

KARDEL connector

Summer 2015

CARF Accredited Homes, Home Shares and Programs: www.kardelcares.ca



GROWING TOGETHER

Vivian and Patsy have been part of one another's lives since 1976...almost 40 years! Together they've seen many changes in Community Living; from institutional life at Glendale to the comfortable home they've created at Henry House. As you can see, they have a very close bond!

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HUMANITY IS THE BRIDGE: Safe Harbour Workshop Explores Belonging



The Safe Harbour workshop helps to remind us that even though we've all come from different backgrounds and experiences, our humanity is the

bridge that connects us with one another. Part of having a good life is to be accepted and involved in our community, and to feel that we've made

a contribution. Kardel staff are committed to bridging relationships and gently breaking down barriers that might impact a sense of belonging.

IDEAS & ISSUES



Disability Travel Card

This Disability Travel Card is intended for people with disabilities who require the assistance of a support person when travelling. The Card offers its holder discounts to the support person in attendance with them when traveling with participating partners Via Rail,

Greyhound bus lines and Coach Canada. To apply for a Disability Travel Card through Easter Seals Canada download the PDF application and submit by fax, scanned email or mail to the following:
Attn: Disability Travel Card
40 Holly Street, Suite 401

Toronto, ON M4S 3C3
Fax: (416) 932-9844

For all Travel Card inquiries please contact: 416-932-8382 x 241, or toll free at 1-877-376-6362 x 241. You may also email sheila@easterseals.ca www.easterseals.ca

I want to go home please



"I want to go home please"; words on a recent leave form that has become very common among Kardel employees. How does it feel to have your loved ones thousands of miles away knowing that you will have to save your money and vacation time for at least a year to be able to see them again?

Our agency employs many people for whom Canada is not home; people who

support families in other countries by working many hours each week caring for other people's family members.

Waits to bring their family members over to live in Canada are excruciatingly long and the process is complex. Often when children finally make it to Canada, the parent child bond has been altered and a new relationship must be developed and nurtured.

These sacrifices do not go unnoticed by us and you are admired for your strength and courage. We hope you have many trips home to reunite with your loved ones until you can all be together in one community again.

Mandt Minute

by Ken Passmore



There is no question that we live in stressful times. Every day there are ever-increasing demands that we manage as we go about our lives. Recently in a Mandt training session we were discussing a De-escalation Preference Tool.

This tool is simply a list of things that a person likes and enjoys doing. When a person becomes stressed or agitated, we can introduce one of these activities and it will help de-stress or calm the person down. This works great and it can help people get back on track.

There is not always someone around to suggest what you should do to calm yourself down. You should write your own list of things you enjoy (you will need to write this when you are relaxed and calm). Once you get your list – keep it handy. When you get stressed/anxious pick something off your list. You may refer to this as self-care or pampering but in reality it is a way to calm yourself, refocus and manage everyday stress.

Volunteer Appreciation for Bill Woolam and Jason Smith

Lakes recently had the pleasure of hosting a volunteer luncheon for Jason Smith and Bill Woolam who are two longterm and dedicated volunteers.



Volunteer: Bill Woolam

by Colleen Dally

Bill Woolam has been volunteering at Lakes Road by bringing his guitar and singing songs for at least 15 years. Bill said he started volunteering when he was about 29 and unemployed and feeling sorry for himself. He started playing music at Queen Alexandra Hospital and he found it made him happy to bring joy into the lives of others. He said when you make a difference in someone's life it gives your life perspective.

Throughout his life, Bill has spent a lot of time at an Ashram in India. He learned that service work

dispels selfishness. He feels strongly that the habit of selfishness is too prevalent in our society.

When Bill learned that some of the people he played music for at Q.A. had moved to Duncan group homes, he was happy to reconnect with friends and has been a consistent visitor to Lakes Rd Home.

Bill always brings a peaceful demeanor, happy smile and interesting conversation to Lakes Rd Home. Jason, Tanya and Brent have always appreciated his gifts to them. Thanks Bill!

Volunteer: Jason Smith

by Jackie Mae Scott

Jason Smith has been a volunteer at Lakes for many years. Every Friday he helps out with the day's activities such as bowling, the IMAX, out for lunch and shopping. Jason is a big help assisting with Tanya's lunch, pushing wheelchairs and operating the van lift.

He is an awesome bowler when we go on Fridays and I always tell him "somebody is on fire!" when he gets strike after strike.

Jason is a big Canuck fan, and enjoys swimming and soccer. He is the goalie on his soccer team. His other "favorites" are: shopping, bananas, poutine, and apples. His favorite wrestler is Hulk Hogan. His favorite movie is "Terminator" and he loves country music.

Jason's next goal is to get a job pumping gas in Duncan. He is planning to go to Las Vegas with his mom this summer; summer is Jason's favorite season!

We really enjoy Jason's sunny smile and he is such a big help at Lakes.

Thanks Jason!

FUN TIMES @ FUTURES CLUB!



This winter and spring at Futures Club we were able to do a lot of fun activities. We were able to skate with the Victoria Cougars Hockey team, we had a fun filled Easter scavenger Hunt and pizza party, and we are currently doing some training for the upcoming Special Olympics.

In March, Futures Club entered into the Cougars Den. Joining us on the ice of their home arena for a fun skate was the Victoria Cougars Jr B hockey team. This team of young men aged 16-20 was loads of fun as they pushed wheelchairs on the ice and spent time with some of their biggest fans. After the skate the players joined Futures Club up in the crowd's nest to sign autographs, talk and of course

pose for pictures. We all are looking forward to making this an annual event.

For Easter this year we had a special treat: we drove around town to collect clues as part of a scavenger hunt organized at Futures Club. The clues took us to places like the bottle depot, Save-on Foods, the James Bay Community Project and a few others. In the end the clues lead us back to Futures Club where everyone found a little Easter basket of goodies and a pizza party.



This year Futures Club has more participants than ever competing in the Special Olympics. In order to help prepare them for such a big event, Futures Club has been organizing some special training sessions. During the months of April and May we focused on specific events and offered the time and support to work on the skills related to the events.

This Summer Futures is looking forward to a focus on traffic safety and transportation while we all enjoy some sunshine.

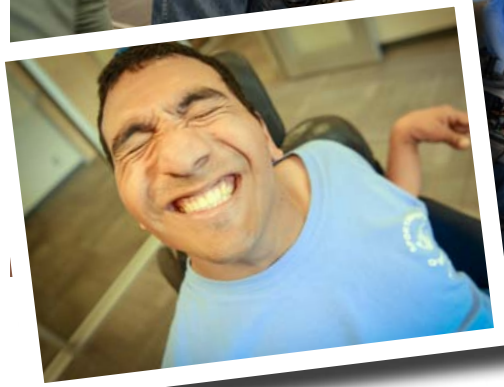
THE FUTURES PHOTOGRAPHY CLUB

An elective group formed by various members of Futures Club, futuresphotography.wix.com/home



Picture Perfect

Gabe Wadham recently worked with CanAssist to refit his camera to make it more user-friendly. I think Gabe is very pleased with the results!



SUMMER UPDATE



Pizza Party

Another great time was had by all at Kardel's pizza party in April. Every three months, people who live in home share gather to meet each other, laugh, share stories and of course eat pizza! Sometimes we play games and win prizes and other times we just sit back and enjoy hanging out with friends. We're planning a special outdoor event for our next gathering in July so stay tuned for details. It's sure to be lots of fun and we would love to see you there! For more information, contact your Home Share Coordinator.



2015 Kardel Summer BBQ

Kardel hosted its annual summer BBQ on Tuesday, July 28 at The Well at Centennial Park Baptist Church, 7577 Wallace Drive. The sun was out in full force; it was a beautiful day! Team Connections worked very hard to get everything organized – a big thanks to Mark B, Kim A, and Sue E. Mark kept the burgers and hot dogs flowing most of the day – we even spotted Mike Engel manning the dinnertime grill!! Keith made sure everyone stayed hydrated in the heat, Cathy and Kim A kept the salads and dessert cart stocked,

Katy did a supply run multiple times, and Sue and Kim L covered the decorating & games. Peter B provided the musical entertainment both at lunch and dinner, and kept the crowd entertained with a sing-a-long in between meals. At dinnertime we had a special guest appearance from Wiggy, the new Rebels Football Team mascot! Thank you to everyone who helped make the day a special one – it was a great opportunity to catch up with old friends and make some new ones!





Paskin House

by Brandi Harrison LPN Manager

Kylie gets an iPad from Deb Deboer January 17 at Paskin. Deb is Frank Deboer's wife. Frank worked for Kardel for many years doing home repairs, maintenance and lots of painting. Frank passed away in March of 2011 and is greatly missed around the Kardel homes. Deb donates her iPad in his memory.

Dustin House

As the weather improves the thoughts turn to all of the activities that summer brings. Music in the park will be starting soon and that has been one of the best things to enjoy during summer evenings for everyone at Dustin. There are several municipalities that offer music at different days and times and the goal is to go to as many as we can.

Kara has just celebrated a birthday and was excited about going to her dad's house to celebrate. Julie's birthday is coming up next in July.

Don got a new bed and a new TV – Hockey playoffs on the big screen and an adjustable bed! Wayne and Caitlin are preparing to go on a big vacation (don't worry they will share lots of photos)!



The WestShore Rebels football team has a new mascot.....introducing **WIGGY!** Iggy P. is an avid football fan and cheers them on every chance he gets. Iggy's goal is to get a season's pass so that he doesn't have to miss a single game. (he'd like to assure his many fans that his mascot outfit is fully breathable!) Check the Kardel website and Twitter feed to keep up-to-date on Wiggys adventures!



Maryland House

The folks at Maryland House enjoy the quiet calm of Beaver Lake on a beautiful summer evening.

OUR COMMUNITY: PROFILES

Interviewer: Sean, **Interviewee:** Rodney

Sean is a participant at Futures Club. He is part of the newsletter and photography club, and has conducted many interviews for the Kardel Newsletters over the years.

Rodney moved into a Kardel Home Share at the beginning of 2014. He has joined in on many Home Share events such as the pizza parties and bocce ball tournament.

What is your favourite part of Home Sharing?

I really like my Home Share Provider, Julie – I call her my landlady. I've lived with her for almost two years.

How old are you?

I'm 50. I look young, though, like my mother did.

What are some things you like to do?

I like art. I made some mosaic stepping stones out of cement, tiles and glass marbles. I also like hanging out with my friends and going swimming. I sometimes

go to the lakes – Elk, Beaver, Thetis; I borrow my landlady's little boat.

Where did you grow up?

I grew up in Victoria – I've lived here all my life. It's a pretty cool place to live.

Do you like sports?

Yes, I like hockey and baseball. My favourite teams are the Canucks and the Blue Jays.

Where did you go to school?

I went to Vic High and Camosun.

Do you have any pets?

No, but I used to have a cat. Her name was Misty, she was a tortoiseshell and I had her for 12 years.

Do you have a computer?

Yes, I use it to talk to my friends and to play games. I like to play The Sims.

What are your favourite TV shows?

I like the Walking Dead – Julie, my landlady got me into it. Sometimes we watch it together. It used to give me nightmares but I enjoy it now.



What is your favourite food or restaurant?

I like Pizza. I'll go wherever is cheap and where the food is good.

What was your favourite subject in school?

Languages and spelling.

Where would you like to travel to?

I'd like to go to the Philippines or Cambodia. I'd love to learn their culture and languages.



Jaime Sarvi Art Show

Jaime has been an active member of the art community for years. At five years old, Jaime picked up a pen and started creating; she has not stopped since.

Being active in the community is Jaime's passion. She attends lectures, workshops, nature walks, and exhibitions in which she finds her inspiration for her art. Jaime likes to include all aspects of nature in her artwork; from leaves to trees, birds to butterflies, water to dirt. She is also inspired from those she loves; her family, her friends, and her support workers. She takes pride in what she creates, and finds enjoyment in giving her art to those she loves. Jaime has experience using all sorts of media however she finds the most pleasure using acrylic paint on large canvas and collage techniques.

Jaime has been a member of Pandora Arts Collective at the Little Fernwood Gallery for ten years and continues to be an advocate for art as a tool for healing, expression, and exploration.

Rescuer Brian Zerr

by Kari Marks, BC SPCA Wild ARC

Thank you Brian Zerr for rescuing a gull from the streets of Victoria in early July. Brian noticed the gull was in trouble and brought it on a city bus to the Central Victoria Veterinary Hospital. From there it was transported to us at the BC SPCA Wild ARC in Metchosin. Wild ARC is a publicly funded charitable organization that admits over 2500 wild birds, mammals, amphibians and reptiles annually. As a shoestring organization, Wild ARC does not have the resources to provide a pickup or rescue service. We rely on people like Brian to help bring in the animals that need our help. It is because of caring people like Brian who are willing to make that extra effort that make such a difference to the lives of our wild neighbours. Brian lives in a Kardel Home Share and cares deeply about the world around him, especially if someone needs assistance.

Individual Support Network

by Mark Bamford

The Individual Support Network (ISN) supports individuals on a one to one basis, assisting each person in living a life that gives them real meaning and fulfillment. Currently ISN supports 13 individuals from various walks of life, each of whom has a great story to share, and when I think back on the past year a few in particular really stand out.

First, this year has been a busy one with many highs and a few lows. Just after the New Year we were saddened with the passing of Allan Mcleod, one of the individuals supported by ISN. Allan was one of the funniest and friendliest people I had ever met. He loved going for long walks and socializing with friends at the seniors group he attended with his assistant Darrel Guiboche. Allan was a wiz at cribbage and often joked about how he continuously beat his uncle when he was younger. He was a true delight to be around and always had a joke to tell. He is sorely missed.

As it is in life where there are dark times there is hope and there is life. Some of the other individuals have made some significant milestones. Jeremy McMillan has successfully saved for and planned to take a road trip to Mackenzie BC to visit his Dad whom he hasn't seen in many years. His assistant John Campbell has worked hard with Jeremy to help plan and organize the weeklong trip. John will be driving and Jeremy's best friend will accompany them. I anticipate this will be a trip that Jeremy will remember with fondness for many years to come.

There is another individual I'd like to acknowledge; Amanda Potter is one of those individuals who continually amazes me. Recently she achieved one of her life's greatest dreams, to own her own car. She is one of those people



who never cease to inspire me and remind me that nothing is impossible for any of us.

Finally I'd like to give a shout out to my wonderful staff. Never have I had the real honor of working with such a wonderful and dedicated team of people. You are all true human beings and I am honored to know and work with you.



- > I Mark Amos being serenaded by Francois Tessier by the water in Sydney.
- > Tasha Lueck Bowling with friends
- > Amanda Potter with the new car she bought

Nutella Cheesecake Dip

Ingredients

- 1 cup whipping cream
- 1-8oz pkg. cream cheese
- 3 Tbsp powdered/icing sugar
- 3/4 cup Nutella

Directions

1. Using an electric hand mixer, whip cream until stiff peaks form.
2. In a separate mixing bowl, whip cream cheese and powdered sugar until smooth, about 1 minute.
3. Add Nutella and blend until well combined.
4. Add half of the whipped cream and gently fold mixture until nearly blended,
5. add remaining whipped cream and gently fold mixture until well blended.
6. Serve with fresh fruit such as strawberries, pineapple, or bananas.
7. Store dip in refrigerator in an airtight container.

TIP! It's also good with graham crackers or pieces of pound cake!



MOVING FORWARD

TRAINING

by Stuart Munger Director of Programs and Quality Assurance

I recently looked up Merriam-Webster's definition of training: *The act, process or method of one that trains; and The skill, knowledge or experience acquired by one that trains*

This reminded me of a conversation I had a few months ago with a friend and former colleague from England. We worked together for over four years and couldn't have come from differing backgrounds. My friend had retired twice already when I first met her; she missed work too much she told me and had plenty still to give. She had worked in a number of roles during her career from being a Registered Nurse in a hospital to owning her own Public House!

My background was primarily in health promotion, creating health projects for communities and I came up with a support process for Psychiatric Nurses approaching retirement. You might be asking, "Stuart what does this have to do with training?" Well as I said we had different backgrounds, but shared the same vision on the project we were working on for the people who required support.

I could write a whole story about what happened; the main thing I'd like to share is what helped realize the success of the project and that was we were able to acknowledge the skills, knowledge and experience from each of our own particular areas and utilize these for the people who needed support. Is this training in the formal sense? What is the formal sense of training? As my colleague and I worked together, the more valuable lessons I learnt which assisted me then and now.

Training doesn't have to be sitting in a room listening to a presentation, attending a seminar or undertaking orientation. The act, process or method can come in a number of ways; from my experience it's just being open to

that. I feel fortunate that I work at an organization like Kardel that from my perspective I have colleagues who are patient with me and I can continue to learn from. If you are interested, my friend and former colleague has retired once again and is back at work again.

Now to let you know some of the training that has occurred since the last newsletter:

LeaderCast 2015

LeaderCast Victoria BC was a one-day simulcast event broadcast live from Atlanta to over 100,000 leaders around the globe. The event was held at the Turpin building at UVic and a number of staff from Kardel attended the event. Speakers included: Malala Yousafzai, Rudy Giuliani, CMDR Rorke Denver, Andy Stanley and Peyton Manning. If you have not heard of the speakers you can google them to find out more about them or put this link below into your browser:

http://media.wix.com/ugd/68dc8a_9b896ac683044e9a9b58a7c5836794e1.pdf

Nathan Ory Workshop – "How to support a person who is emotionally fragile and explosive: What you can do when nothing else works"

Kardel were well represented at this workshop that was presented by Nathan Ory. Mr. Ory has been a registered psychologist for than 30 years. He has worked in and around Victoria since 1978 with children and adults with intellectual and developmental disabilities. He regularly speaks throughout Canada and the United States about these issues.

Person Centred Planning Facilitator Training

Jen Neely provided another training session to a number of staff who expressed interest in becoming Person Centred Planning Facilitators. Attendees have been part of meetings to provide a sense of what is involved and already a number have progressed to facilitating Person Centred Planning meetings for group homes.

Community Partnership Network Diversity Training – Workshop on Building Inclusive Communities, Jim Diers

Kardel employees attended a workshop by Jim Diers who teaches courses in community organizing and development at the University of Washington and serves on the faculty of the Asset-Based Community Development Institute. He travels internationally to deliver speeches and present workshops. His work in the Department of Neighborhoods was recognized with an Innovations Award from the Kennedy School of Government, a Full Inclusion Award from the American Association on Developmental Disabilities, and the Public Employee of the Year Award from the Municipal League of King County.

Functional Analysis Workshop – Katie Allen

The workshop that employees attended was held in Nanaimo and was based around practical Approaches to Behavioural Treatment and growing your skills with a particular emphasis on Autism. The presenter was Katie Allen, M.Sc. BCBA; a Board Certified Behaviour Analyst (BCBA) who holds a Master of Science in Applied Behaviour Analysis from Northeastern University. Katie consults to several agencies serving individuals with autism including Arcus Community Resources, Posabilities, and the PALS adult program and is a former instructor in the Surrey College ABA SW program.

Training

Augmentative and Alternative Communication Services

Provided by Dorothy Tait
2104 Otter Ridge Drive
Sooke, BC V9Z 1E5

Signed English Classes for 2015 & 2016

Classes are held on Mondays
Signed English Level 1

Dates: Begins September 14, 2015
- November 9, 2015

No class October 12, 2015

Time: 4:45 - 6:30 pm

Place: Room 205, 2951 Tillicum
Road Victoria BC V9A 2A6.
KARDEL Board Room
Cost: \$65.00

Signed English Level 2

Dates: Begins January 4, 2016
- February 29, 2016

(No class Feb. 8)

Time: 4:45 - 6:30 pm

Place: Room 205, 2951 Tillicum
Road Victoria BC V9A 2A6.
KARDEL Board Room
Cost: \$65.00

To register, call Dorothy Tait:
(250) 642-4102, dorothy.cst@shaw.ca

KARDEL office:
209-2951 Tillicum Road
Victoria – corner of Gorge Road,
behind the FAIRWAY MARKET.
There is good parking and an
elevator at the entrance beside
the Liquor store.

Caregiver with one client comes
for the price of one.

ShareVision and Website Update



In March we did an audit of all the individual files on ShareVision (Thanks to all that helped) and this was really useful in simplifying how information is presented to staff. There were some design changes made and the feedback was excellent from staff who found it a lot more user friendly.

Although the system continues to grow, staff that use ShareVision on a daily

basis are asking more questions as to how to improve what we have. This is very rewarding for us that staff are recognizing gaps and are coming up with suggestions.

At some point in the near future we would like to explore ShareVision interaction with Families/Caregivers/Home Share Providers beyond the current daily journal updates.

As for the website, we have launched a new website. It is more interactive offering a Twitter feed, up-to-date and relevant information about Kardel, and of course some great photos of the people we support. Visit us at kardelcares.ca

In the Office...

Our accounting department
working doggedly to make
sure everyone is paid on time!



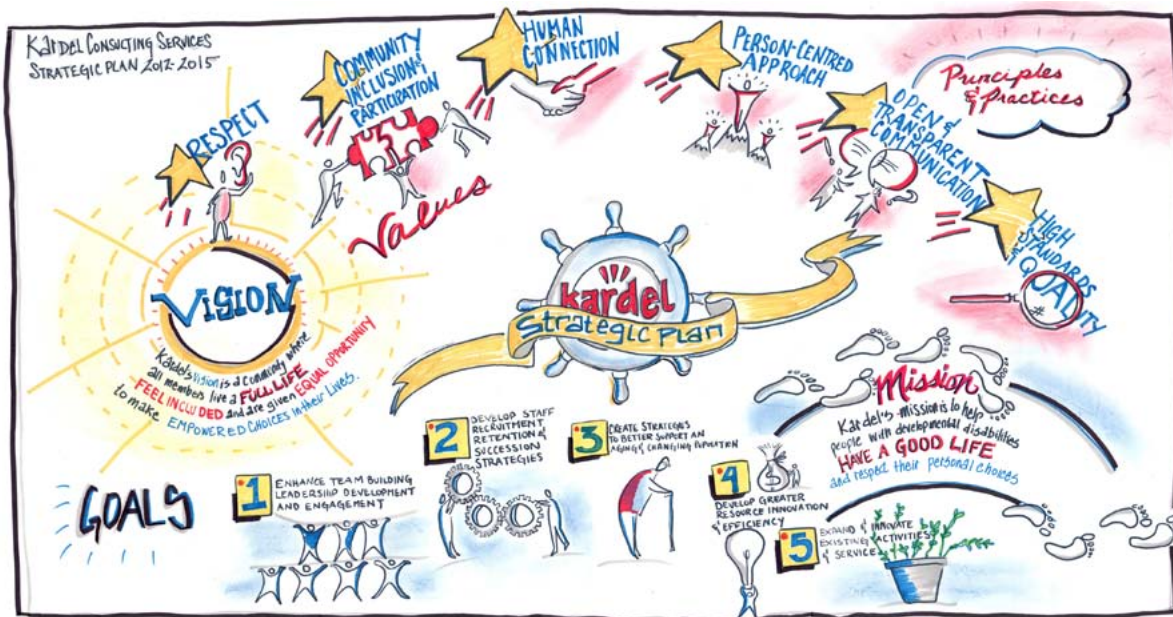
Have you thought about supporting an adult with a developmental disability?



Would you consider being a paid Home Share Provider? In 2014 Kardel expanded its Home Share Program to include the Nanaimo to Campbell River regions.

For more information, contact:

- **Nanaimo:** 250-729-7401
- **Parksville:** 250-248-8336
- **Courtenay/Comox:** 250-338-6557
- **Campbell River:** 250-287-8937
- **South of the Malahat** contact the Victoria office: 250-382-5959.



Strategic Plan Event

In November, 2015 we will hold our Strategic Plan Event with stakeholders from across our network to review our goals from 2012 and plan for the next three years. The goals that were identified in 2012 to guide our work were:

1. **Enhance** Team Building, leadership development, and engagement
2. **Develop** staff recruitment, retention and succession strategies
3. **Create** strategies to better support an aging and changing population
4. **Develop** greater resource innovation and efficiency
5. **Expand** and innovate existing activities and services

There are five working groups that meet regularly to collectively organize work and present outcomes. The working groups are:

- Team Connections
- Occupational Health & Safety
- Labour-Management
- Managers
- Strategic Action Group

Focus groups have been conducted throughout the year to review the five goals that were identified and highlight recommendations for the new Strategic Plan. We look forward to a spirited and collaborative Strategic Plan Event to celebrate the last three years and plan for the next three years.

Jake: a Good Cat



It is with great sadness that we have to make this announcement. Our kitty from Paskin house passed away in April.

Jake was given to us 17 years ago by Christina Greely who used to work here. He was a cute little kitten, but was a feisty one. He had the run of the neighborhood and was loved by all. Jake loved everybody differently – he liked to give little love bites to your ankles when he wanted some attention. He really did love the folks of Paskin home.

Here are some of their favourite memories:

Greg – Would let Jake out and say “Good Morning” to him. He loved it when Jake would sit with him on the couch. Greg says “He was a good cat... the best”.

Kylie – Would let him out then he would be sitting at the door meowing to come in. He loved to jump up onto her bed and have short naps.

Matt – Jake would try to sleep with Matt, but he would move around too much to find a comfy spot to sleep.

Iggy – as Jake started to slow down Iggy's bed was the best as it was low enough for him to jump onto.

Paul – Jake loved Paul's wheelchair and leaving lots of hair on it. Paul says with a giggle “Ya but... Mom didn't like that too much”.

Jake was a very special and is missed by all! We love ya Jake!