



# UPDATER September 2022





## Adult Day Services

### Bridges & Leisure Days

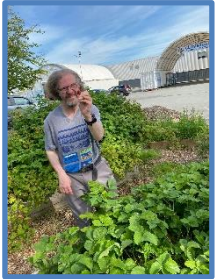
Can you believe it is FALL already? Where does the time go? We have done so many fun things the last few months. Started off the summer with the annual Bed races in May where a few individuals ran for team SACL.



In June Asad became totally transportation independent. He now takes the bus to Bridges and home by himself independently. We are not sure who is prouder...him or us.



In July we all attended a large picnic with all Day Programs attending. The food is always a hit, but I wouldn't doubt if the water balloon toss is up there as a favourite too.



Then as the summer progressed more and more individuals started coming back.. We would like to say we are back to normal but it's probably more accurate to say.. the new normal has begun! Groups have been hitting the recreation centers, local libraries and parks. There have been PNE outings, waterslides, playland, harbor boat cruises, science world, Vancouver game farm, Vancouver Aquarium, Lonsdale Quay visits.

We also have a great gardening group, that has been able to eat the fruit of their labour. They have eaten strawberry shortcake and have taken home beans and potatoes.

We are really happy to be back in full swing and looking forward to more Fall and Winter community opportunities.

### Community Options



It has been a busy summer here at Community Options! The hiking group has been able to go some beautiful places and they all really seem to enjoy it. We went to the Day Services picnic at Bear Creek Park in July. It was so great to get together again with everyone in the other 2 Day programs and a fun time was had by all! We had a group go to the waterslides in Aldergrove. Another group went to the Aquarium.



Looking forward to the fall, we are hoping to have a couple of groups go to the pumpkin patch and corn maze and of course crave those pumpkins! We are also planning a Halloween costume party this year!

One of our long-term individuals Cindy has also returned to service. We are hoping to get her comfortable enough to return to all the fun activities she used to enjoy.



We have also had a supervisor change. Lisa Bailey has taken another position within SACL. Thank you SO much for all of your hard work and leadership you have shared with us over the last 4 years! We all want to wish you the best of luck in your new position, you will be missed!





## Adult Day Services Continued

### Interviews by Joanne



"Summer has come & some of my friends have plans, including favourite places to visit, yummy desserts and their favourite animals!"



#### Kate says...

"I'm not sure if I'm going anywhere for the summer?"

"I like the beach, but I prefer to stay in the shade"

"My favourite dessert is chocolate ice cream, yum!"

"My favourite animals are... Cats and reptiles"



#### Janet says...

"I might be going to Mexico, but I'm not sure yet"

"I have a cat named Mitsubushi and he is all black"

"I really like to swim at the YMCA in the summer"

"My favourite dessert is chocolate cake and I love it on my birthday!"



#### Christina says...

"I don't have any plans for this summer"

"My favourite pet is a dog"

"I like swimming very much"

"I really like strawberry ice cream!"

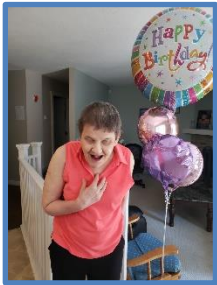
drawings by Joanne also!





## Jersey Way

Diane celebrated her 68<sup>th</sup> birthday in July. We celebrated by getting cake and food from her favourite restaurant. She enjoyed the balloons that we put up for her birthday.



# ★HAPPY★ BIRTHDAY!



Charline and Diane fully enjoyed their summer!! They went on walks around the neighbourhood and different parks in Surrey. They both also continue to enjoy lunch out at their favourite restaurant every Wednesday.

We have also been able to get some repairs done around the house. Next... we are all looking forward to Halloween!

## Clova House



Pat and Bud had a full summer of walks in their neighbourhood park and to Cloverdale Athletic Park, and other parks throughout Surrey. They also enjoy going to Tim Hortons for coffee and a snack.

Bud celebrated his big 60<sup>th</sup> birthday with special balloons, gifts, dinner from his favorite restaurant, and cake. His sister also showed up with presents and his favorite cake. Everyone had a great time!



Pat's garden is flourishing with all organic veggies. He takes great pride in his garden and everyone enjoys the fresh vegetables.

Bud and Pat are both looking forward to Halloween and all fun activities!!

## Both Homes

We would like to welcome Rupinder Bassan, a new casual staff. Welcome to the team!



# *SACL Homes cont. & Supported Employment*

## Bakerview



It seems like yesterday that we were finally able to put away our coats and boots, and here we are, it's almost time to dig them out again. This summer seemed to fly by. As Covid restrictions ended, all 4 residents here at Bakerview ventured out to enjoy summer activities. Picnics in our local parks whenever possible, beach outings, and Lawrence headed out to the water slides in Tsawwassen. The outing that seems to be a favourite is our weekly lunch outings. Lawrence and Daniel M have joined the Surrey seniors' program and have been taking advantage of many activities at the rec centres, including monthly movies, social lunch, and bingo, where Lawrence won \$5 at his first game. So far that's his favourite activity. They've signed up for painting at the rec centre, which will be a new adventure for them both. We can't wait to see what masterpieces they create.



Before Covid, Daniel W and Lawrence attended a weekly social group. It has been closed for over 2 years, and they re-opened their doors last week. Both men seemed to have a great time, after missing many friends they had made at the social group. We are happy that Daniel and Lawrence have the opportunity to reconnect with friendships they had built. Gerald seems to have settled in well. He gets along with all 3 of his roommates, as well as the staff.



Everything Fall (pumpkin) is right around the corner, and we are all looking forward to it. Cooler weather, Thanksgiving and Halloween are some favourite seasonal happenings. We are all hoping that we will see many ghosts and goblins show up at our door this year. All of us here at Bakerview hope the best of the upcoming season for you all.

## Supported Employment



The team and individuals at Supported Employment enjoyed getting together over the Spring and Summer for training and pursuing ongoing job development and prospecting in the community. Many individuals are maintaining their jobs very well, and others have been diligent in finding new employment. Three individuals successfully achieved part time/seasonal employment and are in pursuit of additional opportunities.

Supported Employment has also had three new individuals join, and everyone has enjoyed getting to know each other. As Fall approaches we are pursuing job opportunities with the hope of reaching out inclusive employers. We continually adapt with the guidelines of Covid and remain safe in the community. It was a wonderful summer, and now we look forward to the autumn season!!"







## Child and Youth Services

### Highlights and what is Next...

Child and Youth Services staff in partnership with the **City of Surrey** and **YMCA**, provided 1-1 support in summer day camps for children 6-12 years old. During the summer we supported up to 10 children for 7 weeks this summer. It was great to be able to provide this program for families.



Child and Youth Services also offered **Holiday Options STAYCATIONS** once again for teens 13 - 18 years old. The participants engaged in many local tourist adventures such as kayaking at Deer Lake, visiting Whyte Cliff Park, spending the day at the Otter Co-op Outdoor experience and bowling to name a few. Many of the participants have been coming to Staycations every year and each year they enjoy creating new memories and experiences. Staycations will be back Summer 2023 with more fun and excitement!

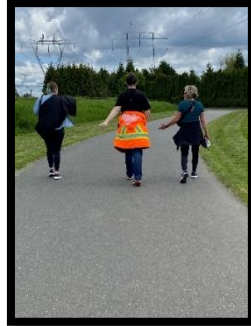


Each September we start the **BUILD program** (Building Upon Individual Learning and Development) and **STEP program** (Supporting Teens in the Employment Process). In the **BUILD program** there are a total of 9 youth, and they are working on 4 goals: Employment, Health & Wellness, Life Skills and Transportation.

For the Employment goal, the teens have an opportunity to seek preferred employment, volunteer in places such as the Langley Food Bank, Quest Food Exchange, and Cloverdale Community Kitchen and also work on pre-employment skill development. The teens developed different skill sets such as organization, communication, teamwork, and time management. One teen this year was hired on a summer paid internship position at Old Navy after attending the BUILD Program. We are so glad to see her showcase her skills to the customers and the employer.

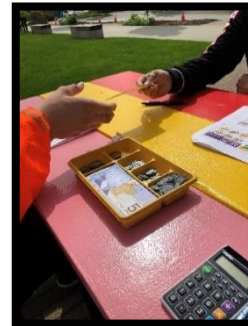


For the Health and Wellness goal, the youth work on developing and supporting their own person wellness both emotionally and physically. Through their physical development all youth had a membership at the YMCA to do a weekly workout and in addition the youth trained to walked or run for 5km around Cloverdale. One group created the route for the other groups to follow. They enjoyed getting active while discovering the other parts of Cloverdale.

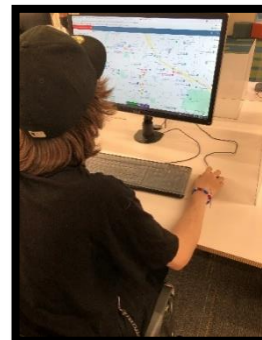
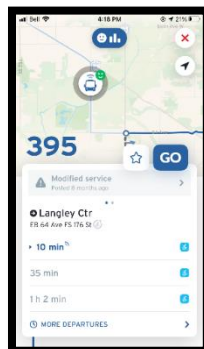


For the Life Skills goal, an example of an activity unit was when all groups researched recipes for healthy eating and chose an easy-to-make snack. They learned knife skills and used their Food Safe protocols while cooking. One group made sweet potato chips with tzatziki, another group made apple and cheese kabobs and the other group made egg salad on crackers. In addition to creating these snacks the participants learned about nutritional values and how to read labels and understand the ingredients both healthy and unhealthy in food items.

The Life skill unit supported the participants in money counting, budgeting, grocery shopping, and comparison shopping when purchasing product ingredients from different grocery stores while staying within a specific budget.



For Transportation, teens learned how to use different navigation apps such as Google Maps and Transit apps each week and used them in different scenarios each week. They also learned how to use different bus routes going to and from (and vice versa) their house and the program. One of the highlights of this year was when all groups rode the Skytrain to go to Douglas College New Westminster campus to attend an information session. They were able to combine their route planning skills using the navigation apps and their knowledge of the different Skytrain lines and stations, as well as how to use the CVM to load and check the balance of their Compass Cards. Many of the youth learned how to take the bus independently while in the program.

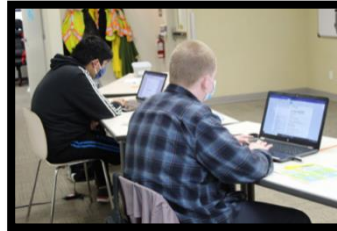


In **STEP program**, the Youth worked on gaining employment skills in the following goal areas:

- **Transportation**
- **Resume Building/Interview Skills**
- **Job Exploration**
- **Work Experience**
- **Paid Employment**



All participants received their First Aid and Food Safe trainings and certification this year, as well as gained more employment skills throughout the program. The program ended June 2022. We are looking forward to starting and welcoming the new group of youth for both BUILD and STEP programs this fall.



We are excited to start up all the Community Leisure Programs this fall; Skating, Swimming and Fun for Kids.



## Child and Youth Services Team

Kelly McCafferty, Adele Holland, Alethea Peters, Jeka Ayson and Caitlin McKearney