

THE CITIZEN

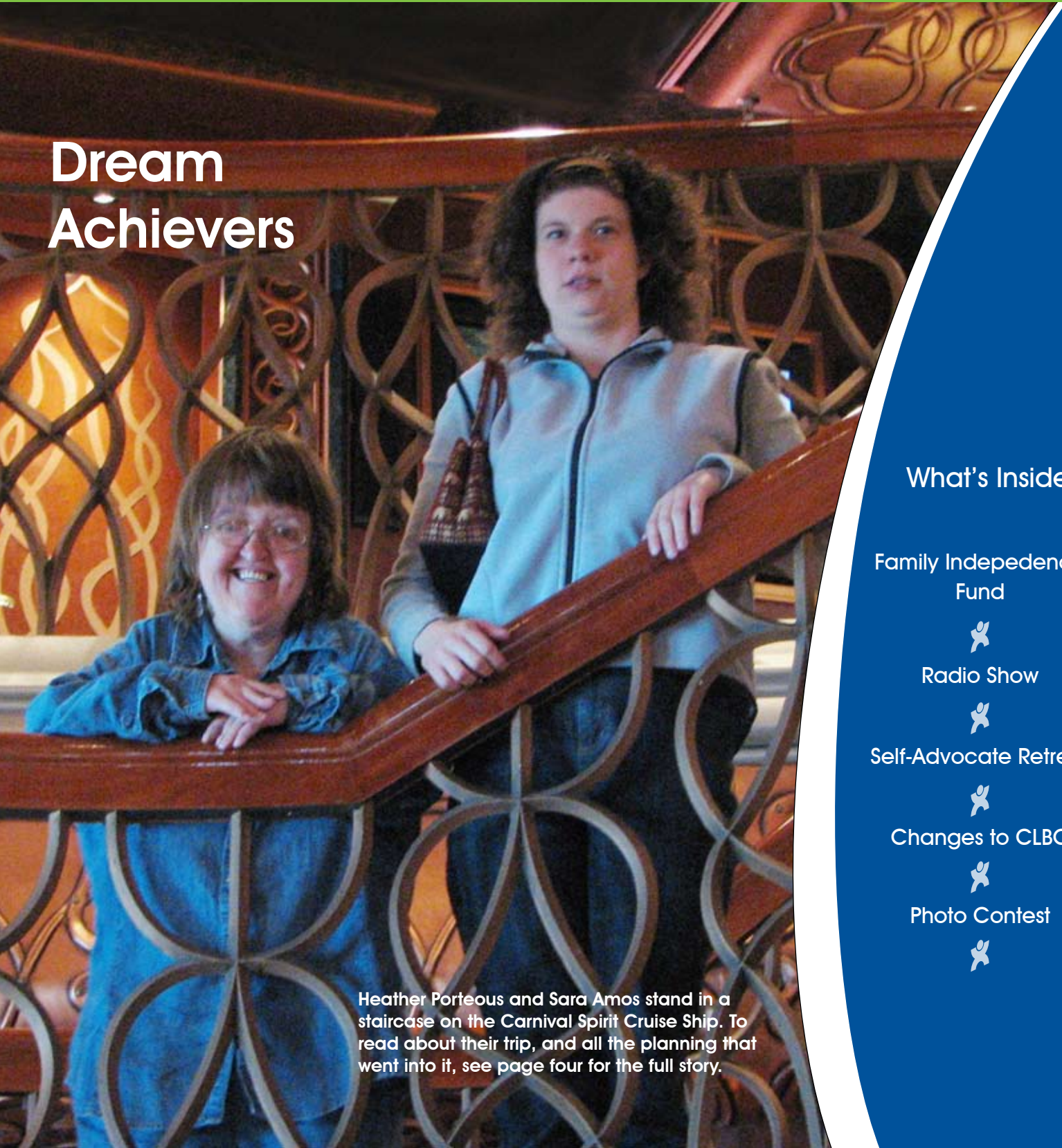
Connecting People with Their Community



CLBC Newsletter - July 2008

Volume 4 Issue 4

Dream Achievers



Heather Porteous and Sara Amos stand in a staircase on the Carnival Spirit Cruise Ship. To read about their trip, and all the planning that went into it, see page four for the full story.

What's Inside

Family Independence Fund



Radio Show



Self-Advocate Retreat



Changes to CLBC



Photo Contest



MESSAGE FROM THE CHAIR

Lois Hollstedt, C.M.



On July 1, CLBC celebrated its third birthday and there have been many accomplishments over the past years. We look forward to this coming year of transition and change for our organization and recognize the significant efforts that all staff have committed to the people we serve.

One change to the CLBC Board of Directors is the retirement of Lynn Rolko. Lynn was involved with the creation of CLBC since its conception. She was on the original Steering Committee, on the Interim Authority Board and on the first CLBC Board. She brought to the board her long experience as a parent advocate and her many roles as volunteer and staff within the developmental disability community. Her work on the board also included membership on the Finance and Audit Committee and on the Research Liaison group. In discussion of issues, Lynn always helped the board to focus on the needs of self-advocates and families. Her special interest in health, safety and service monitoring guided our thinking and policy development. We will miss her passion and good humour and thank her so much for dedication over the past six years.

Two new board members joined us on July 1. Darryl Harand from Kelowna is a self-advocate who has a long history in working at the local and provincial levels of the developmental disability community. Lee Doney from Victoria is a former deputy minister with the government of British Columbia and is now a consultant in labour, aboriginal and forestry issues. Both of these individuals bring previous board experience to our work and we welcome them to CLBC.

Finally, because of the recent cabinet shuffle, CLBC now reports to the Honourable Rich Coleman, Minister of Housing and Social Development. This also means that children's services will be delivered by MCFD. CLBC continues to be responsible for services to adults and their families. Within the new ministry, the integrated approach to housing, employment, mental health and disability services will make the cross-government service coordination more effective for the individuals we serve. CLBC and MCFD staff will be developing a transition plan for the return of the delivery of children's services to MCFD. Until the transition plan is completed, we will continue to deliver services as usual.

To all of our staff, I want to thank you for your ongoing work during these times of transition. You have proven to be excellent at making change happen and I know we can count on all of you in the delivery of quality professional service. To the individuals and families affected, I ask for your patience in the weeks ahead. CLBC will share transition plans and information as soon as it becomes available. ✨

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INSIDE VOICE

The self-advocate's perspective.

WORKING THROUGH LIFE'S CHALLENGES

By Leanne Froese

My name is Leanne Froese. I was born in Kelowna and raised in Peachland.

I started school in 1975. I had to do kindergarten twice. Then I went to grade 1 and kids were great with me. But once I got to grade 2 people teased me and called me names. In high school everyone treated me really well. I was included. It was really nice because it made me feel that I was important.

In 1994, I took the Adult Special Education Course at the Okanagan College. The course was only for people with disabilities. I was able to get work experience, learn how to do budgeting and other stuff that I would need to live on my own.

"Sometimes things in life can be hard for self-advocates, but you can always work through it."

This is also where I met my husband Dale. We were married in 1998. August 22 will be our 10-year wedding anniversary, which is two days after my 40th birthday.

Marriage isn't always easy, but Dale and I love each other and get along great, so we manage to make it work. One thing that we love doing together is playing video games. We have a Nintendo Wii and love playing bowling. It's fun to do together and it keeps us active.

Another thing that keeps me active is the Special Olympics, where I compete in rhythmic gymnastics and swimming. I've been competing for more than 20 years now. I just competed in Abbotsford in May and

I came home with three second-place medals and one fourth-place medal.

I am also very involved with my self-advocacy group in Kelowna. My group and I made a video on individual rights and responsibilities. We even presented a workshop on this at a conference. I am paid by Tier Support Services and work as the Self-Advocate Liaison. I was also involved in the BCACL Self-Advocacy Caucus for three years.

Sometimes things in life can be hard for self-advocates, but you can always work through it. What helps me to work through things is my friends. I have friends, and a self-advocate advisor that are there to help and support me in ways that I need. 🦋



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

PLANNING PAYS OFF WITH DREAM VACATION

COVER STORY

By Cathy DiBernardo, *Supported Apartment Living*

The origins of our trip began many years ago when a group of people got together to take over the Good Food Box (GFB), a bulk produce buying club that had been beneficial in building skills related to health and nutrition. At the time, GFB was going to close due to lack of funding. A coalition of Nanaimo Foodshare, Skaana Resources and Supportive Apartment Living was formed to save the program.

As part of this GFB team, some of us started walking together twice a week and logged over 2,000 kilometres. This included the many kilometres we walked for the past four years for the Rick Hansen Wheels in Motion fundraising event. As we tracked the kilometres on our walks, we talked about walking to different cities. Someone suggested we walk to Alaska since I had been showing the group photos of my cruise to see the glaciers. After seeing those photos, we asked, "Could we achieve the goal of taking a dream vacation?"

We called ourselves the Dream Achievers and started meeting to plan an Alaskan cruise. We decided on mid-May 2008, giving us about 14 months to achieve our goal. Then we booked the trip for 19 of us ranging in age from 11 up to 70. There were target dates to make deposits and of course, we all needed passports.

There were so many things to think and meet about. "How do you fill out a government form correctly? What does it cost? Who will bunk with whom? Do you want an inside or outside cabin?"

The meetings were great for addressing all the issues that came up. Everyone took turns moderating. We learned about



(left to right) Nikki Tucker, Cathy DiBernardo, Neal Brown and Sara Amos enjoy some entertainment during their dream vacation.

running a meeting, setting an agenda and staying on track.

We came up with many great fundraising ideas. There were burger nights with silent auctions, dances, raffles, tag sales and constant bottle drives. Using all of our connections, we had great response to the many events. Without the friends and community connections who participated in and supported the events, the Dream Achievers would not have been able to have this dream vacation.

With these events came various responsibilities and duties. Committing to an event was another

learning opportunity. Everyone that worked the events got to add money to their travel account. We all had to contribute our own money as well. It was a great way to learn something as boring as budgeting. It wasn't so boring knowing that we were working toward a great goal.

"How much money do you need for a cruise? How much spending money should we take?"

There were so many questions to ask and answers to find. Some people liked looking things up on the Internet and reporting their findings at meetings. They researched the cities we would visit and the things we could see.

As the dream vacation got closer, the excitement

built. We talked about what to pack and how to get to Vancouver. "Do we need fancy clothes? My goodness, what do we do at the formal Captain's dinner? What does formal mean? What manners should we use?"

We decided to have our good friend Gord come and put on an etiquette workshop. It sure came in handy for every dinner on the cruise. Some of us couldn't attend the workshops. Luckily, there were plenty of helpful participants who were eager to share what they had learned such as using utensils from the outside in, waiting until everyone has their food before starting to eat, using



A passing cruise ship was one of the many sights and sounds of the week-long trip.

good table manners and dressing appropriately.

Finally, the travel day arrived. Everyone had one backpack, one rolling suitcase, their documentation, money and of course, great happy faces. We had a wonderful send off from Eve and Terry, a couple of friends who supported our efforts in so many ways. It was a great way to start the trip of a lifetime.

“Stepping on shore in a different country was the best.”

At the cruise ship terminal in Vancouver, we learned that luggage goes outside first. We had wheeled 19 people with 19 sets of luggage through a maze of roped-off areas before finding out we needed to leave it outside. We then came back through the snaking line up again and had a giggle about what we must have looked like. Going through customs required patience as we sensed how close we were to boarding our ship.

Everyone was on board except Elena, Herbin, Kathaleen, me and Neal. Neal is deathly afraid of heights and could not bring himself to go on the gangplank across the water. We tried for over 15 minutes but it was too scary. We spotted a wheel chair being wheeled off the ship and asked to borrow it. Neal sat in the chair, closed his eyes and hung on. Success! Neal was on board. It proved our saying, “There is no problem so great it can’t be solved.” Neal managed to get on and off the ship many times with a lot of bravery and some creativity.

“After sorting all the bottles – and there were lots and it was hard work – getting on the ship made it worth it,” says Neal.

On board the ship we all headed to the cafeteria to eat. Eating happens often on a cruise. Everyone went off on their own to explore the ship before heading to check out our homes for the week and get unpacked before the boat drill. We discovered how huge the ship was and that we would be walking a lot of kilometres while on board.

Dinner was next as we pulled out of port on our adventure. We put our etiquette skills to the test and passed

with flying colors. We had the same tables and servers throughout the whole trip. The servers were fabulous and treated us like royalty.

“Eating lobster and having a fun waiter was the best,” says Douglas.

Every night there was a show to attend or karaoke for those of us like Dean and Teresa who loved to sing.

The disco was open until the wee hours and our bunch was usually the last to leave. I guess there are a lot of people who love to dance as well. We had many late night gab sessions and were able to learn a lot more about each other. It was a great bonding experience.

Each port was an adventure and everyone did their own thing. Some went on side trips while others wandered the towns and shops.

“Stepping on shore in a different country was the best,” says Melissa.

One highlight that stands out for all of us was Glacier Bay. Seeing and hearing the glaciers was remarkable. Our cameras were busy that day. We saw seals, birds and even a few whales. Historical Skagway, Alaska was another popular stop. Some people took a tour in an old yellow bus with an animated driver who regaled them with local tales.

As our vacation came to an end, we disembarked in Vancouver, got into a huge limousine and headed to the ferries to go home to Nanaimo. We talked about what a great holiday we had just had. Then we started dreaming of our next adventure! 🌟

DAUGHTER FINDS A PLACE TO CALL HOME

From a story by Hannah Sutherland, Reporter, Peace Arch News

Tracie Sheppard loves soap operas and has two televisions that tape them all so she can watch them on the weekend. A shelf in her bedroom is lined with row upon row of VHS tapes, each carefully labelled with the title and date of each episode.

Tracie has Cornelia de Lange syndrome, and as a result, has delayed mental development, a curved spine and limited mobility in her arms due to a bone malformation.

Up until a year ago, she lived with her mother Marie Sabine and her stepfather, Rob.

Marie would cook Tracie's meals, wash her hair and wake her up in the morning. Rather than a mother and daughter, their relationship resembled that of a caregiver and dependent adult.

As Marie got older, she worried how her daughter would cope when she could no longer provide care. Five years ago, Marie worked with the Peninsula's Semiahmoo House Society – which provides services and support to people with disabilities and their families – to discuss a long-term plan for Tracie.

Marie initially thought they would put Tracie in a group home with full-time staff on-site. Tracie, however, had other plans. Worried that she wouldn't have freedom and privacy in a group home, Tracie vocalized her desire to live on her own.

It was an idea that initially caused Marie great concern, "Can she do this? Is she safe? I think, in the past, society hasn't had very high expectations for people with disabilities... I had my doubts."

Marie knew she had to allow her daughter to lead her own life, and agreed to prepare her for the transformation.

They drew up a plan that detailed the things Tracie needed to do to be independent. It was 48 pages long.

For a year and a half, Tracie learned how to keep house, deal with emergencies, make phone calls and be security-conscious, keeping doors locked and looking out the window before answering them.



With emotional support from mother Marie Sabine (back), 39-year-old Tracie Sheppard (front) now lives on her own. (Photo by Chung Chow)

By February 2007, Semiahmoo House had an opening in an upstairs suite of a house it was leasing. The society used the bottom suite to run some of its programs.

With the help of Tracie's friends from Semiahmoo House, she moved all of her things into the suite, including her Elvis CDs and boxes of Little House on the Prairie episodes. Marie helped them move, ordered pizza for Tracie and her friends and then went home. "I was excited for her and really fearful at the same time."

Marie admits she was overly helpful at first, but learned to let Tracie do things on her own. She was worried her daughter wouldn't be able to wash her hair with the restrictions in her arms, but Tracie figured out her own way of doing it, proving just how independent she is.

"I just saw that after a length of a time, she was fine. She wasn't nervous and afraid – it was me. I took the cue from her that she was fine."

While Tracie now cooks her own meals, a life-skills worker continues to visit once a week and give her cooking lessons. For eight to 10 hours a week, a home support worker visits and takes her grocery shopping. The worker sits in the grocery store's food court while Tracie picks out her food and pays for it herself. The only help she still needs is crossing busy 24th Avenue.

"I like my own place and my own things," a shy Tracie writes. "I do things when I want. I can have my own friends. I can look after myself." 🦋

FUND OPENS NEW DOORS FOR TWO BROTHERS

For brothers Terence and Stewart Young, getting around hasn't been easy. Terence, 49, has Cerebral Palsy and is blind. His younger brother Stewart, 43, has spina bifida. Both men use wheelchairs.

Living at home with their parents, Terence and Barbara, in Surrey, the brothers had several challenges getting out and about.

"Getting out and going to appointments was terrible," says Barbara. "We'd usually have to call the Handy Dart bus and they'd have to come to the house and help get the boys out to the vehicle."

That all changed when an occupational therapist informed Barbara about the Family Independence Fund. Set up to help families throughout BC who have children or adults with developmental disabilities living at home, the fund provides one time grants to supports projects such as home renovations. The fund also provides money to

buy or modify vehicles to make them accessible for people with developmental disabilities.

The Young family applied to the fund and received a grant of \$51,000

towards home renovations and \$25,000 towards a wheelchair accessible van.

Hiring a local construction company, the Youngs put the grant money towards making their house easy to

enter, leave and navigate for Terence and Stewart.

They've put in a sidewalk that extends around the house and enlarged the patio making their property more accessible for wheelchairs. A larger door and entrance way makes it easier for the brothers to get in

and out of the house and also makes it safer in emergencies such as fires if the brothers need to leave in a hurry. An elevator has been installed that goes from outside up to the deck. This allows the brothers to access the deck in their wheelchairs. The downstairs bathroom has also been renovated to make it more accessible.




Stewart Young gets ready to board his family's wheelchair-accessible van.

The construction workers came in and worked around the Youngs, making the renovations as hassle-free as possible.

"It was fantastic," says Barbara, "They did an excellent job." The only thing that slowed down the process, she says, was the rain.

While the renovations have made it easier for Terence and Stewart to get in, out, and around their own house, a new, wheelchair-accessible van has given them more freedom to get around the community.

"It used to be very hard to take them out but now it's a lot better. It's always there when I need it," says Barbara, who can now drive her sons around.

The Family Independence Fund is provided by CLBC and administered by the Giving in Action Society which is supported by the Vancouver Foundation. For more information on the fund, eligibility and how to apply, please visit www.givinginaction.ca. 

TWO NEW ADDITIONS TO THE CLBC BOARD

Get to Know

Darryl Harand



Darryl Harand from Kelowna is a self-advocate who has a long history in working at the local and provincial levels of the developmental disability community.

In addition to his new position on the CLBC Board, Darryl also sits on the board of the BC Self-Advocacy Foundation and is a Society Liason for the Kelowna and District Association for Community Living.

He has assisted and supported people with developmental disabilities to advocate for themselves. Darryl has also worked on editing documents and publications into plain English to make it accessible for people with limited language skills.

In addition to his work in the community living movement, Darryl likes to keep up with current events. He follows politics from around the world right down to the municipal level. ✖

Get to Know

Lee Doney



Lee Doney attended the University of Victoria where he received his BA in economics. He then continued his education at Queen's University in Ontario where he completed his master's degree in economics.

Over the last 25 years, Lee has had extensive contacts with representatives from all sectors of the province. In his various roles, his responsibilities have covered such diverse areas as labour relations, forest policy, environment, skills and training, labour market research, treaty negotiations with a broad impact on the economy and environment.

In addition to his new role with CLBC, Lee is an independent consultant working in government relations, policy and strategic advice. He sits on the Western Forest Products Board of Directors and chairs the board's Environment and Safety Committee. He is also chair to the Columbia Power Corporation. ✖

RETREAT TEACHES LESSONS IN SELF-ADVOCATE LEADERSHIP

On May 26 and 27, rustic Moorecraft Camp Ground in Nanoose Bay played host to the first Self-Advocate Leadership Retreat.

The two-day event was an opportunity for self-advocates to learn about leadership and self-advocacy and take those lessons back to their home communities.

Twenty self-advocates were invited to the first day of the retreat. These participants took part in sessions facilitated by Dr. John Agosta from the Human Services Research Institute, People First of Canada and Karla Verschoor from the BC Association for Community Living.

After a full day of sessions, participants enjoyed a meal together then went off to play volleyball and spend some time around a camp fire despite the pouring rain.

Rachel Schmidt, CLBC's Community Relations Specialist, was on hand filming the event and interviewing self-advocates. Her footage will be part of a documentary that will showcase the activities and achievements of people with developmental disabilities around the province. It will be broadcast on community cable networks in October as part of Community Living Month.

In the evening, there was another session put on by presenter Pam Edgar, who cohosts "Living for the Health Of It" on Nanaimo's Radio Malaspina.

The self-advocates, as well as Self-Advocate Advisor Aimee Morry, Manager of Service Accountability and Safeguards Jule Hopkins, and several speakers, spent the night staying in the cabins at the camp.

An additional 60 self-advocates were invited to the second day of the retreat. The 20 self-advocates who

had attended day one were asked to mentor and assist the group of invitees who arrived on day two. It was a rewarding process on both sides.

Sessions on day two covered similar topics as day one. Support staff and family members were encouraged to take part in a separate session running concurrently in another building facilitated by Paul Best, coordinator of the Community Support Workers Program at

Malaspina University-College in Nanaimo. This session let participants learn what good support looks like and it also gave self-advocates attending the other sessions their own space to speak freely.

The organizers of the retreat recognized the importance of the social aspect of this type of event so there was ample time set aside each morning for people to meet, chat, share ideas and get to know each other. Participants were each asked to bring a snack to share and also to bring recipes for a cookbook that is now being put together. All the participants used stickers to create nametags that expressed a little of their own personalities.

The second day ended with a celebratory dance that was thoroughly enjoyed by the participants, who ranged in age from 18 to their early 60s.

Participants left not only with inspiration and new friends, they also had wooden toolboxes. The toolboxes were built by participants of Claytree, a day program in Nanaimo. They contained a number of booklets, guides and information packages to help self-advocates organize themselves in their own communities.

The organizers hope to repeat the success of the event next year. ✨



Brenda Hirst, a CLBC facilitator in the Nanaimo CLC, shares a laugh with Mike McLellan, a self-advocate liason for the North Island region.

RADIO SHOW SUPPLIES ENTERTAINMENT AND INSPIRATION

When 20-year-old Thomson River University student Brittany Baker wanted to check out the volunteer opportunities at campus radio station, 92.5 The X, her support worker Nancy Lougheed went along.

Brittany, who has Cerebral Palsy and autism, has always had an attraction to the arts. As a member of the Singing Hands Choir, she performed at the 1999 Canada Day celebrations in Ottawa. At 16, she toured France with the E.F. Touring Company.

Even with all that experience, the thought of being on radio was a bit frightening.

"At the time it seemed quite daunting. I knew it would be a lot of work and commitment," says Nancy, whose approach to supporting people with special needs includes increased exposure to the arts.

The goal was to have their own one-hour show, but before Britt and Nancy could go live on-air, there was a lot of work to be done. They needed to read several guidebooks on rules and procedures. As well, there were programmers guides to read on how to create an interesting show.

Together, they did four mock shows over a few months to prepare. Each discovered their own strengths. Brittany worked better on the computer while Nancy took charge of the sound booth.

They received plenty of help, support and suggestions from other programmers and staff at the radio station. KennyB, who hosts a comedy show called "The Wing and a Prayer Show," helped the women develop their on-air banter.

The theme of Brittany and Nancy's show is country and folk music. They call themselves the Buffalo Gals. The name is a reference to an old Pete Seeger song.

"The name just popped into my head," says Nancy, "You know, country sounding, two women programmers."

On air, the Buffalo Gals discuss musicians, recent

music news and upcoming shows. The X is an alternative radio station, so the Gals try to stay away from big hit songs, preferring to expose the community to new music and promote local talent.


Even with all the planning and preparation that goes into each show, being live on-air sometimes calls for improvisation. When a CD skips in the middle of a song, the Gals will say they were having too much fun dancing that it skipped the CD.

"You have to have a sense of humour when things go wrong," says Nancy.

While the show is keeping them pretty busy, they have plenty of plans and ideas they would like to use in the future. They would like to have artists come on the show for live interviews and to play a few tunes on air. They also hope to showcase musicians who have special needs on the show.

More than a place to learn new skills and share music, the show is an inspiration to anyone who has faced challenges in their life.

"I always tell Britt she's a real mentor for all people with challenges," says Nancy.

For anyone interested in tuning in, the show airs on CFBX 92.5 FM in the Kamloops area every Friday afternoon from 3 p.m. to 4 p.m. You can also visit 92.5 The X's website at <http://www.tru.ca/radio8/home.php>. 



Buffalo Gals, Nancy Lougheed (back) and Brittany Baker (front), put on their weekly show at 92.5 The X in Kamloops.

Get to Know Jim Anderson



Jim brings over 15 years of technology management experience in the public, private and not-for-profit sectors. Jim was most recently Director, Application Development, with the ICMA Retirement Corporation based in Washington, DC. Previously he served as Director of Information Technology for the Ohio Tuition Trust Authority, an agency managing Ohio's College Advantage™ savings plan.

As Director of Information Technology for CLBC, Jim plays a key role in the development of information technology strategy and policy, technology architecture, project management, systems development, operations and maintenance.

Jim attended The Ohio State University in Columbus, Ohio, where he received his bachelor of science in business administration degree. He also holds the Project Management Professional (PMP®) certification.

Jim welcomes the opportunity to strengthen the Information Technology team as they develop innovative solutions to assist CLBC staff in delivering responsive supports to persons with disabilities. ✖

UPCOMING EVENTS

Health & Wellbeing in Persons with Intellectual/ Developmental Disabilities in Children, Youth and Adults

Details: This conference will provide education and informative updates on psychiatric, behavioural and complex health components specific to individuals with developmental disabilities, and showcase best practices in the field. Specifically the conference will focus on topics such as Epilepsy, Aging in Down Syndrome, Overeating and Obesity in Prader Willi Syndrome, Sexual Health, Self Injurious Behaviour (SIB) and other challenging behaviours as well as “co-morbid health conditions” such as dysphagia, pain and mobility issues.

Place: The Coast Plaza Hotel and Suites, 1763 Comox Street, Vancouver

Date/Time: September 24 to 26, 2008

Psychobehavioral Disturbances of Patients with Neurological Disorders

Details: This conference will focus on the role Applied Behavior Analysis (ABA) can play in assisting individuals who have a wide range of neurological impairments (e.g., autism, intellectual disabilities, fetal alcohol spectrum disorders, brain injury). The morning sessions will provide participants with an introduction to policy and regulatory considerations, an overview of the psychopathology of the brain and a brief introduction to ABA. Concurrent sessions will cover a range of common areas of concern or interest.

Place: Empire Landmark Hotel & Conference Centre, 1400 Robson Street, Vancouver

Date/Time: September 27, 2008, 8 a.m. - 4 p.m.

For more information, please visit the CLBC website under [News & Events > Events > General](#).

PROGRAM PROVIDES EMPLOYMENT OPTIONS

By Barb Penner, CLBC Employment Initiative Project Manager

Sean is a stockperson for London Drugs. He started his new job in May 2008 with the support of the BC Society of Training for Health and Employment Opportunities (THEO BC).

THEO BC has programs that serve people with mental health issues or who have a disability. They also help people in need of employment-related assistance or training. The organization provides training, education and job placement services to British Columbians to help them achieve employment, independence and personal growth.

Sean never gave up on his dream of having a job. His commitment to have a job has kept him involved with several different employment programs since 1998.

His most recent involvement with THEO BC has lead him to discover what his strengths and interests are in the workplace. He learned about the steps he would need to take to find and successfully maintain employment.

Sean applied for a job stocking shelves at London Drugs. He was asked to an interview. Sean prepared himself well: he memorized the history of London Drugs and had a great list of questions to ask the interviewer. In the end, Sean was offered the job.

Sean works independently. His job coach checks in on a regular basis and is the bridge when needed between Sean, his co-workers and his employer. With the help of his job coach, Sean has developed natural supports among his co-workers at London Drugs. His manager and co-workers like him very much.

THEO BC is a service provider for The Employment Program for Persons with Disabilities (EPPD) which is an employment program with the Ministry of Housing and Social Development (formerly the Ministry of Employment and Income Assistance). EPPD provides access to a full range of services, tools and supports that address the distinct needs of persons with disabilities.

The services offered include:

- pre-employment services
- planning and employment services
- self-employment services
- disability supports – including worksite attendant and job coaching
- assistive technology

Contact information for EPPD service providers throughout BC is listed below. 

Ministry of Housing and Social Development Employment Program	
Region 1 (Vancouver Island)	
North Vancouver Island, South Vancouver Island	WCG International HR Solutions: 1-866-689-7150
Region 2 (Vancouver Coastal)	
Vancouver Coastal	THEO BC: 1-866-377-3670
Region 3 (Fraser)	
Fraser	WCG International HR Solutions: 1-866-689-7150
Region 4 (Interior)	
Cariboo, Okanagan, Kootenays	THEO BC: 1-866-377-3670
Region 5 (North)	
North	WCG International HR Solutions: 1-866-689-7150
Other	
Mental Health Impairment	THEO BC: 1-866-377-3670
Physical or Mobility Impairment	Neil Squire Society 604-473-9363

NEW MINISTRY WILL INTEGRATE SUPPORTS

By the Honourable Rich Coleman, *Minister of Housing and Social Development*

The Ministry of Housing and Social Development became responsible for Community Living BC's adult community living services in June 2008. First and foremost, I want to assure all individuals and families there will be no disruption in services for adults with developmental disabilities as responsibility for the programs transfer to the new ministry.

I would like to welcome the individuals, families and dedicated employees at Community Living BC to our new Ministry of Housing and Social Development. I am proud to be part of a change that will create numerous opportunities in the way we deliver services to adults with developmental disabilities.

Under one roof, we are combining financial, housing, medical and employment supports for low-income British Columbians and people with disabilities. Why are we doing this? Because we know that every person requires a different combination of supports to meet their unique needs. By integrating services, we are well on our way to making it easier for adults with disabilities and their families to access the right services when they need them.

British Columbians with developmental disabilities, their families and Community Living BC will continue to play an important role in shaping provincial disability programs and supports. As the new ministry takes shape, I want to encourage all stakeholders and individuals to provide input on how we can improve our province's system of support for people with disabilities.

Currently, we are working with Community Living BC to improve services and create new opportunities for people with disabilities. For example, the provincial government and Community Living BC recently awarded three-year contracts to community organizations to deliver new employment services customized to meet the needs of adults with developmental disabilities who want to work.

Through the Personal Supports Program, Community Living BC is one of the many community groups helping us to create easier access to government and community programs that provide equipment and assistive devices. As part of the program's pilot stage, we will see the first Personal Supports Centre open in Victoria later this year.

Community Living BC is also helping us to make application processes for provincial disability programs easier to understand and follow for British Columbians with disabilities and their families.

These initiatives are some of the many ways the provincial government is showing its commitment to build a system of support that meets the needs of adults with developmental disabilities and their families. Through our Government's Disability Strategy, we want to be a leader in providing integrated disability services and supports, enabling all British Columbians to live the life they choose – whether at home, at work or in their communities.

Simplifying the way our government works is key to achieving the strategy's vision – and I know the creation of the Ministry of Housing and Social Development will truly make a positive difference in the lives of British Columbians with developmental disabilities and their families. 🦿



Honourable Rich Coleman, Minister of Housing and Social Development

BUSINESS BOOMING FOR YOUNG ENTREPRENEUR

Mike Palitti had always dreamed of owning and operating his own business.

Mike participates in Pacific Developmental Pathways in Abbotsford. The program, which also has offices in Langley and Chilliwack, focuses on paid employment, volunteer work, community access and life skills.

In 2003, Mike used to wash Pathways supervisor Cherlyne Colling's car. He also washed his father's car on a regular basis and was always told he did a terrific job.

At the time he was looking for employment options and decided to start a carwash.

To promote his new business, Mike created flyers and delivered them to people he knew in the community and at Pathways. Through advertising and word-of-mouth, the

business soon took off.

Mike was so busy he took on Derek Duncan as a partner. Business continued to grow and now eight other Pathways participants have been taught the skills to assist in the business.

Depending on the weather, the business is usually open from March until November. The service includes an exterior wash, rinse and dry; window cleaning; interior vacuuming; Armor All for the dashboard and door panels; and washing of the door frames. The trunk can be vacuumed on request.

Costs vary depending on the vehicle: cars are \$14, minivans are \$20 and large truck or vans are \$24.


Two dollars from each wash goes back into buying equipment and supplies. The rest is split between Mike and the people who helped

wash the vehicle.

Being a businessman, Mike is always looking for more cost effective ways to run the car wash. For cleaning the windows, he switched from paper towels to micro fibre cloths which he finds are less expensive and do a better job.

Mike is also meticulous about his work and expects the same from his employees. He inspects every vehicle before it leaves the lot to make sure it has been cleaned to his standards.

In the future, Mike hopes to move on to other work and leave the car wash to others. His big dream is to open a restaurant. With his personal drive and experience, this dream is sure to come true.

For more information on Pacific Developmental Pathways, please visit www.pacific-pathways.com. 



Mike Palitti gets the soapy water ready as another car is waiting to be washed.



Mike's partner, Derek Duncan, helps out with the exterior washing before the car is rinsed and dried.

CHARITY GETS CANADIANS TO GETTING BETTER

Being covered by government health insurance doesn't always mean that receiving care is free. For people who live in isolated and remote communities, the travel costs of getting to the nearest major centre for medical appointments or treatments can be substantial.

It's that gap between people and major medical facilities that Hope Air works to bridge. Their slogan is "Getting Canadians to getting better," and their mission is to ensure that no Canadians are left behind in the national health care system.

Hope Air is the only national charity in Canada to arrange air transportation for Canadians of all age and illness groups. It works with major carriers, such as Air Canada, and smaller airlines like WestJet. In addition, Hope Air has a volunteer pilot program that allows licensed pilots to donate their time and services to flying people to their medical appointments.

In its 22 years in operation, Hope Air has provided over 53,000 airline tickets. In 2007, it arranged 2,209 flights.

Although Hope Air supports people Canada-wide, three of their most requested routes are in British Columbia. Last year, Prince George to Vancouver was the most requested route in Canada. Terrace to

Vancouver was third most requested while Prince Rupert to Vancouver was 10th most requested.

Last year, British Columbia accounted for 32 percent of all flights provided by Hope Air, more than any other province.

Whether a person is flying for a diagnosis or for medical treatment, Hope Air reduces the emotional and financial strain that accompanies illness. By giving people the means to fly, Hope Air helps them avoid long trips by car or bus. This means less time away from school, work, friends and family.

In addition to support from airlines and its volunteer pilots, Hope Air receives support from a number of Canadian companies, all provincial governments and some generous volunteers. Last year, they recorded 4,559 volunteer hours.

They also have an Adopt-a-Flight program which allows contributors to cover the costs that are added on to airline tickets, such as taxes, security fees, fuel charges and airport improvement levees.

If you would like to request a flight, make a donation or find more information on Hope Air, please visit

www.hopeair.org. ✈



STAY CONNECTED WITH CLBC

It is a major priority of Community Living BC to communicate with the people we 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. ✈

CALLING ALL SHUTTERBUGS

Summer is all about good times with family and friends, enjoying the outdoors and making the most of the sunshine. And what better way to remember those fantastic summer memories than with a picture?

The Citizen is now accepting entries for its third annual photo contest. The contest is free and is open to anyone with a camera. We are looking for photos that best capture the people in your community.

Winning photos will be featured in a photo spread in the November edition of *The Citizen*, and top winners will also win fabulous prizes.



For full contest rules and regulations, please visit www.communitylivingbc.ca/news_and_events/PhotoContest.htm.

When you head out the door this summer, don't forget your camera – the winning photo might be right before your eyes! ✨

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.

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