

Fall 2013

TACL NewsLinks

CARF Survey Update

Trail Association for Community Living has been awarded a CARF Three-Year Accreditation. TACL has been an Accredited Agency since its initial survey in 2005.

By pursuing and achieving accreditation, TACL has demonstrated that it meets international standards for quality and is committed to pursuing excellence. This accreditation decision represents the highest level of accreditation that can be awarded to an organization and shows the organization's substantial conformance to the CARF standards. An organization receiving a Three-Year Accreditation has put itself through a rigorous peer review process and has demonstrated to a team of surveyors during an on-site visit that its programs and services are of the highest quality, measurable, and accountable.

The following programs were reviewed

- Administration Location
- Career Development Service – Trail
- Career Development Services – Castlegar
- Child and Youth Care Program
- Community Support Program
- Governance Standards
- Residential Services
- Riverside Day Program



Thanks goes out to all our staff for the great work you do, this would not have been possible without your dedication to your jobs and your ongoing commitment to building services based on the needs and wants of the individuals we support. Way to go team, keep up the great work!

The report is available on our website or call the office to receive a copy.

Community Living Month:

October is Community Living Month, this years theme is **Relationships: The Heart of Inclusion**. Many of our programs and activities focus on inclusion all year, to celebrate we are planning some extra activities:

- Forrest Place is handing out candy for the Warfield Community Halloween Party
- Fruitvale House is sharing costumes with Fruitvale Elementary School
- Alpha House is inviting Sanctuary over for some trick or treating
- Day Program is producing a "When do you feel included in your community?" Video
- Community Support Program— Interviews with Community Partners "What does Community Living mean to you?"

Retirements

This summer we celebrated two retirements.

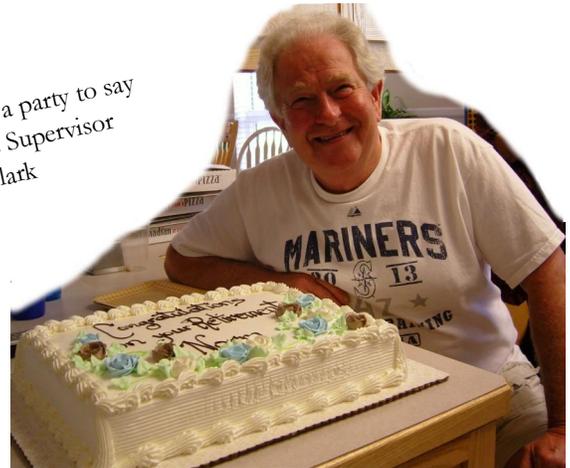
We wish you all the best in retirement, let this moment mark the beginning of a new life and new adventures. We wish you lots of smiles and immensely beautiful moments with the ones you love. Enjoy these days that lie ahead!

Happy retirement from everyone at TACL.



Nilla Mailey retired from CDS, she now has more time to spend spoiling her grandsons.

Alpha House hosted a party to say farewell to House Supervisor Norm Clark



If you ever need a helping hand, it is at the end of your arm As you get older you must remember you have a second hand. The first one is to help yourself. The second hand is to help others."

- Audrey Hepburn

A Word from the Executive Director

There are many privileges with being the Executive Director of a fabulous organization like the Trail Association for Community Living. Not the least of them is to experience the people we support in our community. The TACL community should stand proud for all the hard work that was done in order for TACL to CARF's highest level of Accreditation. One of the surveyors said "It is evident that the persons served by TACL are satisfied with the service they receive. They indicate that they like and can trust the TACL staff members and feel their needs and desires are respected and catered to. Persons served also express that they enjoy the opportunities for community inclusion provided to them by TACL". Please check out our Website at www.taclkootenys.com where you can find out about all our upcoming events and the full Survey Report.

Thank you
Nancy Gurr
Executive Director TACL



Team means Together
Everyone Achieves
More!
~Author Unknown

Fruitvale House

We had raised accessible garden beds were installed in the front yard. We had a great time planning and planting. The “Late Bloomer” garden provided us with lots of time out in the sunshine and some home grown organic veggies and herbs. We are still enjoying the flower and will be planning through the winter on what we want to plant next spring.

We went to Kelowna for get away. Everyone enjoyed some site seeing and spending the nights in a hotel. The best part is always getting in some shopping and meals out. The weather was great and we enjoyed a walk along the board walk

Spending time with family is so important to us we enjoyed a day trip to Nakusp to visit with one of our families and had a picnic at the beach. Stan showed off his musical talent on the bongo drums and tambourine jamming with his brother to a little Johnny Cash

We have started bowling again with Special O.

Staff and residents

The glory of gardening:
hands in the dirt, head in
the sun, heart with nature.
To nurture a garden is to
feed not just on the body,
but the soul.

Alfred Austin

Alpha House

The staff and residents hosted a party to say good bye to Norm as he moved into the next phase of his life – RETIREMENT.

Welcome to Debbie, Alpha House’s new house supervisor.

Summer is always a fun time; out to the parks we are so lucky to have direct access to one of the City Parks, we enjoys evening strolls along the river. We all like to get out to local festivals and took in events like SunFest, Smoke and Steel Car show and Music in the Park.

Special O bowling has started up again and 4 folks participate, Mondays are busy days for us.

Debbie, House Supervisor

“Autumn carries more
gold in its pocket than all
the other seasons.”

— Jim Bishop



Do you have a **hobby or interest** you would like to share?

Do you have **time** on your hands?

Do we have an offer for you — **Volunteer**

It'll be one of the most **fulfilling** things you have ever done.

Our volunteers **make a difference.**

Give us a call today for a volunteer package.

Forrest Place

All is going well at Forrest, we are sorry to see then end of summer. We did some day trips and one involved three residents going on a day trip to Valhalla to spend the day visiting with one individuals mom. Every day at the lake is a good day. Summer vacations included time spent with family here in town and also some out of town visits.

This month we had two trips one to Vancouver to visit the Zoo, Aquarium and visit family and friend. The trip went smoothly all appeared to enjoy the trip and the weather was super. Check out more photos on Facebook.



The second trip was to Spokane for a little get away for dining and shopping this also went well both were happy with their purchases.

We attended the United Way Day in the Park and helped at the Special O information table and bake sale.

Special Olympics is starting up again and we have two athletes participating in weekly bowling.

Katrina, House Supervisor



Day Program

In a Nutshell

"Summer Celebrations" in July saw our participants at Day Program accessing our area beaches and parks, from Champion Lake to Nelson. Our highlights included some beautiful hand-made stepping stones and a fun lunch at Lakeside park.

"Chillin' and Relaxin" in August offered many opportunities to discover some of our favorite ways to relax and be comfortable. Major highlights included going to a showing of The Smurfs at the Royale Theatre and working a popcorn and lemonade table at the Trail Market every other Friday.

"Falling into the Swing of Things" in September showcased our participants' interest in sharing a good time with friends and peers, from potlucks and BBQs to picnics and hot lunch with bowling.

As a group, we are committed to providing opportunities for true community inclusion - building relationships and promoting acceptance within the framework of our activities. We had a very busy summer and look forward to more opportunities through to the end of the year!

Niki, Program Supervisor



SERVICES PROVIDED AT CAREER DEVELOPMENT SERVICES

- Supported & Customized Employment Services
- EPBC Specialized Population Employment Services
- Group Facilitation – life/employability skill building
- Learning for Living College Program
- Community Inclusion Services
- Outreach Services – individual contracts through CLBC
- Donations to individuals in need in the community through our Thrift Store
- Social Enterprise businesses in the community that provide opportunities to build skills, meet new people and change community perception



SOCIAL ENTERPRISE OPPORTUNITIES

Currently CDS manages 8 social enterprise businesses/contracts that support over 100 individuals per year.

These include:

Gyro & Haley Park Concessions: Seasonal contract running May through September since 2001.

City of Trail Landscaping: CDS has had an ongoing contract since 1989 with the City of Trail to complete landscaping and clean up tasks within the City of Trail. This works runs from March through to November and the crew is paid 10.00 per hour and they are supported by a job coach.

Downtown clean up crew: This employs two individuals that work independently from March through to November cleaning up in the downtown area.

Snow removal crew: This contract employs 4-6 employees and 2 job coaches completing snow removal tasks from November through to March.

Thrifty Treasures: This worksite provides assessment and training opportunities to individuals living with significant barriers. Students in their last two years at Crowe use this site to build their skills and confidence while completing a work experience in their transition years.

West Kootenay Youth & Adult Wood Shop (WKYAWS): This site operates all year long and currently supports 15 individuals to build their skills and self-confidence and a sense of belonging.

Property Maintenance Social Enterprise: CDS contracts with many landlords in the community to provide cleanup and repair services in their identified rental units.

CDS Continued

COMMUNITY PARTNERSHIPS

Greater Trail Community Skills Centre:

CDS has been sub contracted by the Skills Centre to provide employment supports to individuals with significant barriers to employment through their EPBC funded contract. We receive referrals through the Skills Centre, individuals or family members.

We are also working in partnership with the Skills Centre on the “Getting to Home” homeless project providing outreach services to individuals identified as “homeless” in the Greater Trail communities.

Creating Caring Communities Committee:

CDS staff have been active participants in the planning and execution of the “Beyond Getting to Home” dinner fundraising event. Sheila has been attending the planning meetings and Cindy & Teresa have been out speaking to businesses and organizations in the community to obtain items for the silent auction. There are 136 tickets available for this event and we are excited to say that we could reach the maximum which is great.

Communities in Bloom:

We continue to work with CIB in the community to develop and maintain trails and parks, build and maintain signage as well as working on the development of planters to build at WKYAWS to be located around the City of Trail.

Selkirk College:

CDS has developed a program that we have run in partnership with Selkirk College in Trail called the Learning for Living program. The course assists individuals to identify their career goals and steps to achieving them as well as building their life and employability skills to ensure their success in obtaining as well as maintaining employment. This October we are working with Selkirk College to facilitate the Learning for Living curriculum through the Blade Runners Program which provides funding for youth to attend the course.

La Nina Emergency Shelter:

CDS coordinated the emergency shelter for the 2012- 2013 season as a sub contract of Communities in Faith Pastoral Charge. This season CDS is named as the contractor on the proposal to BC Housing we are awaiting notice on if we will receive the funding we requested for this season.

Sheila Adcock, Program Coordinator
Career Development Services

We Want To Hear From You!

We are always open to ways we can improve our services.

If you have any; comments, questions, concerns, or ideas, please take this opportunity to let us know.

Email: tacl@telus.net or tacl2@telus.net

Mail: Box 131 Trail, V1R 4L3

Drop off: TACL—1565 Bay Ave

Community Support Program



Hello Everyone and Happy Thanksgiving!

Just a quick update to fill you in on what we have been up to. Our fundraiser of collecting bottles and cans etc. is on-going and if you have any you would like to donate we would greatly appreciate it! This will enable us to take our individuals on an out of town excursion either to Kelowna or perhaps Kaslo overnight. We attended a performance at Charles Bailey Theatre, went to Gold Fever Follies, hiking, golfing, music in the park, picnic at Champion Lakes, movies and dinners out at restaurants of individuals choosing. These are well attended and enjoyed by our individuals. We hosted a dinner for Alpha house and everyone enjoyed the meal and the socializing. We will be hosting Forrest House this month. The individuals really enjoy putting on these meals and feel very proud of themselves for their part in it.

We will be attending the Halloween festivities at TAAC which should be Spooktacular! Thanks for the invite "Guys."

Cooking group is well attended and the meals seem to be a "hit" with everyone. Men's' and Ladies focusses on health and safety and we have had some really good discussions centered around personal safety and health. If the weather is decent we often go for a brisk walk which the individuals enjoy very much.

Since October is Community Living month we have a special project our group is working on and we will share it with you soon.

Marilyn & Jessica/ Community Support

Child and Youth Program, Community Inclusion Day Program and Community Support Program will be participating in the Annual Community Bake Sale at Waneta Plaza on Saturday November 23

Each of our programs and sites will be baking for this event, any donations would be greatly appreciated. Donations may be dropped on at our Activity Centre by November 22.

Volunteers to help out at the bake sale are needed.

If you have any questions or to volunteer give us a call: Rosie 250-512-9224; Niki 250-368-3504 or Jessica and Marilyn at 250-231-0599



Child and Youth Care



Our summer program was very busy. The group started the summer doing as many outdoor activities as possible as we didn't know what the weather would be like. Swimming at the Rossland outdoor pool, Trail's water park at Gyro and golfing at the Champion Lake Golf Course. We took in a few tours at the SS Moyie and the Rossland Museum, we were hoping to have a guided tour of Zuckerburg Island but to our dismay the office was closed so we had to walk around and use our imaginations of the life of those that once lived there. July also included a few shows, these included the Gold Fever Follies, the Fiddle Workshop and dinner & a movie.

*The waning days of summer
August will soon be December
Leaves will litter the ground
Another summer to remember
The sun will lose its warmth
It heralds the change of season
The days they will grow short
Winter is the reason.....*

~ bellavistabear ~

The weather was holding out for us, so we decided to access as many beaches as possible because what is summer for besides lazy days at the beach!! We went to many local beaches including Nancy Green, Champion Lake (soo many hornets L), Syringa, Pass Creek and Buckley's. We were all very happy that the Warfield Pool was finally open and took advantage swimming there 3 times during the month.

In partnership with the Day Program, we rented the Royal Theatre to watch the Smurfs. Not only were our current participants able to attend but we also invited all of our referral families as well. We were able to offer this at no charge to those we invited.

We managed to keep our engagement at Columbia View Lodge this summer, as the seniors there love to see the youth and participate in different activities with them. Giving back to the community is a top priority to our group and we didn't want to take a break from that. We had a lot of fun this summer and had plenty of opportunity to continue with teaching the youth social skills through teachable moments.

September came quickly, and we closed the program down for the first week, so that the kids (and parents!) had a chance to transition back into the routine of school. Two of our youth have entered into high school which is a big milestone for them. We are very proud of them!! Two new things for the group are, that we will be going to Rose Wood once a month, as well, we will try to get to the Smoke Eaters hockey game once a month to support our local hockey team.



That's it for now. Hope you all had as great a summer as we did here
Rosie, Program Supervisor!!!



Autumn Stress Relief Tips

Autumn is my absolutely favorite season. I love the way the air changes, the light changes, and the crispness in the air. However, the change in season does call for some adjustments. As summer begins to fade into fall, our lives often get busier, whether with work, school, or other activities. If we don't make it a point to manage our stress levels, the fall season can bring new forms of stress and anxiety, continuing all the way through to the holidays.

Here are a few practical ways to manage stress and make the most of autumn:

1. Notice the change in the air and the light. Take as many walks outside as possible.
2. As it begins to get dark earlier, make sure to take some time to be out in the sunlight, even if it means waking up earlier.
3. Enjoy the foods and spices of autumn, such as pumpkins, cranberries, squash, cinnamon and nutmeg.
4. If weather prevents you from being outdoors, take advantage of cozy indoor activities, such as reading and sipping tea.
5. Host a regular monthly get-together with friends, such as a book club or movie night.
6. Plan a small getaway to enjoy the season, preferably somewhere in nature where you can enjoy fall leaves.
7. As work tends to get busier, make sure you take time to exercise. Just 20 minutes a day can make a huge difference in your stress levels.
8. Bake for your friends: ginger bread, pumpkin scones, or maple cookies.
9. If you are starting a new semester at school, take the time to get organized at the beginning. The semester will go a lot more smoothly.
10. Enjoy this time of year, and remember to take deep breaths when you begin to get stressed. Take “mini escape” breaks to look through magazines or pinterest boards with autumn inspiration.

Posted by JMichelle on Wednesday, 12 September 2012
<http://abovestress.com/autumn-stress-relief-tips.html>

Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.

— Melody Beattie



September 19, 2013

Dear families in British Columbia,

Only two years ago, a round of budget cutting initiatives, termed "service redesign," threatened the rights of people with developmental disabilities in our province to access community services and supports.

We are deeply troubled to write you again about new actions by the provincial government that once again threaten the individualized, personal support services of people with developmental disabilities in British Columbia.

In April 2013, a new labour contract was ratified by both unions and employers (the community agencies that provide services and supports for people with developmental disabilities.) This new contract provided for a modest wage increase for front-line workers in the sector. The contract was overwhelmingly approved by the vast majority of both workers and employers.

During bargaining, the government indicated that it would fund the wage increase. Now, the government has gone back on its word. It is telling community agencies that they must "find the savings" within their current budgets in order to fund the wage increase.

After years of budget cuts, community agencies are strapped. There is nowhere to find "savings" in the operation of community living agencies.

The lack of government funding can only result in congregating people, providing services to more than one person at a time, grouping people together, and taking a huge step backwards to services that do not support individual self-determination and choice. If the government continues with its position not to fund the wage increases it agreed to, it will lead to devastating impacts on the lives of people with developmental disabilities, their families, the agencies supporting them and the communities where they live.

Community agencies want to provide the best service possible. They make tremendous leaps forward in innovation and truly person-centred support on a daily basis, and that is what is placed at risk. This in no



way represents a choice by agencies but a decision of government to not take the simple step to fund the wage increase. It is the government that will be responsible for any service reductions or limitations.

There is still time to protect the services and supports of your sons and daughters. There is still time for the government to step up and take the action it needs to in order to protect truly inclusive communities and personal choice, and stop the slide back to congregate care, by fully funding the increase on existing contracts and providing bridge funding to agencies.

Budget cuts were pushed back before because the voice of families was heard - loud and clear - saying that we will not stand for less than our sons and daughters' full rights and inclusion. The power and strength of family leadership was heard across the province until government had no choice but to heed the voices of the parents and family members who would not allow their daughters' and sons' supports and services to be subject to budget cuts.

Today presents another important challenge for families, and for the community living movement, and we look forward to working together to prevent another round of devastating budget cuts.

Now is the time to prevent another crisis in community living in British Columbia and raise the voice of families. We invite you to share your experiences and stories. Please contact me at fbodnar@inclusionbc.org, or call our office at 604-777-9100 to speak with us. Families' voices must also be heard in Victoria: by your MLAs, by the Minister of Social Development, Don McRae, and by Premier Clark.

Thank you.

Sincerely,



Annette Delaplace
President



Faith Bodnar
Executive Director





Trail Association for Community Living

ANNUAL CHRISTMAS PARTY

November 29
Cocktails 5:00
Italian Dinner 6:00 p.m.

The Riverbelle

Music by: Jason Thomas

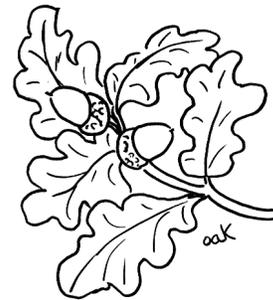
Tickets are \$25.00 each

Please R.S.V.P. by November 20
to Korrie @ office
korrie.tacl@telus.net or
call (250) 368-3503





MudPieSoup.com



Fall Harvest

K	X	H	B	T	C	R	C	G	L	R	T	F	J	S
U	O	C	G	S	E	V	A	E	L	U	P	T	N	Y
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- LEAVES
- FALL
- ACORNS
- WIND
- TREES
- APPLES
- PUMPKINS
- MAPLESYRUP
- SCARECROW
- CORN
- RAKE
- SQUIRREL
- HAY
- TURKEY

(c) WebSpinstress

Trail Association for Community Living

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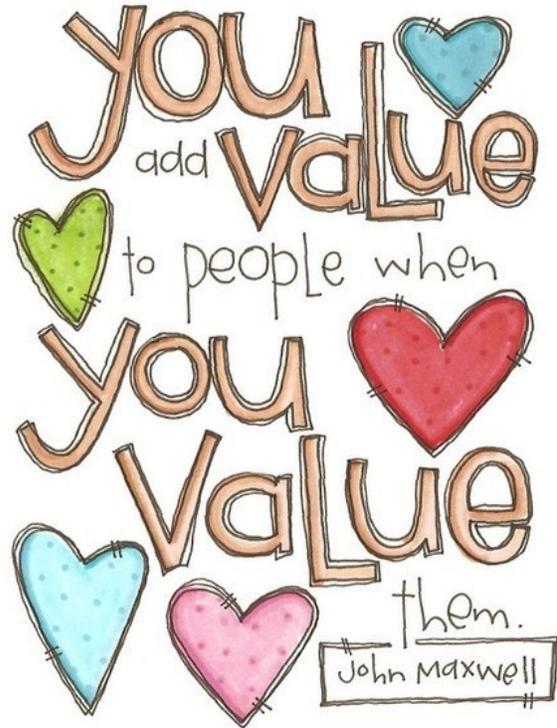
We're on the WEB

www.taclkootenays.com

<https://www.facebook.com/gail.miller.7583992>

www.cdskootenays.com

One Community...Creating Opportunities



TRAIL ASSOCIATION FOR COMMUNITY LIVING
1565-B Bay Avenue
PO Box 131, Trail, BC V1R 4L3
Phone 250-368-3503 Fax 250-368-5559
Email: tacl@telus.net

Trail Association for Community Living is looking for community members who support the Mission, Principles and Vision of our organization.

Members play a critical role in influencing and supporting the work of our organization.

Benefits of becoming a member

- Add your voice; you will make a difference in the lives of the people we support.
- You will help us respond to the needs of our community and to continue to provide the quality programming and services that you expect from our organization
- Voting privileges at our membership meetings
- The right to stand for election to our Board of Directors

If you would like to become a member, please complete and return the membership form below

For more information call 250-368-3503 or visit www.taclkootenays.com

Trail Association for Community Living
PO Box 131
Trail BC V1R 4L3

MEMBERSHIP FORM

April 1 – March 31 Year _____

NAME: _____
ADDRESS: _____
POSTAL CODE: _____ PHONE NO. _____
Email: _____

MEMBERSHIP COST:
INDIVIDUAL \$5
ORGANIZATION \$10
LIFETIME \$100
AMOUNT ENCLOSED: _____ Date: _____