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# Spring Forward to a Better Time

Where flowers bloom,  
so does hope!  
Lady Bird Johnson

This Winter has been particularly difficult for everyone. As we see Spring emerge, with longer days and new blooms, we are also hopeful that life will begin to improve as the COVID 19 vaccine rolls out. The provincial vaccination process is a mammoth undertaking. The vaccination schedule is determined by the Province and the execution is managed by each Health Authority. Not surprising, there have been some early challenges and we continue to experience a few difficulties with the interpretation of who is eligible and how to access vaccinations in the early Phases. At this point, we have been informed that people who live in staffed homes will have the choice to be vaccinated in Phase #2. It is estimated that Phase #2 will be completed in March 2021. In addition, staff that work in staffed homes will also be provided the option to become vaccinated in this Phase. Phase #3 provides another opportunity for people considered “extremely clinically vulnerable” to be vaccinated. We have recently been informed that the remaining people we support, will be included in this Phase. This is very good news for people with a developmental disability in BC.

We are very pleased that some of the people we support, and staff have already received their first vaccination and we are hopeful that this positive trend will continue. That said, we are committed to the safety of all. Therefore, appropriate safety measures in all our services will continue until we receive direction from the health authorities that it is safe to reduce or discontinue these measures. We will continue to provide regular updates to families, caregivers and staff as the situation evolves in the ensuing months.

Despite these challenging times, we continue to find ways to engage and move forward. This edition of the newsletter is filled with many examples of the creative and innovative ways people have been able to stay connected and have fun. Enjoy!

Janice Barr, Chief Executive Officer



# In Memory



Louis Pribolysky  
1964 – 2020

It is with profound sadness that we announce the passing of Louis Pribolysky on December 16, 2020. Louis was a kind and gentle man who loved spending time with his home share providers Peter and Esther and their 2 children. Louis had an infectious smile and could light up the room, he loved spending time with his caregivers and did not like it when Peter had to go to work. Louis had a knack for finding mischievous ways to get Peter to return home such as taking his walker apart and needing Peter to return to the house to repair this. Louis loved spending time outdoors and enjoyed going out for coffee. Louis had just reconnected with his half-sister whom he had lost touch with 20 years ago. Louis was 56 years old and will be deeply missed by all who knew him.



Patricia (Patsy) Lazaruk  
June 24, 1956 – February 22, 2021

We are sad to inform you of the passing of an individual who has been supported by us for a very long time. Patricia (Patsy) Lazaruk lived at the Ayling home in Port Coquitlam. Prior to moving here with her roommates back in the Summer, she lived at the Wells Gray home in New Westminster. She had been supported by the CLS since 1979, when she left Woodlands. Patsy is survived by her very dedicated and loving brother Phil. She has had CLS staff involved in her life for a very long time who will miss her deeply. She passed away in the hospital with her brother and long-time staff member Shaun Vecchio by her side. Patsy was 64 years old.

# Edward and VJLS - A Great Match

By: Angela Mezzatesta (CLS Employment Services)

Edward has long desired a 'from home, data entry' type job. On January 12<sup>th</sup> his wait ended as he became a 'perfect-fit' at Vancouver Japanese Language School (VJLS). VJLS accessed a non-profit grant and innovation to solve a logistical problem.

After being interviewed and within days selected...Edward's journey begun. Darius Maze (VJLS Executive Director) & Mark Batt (VJLS Principal) provided Edward with an orientation and instructions on the work that VJLS envisioned him being involved with. CLS Employment Services and Edward's father provided the required guidance and training for Edward, for when he was working off site. Edward was eager to digitally convert ALL of VJLS paper files for easy access by staff who were working remotely.

VJLS knew this task would require someone who is very detail oriented, has strong organizational skills, and can enter data very quickly and accurately. Darius says *"Edward has fit this description perfectly and in fact brings additional skills that have made him exceptionally successful in the role. The Japanese language uses many letters from the Chinese alphabet and since he understands them, it allowed him to understand the majority of the materials, despite not speaking Japanese. This has allowed him to work independently and far faster than perhaps any other person we might have hired."*

VJLS provided Edward with the opportunity to work part-time, from home, purchased a scanning device for him, and encouraged Edward to set his own 15 hours-per-week schedule. Darius stated *"With the CLS Employment Services supports, Edward has been able to work from the VJLS office once a week. We are happy to make accommodations such as: dimmed lighting, an office space with reduced noise, and adaptive equipment for any of our staff."*

Edward's father says *"Edward is very enthusiastic and willing to learn new work skills, and he has learned quickly. After a few days of job coaching, he was able to handle the complex work tasks independently - including organizing, scanning, copying, digitizing documents in various formats and contents, uploading digitized files to Cloud, timecard recording for the Human Resource software system, progress reporting, and emailing. He communicates well when seeking help and asks appropriate questions."*



Darius and Mark are thankful for Edward's efforts and report *"documents are becoming available online so that staff working from home can easily and quickly find their teaching materials without coming to the office. Once this project is complete, Edward will also be helping us to record important Alumni and student information that can go into our new database. With an astounding 100+ wpm Edward will be very efficient in typing up all of this information."*

*"It's been a great privilege to work with Mark and Darius at Vancouver Japanese Language School and to see Edward find a 'great-fit' job. It's a great sign to hear an employer explore other responsibilities their new hire can do, which go beyond the initial job description. That happened on Edward's first day at Vancouver Japanese Language School."*

- Tyler Vittie (CLS Employment Services)



I learned the value of hard work  
by working hard  
Margaret Mead

# Thank you to the Public Health Officers

2020 has been a challenging year for everyone around the world. Many of the people the CLS supports have compromised immune systems, therefore contracting the coronavirus is a significant concern. In British Columbia we have been fortunate to be guided by some amazing medical professionals lead by Dr. Bonnie Henry, Provincial Health Officer and Dr. Behn Smith, Deputy Provincial Health Officer. We have relied heavily on the expert advice from these professionals to help keep our supported individuals and staff safe.

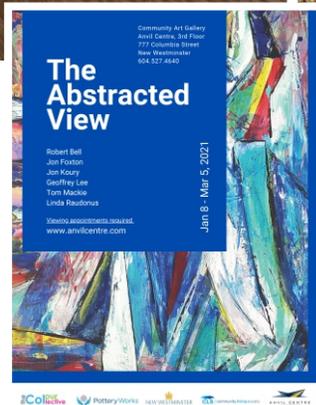
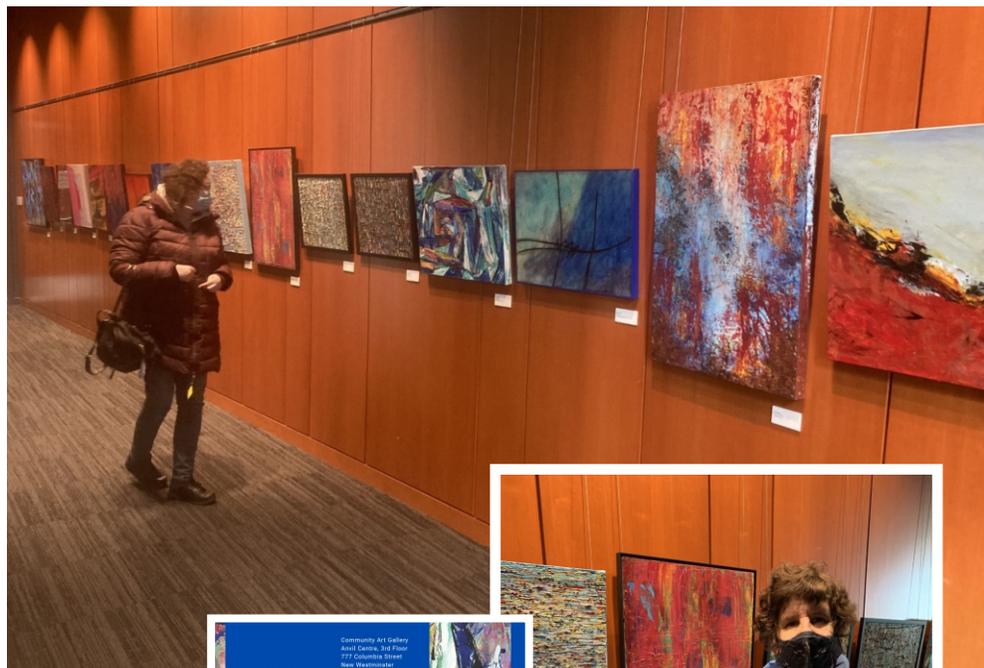
The CLS operates two art studios, PotteryWorks and Studio73. These studios support artists to create beautiful works of art - pottery, paintings, jewelry, glass art, etc., which are sold and displayed all over the Lower Mainland. In June, we decided to thank Dr. Henry and Dr. Behn Smith for their extraordinary efforts, by presenting them with a gift from each of these studios.

These are the gifts that we sent to them. We have yet to see Dr. Henry wear the necklace, but we keep watching for it :)



This has been such a busy and rewarding time for PotteryWorks. The show "The Abstracted View" opened on January 8<sup>th</sup> and has just been extended until May 7<sup>th</sup>. Many of the Colour Collective artists have been to see their work in the show. PotteryWorks was part of the "Seeing/Being Seen" virtual exhibit and also launched a photo book "Searching For Surrey", a book about the Colour Collectives show at Surrey Art Centre Gallery.

PotteryWorks new online shop was a huge success over the Holiday Season and has kept the PotteryWorks artists busy.



# Newton's Studio 73 Continues to Support Artists with Developmental Disabilities

## Local studio sees success after shifting business online

<https://www.surrey.ca/news-events/city-spotlight/city-spotlight-newtons-studio-73>

All of us here at Studio 73 are happy to see the backside of 2020 and look forward to a better 2021. Having said that, we managed to keep ourselves quite busy. We had all hands-on deck to fulfill an order of 500 Christmas decorations! Due to Covid-19, we had to make some changes to how we conducted business. With customers not being able to come into the shop, we created an E-commerce site and offered curbside pickup - this proved to be quite successful. There were a lot more window shoppers, which at times turned into sales.

We're proud to share that we received a grant from *United Way* resulting in 100 local seniors receiving take home glass kits! Artists here prepared and packaged all the necessary components including detailed written instructions and a step-by-step video to watch.

We also hosted our first Zoom class with members from *New Westminster Police Department* and received some very positive feedback. They are looking forward to participating in more classes in the future.

We have received a grant from Newton Business Improvement Association. It is the Newton BIA Digital Mainstreet program. We will be receiving professional assistance with our website and social media from Sprout Local Digital Marketing in the early part of 2021.



“Studio 73 is a perfect example of just how resilient our community is when we work together”  
Mayor Doug McCallum



## Way to go Felicia!

Felicia passed the test to receive her Learner's Driver's Licence - second time for the win!!! Completing practice tests online and independently she passed with 84%. Way to go Felicia huge accomplishment!



My hands  
can only  
reach so far.  
Take my hand,  
and together  
we can reach  
so much  
further.

## Newmarket Ladies Painting their Christmas Pottery



## A Helping Hand

This year marks the second year that everyone at the Surrey Day Supports Guildford location participated in making goodie bags with hand-coloured cards attached. These goodie bags were then dropped off at the Gateway Homeless Shelter by our supported folks Sarah, Ashley R and Ashley K. This year was a little different due to COVID-19, and only one of the ladies was able to drop off the goodies, and Ashley R volunteered for the job. Everyone at the Gateway Homeless Shelter was very appreciative of the donations and the efforts of the Guildford ladies.



## Time to Move On

Raine has been supported in the Individualized Supports Program since 2014. When I first met him he was very shy, would barely talk. His mom did most of the talking. Raine's mom home schooled him from a very young age as the school board had said he was 'too disruptive to be in class'. Due to this, Raine had limited time socializing and did not have many friends. Well - he has come a long way.

Thanks to his hard-working staff and the encouragement that they gave him, Raine is now working a full-time job at Costco and no longer collects PWD. He has grown so much; he has a group of

friends that he goes to dinner with, movies and wrestling matches with, or sometimes they just hang out. He has his driver's licence and a car that he bought for himself and is thinking about getting his motorcycle licence. He has confidence in himself and can hold a very good conversation. The change in this young man has been amazing. During the pandemic, Raine chose not to receive supports wanting to keep his family safe. In late January, I reached out to Raine to see how things were going, and to see if he wanted to start receiving supports again. Raine has come to a decision to give up his supports as he feels ready to manage things on his own. Raine said he

was truly blessed to have CLS in his life and that we helped him so much with his social skills and confidence. He is so thankful for us being there for him.

We wish him all the best!!!!

Cindy Williams  
Individualized  
Supports  
Coordinator



## For the Love of Neville Garden Grows

Here are a few photos of the guys at Neville and their garden. As the pandemic continues, their love for and dedication to the garden has only grown. Some things to be thankful for.



## Creating Inclusive Housing

On December 3, 2019 the virtual BCNPHA Rent conference took place. Jonathan Cote, City of New Westminster Mayor, Janice Barr, CLS CEO, Gillian Rhodes CLS COO, and Ross Chilton, CLBC CEO presented "Working in Partnership to Create Inclusive Housing". This session focused on the efforts of the City of New Westminster, The Community Living Society, BC Housing and numerous others who worked to leverage resources to develop an inclusive housing development in New Westminster. Today three individuals supported by the CLS live in the accessible downstairs homes, and three families live upstairs in the subsidized housing units. Following the session, Gillian Rhodes interviewed Aaron, one of the individuals who lives in this development, along with Allan Hunt who has been working with everyone who lives here to help build an inclusive and connected community.



## Jasmine missing her friends

Jasmine was missing all of her friends on Christmas Eve. She had spent many days writing cards to the ladies at Coopershawk and other friends. It just wasn't the same...so she made a poster with her staff Alyssa and went all the way from Kwantlen Park up to King George to wish her friends a socially distanced Merry Christmas. There were some great community smiles along the way!

Way to go Jasmine!



## Java and Jasmine

The pandemic made it challenging to find meaningful community engagement that is also safe. However, Jasmine has started purchasing coffee and bringing it back to Kwantlen Park to enjoy. Since she has become a regular at the Central City Starbucks, there are a few baristas that have learned her coffee order and her name. Now, Jasmine is greeted as soon as she arrives, and has a lovely conversation with the baristas.



# FUN IN COMMUNITY

photo gallery



Lorne takes a trip down memory lane looking at some family photos



Dene and Donald visit Bowen Island on a beautiful sunny day



Liridon made a lovely centerpiece for his mom -she was thrilled



Indoor Bowling at Gilley



Tom helps Donald throw a strike



Liridon loves visiting the animals at the farm



Rob getting some spring gardening cleanup done



Drive through light festival



Sara enjoying a walk at Dundarave and enjoying the beautiful Christmas tree display



Chris happy to share certificate of appreciation for participating in the LIFE Pilot program



Ruq was drawn to this colourful mural when out for a walk

Tell me and I forget  
Teach me and I remember  
Involve me and I learn  
Benjamin Franklin



Nothing like a little reading relaxation

# Celebrating the Holiday Season



# Celebrating the Holiday Season



The holiday season is a perfect time to reflect on our blessings and seek out ways to make life better for those around us

# Surrey Day Supports Wins 3rd Place in Gingerbread Village Competition

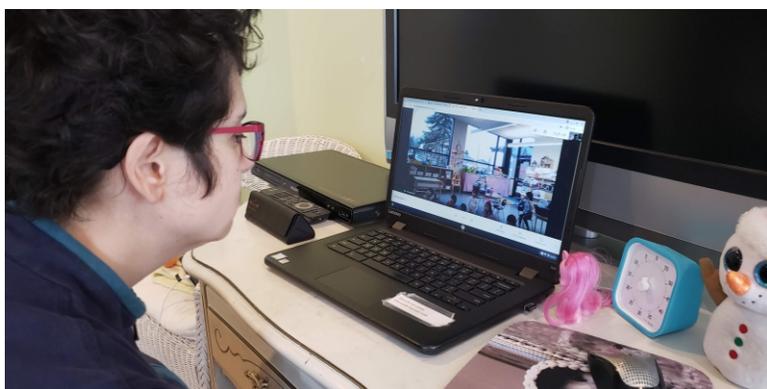
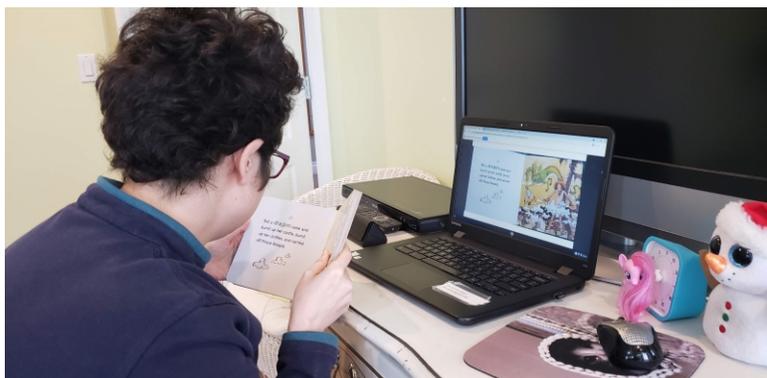


Surrey Day Supports submission to the Downtown Surrey BIA Gingerbread Village at Central City - they won 3rd place!



## The Paper Bag Princess is Back

Krissy regularly reads to kindergarteners at Vancouver Christian School. At the beginning of the school year everyone was so busy with COVID she wasn't able to do this. Krissy emailed the teacher and asked if it would be possible to start reading again in the New Year. The teacher loved the idea of doing this with Krissy on Zoom, and the students in the classroom. She picked the book she wanted to read "The Paper Bag Princess", made a slideshow with photos from the book and practiced all week reading so that the words came easily to her. Finally, the Zoom reading day came! She was so happy and excited and talked about it all morning. She started the Zoom by saying "Good morning my students". This is a new group of kindergarteners that she gets to meet as well. She will get to do this every Tuesday until the end of the school year. Krissy is very proud to be one of the student's volunteer teachers.



Reading aloud with children is known to be the single most important activity for building the knowledge and skills they will eventually require for learning to read

Marilyn Jager Adams

# The Paisley Gang Looks Out for Look Out

The Paisley Gang worked throughout the day to bake Christmas treats for the Look Out Shelter. The Look Out is a local North Vancouver shelter that feeds and shelters folks in need. The idea came from a family tradition of one of the Paisley staff members. All the individuals at Paisley enjoy all aspects of baking so it seemed like a good fit. They could contribute to their community and enjoy a few treats too. The baking was set up with the idea of "little and often". Each individual contributed in their own way throughout the day. Some individuals were given masks and gloves to wear so they could participate, some were given one-on-one support, while others worked in a group. The Christmas treats were well received at the Look Out Shelter.

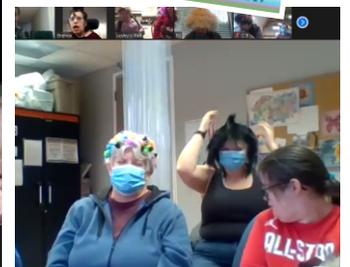
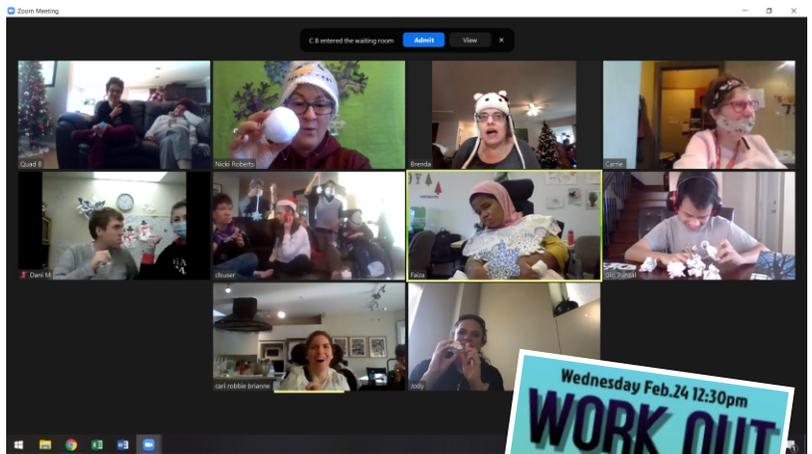


# Weekly Themed Zoom Parties

Well the pandemic has forced us to be creative in finding ways to socialize, stay connected and engage with each other. The Kwantlen team have been 'super' creative, hosting weekly themed Zoom parties to connect with friends at home and other programs. Themes have included: Workout, Christmas Crafts, Sport Jersey Day, Disney, etc. Join us on Wednesdays at 12:30 – look on Sharevision for the announcements.

The biggest highlight has been having Jared back with his music therapy business 'Lyrical Connections'! If you want to book a Zoom session with Jared, check out his web page!

[www.lyricalconnection.ca](http://www.lyricalconnection.ca)





**Simi Bate**

Simi is the Manager of Employment Services, and the Team Lead for our Emergency Response Team. She is responsible for leading a team at a CLS location in the event of a COVID-19 outbreak.

**What is your favourite thing about being a team member at CLS?**

I get to watch people transform their lives when they get a job. I can't think of anything more rewarding than that!

**What is a passion or hobby of yours?**

I love the Canucks, yoga, cats, gardening, and now virtual meetings with my friends .

**If you could meet one person (dead or alive) who would it be?**

Ghandi - he achieved great change, peacefully.

**Where do you want to travel, but have never been?**

I have 2 new Maine Coon kitties who are adventure cats and already leash trained. I can't wait to take them away next summer to go kayaking (yes, they love the water) and hiking.



**Bailey Wyka**

Bailey is the Team Lead with the Independent Living program. She has been working with the CLS since February, 2018.

**What is your favourite thing about working for the CLS?**

My favourite thing about CLS is the teamwork I've seen with staff to come up with creative ways to engage the individuals! Without the creativity and communication between staff we wouldn't be able to continue to support in community during this time.

**Do you have any hobbies?**

My personal hobby is creating art (I typically draw, but have started to try painting landscapes more!), traveling, going for walks, and reading. I'll count in audiobooks as reading since I'm on the road a lot!

**Name one person you would really like to meet**

The one person I would like to meet would be John Krasinski.

**Name a place you would like to travel to**

I was planning on travelling to New Zealand last year, but plans changed! So that's the first place I'm going once it is safe to travel.

**Joylin Ndumanu**

*Team Lead*

**Cate Sercombe**

*Team Lead*

**Nick Chitheka**

*Team Lead*

**Simi Bate**

*Manager of Employment Services*

**Shane Temple**

*Team Lead*

**Jennifer Malin**

*Job Coach*

**Laura Barroetavena**

*Chief Financial Officer*

**Callie Jay**

*Team Lead*

**Tanika Goss**

*Assistant Coordinator - IS*

**Bailey Wyka**

*Team Lead*

**Heather Jones**

*Director of Programs - Staff Homes*

**Baby News!**



Rinawati Qadeer had a baby boy! Aayan Muhammad Qadeer was born November 24, 2020

Rinawati is a Counsellor at the 12<sup>th</sup> Ave home.

**Congratulations!**



# Cooking Corner

## Having Fun Baking Bannock

Joe's mom was a member of the Sechelt First Nations Band and baked Bannock for Joe when he was a child. Joe and his roommates put teamwork into practice and had fun creating a baked bread variation with raisins and walnuts during a weekly activity theme of "reminiscing on the people in our lives who have helped shape who we are".



Paisley Crew making a delicious batch of spaghetti

## Kelley tried for the first time to make No Sugar Nanaimo Bars.

It turned out super yummy and super healthy. Using Stevia as sweeteners, carob for flavouring, and coconut cream for the custard filling in the middle, then topped by Swiss dark chocolate.

This could easily be the healthiest Nanaimo Bars ever.



## Nuts & Bolts

Kelley traditionally bakes a special "Nuts & Bolts" snack at Christmas with her Aunty May who lives in 100 Mile House. (see cover photo). Due to COVID, Aunty May cleverly found a way to continue their bonding activity. She sent a package to Kelley, containing her special family SPICE mix. Kelley made some and it was soooooo delicious. Sorry we are not allowed to share that family recipe yet, but just a hint, it had Marjoram, and smoked salt for flavoring.



Kelley gives no excuses for wasting food. Especially when there are so many hungry people in the world. Kelley made some really tasty **BISCOTTI** out of leftover bread, including some banana bread. She coated them with Maple, Choco chips, and Chia. Hmhmhm!!!



If you love waffles, but feel guilty after eating them - then you have to come try Kelley's WACKY WAFFLES. Made with gluten-free flour, sweetened with Stevia, and a touch of Coconut-Nog, topped with yogurt and fresh raspberries and Blueberries. Hmhmhm!!!!

If health is wealth, this could be the **WEALTHY WACKY WAFFLES**.



Kelley had fun making some **Pretty Funny Rein-dough**. They are quite international: marshmallow head from Guatemala, nose from Canada, antlers from USA, wafers from Greece, and fudge bars from the Philippines. Completely edible, except the toothpicks.

In return, Kelley is sending Aunty May a signed apron, specially made for her. What is a signature apparel, if not signed by the famous Chef Kelley.

She handed a container of samples to Dawn, when she visited. She so proudly said, "THIS IS FOR YOU", with a big smile.

# DONATE TODAY!

Your generous donations provide real opportunities for the individuals supported by the CLS to live life to the fullest.

You can contribute by sending cash or a cheque to:

Community Living Society  
7th Floor – 713 Columbia Street  
New Westminster, BC, V3M 1B2

Donation receipts sent to our office via cheque or cash will be issued for amounts in excess of \$10.

Donations via credit card can be made by visiting our website:

<https://www.canadahelps.org/en/dn/m/5841/donation>

If you have any questions, please contact us at 604.523.0303 or

[contactus@communitylivingsociety.ca](mailto:contactus@communitylivingsociety.ca)

Thank you for your consideration.



# JOIN TODAY!

## Become a CLS Member

Date \_\_\_\_\_

First Name \_\_\_\_\_

Last Name \_\_\_\_\_

Phone \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Email \_\_\_\_\_

There is no fee to be a CLS member. Memberships are renewed on an annual basis at or after the Annual General Meeting.

- Members must:
  - be 18+ years of age
  - be interested in advancing the purposes and supporting the activities of the Society
- Members cannot be:
  - An employee or contractor of the CLS
  - An employee of the government of the Province of British Columbia or Canada whose duties are concerned with the affairs of the Society.

If you would like to be a member of the CLS, please send this completed form to us:

By Mail:

7th Floor- 713 Columbia Street, New Westminster, BC, V3M 1B2

By Fax:

604-523-9399

By Email:

[contactus@communitylivingsociety.ca](mailto:contactus@communitylivingsociety.ca)