



## Labour Day September 7<sup>th</sup> 2009

Due to the Labour Day statutory holiday the Mermaid office and programs will all be closed on Monday September 7<sup>th</sup> 2009. We hope everyone enjoyed a great summer. We certainly can't complain about the weather!

## September 2009 Program Schedules

Please visit [www.scacl.ca](http://www.scacl.ca) to view our online activity schedules for the Supported Employment Program and Day Program.

- **Supper Club** will be held on Sept 10<sup>th</sup> and 24<sup>th</sup> 3:00pm - 5:00pm \$5.00 fee
- **Job Club** will be held on Sept 10<sup>th</sup> and 24<sup>th</sup> 10:30am
- **Video Night** will be held Sept 4<sup>th</sup> and 18<sup>th</sup> 4:00pm \$4.00 fee
- **Bottle Me** will resume Sept 1<sup>st</sup>



## Special Olympics Registration

The Sunshine Coast Special Olympics Registration will be held at SCACL's Mermaid St facility on Wednesday Sept. 2<sup>nd</sup> at 4:00pm. There is a fee of \$20.00 for the 2009/2010 year. A calendar of sports with dates, location and coaches will be given to each registering athlete.

## Upcoming Fall Programming at SCACL



### Music with Ken McBride

SCACL's music program with musician Ken McBride will continue in Gibsons on Wednesdays 10:30am and will start up again at the Bethel Baptist Church in Sechelt on Thursdays 10:00am starting Sept. 10<sup>th</sup>



### NEW - Musical Explorations with Steve Wright

SCACL is excited to offer a new music program facilitated by Steve Wright. Steve is a musician, songwriter, performer and educator. He has recorded hundreds of hours of music and worked with groups with diverse styles ranging from indie punk, electronic noise, and acoustic ensembles. He also engages in the visual arts and other artistic mediums, all of which he uses in his programming. Steve will introduce participants to new sounds, through a fast paced program of improvisation and participant involvement. He will lead everyone on a sonic journey playing everything from guitars, to balloons to re-wired children's toys. Participants will learn about volume, energy, silence and motion while having fun. There will be opportunities to draw and paint musical scores along the way. This program will run for 6 weeks starting September 14<sup>th</sup> until October 26<sup>th</sup> (with no class on Thanksgiving Monday) on Mondays from 10:00am to 11:30am. Participation is limited. If you are interested in participating and do not typically attend Day Program on Monday mornings please contact Christie or Tracy.

## **N.I.A.**

NIA begins again Wednesday, Sept 2<sup>nd</sup> and will run until Oct. 21<sup>st</sup>. Note to all NIA participants: If you have not already done so now is the time to register. Please bring a cheque payable to the SCRDR for \$39. SCACL staff can assist you with registration or you can pay directly at any SCRDR facility.



## **NEW Let's Be Friends**

SCACL's Day Program will be hosting a series of workshops focused on social successes and preventing social isolation. This group promises to be lively and fun. The series of workshops is designed so that you do not have to attend every session to benefit from attending. So feel free to drop-in any Thursday afternoon. Starting Thursday, September 17<sup>th</sup> at 1:00pm

## **NEW Circuit Training**

Mondays and Fridays from 10:00am – 11:00am (FREE) at the Gibsons Community Centre starting Sept. 14<sup>th</sup>

The SCRDR and Vancouver Coastal Health have partnered together to offer a circuit training fitness class designed specifically for adults with developmental disabilities. The instructors are Tanya Flynn and Verna Chan, both professional fitness instructors who have years of experience and training. If you are interested in attending this Fitness Program please contact Brenda Wilkes at [brenda.wilkes@vch.ca](mailto:brenda.wilkes@vch.ca) or (604) 885-8515. Participation is limited. Please Note: SCACL will be offering Day Program participants the opportunity to attend as part of our Friday programming so there is no need to RSVP to Brenda if you will be attending on Fridays as part of Day Program. SCACL may participate on the Mondays as well starting in Nov. 2009

## **Healthy Lifestyles**

Brenda Wilkes, the HSCL Nurse will be offering a healthy lifestyles workshop on Wednesdays at the Gibsons Community Centre at noon (during lunch hour). This program will cover information about healthy eating and exercising. If you attend Music and NIA on Wednesdays and do not wish to attend the healthy lifestyles class please let Day Program staff know ASAP – to see if alternate arrangements can be made.



## **Communicable Disease Prevention**

The cold and flu season is approaching. Please assist us to prevent communicable diseases and stay home if you feel unwell and wash your hands frequently. Arrangements will be made for individuals who are displaying symptoms of being ill to go home.

**Canada  
World  
Youth**



**Jeunesse  
Canada  
Monde**

## **Canada World Youth**

Canada World Youth has been confirmed to do a work placement at SCACL starting in September. The 2009 Participants will be from both Canada and from South Africa. SCACL will host two individuals to work three days per week at Mermaid Centre. Their first day will be Sept. 21<sup>st</sup>. and they will work until Nov. 18<sup>th</sup>. Their primary tasks will be the completion of a communication board, a photo scrap book and to assist with the planning and implementation of events for Community Living Month in October. We look forward to the opportunity to work with CWY again!

## Upcoming Staff Training

### Annual Health Certification Sept 29<sup>th</sup> and Oct 1st

Annual Health Certification with Brenda Wilkes HSCL Nurse.

Sept. 29<sup>th</sup> Health Certification 9:30am @ Mermaid

October 1<sup>st</sup> Rosecliffe Certification 9:30am @ Rosecliffe

Staff will receive an email if they are due for this training



### MSIP Sept 21<sup>st</sup> and Nov 4th

Muscle/Skeletal Injury Prevention with Richard Eton

9:30 – 11:30 Mermaid Centre

Staff will receive an email if they are due for this annual prevention training

### FASD Oct 13<sup>th</sup>

#### Understanding Fetal Alcohol Spectrum Disorders

**9:30 am – 12 Noon at Mermaid Centre**

FASDs are the leading cause of developmental disability and are the most common disability in the world. FASDs are prevalent in all cultures, classes and races. Most of us will encounter someone living with FASD and never know it. FASDs are brain based invisible physical disabilities. This training provided by Karen Foley and Jen Davies will provide you with an understanding of the physical and behavioural aspects of FASDs. We will explore the link between brain differences and behaviour, while providing hands on strategies to issues that arise at your workplace.

Staff will be invited to attend this training.



### Person Centered Thinking Sept 30 and Oct 1st

A two day training (9:00am – 3:30pm) facilitated by Paul Wheeler, Lynne Ford and Nolda Ware of Semiahmoo House Society.

The training will consist of exercises where the participants acquire basic person centered thinking skills such as:

*The importance of being listened to and the effects of having no positive control*

*The role of daily rituals and routines*

*How to discover what is important to people*

*How to sort what is important for people from what is important to them*

*How to respectfully address significant issues of health or safety while supporting choice*

*How to develop goals that help people get more of what is important to them while addressing issues of health and safety*

Staff will be invited to attend this training

SCACL will also be offering First Aid, Non Violent Crisis Intervention and Food Safe Dates TBA



## **Community Workshop**

### **Registered Disability Savings Plan**

5520 Trail Avenue, Box 1443, Sechelt, BC V0N 3A0 | Tel: 604 885 4088

admin@communityresourcecentre.info | www.communityresourcecentre.info

**Thursday, September 17, 2009 7 pm to 9 pm**

If you or someone in your family is eligible for the Disability Tax Credit, there is a new Registered Disability Savings Plan (RDSP), featuring tax-deferred growth and potential government contributions. RDSP are designed for Canadians, to help for the long-term financial security of a person with a disability. Find out about who qualifies and how to make contributions, government assistance, disability assistance payments, effect on other government benefits and much more.

**Presented by: Tom Sinclair-RBC Financial Planner and Facilitator: Jack Collins-internationally renowned founder of PLAN**

#### **Workshop Location:**

Community Resource Centre

5520 Trail Avenue, Sechelt

#### **Register:**

604 885 4088 Or email: [admin@communityresourcecentre.info](mailto:admin@communityresourcecentre.info)



### **SCACL Thank You's**

**Thank you to Nikki Schmitt for getting a Community Living Advocate a job opportunity through her church**

**Thank you to the District of Sechelt for their donation**

**Thank you to Investors Group for their donation**

**Thank you to PRACL for the loan of their van**