match against Peru had Schaufelberger on the edge as the game went into two overtimes, then a shootout. Eventually Canada took the win, and has the team hoping to play again in the next World Championships.

Schaufelberger played each game with determination and enthusiasm, despite a sore back, noted Coates.

Schaufelberger has been playing soccer with Special Olympics since 1991. He is also involved in floor hockey, baseball and bowling. 

Get to Know

Jessica Humphrey



Jessica Humphrey is CLBC's first Family Leadership Intern. She was born in Vancouver, raised in Whistler, and has been living in Victoria with her husband, Todd, for the past 13 years. They have two children, Sahara, 6, and Hudson, 4.

Jessica has a passion for human diversity and has traveled to many parts of the world including Southeast Asia, Nepal, India, Morocco and West Africa. Her post-secondary education began with a desire to learn and write about the world around her, and in 1998 she graduated with a degree in creative writing and anthropology. With an interest in multiculturalism, and volunteer experience with immigrants and refugees in Victoria, Jessica went on to obtain a diploma in intercultural education and training.

Today she is two courses away from graduating with her second degree, this time in social work, specializing in anti-oppressive practice and disability. Jessica also shares the co-ordinator position at STEPS-UVIC, which provides services to students with intellectual disabilities who wish to pursue their studies after high school.

Over the past six years her daughter, Sahara, who has a unique chromosome arrangement, has inspired Jessica to expand her understanding of human diversity and she now finds herself on a different journey, one that seeks to create co-operative, inclusive communities for both her children.

Jessica's travels, work, studies and family have taught her that inclusion and citizenship is about all people. To her, inclusion is built on the premise that everyone has equal access to the same choices and opportunities, and that everyone has the right to define what those choices and opportunities will look like for their individual life path. Jessica is a firm believer in reciprocal relationships, where all people feel respectfully included as valued members of their community. ✖

NEW CLBC POSITION WILL PROVIDE A FAMILY PERSPECTIVE

By Brian Salisbury, *Director of Strategic Planning*

CLBC has created an opportunity for a family member who has a child with a developmental disability to participate in a new Family Leadership Internship Program. This program was launched in December 2007 when Jessica Humphrey was hired as CLBC's first intern.

The intern will be able to participate in a range of leadership activities at CLBC. She will provide a family perspective in the development of policy, programs and services that impact families who are eligible for CLBC-funded support; become involved in activities and projects associated with CLBC initiatives; work in different parts of the organization to experience how CLBC works with individuals, families with children, service providers and community partners; and liaise with community stakeholders to assist with CLBC projects.

The long-term goal of the Family Leadership Internship Program is to support family members to become future leaders who can contribute to the development of policy and needed supports and services in their home communities and at the provincial level. ✖

BC-BASED FILM WINS INTERNATIONAL AWARD

The *Boy Inside*, a Vancouver-based documentary on Asperger Syndrome, has won the prestigious Minister of Education, Culture, Sports, Science and Technology Prize for Best Program in the Youth Education Division of the 2007 JAPAN PRIZE Awards. *The Boy Inside* was also the recipient of the Audience Choice Award in the Youth Education Division.

Producer and director Marianne Kaplan attended the Delegates' Forum in Tokyo and was awarded her prize during the televised awards show on October 29, 2007. After the ceremony she shared a short conversation with Crown Prince Naruhito of Japan. The Japanese royal family has offered its support and patronage of the JAPAN PRIZE since its inception in 1965.

Four out of the five main prizes this year were won by Canadian productions, including the Grand Prix winner, *A Lesson In Discrimination*, produced by Societe Radio-Canada (CBC Radio-Canada).

The JAPAN PRIZE International Educational Program Contest was established by Japan's public television broadcaster, NHK, as a contribution to the advancement of educational programs around the world. The JAPAN PRIZE, which includes the competition and Delegates' Forum, is highly regarded internationally as



Producer and director of The Boy Inside, Marianne Kaplan, receives her JAPAN PRIZE in Tokyo.

an important showcase for educational programming, receiving numerous international entries annually.

The Boy Inside has also been honoured with two other prizes: a CINE Golden Eagle Award, and a Freddie Award, presented by the International Health and Media Awards. A shortened version of the film has also been selected by the Ministry of Children and Family Development and the Ministry of Health to be shown in 600 schools across the province. ♡

FUNDRAISER WILL BE GROOVIN' TO THE 70S

Theatre Terrific Society is hosting its second annual gala fundraiser this spring. With the theme, *Feelin' Groovy: Remembering the Summer of Love*, it will be an evening of fun, entertainment and great food. The gala fundraiser will be hosted at the Floata Restaurant in Vancouver's historic Chinatown. The evening will include a live and silent auction and feature performances by Theatre Terrific and local musician Rick Scott, who is also the Goodwill Ambassador for the Down Syndrome Research Foundation. For more information, please visit their website at www.theatreterrific.ca. To purchase tickets, call 604-222-4020. ♡

When: Thursday, March 6, 2008 **Doors Open:** 5:30 p.m.

Where: 4th Floor, Floata Restaurant, 180 Keefer Ave., Vancouver

Tickets: \$50 each or \$400 for a table of 10



Artistic Director Susanna Uchatius (centre) with Theatre Terrific members.

WORKSHOP HELPS PARTICIPANTS RECOGNIZE GRIEF


By Greta Cooper, CLBC Team Assistant

More than 25 self-advocates, parents and caregivers gathered on October 27, 2007 at the Vernon and District Association for Community Living to learn about the many types of grief.

Grief counsellor Shan Lavell guided participants through exercises that helped participants listen to their emotions and identify unrecognized grief forms, such as the birth of a child with a disability, lost dreams, or separation from a loved one.

Lavell further explored the issue of aging parents of children with a disability. Many parents have acted as their child's primary caregiver, but because of age-related issues, they are now unable to continue in this role. Lavell acknowledged this as a valid form of grief and explained that it should be dealt with as such.

The workshop also focused on the natural grief cycle and how to activate healing that results in more well-being. Participants learned about resources that are available in the community, how to access them, and where advocacy fits in.

The workshop was co-sponsored by Community Living BC and the Social Planning Council for the North Okanagan. 



Philip Kowalski (left), workshop organizer and CLBC facilitator, and Dayle Drury from the Social Planning Council for the North Okanagan share a moment during the grief session.

STAY CONNECTED WITH CLBC

It is a major priority of Community Living BC to communicate with the people they support, their families, service providers and stakeholders. We strive to provide the most up-to-date information in a timely and consistent manner.

And we need your help. To provide better communication, we need to collect your contact information. If you are interested in receiving the latest news from CLBC, please visit the 'Contact Us' section of

our website at www.communitylivingbc.ca, fill out the contact form and provide us with your contact details. If you do not have access to the Internet, please call 604-664-0101, to provide our receptionist with your name, address, phone numbers, affiliation, and e-mail address.

Free access to the Internet is available at all public libraries across BC. You can also sign up for a free e-mail address at www.hotmail.com or www.yahoo.ca. 

CONFERENCE FOCUSES ON PERSON-CENTRED OPTIONS

By Brian Salisbury, *Director of Strategic Planning*

Planning is underway for Changing the World One Person at a Time: The Canadian Experience, to be held from March 10 to 12 in Richmond. Participants will share what's been learned in Canada regarding the provision of person-centred options, provide guidance for those beginning such work, and help organizations change from fixed service models to entirely individualized supports.


The program will feature speakers from Canadian agencies who will share their stories in four major sessions.

Michael Kendrick, along with well-known speakers from BC, will also deliver sessions that deal with key issues associated with each plenary. Topics include the importance of leadership, a new way to look at the process of change, investments that stimulate quality and beneficial innovations, creating the right

relationships, the nature of ethical partnering, and the unbundling of global contracts.

A working group will "mine" the sessions, conversations with participants, and ideas posted to notice boards to identify key elements for inclusion, in order to support people interested in achieving greater individualization of existing supports and services. The results will be presented for feedback at the closing plenary and made available as part of a conference report.

For more information, please visit www.communitylivingbc.ca. Registration is \$299.00 and includes lunch and refreshment breaks on all three days, and a Monday evening reception.

This event is co-sponsored by the BC Association for Community Living and the Canadian Association for Community Living. 

CONTACT US

The Citizen is published every two months by CLBC's Communications department. It is your information source for news that's relevant to the individuals and families CLBC supports. The views and opinions expressed in *The Citizen* are not necessarily those held by CLBC. We are always on the lookout for inspirational stories about people in the community. If you know of an event that others might like to know about, an issue that invites debate, or news worth reporting, let us know. While we appreciate story ideas and submissions, *The Citizen* reserves the right to edit content for accuracy, grammar and space, but strives to maintain the integrity and voice of the author.

If you have a story suggestion or feedback on the newsletter, please e-mail editor@communitylivingbc.ca.

To receive the electronic or paper version of *The Citizen*, please visit www.communitylivingbc.ca/who_we_are/contact.htm and click on either E-mail or Paper Newsletter Sign-up.

If you have a general question about CLBC, please e-mail info@communitylivingbc.ca.

For the most up-to-date information on CLBC, please visit our website at www.communitylivingbc.ca.



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