

The Citizen

Connecting people with their community



COMMUNITY LIVING
BRITISH COLUMBIA



Let's talk about Quality of Life

PAGE 5

Tricia Lins shares her perspective on CLBC's *include Me!* Initiative in a new video.

Reach for It!

PAGE 6

Learning to
build inclusive
lives

PAGE 8

Upcoming
employment
events

PAGE 11

Staying safe
on Facebook

PAGE 16



Doug Woollard, Interim CEO

Contents

- 3 Opening eyes
- 4 Learning about resources
- 5 *include Me!*
CLBC's Quality of Life Initiative
- 6 Reach for It!
- 7 Celebrating community
- 8 Learning to build inclusive lives
- 10 Stenghtening the path to employment
- 11 Upcoming employment events
- 12 Developing opportunities
- 13 Listening and learning
- 14 Connecting with music
- 15 CLBC welcomes new Aboriginal Advisor
- 15 Sharing knowledge
- 16 Staying safe on Facebook

WELCOME TO THE SPRING EDITION OF THE CITIZEN. THIS EDITION shares stories that capture and celebrate the personal success and achievements of individuals, and inform community about initiatives that are happening across the province led by CLBC staff and community members.

We also talk about some of the innovations and achievements taking place across the province. The article on 'Mewsic Moves' in the Fraser Valley shares the story of how someone's dream to create a music therapy practice and share the power of music with individuals has become a reality.

The 2nd Annual Fraser Region Self-Advocate Conference "Reach for It!", organized by self-advocates for self-advocates, was a great event that I had the pleasure of attending. The conference brought together an amazing group of people to share ideas, have fun and make lifelong connections.

I also want to highlight two other projects we've included in this edition: the Canadian Inclusive Lives Learning Initiative at UBC and CLBC's *include Me!* Quality of Life Initiative. Although these initiatives differ, they both aim to enhance the capacity of self-advocates, families and communities to create and maintain rich and inclusive lives for the people CLBC supports.

Stories of inspiration and success are happening every day in each community across this province and I am pleased to be able to capture a handful of them to share with you.

I hope you enjoy this edition, and I encourage you to send in your story ideas to editor@communitylivingbc.ca so we can continue to make The Citizen a place to share experiences and new ideas.

Sincerely,

Doug Woollard

Interim CEO, Community Living BC

Opening eyes

By Riia Talve

MY NAME IS RIIA TALVE AND I LIVE IN the Vancouver area. I am an artist and public speaker, as well as self-advocate for people with learning disabilities and mental health issues.

I attended Emily Carr University of Art +Design as an inclusive auditing student. My art has been shown in various locations, including as far away as Aberdeen, Scotland. I have been an invited guest speaker at a range of functions, including Provincial Ministries, mental health organizations, universities and schools all around Metro Vancouver.

On March 28, I was the keynote speaker for the 2nd Annual Fraser Self-Advocate Conference "Reach for It!" where I told my life story hoping to inspire other self-advocates. My presentation talked about my journey to becoming a self-advocate and showed that if you have a disability or health issue, it doesn't mean you can't be successful. I showed how my art work helped me to communicate how I was feeling when I couldn't talk about difficult times.

I usually present to doctors, nurses and teachers. This was the first time for me to speak to other self-advocates. I really enjoyed it. It was a different kind of empowerment for me. What a great group of people to speak to who know what I have gone through. Self-advocates at the conference came up to me afterwards and said that they have had similar experiences and feelings. I think I opened up the idea for others to know they have a story to tell too.

I am currently touring my presentation to Learning Assistant teachers to show my perspective on how I felt being segregated at school. Support is not just about helping people, it's also about giving us the opportunity to fail and learn on our own. At my school the kids in the resource room were the kids doing the recycling and cleaning the school grounds. Teachers don't realize how those jobs make us feel like outcasts because we were the only class doing this work. I'm really trying to open the eyes of teachers and other people in society.

For more information about Riia's art and to learn about booking a presentation, please visit: www.riiatalve.blogspot.com.

*You can also read more about the 2nd Annual Fraser Self Advocate Conference "Reach for It!" on page 6 of this edition of *The Citizen*. ■*

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.



Riia Talve presents at the Reach for It! Self-Advocate Conference in Burnaby.

Learning about resources

By Greta Cooper, CLBC Contracts Clerk, Vernon

VERNON'S FIRST TRANSITION FAIR WAS A HUGE SUCCESS. JUST ASK ENDERBY'S

18-year-old Samantha Savoy who was grinning from ear to ear when she connected with the local employment and training resources. Passionate about pursuing a photography career, she spoke with Gary Armbrust of Kindale's Employment program and realized, "I have lots of opportunities."

This was the third major transition fair to take place in the North Okanagan - Shuswap region after previous events hosted in Salmon Arm. At Salmon Arm's last fair, CLBC facilitator Eric Darbyshire and Ministry for Children & Family Development social worker Rachel Klassen met with families who lived in their own area and also families who had travelled to find out what types of services were available for their transitioning youth.

Eric explained that for families, a huge part of planning is knowing what is out in the community and being able to individualize that planning with the agencies. Capturing youth while they are in school with the intent to start the planning process early works best. When they turn 19 their whole lives change. "We want to try and make sure they have opportunities so their dreams can be fulfilled and they can live good lives in welcoming communities," he says.

Another of the attendees at this year's Vernon Transition Fair, 18-year-old Jenelle Creighton, proudly retrieved a 3-foot trophy from the trunk of their vehicle and explained she had taken first place in a speaking competition with the district 4-H in Armstrong. She has ideas on attending college in Nanaimo or working with animals. She admitted she was originally reluctant to attend the fair, but after speaking to a child and youth mental health worker who is now advocating on her behalf, she was glad she did. Her mother Jo-Ann talked with Eric and Rachel about the supports and services that happen in Vernon. Although some services overlap, each community has specific services available to that community.

The current plan is to host this type of transition fair every year which will capture different people over time as youth age and move into the community. Services can change so it's always good for people to come back and see what's different. Something that was important last year may not be as important this year and there's always new information.

More information for transitioning youth and their families can found at www.communitylivingbc.ca under Individuals and Families > Youth in Transition. ■



Jenelle Creighton attended the Transition Fair with her mother Jo-Ann.



Gary Armbrust and Samantha Savoy discuss employment and training options at Vernon's Transition Fair.

include Me! CLBC's Quality of Life Initiative

By Brian Salisbury, Director of Strategic Planning, and Andrea Baker, Manager of Operational Development

CLBC AND SERVICE PROVIDERS HAVE BEEN SEARCHING

for a way to measure whether or not we are truly achieving our vision of individuals leading good lives in welcoming communities. In exploring our options, CLBC learned of a project being conducted by the Persons with Developmental Disabilities Edmonton Region Community Board (PDD Edmonton) in which a survey based on the work of international Quality of Life expert Dr. Robert Schalock was being used to measure personal outcomes. We were attracted to this approach for several reasons:

- it is based on a framework that applies to all people – disability or no disability
- the framework is supported by over 25 years of scientific research that confirms its validity and practical applicability
- the survey is designed to be administered by adults with developmental disabilities and allows for a high degree of participation by individuals with disabilities

After consulting Dr. Schalock and our PDD Edmonton colleagues, CLBC decided to fund a demonstration project in the Fraser Region in 2009-10 to explore whether or not the My Life: Personal Outcomes Index TM (My Life) survey could be used in this province. The project demonstrated the survey could be used reliably in BC to provide evidence about the impact that supports and services have in people's lives. Additionally, individuals and service providers who participated in the project found it to be a positive and informative experience.

CLBC will implement the My Life survey provincially over the next 3 to 4 years. This process will begin this year with 1550 surveys being conducted in the Vancouver Coastal and Fraser Regions. This initiative will be known as *include Me!*, and will help CLBC and service providers across the province to know how well we are doing, and what we can do differently, to support people to lead good lives in welcoming communities.



The My Life survey uses the internationally validated Quality of Life framework developed by Dr. Robert Schalock to measure people's quality of life in eight key areas: personal development; self-determination; interpersonal relationships; social inclusion; rights; and emotional, physical and material well-being.

Interviews are conducted by adults with developmental disabilities who are hired and trained by R. A. Malatest and Associates, the survey administration company.

include Me! provides adults with developmental disabilities with a way to think and talk about their quality of life with their families and the people who support them. This is also a great opportunity to create an environment in which everyone who supports individuals and their families is focused on improving the quality of their supports and services using a common framework and language.

CLBC is committed to working with individuals, family members, service providers and community members in a collaborative manner to support this direction. We will use quality of life as a lens to guide own work and to gauge its effectiveness. If the things we are doing do not positively impact the quality of life of those we collectively serve, we will step back and evaluate our actions. Our goal, in everything we do, will be to align our attitudes and approach with the Quality of Life framework. CLBC is also creating an *include Me!* Personal Outcome Team that will be available as resources to all CLBC staff, and to service providers.

The new *include Me!* area on the CLBC website features informative videos, answers to frequently asked questions, and much more. Please visit www.communitylivingbc.ca/individuals-families/include-me to find out more about this exciting initiative. ■

In her video, Tricia Lins shares a self-advocate's perspective on *include Me!*



Reach for It!

By the Fraser Region Self-Advocate Conference Organizing Committee

YOU COULD FEEL THE EXCITEMENT AS 72 self-advocates from across the Fraser region gathered at Burnaby's Shadbolt Centre for their second annual conference. Participants gathered from Burnaby to Mission and Port Moody to Surrey and together celebrated the conference's theme "Reach for It!"

Keynote speaker Riia Talve did a phenomenal job wowing us with her music and artwork. She talked about her path to becoming a self-advocate and showed that if you have a disability or health issue it doesn't mean you can't succeed. She also talked about how her art work helped her to communicate her feelings.

Minister of Social Development Stephanie Cadieux sent a video message encouraging all of us to reach for our goals. "I encourage each of you, in your own lives, to have the courage to pursue your dreams and goals," said Minister Cadieux. "Thanks to the organizing committee for making this event happen for the second year in a row. Looking at the list of speakers, it will be a truly inspiring day."

The morning workshop on employment was hosted by Tricia and Meaghen and included a group discovery process, employment resource ideas and a panel of employed self-advocates who talked about their experiences.

Jennifer and Debbie lead an engaging safeguards game and then Mandy, Sky and Richard with the BC Self-Advocacy Foundation did a screening of their "No More Barriers" video. You can watch this video, and read many wonderful blog posts, at www.bcsaf.org.

Everyone enjoyed a delicious lunch served by CLBC Interim CEO Doug Woollard and CLBC's Managers.

In the afternoon, transportation advocate manager Linda McGowan shared her expertise on transportation and was impressed by the range of questions she received. She emphasized, "Transportation is essential to everyone's life."

We look forward to all of you sharing your enthusiasm and inspiration again this coming year. Remember to "Reach for It!" ■



Self-advocates connected and shared ideas at the Reach for It! Conference.



The 2nd Annual Fraser Region Self-Advocate Conference Organizing Committee.

Celebrating community

ON MARCH 10, 2012, L'ARCHE GREATER VANCOUVER held the Third Annual Art of Being Together at the National Nikkei Museum and Heritage Centre in Burnaby. This art exhibition, which was supported by CLBC, brought together working and emerging artists, respected art judges, musicians and the general public. Like the organization behind the event, The Art of Being Together celebrates diversity and inclusion and fosters an environment where every person is honoured and valued for their gifts.

At the event, guests were invited to view galleries of artwork and bid in the silent auction, all while listening to music performed by local musicians.

All of the paintings on display used the theme of community as their inspiration. The event featured three separate galleries: Finalist, Honourable Mention and the Art Together project. The Finalist and Honourable Mention galleries included the work of local working and emerging artists. Guests voted on their favourite painting from the Finalists Gallery for the People's Choice Award. At the end of the event the Judges announced their choice: "Dine Out" by Frank Bennett. Itsuka Hiraga's "The Air of Sharing" was chosen as the People's Choice. The third gallery, The Art Together Project featured paintings created by teams of people with and without developmental disabilities.

Throughout the afternoon, guests also took up paint brushes and with the direction of local artist Jane Appleby, created a painting called "Community Garden" that was presented to The Fairhaven United Church Home in South Burnaby at the end of the event.

Proceeds from the Art of Being Together benefitted L'Arche Greater Vancouver, an organization where adults with developmental disabilities share life together in home and day programs. L'Arche supports people to realize their potential through meaningful work, continuous learning and companionship. ■



Alex Richmond and Sue Allen present their painting "Buildings – Neighbourhood" to CLBC Interim CEO Doug Woollard.



"Community Garden" is a Community Art piece created by event attendees.

Learning to build inclusive lives



Laura and Jerry Laidlaw are part of the first group of participants in the Canadian Inclusive Lives Learning Initiative (CILLI).

THE CANADIAN INCLUSIVE LIVES

Learning Initiative (CILLI), is a one of a kind learning program for people with intellectual disabilities and their families. Developed by the Centre for Inclusion and Citizenship (CIC) at the University of British Columbia, this pilot project is designed to teach, support and inspire people to build their own skills and vision for having an inclusive life. It is based on the ideas of human rights, inclusion and innovation, and supported by a number of partners, including a development grant from CLBC.

“CILLI came out of an idea of trying to do a very pragmatic program for families and individuals. We wanted to give them a broad but fairly intensive set of knowledge, tools, and information around key aspects of life. It would allow people to have the kind of life and quality of life they wanted,” says Dr. Tim Stainton, co-founder of CILLI and Director of the UBC Centre for Inclusion and Citizenship.

The program began with an initial in-person retreat in White Rock over the weekend of September 30 to October 2, 2011. This provided an opportunity for the 22 members in the initial cohort to meet, get to know each other, and form connections. Participants in CILLI include self-advocates on their own and those with a support worker, parents on their own, parents with their adult children, and two self-advocate couples.

“The mixed cohort was a great learning experience. To see self-advocates working independently was great and self-advocates who came with parents wanted to be more independent themselves. For parents, talking with other family members was a great opportunity to learn,” says Dr. Stainton.

“I really liked meeting the other people in the group,” says Jerry Laidlaw, one of the CILLI participants. Jerry is taking part in the program along with his wife Laura, “It’s been good studying together. We both do it at our own pace.”

Following the initial in-person retreat, participants then work through a series of 8 online modules, completing one per month. Module topics include: putting your plan into action, supported decision making, community connection, employment, financial literacy, lifelong learning, creating a home and transitions.

“Some modules are specific while others are more cross cutting. We knew not everyone would be interested in every aspect but that’s okay because they can focus on the higher interest areas for them,” says Dr. Stainton.

“The module on employment (Module 4) was my most interesting because I’d like to work more steadily in the future and this could help me. I get to focus on what’s important for me,” says Jerry.

Each module is also evaluated by the participants with surveys at the beginning and end. In addition, participants take part in telephone calls with experts and consultants on that month's topic. Program co-ordinators help them incorporate what they've learned into their life plan.

"Putting together their own plan is kind of the overarching project which ties the modules together. Each module is about 8 hours done over a month and at end of each module, you update your plan related to that topic," says Dr. Stainton.

Participants are also active on the program's online discussion board. Spread over 8 months, the Web-based curriculum allows individuals and families to cover a lot of ground without getting overwhelmed.

"Originally we were unsure if we could develop an online curriculum that would be universally accessible. We actually haven't found it to be a big issue. It was a nice revelation, to have a detailed, in depth curriculum that is accessible and works for everyone. And if they ever need help, they can get it," says Dr. Stainton.

For the first group of participants, CILLI will wrap up with a final in-person retreat over the weekend of June 22 to 24, 2012. At this final meeting, everyone is able to present the life plan they have created and developed through the 8 modules. "They come out with a very tangible, practical tool," says Dr. Stainton.

"I think it's a really good program that helps people know more about what's out there. Some people just don't know what's available and CILLI can help them think and learn about it," says Jerry.

The Centre for Inclusion and Citizenship is exploring partnerships and funding opportunities to offer a second cycle of the program. You can learn more about the Canadian Inclusive Lives Learning Initiative at www.cic.arts.ubc.ca/learning/course-development/the-canadian-inclusive-lives-learning-initiative.html. ■

CILLI Modules

MODULE 1:

Putting Your Plan
Into Action

MODULE 2:

Supported Decision
Making

MODULE 3:

Community Connections

MODULE 4:

Employment

MODULE 5:

Financial Literacy

MODULE 6:

Lifelong Learning

MODULE 7:

Creating a Home

MODULE 8:

Transitions

Strengthening the path to employment

By Jack Styan, CLBC Vice President of Strategic Initiatives

EMPLOYMENT IS A PATH TO MANY elements of a good life. People tell us that work provides them with more money to do the things they love, to buy more of the things they want, to be more independent, to have greater security and even to live in nicer homes. For many people, however, it goes further. They make friends at work. They feel good about being part of a team. They are proud of making a contribution. They tell us it feels better to be a worker, a team member, an investor, an owner or entrepreneur than to be a client.

CLBC, service providers, individuals and families have achieved great strides in the last four years in strengthening the path to employment. People are more aware of the benefits of being an employee, or have become self-employed. Service providers have more knowledge and experience, and more are building capacity in their day services to help people find work.

However, there are many more people who want to work and may have challenges in finding it. Young people are leaving school and wanting to follow their peers into employment. New opportunities for employment have others thinking about being an employee. It is time for a new plan that will build on what has been done before, and new input received, to find ways to more effectively connect people who want to work.

Our goal is to have a three-year Community Action Employment Plan in place by the fall of 2012. This plan is intended to look at increasing employment opportunities for people who want to work, help with youth transition planning, provide more support for self-employment, and better work opportunities for people who are under-employed or in programs that aren't work-related.

If you are passionate about employment, we want you involved in the conversations and the development of the plan. CLBC will be posting information soon on our website about the discussions and how you can contribute.

Please visit the CLBC website at www.communitylivingbc.ca and go to Individuals and Families > Employment for more information, or e-mail the CLBC's Employment Initiatives Manager, Barb Penner, at Barb.Penner@gov.bc.ca. ■

Sheenagh Morrison enjoys her job at Thrifty Foods in Victoria.



Upcoming employment events

WORK IS A PATHWAY TO FRIENDS, FINANCIAL INDEPENDENCE, MAKING

contributions, belonging, and self worth. Over the past four years, CLBC, service providers and families have contributed to raising awareness, building sector capacity and creating exciting opportunities for individuals served by CLBC to find and keep employment. CLBC and its partners invite individuals, families, service providers and community partners to come to the events listed below to hear about progress made, and to contribute to future successes.

CUSTOMIZED EMPLOYMENT DEMONSTRATION PROJECT

This is an opportunity to learn about the Customized Employment Demonstration Project, a 4-year partnership between the Ministry of Social Development and Community Living BC. The Project explored the tool of Customized Employment and demonstrated its success in assisting individuals with development disabilities get work in their communities.

The following sessions are open to anyone who is interested in learning about employment services for individuals who have barriers to finding employment:

VERNON

May 9, 7:00pm to 8:30pm
The Schubert Centre, 3505 – 30th Avenue

PRINCE GEORGE

May 10, 7:00pm to 8:30pm
Board Rooms B and C, AiMHi Building, 750 Kerry Street

NANAIMO

May 14, 7:00pm to 8:30pm
6531 Metral Drive

VICTORIA

May 15, 7:00pm to 8:30pm
Archie Browning Sports Centre, 1151 Esquimalt Road

ABBOTSFORD

May 28, 7:00pm to 8:30pm
Garden Park Towers, 101 – 2825 Clearbrook Road

BURNABY

May 29, 7:00pm to 9:00pm
Scandinavian Centre, 6540 Thomas Street

CENTRAL AND UPPER ISLAND EMPLOYMENT FORUMS

Join the Central and Upper Island CLBC Community Council in a conversation about the needs and interests of adults with developmental disabilities and potential employers as we seek to increase opportunities. This will be a panel discussion including a question and answer session with representatives from community employment service groups, CLBC representatives, and local employers.

Events will be taking place in the following communities:

NANAIMO

May 28, 6:00pm to 8:00pm
Oliver Woods Community Centre, 6000 Oliver Road

DUNCAN

May 29, 6:00pm to 8:00pm
Alexander Elementary School, 2471 Beverly Street

COURTENAY

May 30, 6:00pm to 8:00pm
Filberg Centre, Rotary Hall, 411 Anderton Avenue

CAMPBELL RIVER

May 31, 6:00pm to 8:00pm
Campbell River Maritime Heritage Centre, Thulin Room, 621 Island Highway

If you are interested in attending one of the Central and Upper Island Employment Forums, please RSVP by May 20, 2012 to Tiffany Iles at tiffany.iles@shaw.ca. Please indicate which session you would like to attend.

For more information on these and other upcoming events, please visit www.communitylivingbc.ca and go to What's New > Events. ■

Developing opportunities

By Linda Berger, Integrated Career Opportunities

MATTHEW ENJOYS GOING TO HIS JOB working at Tree Brewery in Kelowna. With support from Integrated Career Opportunities (ICO), a program of the Kelowna & District Society for Community Living, Matthew was able to secure an enjoyable position in this supportive local business.

ICO helps create mutually beneficial relationships between employers and job seekers to improve business and the community. We were excited when we approached Tree Brewery owner Tod Melnyk about hiring a person with a disability. He was immediately receptive to the idea.

Tree Brewery has been locally owned and operated in Kelowna since 1996 and is well known for its popular award winning beers. I was given an informational tour of the brewery and learned about the skills that would be needed to work on their assembly line.

An interview was then set up for Matthew and as a result, he was offered and accepted a part-time position working two 7-hour shifts per week. Matthew is now enjoying working as part of the assembly line placing stickers on boxes and assembling the boxes to be filled further down the line.

Prior to Matthew's start, Tree Brewery helped establish natural supports within their company to ensure success. Tod and the staff at Tree Brewery have been great supporting Matthew. I have already approached them with more possible positions within their company. They are a great support to people with disabilities and the community. ■



Matthew assembles and labels boxes as part of his job at Tree Brewery in Kelowna.

Listening and learning

ON MARCH 21, MEMBERS OF THE CLBC BOARD OF DIRECTORS GATHERED WITH 4 Self-Advocates to learn about some of the important self-advocate leadership going on across BC.

David Johnston is an active self-advocate from Dawson Creek who is passionate about helping people with disabilities to have a voice. He talked about his involvement as a member of his local CLBC Community Council, as well as the work he does as a provincial board member of BC People First where he is busy planning for the upcoming BCPF conference in May. David went to college to be a chef and he currently writes blog posts for the BC Self Advocacy Foundation's website at www.bcsaf.org.

The second presenter, Brandy Knight, lives with roommates David and Donna, and their dog, Molly, in a home share in Victoria. She talked about her work as a member of Self Advocates for a Brighter Future and her job as a housekeeper for a number of clients in Victoria. Brandy also sits on the Beacon Green Committee and is an active member of the Women's Club. She shared stories about her love of fitness, meditation, hanging out with friends, and her excitement about an upcoming road trip to California which she has planned.

David Carter lives with Brandy, Donna and Molly in Victoria, where he is also a member of Self Advocates for a Brighter Future. David talked about his job at Starbucks and his role as a member of the Green Committee and Men's Club. He enjoys movies, computers, floor hockey and collecting military and police memorabilia and comics.

Shelley Decoste is a self-advocate leader and inspirational speaker from Kelowna. Shelley presented information about the province-wide Diversability Campaign which she is leading with the goal to make "diversability" word of the year in 2013. Shelley is also a mother and wife and was recently appointed to her municipal Accessibility Committee. Shelley just finished her term with the BCACL Caucus and is currently employed as the Self Advocate Liaison for the Kelowna District Society for Community Living.

"This gathering was an opportunity for CLBC Board members to be in conversation with and learn from those they serve. It was so lovely to hear Board members remark on how new doors of understanding had opened for them after this meeting," says Jessica Humphrey, CLBC Self-Advocate Advisor, who helped to coordinate the meeting. "We learn so much just by taking the time to sit together and share stories about the things that matter most to us." ■



(left to right) David Johnston, Brandy Knight, Shelley Decoste, CLBC Self-Advocate Advisor Jessica Humphrey, and David Carter emphasize the importance of sharing stories of leadership.

Connecting with music

JOHN MEWS HAD A DREAM TO BRING MUSICAL ELEMENTS INTO SPECIFICALLY designed programs for people with special needs. After much hard work and dedication, John was able to fulfill his dream and create “Mewsic Moves”, a counseling and music therapy practice based in Coquitlam that helps to improve a whole range of skills for people with diversabilities through musical elements. Mewsic Moves has begun collaborating with CLBC to host a community Glee Choir for adults.

“We began the first pilot project with eagerness and enthusiasm, and I’m happy to report that we have a tremendous group that loves to sing and share music together,” says John.

“It is amazing to see each of the participants sing from their hearts. Despite the unique challenges each of them face, they joyfully sing and make music, binding us together in song and spirit.”

Each week, participants take turns introducing and teaching their favorite song to the group. The theme from each song has meaning for the person who introduces it, ranging from sharing dreams, singing of good things, and making friends.

“Every Wednesday the music room is filled with smiles, voices, warm hearts, the twinkling sounds of chimes, dramatic drums, peers helping each other with hands held in support, and music being made joyfully,” says John.

“We are so fortunate to consider Mewsic Moves a valued partner in the community,” says Meaghen Taylor-Reid, a CLBC Facilitator who helped develop the choir. “This is a great benefit to our individuals, families and caregivers.”

Another Glee Choir program is being planned for later in the spring and other programs are offered as well, such as Rock Band and Social Skills.

“The word is spreading and we know this program will grow in popularity. CLBC Simon Fraser would like to thank John and the rest of his wonderful team at Mewsic Moves,” says Meaghen.

John Mews has been working with families and people with development disabilities in the greater Vancouver region for the past eight years. For more information on the many programs offered, or how you can be involved, please visit www.mewsicmoves.com or contact John at 778-888-0077. ■

John Mews plays along with participants in the Mewsic Moves program.



CLBC welcomes new Aboriginal Advisor

ON FEBRUARY 27, TRACEY MICHELL became CLBC's new Aboriginal Advisor. Tracey has previously worked with the First Nations Summit in the area of children and families, with a specific focus on Aboriginal matters. Tracey brings with her the knowledge and wisdom of establishing a working relationship with the First Nations, Metis, and Inuit population.

In addition, Tracey has a deep understanding of the historical relationship between legislative and policy development and

the Aboriginal community, which has shaped the level of expectation between the Aboriginal people and their respective service delivery entities.

Please join us in welcoming Tracey to CLBC.

To learn more about CLBC's Aboriginal Initiative, please visit www.communitylivingbc.ca and go to Individuals & Families > Aboriginal Initiative. ■



CLBC Aboriginal Advisor
Tracey Michell.

Sharing knowledge

THIRTY-FIVE INDIVIDUALS, families and service providers dodged snow and rain to make it to the Simon Fraser Community Council's housing workshop on March 14 at the New Westminster Quay.

Sylvie Rousseau with VELA Microboard presented on creative housing options from around the province. Regional CLBC homeshare lead Reta Derouin presented information on homesharing. Riia Talve and Spectrum's Larry Greco presented on the BC Housing partnership. Maria Quine and Njeri Kontulahti presented on VanCity's Springboard Mortgage.

In addition to the presenters, the question panel included BC Housing health services co-ordinator Sandra Stenning and CLBC community planning and development manager Soheila Ghodsieh.

"Thank you to all our presenters for sharing your knowledge and great work," said Simon Fraser Community Council member Deb Appleby. "This is such an important topic that next year, we will spend even more time discovering these options."

For more information on the various presenters from the Simon Fraser Community Council Housing Workshop, please visit the following links:

VELA Microboard Association: www.microboard.org

BC Housing: www.bchousing.org

Spectrum Society for Community Living: www.spectrumfriends.ca

Vancity: www.vancity.com

Staying safe on Facebook



Katrina adjusts her Facebook settings to stay safe online.

CLBC’s “I CAN BE SAFE ONLINE” WEBSITE IS dedicated to educating adults with developmental disabilities and their families on how to use the Internet safely. The website provides tips, videos, stories, quizzes and a blog on Internet safety in simplified language.

Two new videos on the site show you how to set up your Facebook Account Settings and Privacy Settings so that you can be safe online. These videos help you set your Facebook Settings and help you control who you share your information with. They walk you through your settings and talk about how to protect your privacy by following some simple actions.

Facebook can be a fun place to connect and share with your friends. You can be safe online by using the safety settings available to you to protect yourself and your information. For more information about how you can be safe online, please visit www.icanbesafeonline.com or join us on Facebook and Twitter at [@safeonlineCLBC](https://www.facebook.com/safeonlineCLBC). ■

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