



MUNICIPAL ELECTION CANDIDATE MEET & GREET



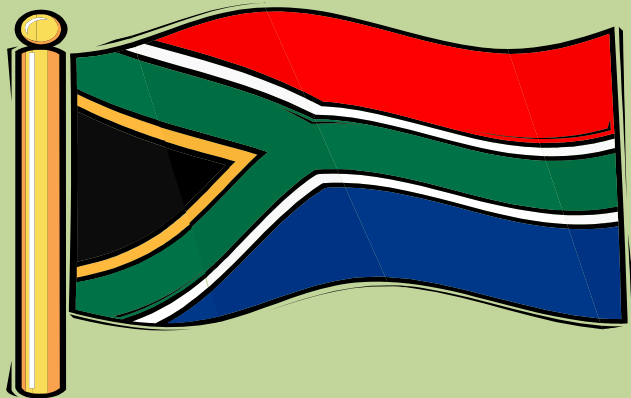
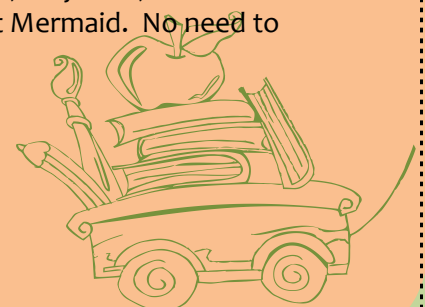
The municipal election is set for November 19th. At that time mayors, council members, regional district representatives, and school trustees will be elected.

On Thursday, November 10th at 1:00 SCACL will be hosting an all candidates meet and greet. This is your opportunity to hear the candidates answer questions from the self-advocates. Afterwards refreshments will be served and everyone will have a chance to mingle with the candidates. The Meet & Greet will be held at SCACL's Mermaid Location.

This event is open to all SCACL participants and stakeholders. If you plan to attend and do not normally attend Day Program on Thursday afternoons please RSVP to Christie (604-885-7455 or ctott@scacl.ca). Bottle Me will be cancelled.

GET OUT THE VOTE WORKSHOP

Thursday, November 3rd Day Program will host an educational workshop covering municipal elections: how to vote, why vote, and who is being elected. 1:00 at Mermaid. No need to RSVP.



South Africa Flag

SOUTH AFRICA DAY

Our Canada World Youth, Chevon and Carrie, arrived at the beginning of October and are settling in to their routines on the Sunshine Coast and at SCACL.

Day Program and the Canada World Youth are hosting a South Africa Day on Tuesday, November 15th. The event will begin with a South African themed Community Lunch. Food prepared will be from Chevon's home province in South Africa. After lunch we will watch a video that documents their experiences in South Africa. "The Khayelitsha They Never Show You" is approximately 20 minutes long.

If you would like to attend the lunch and do not normally attend Day Program on Tuesdays please RSVP to Sherrie (604-885-7455). If you are planning to attend just the movie there is need to RSVP – just drop in at 1:00.

ITS RAINING ITS POURING



A reminder from SCACL staff to please come prepared for the weather. Footwear that can withstand some rain (running shoes are fine) and a jacket that can withstand some rain (does not need to be a rain poncho – a regular water resistant jacket is fine) should be worn to Day Program.

Supported Work staff would also like to remind individuals whom work outside to come prepared to work in the rain. Clothing should be able to withstand the rain for the individual's entire shift (likely 2 hours). Some shifts can be cancelled when the weather is very cold and/or wet. However, individuals should be prepared for work.

Dress warmly when it is cold – toques, warm clothes under your jacket, a waterproof jacket is great but it should also be warm, and thick socks.

Dress for the rain when it is wet – waterproof footwear (boots, duck shoes) and waterproof jacket with a hood. Many individuals like to bring a change of clothes in case their pants or shirt get wet.

If you have any questions about work clothes please contact Patty or Lorna at (604)885-7455.



STAFF ARE LEARNING TOO.....

SCACL's Management Team attended a 3 day workshop in Whistler presented by CSSEA. CSSEA is the Community Social Services Employers Association which represents over 200 social service organizations in BC. Workshops attended focused on human resources and labour relations.

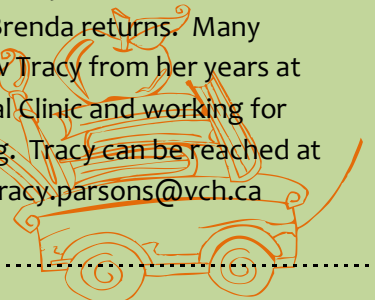
Approximately 10 staff completed their First Aid training. It is a requirement that all SCACL staff have current first aid training. Staff redo their training every three years.

Approximately one third of the staff attended their annual Health Recertification. This training covers medication administration and health care plans (seizures, diabetes, bowel care, etc.). The training is facilitated by the Health Services for Community Living Nurse.

INTRODUCING TRACY PARSONS



Brenda Wilkes is taking a three to six month leave of absence. Tracy Parsons will be in the position until Brenda returns. Many people might know Tracy from her years at the Sechelt Medical Clinic and working for Home Care Nursing. Tracy can be reached at (604)885-8515 or tracy.parsons@vch.ca



GREEN INITIATIVES



Over the last 18 months SCACL has taken several steps to introduce green initiatives – including worm composting, garden boxes, and purchasing organic vegetables. These initiatives are being undertaken with a goal of decreasing the negative impact SCACL's activities have on the environment. But it is more than that it is also about sustainability.

Glen and Catherine Abbott (SCACL board member) have written the first draft of an environmental plan that seeks to identify as many ways as possible to use less energy, cause less waste, grow more food and so on. The only way to begin this journey is by taking one practical step at a time. Next on the agenda will be a water assessment by the SCRCD and an energy assessment conducted by BC Hydro.

Another step we now need to take is to strike a committee of all stakeholders to tie all of these initiatives together. Anyone interested in joining or contributing to the committee is asked to contact Glen McClughan.

One role the committee will have is to review the draft environmental plan and create a training module for all SCACL stakeholders.

The newsletter will continue to inform stakeholders about green initiatives as they are implemented.

FIRST AID TRAINING

SCACL Day Program will be hosting first aid classes for all SCACL participants. More details will be available once they are finalized. Classes will be Thursday afternoons. The class will be facilitated by Red Cross Instructor, Lynn Giamba. Keep your eye out for more details. If you are interested in participating but do not normally attend Day Program on Thursday afternoons please let Christie know.

DATES TO REMEMBER:

October 31st: Halloween Party

November 2nd: Hip Hop Class Begins

November 3rd: Voting Workshop

November 7th: JET

November 10th: Job Club

November 10th: All Candidates Meet and Greet

November 10th: No Bottle Me Shift

November 10th: Supper Club

November 11th: SCACL's Day Services and Mermaid are closed for Remembrance Day

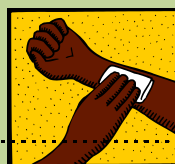
November 20th: Special Olympics Swim Meet in North Vancouver

November 21st: JET

November 24th: Job Club

HIP HOP CLASS

For the month of November the NIA class on Wednesdays is being replaced with a HIP HOP class. The class will be Wednesdays 1-2 at the Gibsons Community Centre. The cost is \$25. Please make payment to SCACL and give your cheque or cash directly to Tracy Brown or Steve Wright. If you have any questions please contact Tracy or Steve at 604-885-7455.



TIPS ON SUPPORTING SCACL PARTICIPANTS WITH GRIEF:

This is a copy of a publication which I found contained some very useful information. It is only meant as part of the resources that should be used in supporting adults with intellectual disabilities deal with grief. But I think it provides a good basic understanding for supporting SCACL's participants with grief.

Part of life is dealing with one's losses and grieving. We have social structures, support systems, teachings and rituals that help us understand and recover from significant loss. It is not uncommon for adults to feel they must protect others from these difficulties including children, elderly people and persons with disabilities. In fact, strenuous efforts are often made to protect people with intellectual disabilities from life's losses and disappointments. The harsh reality of their own and their parents' mortality is a secret they will have been judged too vulnerable to be told. Their death education has often been non-existent, so their bewilderment at the disappearance of a loved one should be no surprise. It is imperative that all people be able to access the supports given in their culture to understand death and loss. Protecting someone usually results in more problems in that grief and mourning will not be properly experienced, leading to more significant future difficulties.

The following recommendations are made to assist persons with disabilities in dealing with death and loss:

POINTS FOR CAREGIVERS OF BEREAVED PEOPLE WITH INTELLECTUAL DISABILITIES

- **Be honest, include and involve**
- **Listen - be there with the bereaved person**
- **Actively seek out nonverbal rituals**
- **Respect photos and other mementos**
- **Minimise change**
- **Avoid assessment of skills**
- **Assist searching behaviour**
- **Support the observance of anniversaries**
- **Seek bereavement specialists for consultation if behavioural changes persist**

1. **Be honest, include and involve**

Many caregivers or family members find themselves quite unable to be honest or to include and involve the person with a developmental disability. The person should be offered the choice of whether to attend the funeral or memorial service. If he or she is unable to choose directly because of cognitive limitations, it is usually advisable to involve the person as fully as possible in all the rituals being arranged.



2. Listen - be there

Being available to listen and provide support is essential. This must occur immediately after the death, and, most importantly, also in the weeks and months following. Understanding the permanence of death comes slowly, thus the person with a developmental disability may experience delayed grief.

3. Actively seek out nonverbal rituals

The nonverbal rituals with which most cultures surround death are helpful to many of us. They are particularly helpful to people with intellectual disabilities who cannot find solace in the written or spoken word. Counselling picture books may be helpful in explaining what happens when someone dies.

4. Respect photos and other mementoes

In the early stages of a bereavement it is quite common to avoid pictures and possessions and places which are associated with the person who died. As time passes, such mementoes may come to be treasured. Indeed, the reduction in avoidance of such cues can provide a useful measure toward resolution of grief. People with an intellectual disability should be helped to choose some mementoes, and this choice should be offered again at a later date when some of their emotional pain has subsided. Sometimes people make unexpected choices, but these should be respected.



5. Minimise change

It is advisable to minimise changes in routine and changes in accommodation or of caregivers at a time of grief. As a rule of thumb, we suggest major changes should be avoided for at least one year.

6. Avoid assessment

If a caregiver has died which may result in changes to living arrangement, it may seem sensible to assess an individual in order to "fit" him/her into the best service or support system. However, this can be the worst time to assess someone whose behaviour and skills may have regressed because of the emotional energy being expended on grieving.

7. Assist searching behaviour

By revisiting old haunts and going to the cemetery, caregivers can assist appropriate searching behaviour to support emotional recovery. Hoarding behaviour may suggest that more help of this kind is required. For example, the person who absconds or is found wandering may be trying to find their lost home and family.

8. Support the observance of anniversaries

Anniversaries should be formally observed. Many religions have formal services a year after someone has died. This is especially helpful at the time of the anniversary of an important loss.



9. Seek specialists for consultation if behavioural changes persist

Referrals for consultation with bereavement specialists are typically made very late. It is important to make referrals, especially mental health referrals, as soon as any serious grief reactions are noted, such as aggressive behaviour, persistent irritability, mutism, loss of skills, inappropriate speech (i.e., asking "where is Dad?" all the time), self-injury, tearfulness and absconding. A recent study of the efficacy of volunteer bereavement counselling and support for people with learning disabilities found significant improvements in mental health and behaviour. On the other hand, specialists without specific experience in bereavement did not achieve the same success.

CONCLUSION

People with disabilities have a right to participate fully in the grief and mourning process and in all of society's support systems and rituals associated with these losses. Concerted effort is needed to offer death education to professionals and to parent organisations so that they may become familiar with normal grief reactions and provide proper supports. Death education can be introduced into the school and adult education curriculum for people with learning disabilities. Advice is needed to construct guidelines for special agencies to follow when a death does occur. This might include helping professional caregivers rehearse breaking the news of a death. Practical plans to avoid immediate admission to residential care are required. The importance of ensuring that the bereaved person has some mementoes of their deceased relative must be remembered and advice on the importance of nonverbal rituals at the funeral may be helpful. Bereavement counselling for people with intellectual disabilities should be made available routinely and not just when a maladaptive reaction has been recognised as grief. Both individual and group work with bereaved individuals may be helpful, particularly if nonverbal approaches, such as the use of counselling picture books, are available.

HOCKEY POOL

The SCACL Hockey Pool is underway. Currently the Bobble Heads 3 are first followed closely by Crash Creekers and Mermaid Millionaires. It is early in the season so it is anyone's game at this point. The pool standing can be seen at www.pickuphockey.com Pool Name: scacl3
Password: Mermaid

