



COMMUNITY LIVING NEWS



All programs accredited
June 2009 -2012

September 2010

This year let's welcome fall with the

Kamloops Heritage Days!

The weekend will include a variety of family oriented activities, including displays, lectures, old fashioned church service and heritage geocaching. Musicians and other performers will lend a festive atmosphere to the event as well. Saturday September 25 from 8am-3pm - Heritage Booths and Interactive Displays, 12pm- Roping Lessons for the kids, 9:30am - Heritage Walking Tour, 1pm - Heritage Lectures, 2:30pm - Panel Roundtable Discussion, 9:30-4pm, Kamloops Museum and Archives Open, 7pm - A cowboy concert. Sunday September 26 10am-12pm Old fashioned Hymn Sing at St. Andrews on the Square, 12pm-3pm - Old fashioned games. For more information please visit: <http://www.culturedays.ca/en/celebration-schedule/view>

Sharevision Help

If you are looking for some help navigating through Sharevision, or you have any questions I am here to help! No matter how big or small the question is, I am here to answer as best I can!

You can reach me at the office 250-374-3245 from 8am-4pm Monday through Friday or by email byoung@shawbiz.ca

Thanks!

Brittany Young

This year Kamloops Society for Community Living will be holding our Christmas Party December 03, 2010 at the Columbo Lodge. Please make sure to check for our invitations, that are being sent out including the Menus. Tickets will go on sale October 18th and sales will end November 19th so make sure to plan ahead!

We are looking forward to seeing everyone there!!



Pet Adoption Assistance

The Kamloops Society for Community Living is pleased to offer our staff assistance with the adoption of a family pet! We believe that it is our social responsibility to encourage those interested in pet adoption to consider adoption from the Society for the Prevention of Cruelty to Animals (SPCA) or registered rescue centres rather than purchasing from “back-yard breeders”. We are all aware of the unfortunate circumstances that lead to overpopulation, abuse and neglect, and want to ask all of our staff to join us in doing everything that we can to support agencies that help.

The Kamloops Society for Community Living will provide all employees financial assistance in the adoption of a pet from the SPCA or recognised rescue agency in the following amount:

Puppy – 40.00

Dog - 40.00

Cat - 20.00

Kitten - 20.00

Rabbit – 10.00

Other small animal – 10.00

An employee simply need bring in information from the SPCA or rescue agency confirming their adoption and they will be re-imbursed in the above amount.



Spay and Neuter Assistance

We will also offer employees assistance to encourage the spay or neuter of pets already owned in the following amount:

Dog/puppy – 30.00

Cat/Kitten – 20.00



KSCCL Career and Professional Development

The Kamloops Society for Community Living is proud to offer opportunities for staff development and career advancement. We are committed to working with our staff to recognise opportunities for further education, whether offered internally or through colleges and universities.

Employees are encouraged to further their education in areas of interest. With approval from the Executive Director the Kamloops Society for Community Living may cover some cost associated with courses that will assist them in their present position and prepare them for future advancement. We invite you to discuss this opportunity with your manager!

Parents of Youth in Transition Planning Meeting

When: September 28th, 2010 9:30 am-11:30 am

Where: North Shore Community, Vancouver BC

North Shore Community Resources Society will be holding monthly support and education networks, starting October 2010, for parents of youth with special needs in transition. We need your ideas to brainstorm the scope of issues, educational topics and resources that will assist you as your son or daughter is making the transition from high school to adulthood.

RSVP to helen.wait@nscr.bc.ca (604-982-3313). Refreshments will be served. If you are interested in this topic but are unable to attend please contact Cindy Bouvet, Coordinator – Supporting Caregiver Project at 604-982-3312 or cindy.bouvet@nscr.b.ca

For more information please Visit: <http://www.communitylivingbc.ca/event/parents-of-youth-in-transition-planning-meeting/>



September 2010

Developing Networks!

Hello Everyone!

As you know I am always looking for new ways to connect the people we support to the Kamloops community through employment opportunities, volunteering and joining social groups. The best way to make a connection is to know somebody else who is already involved and has the same interests as you.

Please list people that you know who are also employed, where they work and their contact information so I can explain what the goals are for the Employment initiative department of KSCL. Please drop off form to Minna at KSCL ,521 Seymour Street or email your information to mikonen@shawbiz.ca.

To find out more information please contact Minna, at 250-374-3245

Name	Place of work	Contact information

Please list any clubs or groups that you or your family /friends are associated with who I can contact to learn more about the clubs or groups that they are a part of. (Some examples could be craft clubs, sports clubs, Church groups, music groups, clubs who support animal causes etc.)

Person	Club or Group	Contact Information

Please fill out your information below

Name	Contact information

September 2010

"Let's Get Healthy"

Are you ready for Fall??

Follow these tips to help you and yours stay in top health and be your best all year long:

- **Flu Shots** - Check with your doctor or your local public health department to find out when the annual flu shot is available. If your doctor can give you the shot in the office combine it with a check-up. If your doctor does not give the shot check local Public Health Department for flu shot administration dates. You may also want to get a pneumonia shot. Remember that the flu shot is recommended for all adults, especially those with a health condition such as diabetes or heart disease that makes them more at risk for the serious complications of the flu. For more information please contact your doctor and visit :
<http://www.healthlinkbc.ca/immunization.stm>
- **Exercise** - Exercise is important all through the year, but can help you get in shape for the winter months. If you exercise by walking outdoors, it may be time to locate other places you can walk that are protected from harsh winter weather. Indoor shopping malls are great places to walk and often have walkers clubs that offer discounts. With the days getting colder, take a few extra minutes to warm up your body and stretch your muscles before you exercise. Also wear a handkerchief around your nose and mouth if it's really cold to warm up the air before it enters your lungs.
- **Diet** - Add all the fall vegetables to your diet. Many of the root vegetables are in season now and are an inexpensive and nutritious way to add variety to your diet.

September 2010

"Let's Get Healthy"



Drink More Water –You can experience dehydration even during the winter. Dry central heat robs your body and skin of vital moisture. If you keep hydrated your mucous membranes also stay hydrated, working much more effectively to filter out disease causing organisms.

- **Sunscreen** –Yes, even in the fall and winter months you should be thinking about sunscreen. If you're a skier, don't forget your sunscreen. The snow reflects the sun's rays and can quickly burn your skin. Don't let the cold temperatures fool you.
- **Cold and Flu** - Cover your face when you sneeze or cough, and wash your hands often to help stop the spread of the season's cold and flu germs.
- **Hats and Gloves** - Wear a hat and gloves when you go outside. The hat keeps warmth from escaping through the top of your head—a major source of body heat loss. And the gloves help prevent painful frostbite.

Also, be aware of Fall allergies. Late summer and early fall bring on another season that triggers allergic reactions. Outdoor molds become plentiful in the fall in gutters, soil, vegetation, rotting wood and fallen leaves. You can reduce your exposure to Fall allergens. For example, avoid being outdoors in the morning hours between 5:00 and 10:00 a.m. when pollen dispersal is peaking; avoid lots and fields where ragweed grows; shower and wash hair immediately after coming in from outside activities, and especially before going to bed; keep the windows and doors of your home and car closed.

For more information please visit:

<http://www.healthline.com/sw/wl-avoiding-fall-allergy-triggers>

September 2010

Contact Information

Please make sure to update your contact information so that we can personally send you an invitation!!

Trying to **GO GREEN?**

If you would like to start receiving your newsletters via email please type the word

NEWSLETTER to
byoung@shawbiz.ca

Name: _____

Address: _____

Email: _____

Phone: _____

Please fill out and send in your information to KSCL 521 Seymour Street, V2C 2G8 , Email : byoung@shawbiz.ca or Phone: 250-374-3245



September 2010



I am collecting Campbell Soup labels for the Chris Rose Therapy Centre. The labels are used to buy music and gym equipment for the school. I have a box at the office for labels to be gathered in. If you are interested in having a box at your location please let me know and I will get one to you! Thank you to all who have helped me with this. I have been able to turn in 100 labels so far!!! Please contact **Debbie** at **250-579-8641** if you have labels or would like a box at your location.



Launie, Judy, Dianne, and Angela are **RUNNING FOR THE CURE!**

There are a couple of ways you can support us in this run



ONLINE: www.runforthe cure.ca

click on **DONATE TO A PARTICIPANT**

our team name is **BLUSHING BISSETTE BEAUTIES**



we have a goal of \$300 each Please help us reach our goal!

If you do not wish to donate online but would like to support us you can call the Launie or Judy at **250-579-8641** and we will come to your location

There is still time to join our team also!

POSITION WANTED

I am experienced receptionist available P/T or F/T. Excellent communication skills, able to handle a multi-line phone, and voicemail. I am a hardworking, loyal, dedicated, punctual, willing to help others, and attentive to detail!

If you are looking for someone with these skills please contact Sylvia on Tuesdays from 9am-12pm or leave me a message at:

250-374-3245

Need help advertising
your business or getting
started?

PLACE YOUR AD HERE!!

Send your ad to
byoung@shawbiz.ca and we
will be happy to help you
get your advertisements out
there!

JOB WELL DONE!

David Thompson has recently been hired by Kamloops Christian Services Daycare as the Friday Cook. He is solely responsible for all aspects of the kitchen each Friday, preparing the breakfast, lunch and afternoon snack for up to 60 kids in the Daycare. Along with the meal preparations there is also the responsibility of maintaining all the dishes and safe kitchen practices. David works with a great team of fellow employees and has been enjoying getting to know everyone. Congratulations David and keep up the good work.

Congratulations to **Andrea Gunderson** who is starting a new job this month. She will be cleaning at Hanson's Auto on a weekly basis. Andrea is looking forward to being the newest member of the team at Hanson's Auto.



Josie Frank is currently in the process of starting her own Laundry Service. Josie will hold the contract with St. Johns Ambulance Services for the Laundering, Ironing and Folding of their triangle bandages. When taking our first aid training we all appreciate the importance of this service !!





September 2010

The Kamloops Society for Community Living is dedicated to supporting the evolving needs to adults with developmental disabilities. The Community wide efforts are funded by Community Living British Columbia Housing and Management Commission and The United Way.

OUR MISSION:

"To provide opportunities for persons with developmental disabilities to experience a full life in as many aspects as they so choose. We will do this by providing supports and services to the best of our ability, either alone or in partnership"

Administration Office
521 Seymour Street
Kamloops, BC, V2C 2G8
Phone: 250-374-3245
Fax: 250-374-2133
Email: kscl@shawbiz.ca
Website: www.kscl.ca

Locations:

- Bike Peddler: 250-372-1387
- Community Ventures: 250-314-1161
- Pink House: 250-372-9499
- Greystone: 250-374-1375
- Simply The Best: 250-377-8335
- Connections: 250-377-8054

Trying to GO GREEN?

If you would like to start receiving your newsletters via email please type the word **NEWSLETTER** to **byoung@shawbiz.ca**

I would like to help people with developmental disabilities realize their dreams.

Enclosed please find my gift for:
 25 50 100 Other

I would like my gift directed to :
 Housing Recreation Other

Name: _____

Address: _____

City: _____

Province: _____ Postal Code: _____

Please include this form with your cheque payable to **The Kamloops Society for Community Living** and return to:

KSCL
 521 Seymour Street
 Kamloops BC, V2C 2G8

For more information on these or any other KSCL initiatives Please contact KSCL at 250-374-3245 .Tax receipts will be issued for amounts over 10.00