



BECONNECTED



Your Becon Support Services Newsletter

Volume Six, Issue One

July, 2011

INSIDE THIS ISSUE:

Trackshoes 2011- 2

From the Director- 3

Facebook,
Site of the Month 4

BeCommunity Art Show 5

Employment 6

SABF 7

YMC, YWC 8

Dreams 9

Committees 10

In Our Homes 14

**BSS Celebrates
Camosun's
Community Sup-
port and Educa-
tion Assistant
Program Stu-
dent: Patricio
Molina Espinoza**

Each year, Becon Support Services sponsors an award to a graduate of Camosun's CSEA program who shows a commitment and leadership in supporting individuals who present with complex needs. Congratulations, Patricio, for being the 2010 recipient of the Becon Award!

MEET MICHAEL LANGRIDGE, BECON'S AUGUST "CITIZEN OF THE MONTH"

Michael Langridge of Carey House has been named this issue's "Citizen." Mike is a volunteer member of the local CLBC South Island Community Council. He is a Director of BC People First. He is a member of Self Advocates for a Brighter Future. Michael has worked with Kristen on a number of local and provincial initiatives.

For instance, they made a video about best practice approaches to including self advocates on CLBC's Community Councils. Michael assisted in the planning and hosting of "My Community", a self advocacy conference held in Victoria. The event attracted over 100 self-advocates. Then Michael was asked to give a presentation at the BCACL conference in Whistler BC about his experience hosting the conference. Kristen and



Mike as DJ Mix-A-Lot

Michael attended the conference for three days. Mike traveled to BCACL in New Westminster on three different occasions to assist on projects, including most recently the development of the CLBC handbook: *Support Networks for Self Advocates*.

Michael often dj's or hosts karaoke at Becon and SABF events, including at the annual One Day celebration. This, by the way, is a business for Michael, aka DJ Mike-A-Lot. If you would like to hire Mike for your music needs, he can be reached at 250-727-0545.



You never know where Mike will pop up next! Here he is (on the right) helping out with the "Starts With Hi" campaign...



Christa and Janice presenting Patricio his award.



More Mike-A-Lot, Making More Music

Operation Trackshoes, 2011**Beconnected Trailblazers**

BSS entered a team of 30 athletes to this year's Operation Trackshoes, June 10th–12th, 2011. While it's a little hard to believe this is the fourth year BSS has participated in the event, there is no problem at all accepting it as one of the highlights of the entire Becon calendar. If you haven't had a chance to see what it's all about, be sure to check it out in 2012. The best way to do that is to sign up now to be a participant. Second best might be to count the smiles in these photos from the 2011 edition.



And the winners are: EVERYBODY!!



Announcing "The Net Worker" -

The Net Worker (think New Yorker magazine!) is a new information source currently under construction, and its first edition soon to be released - Stay Tuned! The Net Worker will be used to communicate information that is specific to those connected to Becon Support Services through a contracted relationship, such as our Network of Home Living (NHL) home share program and our community inclusion program, BecoNetwork. You can submit items to The Net Worker by emailing Christa Paquin at cpaquin@beconsupport.ca.



THE NET WORKER

A BECON SUPPORT SERVICES PUBLICATION

FROM THE DIRECTOR

It has been a very busy time for Becon Support Services. We have experienced a variety of challenges and celebrations in the months since our last edition.

Many of you know that our primary funder Community Living British Columbia (CLBC) has experienced and continues to experience significant budgetary pressures. CLBC has relied on agencies to cooperate in finding efficiencies and creating service re-design planning in order to reduce costs. Becon has made every effort to work with CLBC yet minimize the impact on the individuals we support. This has not been an easy task and although the changes have taken their toll on the individuals we support, as well as on their families and staff, I am proud of the spirit and cooperation exhibited by all.



In the fall of 2010 we incurred a reduction of two full time employees. The strategy used to minimize the impact on services and preserve employment was to make small reductions in all programs.

Although this process resulted in some staff having their hours reduced, all positions were preserved. The management team also incurred a reduction of .5 of an FTE. This was accomplished by one Coordinator reducing their position from full time to half time and most Home Coordinators being reduced to a 36 hour work week.

Following this reduction, CLBC accepted Becon's service re-design plan, which was submitted in September of 2010. The primary component of the plan was to close Steven House. In order to accomplish, three individuals were moved into home share arrangements with caregivers of their choice. Happily, this has proven to be a positive change for everyone involved. The next step was to move the remaining two residents from Stevens into Parkside House. The staff and home coordinators of both homes worked very hard to ensure a smooth transition for all. Such

changes are never easy- however, the dedication and cooperation by our staff throughout this process deserves recognition. Although the layoff and bumping process was difficult, the closure was managed with only one person accepting layoff, an equal balance of long term Stevens and Parkside staff remaining at Parkside, and all other affected employees filling vacancies.

The final component of our service redesign will be the shift of focus of our day services to community involvement and employment. We look forward to these changes and will rely on our dedicated staff to embrace what will be a fantastic opportunity and challenge for the individuals they support each day.

I cannot express how proud and appreciative I am of everyone involved in this process. Change is always challenging; however, it is the reality of the time. I wish I could say that we have done our work and all services will continue as they are, but unfortunately there are no guarantees in this current economic climate. There is still an overwhelming number of individuals and families waiting for services and supports, so to assume that those currently receiving services will not incur future changes would be irresponsible. We as an agency will do the very best we can to advocate for the individuals we support and remain creative and open minded on how we can best sustain and enhance the services we currently provide.

I am perhaps proudest to comment that throughout this difficult time, which is perhaps unprecedented in the history of Becon Support Services, new opportunities have been created and ongoing opportunities have been enhanced, both for the persons supported by Becon, and for the communities in which we operate. We are committed to supporting people to reach their goals, increase social connections for residents, and to have a positive impact and presence in our community. As the content of this newsletter demonstrates, we continue to have much to be proud of. As I remain proud to be

Your Director,
Rhonda Connell



Becon Support Services is now on **facebook**! Stop by and Like Us! AND while you're at it, be our friend, too!

There are a number of ways you can submit comments, suggestions, compliments, opinions, etc. to BSS, and here's 3 of them:

1. Go to www.beconsupport.ca, click on "contact" and then scroll down to the comments section. Your submission will be sent directly to Kristen;
2. You can fill in a suggestion form at head office and submit it into the gray suggestion box across from Susan & Natasha's desks; or,
3. You can submit your comments into the "suggestion box" envelopes posted in each home. These envelopes are specifically for submissions that you would like to have come to head office. We'd love to hear from you!



We want to hear from you!!!

KRISTEN'S SITE OF THE MONTH

The Label Free Zone is a web site by and for people who have been labeled with an intellectual disability. It is hosted by the National Film Board of Canada and contains tons of videos, photos, and art by people with disabilities.



Check it out, at:

Label Free Zone at
<http://lfz.nfb.ca/about/>

Becon Support Services is approved as a Host Agency Supplier with CLBC's Provincial Supplier's Service List.

What this means is that individuals and their families can hire BSS to assist in areas where they may need support with the Individualized Funding (IF) contract. The support can take the form of human resources assistance, or financial coordination of your contract. For example, we can assist in the hiring of employees, completing payroll, etc. BSS would tailor the services to meet an individual's needs.

In a recent and rather exciting development, Becon is about to undertake a partnership with a small group of Westshore families. Full details of the situation these families have found themselves in can be found in this article in the *Goldstream Gazette*: http://www.bclocalnews.com/vancouver_island_south/goldstreamgazette/news/126601428.html, but in brief they are four families who have had four teens attending school full time. In what will hopefully be a model to others, the families have pooled their eligible funding and plan to set up their own day program (West Shore *InclusionWorks!*) in a rented space, with activity equipment and three full-time inclusion workers.

It's at this point that Becon has been engaged to help out, especially given the complex logistical challenges the families will face in stretching their funds to their greatest effectiveness.

If you are interested in this service or are just seeking information, please contact BSS at [250-727-3891](tel:250-727-3891).

BeCommunity Art Show

Now *here* was a first!

Billed as “Becon Support Services’ First Ever Original Art Show”, it seems much more likely to be remembered as BSS’s “First Annual” Original Art Show, if its overwhelmingly successful reception is any indication.

For the entire month of April, original pieces of art created by members of our Becon community were displayed at the Spiral Café on Craigflower Road. Most of the pieces that were for sale, SOLD! – with 100% of the proceeds going to the artists. In addition, the Café reaped the benefits of all the business our show drew to them. On Sunday April 3rd, we hosted the BeCommunity Art Show’s Grand Opening – which was also a huge success! DJ Mike-A-Lot played everyone’s favourite songs while families and friends visited together and took in the amazing art scene.

The BeCommunity
Art Show

BECON SUPPORT SERVICES' FIRST EVER ORIGINAL ART SHOW

April 3rd ~ 30th

OPENING NIGHT SUNDAY APRIL 3RD, 7:00–8:30PM

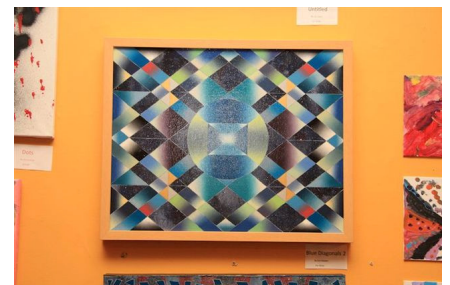
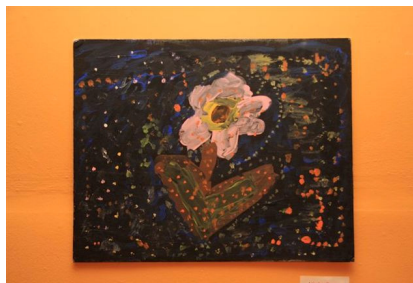


DJ Mike-A-Lot
will be playing everyone's favourite songs Refreshments will be available for purchase!

Members of the Becon Support Services Community have created original works of art, for show and for sale. Come out and support our Community's local and emerging artists – with and without developmental disabilities.

Becon Support Services is a community living organization. Our vision is for everyone to “beconnected” and for the people we support to experience the richness that life has to offer.

the Spiral Cafe
418 Craigflower Road (across from the Vic West “Y”)



"PURPOSEFUL PURCHASING"

About a year ago, the Continuous Quality Improvement Committee initiated a "purposeful purchasing" program. Part of this initiative is to compile a list of local employers and businesses who are in sync with our values around employment for people with disabilities, as demonstrated by hiring people with disabilities into real jobs for real pay. We show our support for these employers and businesses in three ways: (1) by giving them a card to acknowledge their hiring of people with disabilities, (2) by using their services and giving them our business, and (3) by compiling a list of local employers and businesses and sharing it with our network. Please join us in supporting the following businesses that hire people with disabilities to work for them:

Canada Safeway	Thrifty Foods
Starbucks	Saanich News
The Root Cellar	Roxy Theatre
Tim Horton's	Costco
Oak Bay Rec	Country Grocer
Fairways	WIN Stores
Self-Made Contracting Ltd.	

"Excellent House Cleaning Services"

Available weekdays. Call 250-220-2330 and leave a message for Brandy

Do you need yard work done around your home? Light handy man duties such as: repairing a fence, putting up a new one, some landscaping jobs – give us a try! We are affordable and reliable. Call:

**Nick...250-588-6801 Jason...
778-440-1020**



For super-clean commercial or industrial washrooms,

(and to help an NHL guy re-enter the workforce) give Adam a call, at 727-3891 (Becon Head Office).

Self-Made Contracting Ltd.

"We make it look easy"

Hauling services

- * Free Estimates
- * Fast and courteous
- * We do the recycling for you
- * Large or Small Jobs
- * *We take away:* Garbage, unwanted furniture, TVs, Computers, wood, construction waste, Yard waste...etc
- * *We deliver:* Soil, mulch, rock, gravel, and sand.

Labor services

- * Deconstruction services for residential renovations
- * Concrete slab break up and removal
- * General gardening assistance

Call Self-Made Contracting Ltd.: (250)-886-6624

About Us

Andrew, Robert, and Timon, all private contractors, now providing our services through Self-Made Contracting Ltd. We come with great references – Just ask! We would like to offer you the opportunity to join our list of great references.

MG's Lawn Mowing Service



Great Prices From a Great Guy – call 250-592-8073

Need a hand rounding up those pesky bottles and cans? Call "J's Recycling Services" at: (250) 885-8843





SELF ADVOCATES for a BRIGHTER FUTURE

SABF just might be the hardest working self advocates group in the world!

We prepared for May's federal election by learning about the candidates and practicing how to vote. We held a mock vote and Cissy, Andrea and Candace tied as the new Prime Ministers of SABF!



We have practiced and practiced and made the final edits to our game, SANGO. Now we are waiting for the final print copy. SANGO is a BINGO game for self advocates that we made.



On the campaign trail...

In March, we hosted a workshop for self advocates about building personal support networks. Aaron and Susan came over from Vancouver to help us. 50 self advocates attended, we served pizza for lunch, and SABF member DJ-Mike-A-Lot played music during lunch.

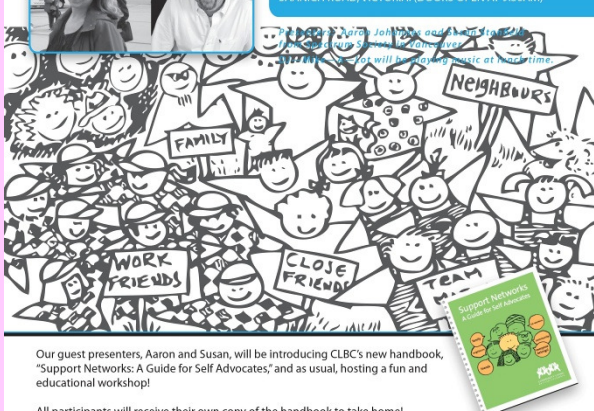
The South Island Community Council bought the pizza and drinks – thank you!

In June we had a huge party to welcome summer. We were sad to see Ava and Candace – two of our leaders – move to Vancouver. But happy for them because they wanted to move there for a long time. We are looking forward to One Day in September. We host a refreshment booth with friendship activities at every One Day. Last year we made \$160 for our self advocacy group!

CALLING ALL SELF ADVOCATES!



YOU ARE INVITED TO A WORKSHOP AND PIZZA LUNCH ON WEDNESDAY, MARCH 30TH, FROM 1:00PM—1:00PM, AT THE FIRST VICTORIA UNITARIAN CHURCH, 5575 WEST SAANICH ROAD, VICTORIA. (DOORS OPEN AT 9:30AM)



Our guest presenters, Aaron and Susan, will be introducing CLBC's new handbook, "Support Networks: A Guide for Self Advocates," and as usual, hosting a fun and educational workshop!

All participants will receive their own copy of the handbook to take home!

We'd like to thank the Cornerstone Society for their ongoing support of SABF. Without your kind and generous donations, SABF wouldn't be the awesome group with so many members as it is. Muchas Gracias!



The SABF Friendship Chain...

YMC

Young Men's Club

Since the last edition of *Beconnected* the Becon Young Men's Club has met every month to catch up on each others' lives and to participate in a fun activity. Our marquee event so far this year was a daytrip to Mount Washington to go tubing. I can say with certitude that everyone who attended (including all the caregivers) had a blast. Seven young men made the trip including one of our residents from Coombs and a special guest visiting from Ontario. Thanks to Timon and Andrew for the use of their vehicle for the trip.

Other events included laser tag (twice), an evening at Mr. Tubbs, watching "Ironman II" -- at the head office, street hockey night, Canucks Playoffs nights, and a trip to Silver City to watch "Tron" and "The Green Hornet."

What has been especially great to see is that some of our members have started to invite their friends from outside Becon to attend our events! It's always great to see our residents make social connections outside of Becon and then to see those friends show up at our social functions. After all, what is more important than friendship?

And now, a note from what might best be called the YOUNG AT HEART MEN'S (and women's) CLUB. Or maybe just "A Note from Mr. Perpetual Motion Himself".

Our own Dave Vernon checked in recently (between shifts) from the other side of the world. Take it away, Dave!

Hi Folks,
We are trying to deal with the heat here in Sicily by swimming in the ocean on a regular basis. The Ionian Sea. Quite a busy trip starting in Toronto for a few days exploring the ethnic neighbourhoods. Then on to Vienna. Very interesting with all the dynasty stuff from the Hapsburgs. They had summer homes with 200 rooms 5 miles from their regular homes. Very wealthy.

Then on to Zagreb and the Croatian coast. The islands in the Adriatic and Dubrovnic were the highlights. We took a ferry to Southern Italy and have rented a car. We are presently in Sicily with the Mafioso, lots of pasta and wine. I just made a stunning meal complete with Sicilian white wine and tomatoes and cheese. (Capri salad)

On to old Pompeii tomorrow then Rome.

Hope all is well with all of you. See you later this month perhaps.

Cheers,

David and Shelley.



Capri Salad, of course!

Young Women's Club

Becon's Women-only club has been busy these past few months.

Gambling at the casino, pub lunches and pool games, chick flicks at Silver City and mini golf. We think the most fun was going for facials -- which included gift bags full of \$100 worth of beauty products! (Thank you to Holly Carpenter for the donation of goods and services, and Shalom for her help!). All are welcome, as long as you're a girl!

Well-behaved women
seldom make history.

—Margaret Thatcher Usher



You guessed it! View from an island in the Adriatic Sea. Note the famed crystal-clear waters... Thanks, Dave!

Wish we were there...

Editor's Note- Like many BSS personnel, I have known Bryan (subject of the story below) since he first came to Becon as a pre-teen. One of the first things his workers ever learned about him was his passion for cars and his dream of one day owning one— a dream that, speaking for myself, seemed fated to remain just a bit too far out of reach to have a realistic chance of coming true. Read on, and learn HOW WRONG I WAS. And I hope you find the article even a tenth as inspiring as it has been for me.

(Article reprinted by kind permission of Michael Kelly of the Oceanside Star.)



Above, Bryan Ganz signs his purchase agreement and takes delivery of an electric Golf Car from Bill Flower and Ron Chiovetti.

Paper carrier's dream a reality as local company provides cart

MIKE KELLY OCEANSIDE STAR

Bryan, start your engine. Think back to when you purchased your first vehicle. Sitting in the sales manager's office, excitement, negotiation, agreement, signature and finally possession.

With some significant assistance from owner Ron Chiovetti and sales executive Bill Flower at Isle Golf Cars, Bryan's dream came true in early July.

Bryan Ganz works for the *Oceanside Star* as a paper carrier in Parksville. While being interviewed for this position he communicated his dream of purchasing an electric golf cart so he could transport both feed and tools while also having a little fun at the farm in Errington where Bryan also works. The farm is home to his friend and caregiver Chris Hamilton.

Bryan's dream got a huge assist from Chiovetti, who also owns ForeverGreen

Electric Cars. Chiovetti was raised in the Little Italy section of Toronto, the youngest of seven children.

His strong work ethic and desire to succeed saw Chiovetti, like many others, venture west to seek a less hectic life. In 2007 Chiovetti purchased Isle Golf Cars from local businessman Tim Sheedy. Chiovetti now lives in NanOOSE Bay and conducts business in Parksville, at 921F Fairdowne Rd.

Chiovetti approved a proposal presented to him by Flower, who wanted to help the local carrier, who is developmentally disabled. With the assistance of ForeverGreen sales manager Mark Beuerman, the team at Isle Golf Cars decided ForeverGreen Electric Cars' first community-minded sponsorship would be to outfit Bryan with his own Electric Golf Car. It is complete with headlights, "cool" pin striping and racks for his rakes, shovels and other farm implements.

"Of course the success of a business is based on being profitable but sometimes you need to sit back and give back to the community where your successes are created," said a smiling Chiovetti.

"The look on the face of Bryan and his caregivers when we presented him his golf cart was priceless, and then to watch him take it for his first spin with Bill was something I will never forget."

One of Bryan's other dreams was to sign a contract to establish a monthly payment. He wanted the commitment of personally earning and paying the amount due. Flower put together a document which you can see Bryan signing in the photo above. He has agreed to a monthly payment of \$10.00/month for 10 months.

Mike Kelly is the Star's circulation manager. He looks after the many carriers who deliver your newspaper.

BECON COMMITTEE REPORTS



GREENCONNECTED

At the beginning of 2011, the Green Committee took on a whole group of new members and a whole new look. We now have a committee composed of three members of the Becon leadership team (Luis, Christa, Jason), one resident (Elliott) and one parent (Lorri) from Pearl House, One Network of Home Living resident (Brandy) and her caregiver (Donna), and one line staff (Graeme). Our meetings are quite lively and lots of good ideas get tossed around. We are trying to focus on little things to make a difference as opposed to bigger projects.

One exciting initiative that is currently poised to make a big difference is our “Party Kit” initiative in our group homes. Until now, we have usually purchased disposable plates, cups, cutlery, and napkins for our social events such as barbecues and holiday parties. Now all our group homes have purchased what we are calling party kits. The kits will be used at all Becon social events. Each kit contains enough reusable plates, cups, napkins and cutlery for all residents and staff at that program. After each event everything will be washed and packed back into the party kit, stored in the programs’ van, and ready for the next event. Considering we have up to 60 residents and staff from our group homes attending each social function, the amount of garbage that will now be kept out of landfills will be substantial. We also want to encourage parents and people from our home shares to bring their own reusable plates, etc. to our functions and save even more garbage from being generated.

Also on the agenda for upcoming Green events is the Great Canadian Shoreline Cleanup. This year we are registered to clean up our usual spot at Willows Park on Sunday, September 25, starting at 10:30, followed by a waste-free beach barbecue. Everyone is welcome to participate and more details will be sent out closer to that date.



HR—CONNECTED

Much attention has gone into the planning and rolling-out of Becon's organizational "redesign" program. Redesign was a requirement of all agencies by our major funding body, due to the increasing need for services and supports for people with developmental disabilities in B.C., with no increase in funding to provide those services and supports. Becon's redesign included the reduction of 2 FTE's and the closure of Stevens House. Attempts were made to minimize the impact on employees and programs, while still meeting the requirements of our funder. *Please see "From the Director" column for more information.

The Policy & Forms Committee in collaboration with the HR Committee developed a new policy, the "Professional Development Policy," #4031. This policy formalizes Becon's commitment to continued learning and professional development. It states:

"Becon Support Services recognizes the benefits of professional development and continuing education, and encourages such development among all of its employees. Professional development is useful in enhancing the effectiveness of the organization's ability to provide continuous quality improvement services to the individuals it serves. Although Becon and its employees often engage in independent professional development activities, BSS also endeavours to provide various professional development provisions as per our regulatory requirements, employee requests, resident and agency needs."

Recently, the following workshops and training opportunities were attended by Becon personnel:

- Jenn attended CLBC's four day training and certification on how to do home studies for our Network of Home Living home share program;
- All Home Coordinators and regular staff at Parkside, Heights, Pearl, Onyx, and Prairie received SIVA (Supporting Individuals through Valued Attachments) training from our own Becon-certified trainer, Jason Falk;
- First aid recertification was provided to all Becon employees and contractors [and a person supported!];
- Jason attended three days of training and workshops put on by the Spectrum Society in Vancouver: "Supporting a Person with Post Traumatic Stress Disorder (PTSD),"

"Beyond Behaviours: Supporting Competence, Confidence, and Well-being," as well as a day of sharing stories and the impact they have on people's lives. From the information gleaned from these workshops, a handout of basic information on supporting people with PTSD was developed and has been presented at several staff meetings;

- 14 Beconnites attended a workshop put on by the South Island Education Committee (of which Kristen is a member), called the Changing Role of Providing Support within the Community;
- 4 Leadership team members attended the South Island Training Initiative's 2-day conference at UVic. This included a half day with Dr. Gabor Mate, which was the highlight;
- Kristen and Christa attended a workshop about community engagement and how to host collaborative community conversations;
- Christa and Jason attended a day with David Hingsburger about Sexuality and People with Developmental Disabilities
- 14 new employees attended Becon's in-house Central Orientation;

2 new Home Coordinators attended Licensing's Residential Manager Orientation, and all HC's and PIC's attended Licensing's orientation to its revised meals and nutrition policies

Thus far in 2011 there have been two students from Camosun College with us for their practicum. One of them began employment with us in April after the completion of her practicum.

Do you have family or friends who would like to volunteer with us? – Send them our way!



DID YOU KNOW....?

That over a quarter of the Becon Support Services Interview Form is made up of questions that our residents have asked us to put to potential employees. Special thanks to Michael, Kathy, Lindsay, Janice, Rosalyn, Steven, and two of our youth from Pearl and Onyx for helping us revise our form by adding their questions.

OHS COMMITTEE

The first six months of 2011 have seen the OHS Committee keep up the pace that was set last year. To date we have completed five annual site inspections. This has been a valuable learning tool, as we now have three years of site inspections to refer to. There is still work to be done in addressing issues in a timely manner, and the committee hopes that future site inspections will lead to fewer recommendations.

MAY WAS EMERGENCY PREPAREDNESS MONTH AT BECON!... In May we held our annual Emergency drill, the second one we have held this year, as Becon also participated in the Province-wide emergency drill in the spring. In addition, we used the tsunami warning that was issued following the earthquake in Japan as a spontaneous opportunity to complete an agency-wide tsunami drill. We held our third annual fire suppression training workshop in coordination with the Saanich Fire Department – there were 13 attendees, with seven of our eight sites sending staff (as well as one site sending a resident). This is required annual training, which the committee feels is invaluable for staff and residents. Each person learned the proper procedure for using a fire extinguisher and had the opportunity to put out a small fire. Thanks again to the Saanich Fire Department for a fun, informative session.

One Home Coordinator and one Union Appointed Rep attended training put on by the Employers Advisors' group on how to effectively manage an Occupational Health and Safety Committee. These sessions, a half day in duration, are invaluable training tools for committee members.

We held our third annual van inspection day in June, with all vehicles either owned or leased by Becon getting inspected by the committee. There were some recommendations from these inspections, which we fully expect will diminish over time.

The OHS committee continues to look for ways to ensure the safety of all the staff and residents who work for and are supported by Becon Support Services. The committee is proud of the work it does and looks forward to the coming six months.

THE CQI CONNECTION

The CQI Committee has awarded two more community partners the "Becon Support Services Community Partnership Award" since our last issue of Beconnected. This award recognizes an individual, group or business for their contributions and on-going support to people with devel-

opmental disabilities in our community. Each recipient was awarded a framed certificate and a personalized letter describing the reasons why they were chosen. The newest winners are: Mike Engel, Behavioural Consultant, and Roger Batchelor, Barrister and Solicitor. Thank you! – Community Living wouldn't be what it is today without the participation and leadership of folks like you!

"Survey Prep Guide Fun!"

We are one year away from our next accreditation survey and looking forward to it with excitement and colourful rainbows! Becon has much pride in our accomplishments of past accreditations, and anticipates "SURVEY 2012" will be equally successful! The CQI committee is meeting monthly in the year leading up to survey, and one of our jobs is to complete the CARF Accreditation Survey Prep Guide. Our standing agenda lists this activity as "survey prep guide fun!" Stay tuned for more accreditation information coming your way.

Did you know that the CQI Committee has a number of active committees that report to it? These include: the Cultural Competency Committee, the Accessibility and Accommodations Committee, the Strategic Planning Committee, the Policy & Forms Committee, the Green Committee, HR, Medication Safety and Management, Spirit of Community & Kindness (SOCKS) Committee, the Communications Committee, OHS Committee, Social Committee, Day Services Development Committee, and Behaviour Support Committee.

If you are interested in joining a committee, please contact Kristen Kay at head office.

family council

Becon Support Services Family Council met on June 28th 2011, at Becon's head office. Families were updated regarding the activities of Becon's service redesign, other happenings at Becon, and we discussed the current goings-on in community living. We really enjoy this time together with families, and want to thank those who come out regularly. The next meeting of Family Council will be announced in September. For more info or to get involved, please email us at familycouncil@beconsupport.ca.

SOCIAL COMMITTEE

The Social Committee has been busy putting on events with and for our Becon family.

The Christmas dinner in December was huge and we served dinner to about 150 people! Santa and his elfs handed out gifts for everyone and DJ-Mike-A-Lot spun the tunes. Other winter events included valentine cards-making craft night and cupcake-making baking day. We celebrated Chinese New Year at Raymonds. As with so many of our social events, we must find a bigger venue for next year so that we can all fit! Lots of good food and socializing with each other including families and new friends from the NHL program.

The spring was full of celebrations and activities, including: Our Third Annual Becon Easter Egg Hunt and BBQ at Tamarack (thank you, Tamarack, for continuing to be the hostesses with the mostesses!), Mother and Father's Day craft nights, mini golf @ Matticks Farm, our Second Annual First Nations Aboriginal Bannock-making feast for National Aboriginal Day, and Becon's first (of many to come) art show, called "BeCommunity," which was hosted at the Spiral Café for the entire month of April.



Summer began with a huge BBQ and potluck @ Gordon Head park, followed a couple weeks later by Becon's Annual Family & Friends Picnic at Centennial Park. Upcoming events to look forward to: More summer potlucks, ONE DAY on September 10th at Topaz Park, and our Annual Community Living Month Pancake Breakfast in October.

PICNIC, BBQ PICS PICKED





One Day ~ 2011

Mark your calendars! ONE DAY 2011 is scheduled for September 10th, 2011, from 11AM—3:00PM, at Topaz Park.

For more info, contact Kristen... And join the One Day Facebook Group!

WHERE WE LIVE

THE HEIGHTS REPORT

Jennifer – I got my suite painted and I love it so much that I'm not interested in hanging posters everywhere anymore. I got a new 32' TV for my new Wii Fit. I also have a new computer that I enjoy using sometimes. I've been busy at my day program with Justina. We have been walking the 10k at Elk/Beaver Lake on a regular basis and we walk everywhere together! My mom has been visiting and I love having lunch with her. We usually do some crafts together too! I turned 34 on June 16th and had the most amazing party at the Flipside Teen Centre with many friends, did some crafts, and listened to music. I love dancing and I do it every chance I get.

David – I started playing on a baseball team in March and I have been having lots of fun meeting new people and trying different things. I really like hockey and went to a few Salmon King games this season. I hope to get some season tickets next year so I can go more often (Oh no! – Just heard the Salmon Kings have moved out of Victoria!). We watched the Stanley Cup Finals at our house and were so excited that we almost won the CUP! I have been volunteering during day program with John...we go to the Beacon Hill Petting Zoo every Wed to help with farm work, and my favorite part is brushing "Peanut Butter," the miniature horse. I deliver bread every Monday and I'm always looking for new things to do and new people to meet.

Martin – I really enjoy my weekly outings with mom and with dad. We usually go driving around, out for dinner, walks, or to do a little shopping. What I love the most about going out with my family is that they spoil me and treat me like a KING! I have lots of fun at my day program....We go for day trips all the time to places like; Renfrew, Jordan River, Sooke and all over the South Island....So I get around! My friend Lis took me to Vancouver Christmas shopping in June and I can't wait to go to Saltspring Island for some serious hiking on Mount Maxwell.

Melissa – I have been doing really good....Lately, my friends Jody and Fatima took Martin and me to Coombs and Parksville for a day trip. We have been on a few picnics and at the beach on the weekends and I'm looking forward to sitting by the fire at Goldstream Camp Park later in the summer. I love campfires!



CAREY REPORT

Paul – sometimes I'm hard to motivate, but once I get going you can't stop me. Some of the things I'm enjoying: to use the jacuzzi at the rec centre on Saturdays; to Francelli's for a smoothie; I never miss wiggling-out at the dance on Wednesdays; lots-o-neighborhood walks; and just recently Val and I went on a harbor ferry cruise.



David – “You know I like Lily...Lily is lovely...and that is a poem.” I like poetry and rhymes and limericks and to sing and to help my sister with crosswords. The best thing about Carey House is I get to go to concerts and lunches with my sister. Soon I will stay over at her place again. I also like to make fun of Mike when I can get a word in. I am busy every day and night except for ‘Siesta Tuesday.’ When it is hot I go jump in the lake almost every day. In the autumn I go to Beach Acres in Parksville and stay in a forest cottage. Curried chicken is my favorite! You know Steve Earle is coming to town and I am going to take my sister. We all go to the ‘Noodle Box’ once a month, it is lovely. Thank you for asking!



Julia-I like to go for drives...if I really had my way I would be out driving around ALL THE TIME!! I like to wave at passers-by...I like to keep moving...I wish I could afford my very own chauffeur. I like to sit in the front seat...I always sit in the front seat...I like to go for drives! Every Sunday just me and my staff drive out to Dan's Market on Oldfield Road, I have a coffee and maybe buy something interesting, they all know me there, they say, “Hi, Julia!”

I also like to swim... I am a very good swimmer. I like to make my own breakfast, except on weekends. I will eat chocolate and cheezies and coffee is a GOOD thing! I went to Craft Night and I thought it was pretty funny.

I am waiting for my mom to come up from California and visit me for a few weeks...her old VW broke down so I don't know if she is going to make it now...I miss her so much!

Mike – All I want is \$\$\$ so I can buy techie stuff for my: laptop, karaoke machine, PSP player, mixer board, speakers, TV, microphones, amplifiers, electric guitar...etc.! I want to upgrade my equipment and hire myself out as a DJ and make pots of \$\$\$ -- this is a goal of mine. So if you have a party or an event you need music played for...

I earn about \$20 per week helping out at home, but it's slow adding up. In the meantime I volunteer my time with BC People First, South Island Community Council with Kristen, SABF and enjoy the BSS Men's Club, Craft Night (they are funny!), Bill Cino's weekly Singalong, movies out with my friends, birthday parties, weekly swim with David, Operation Trackshoes, Special Olympics, time with my parents and shopping and more shopping!

PRAIRIE HOUSE REPORT

Andrea- I recently became a new auntie! I love to visit my baby nephew, Ben. I have been enjoying my monthly tea dates with a good friend, Elspeth. Lately I have been going swimming with Sandy and going on walks with Brian. In May, I had my first ever trip on a plane! I went to Ontario to my OMA'S 90th Birthday where I had lots of fun and visited all my uncles and aunts and ate lots of good food. The highlight of my trip was a visit to the African Lion Safari Park- where I got to see lots of lions, leopards and monkeys! Can't wait for the summer! Sad to see the Canucks lose the Stanley Cup.



*Andrea at SABF, with friends
Chrystal and Brandy.*

(Prairie Report, continued...)

Christina: I've had quite a busy year! Started the New Year off with the Polar Bear swim and am looking forward to doing it again next year- being a brave girl! My favorite activity is horseback riding and I'm into my second session now. I have been keeping active through, swimming and hiking regularly, and looking forward for the nice weather so I can start swimming in lakes and the ocean. I am always on my computer, busy looking up new places to move to in the future. I have been enjoying tending to my vegetable garden with Sandy. Looking forward to the zucchini, tomatoes, peas, squash, beets and lettuce. I am excited for my upcoming trip to Parksville!

PEARL HOUSE REPORT

Steve- What a great start to my summer! I competed on the Beconnected Trailblazers team at Operation Trackshoes for the full two days and won so many ribbons they could barely fit on my t-shirt. As for the time before I once again did my Christmas Special (shhh – I was Santa for Becon) and had a great time handing out all the prezzies. After lots of thinking I gave up my job at Thrifty's as it just was not working out for me. I joined the self advocacy group, SABF, and also am volunteering on the planning committee for One Day – this year's One Day event will be on September 10th – mark it on your calendars!

Carl- I've had a wonderful year since last I filled you in on my doings. I'm still enjoying my day program and of course my couch in the living room at Pearl. Staff let me sleep in on the weekend and I take full advantage of it – sometimes not getting up til noon. I'm also opening up my food choices to include more than my favs, and surprise! - I like the choices I'm given. But my big news is that I'm back to my Mom's for Sunday afternoon visits. Nothing better than lounging on Mom's couch watching TV and eating muffins.

Elliot- Just finished up a weekend of competition at Operation Trackshoes – what a blast! Won ribbons and hung out with new and old friends. And you should see my Dragon Lizard – she's over 16 inches and still growing like a weed. After feeding she will sit on my chest and cuddle. Too cool.

Chris- Another great Operation Trackshoes for me. Spent the day with Sylvia running around winning ribbons and talking with old and new friends. I'm still enjoying Garth Homer and all the swims I can get, every weekend just about.

Patrick- I've had a bit of a rough couple of months. My baby toe got infected and it's taking its time healing so I don't get to go swimming for awhile. Still, I get to go for my usual drives and walks around town.

FORRESTER HOUSE REPORT

Christy- What a great time I have had in the last six months. Earlier this year I went clothing shopping and bought myself a new bathing suit. I have gone swimming at Oak Bay Rec, and relaxed in the hot tub and sauna. I love to swim and I feel great when I get the chance to exercise. I have been keeping myself busy with arts and crafts and put a piece into a local art show – I felt very proud! Easter I went for dinner with my dad; he bought me some chocolates. I went to my friend Irene's for dinner a couple of times, and caught up on all the news. There's a new baby on the way! I still attend Garth Homer where I garden, do pottery and some horseback riding. I recently celebrated my birthday, and I turned 36. My weekend was full, slept over at my dad's then out to Operation Trackshoes banquet. The next day had a birthday dinner with my roommates with yummy chocolate cake, they all sang happy birthday and I opened my presents.

(Forrester Report, continued...)

Helen- I have had the best time in the last six months! Earlier this year I bought myself some new clothes. On Mother's Day, I went and visited my mom's grave and I left her some flowers. I have enjoyed watching the Canuck play-offs. I was lucky enough to see a local hockey game a couple of times. Tamarack House had a Hockey night and bbq, I went and put my feet up, what a great time! I love music with Dr. Ross on Sundays. I went up-island with Shirley and had myself a bowl of clams and mussels along with a Labatts Blue!!! On my way back, we stopped in Courteney, and I bought myself a big beautiful red hat and a stuffed dog named Wine. A couple weeks ago, I went to the Buccaneer Days, where I walked around and had a hotdog, yummy. I also made it to the Operation Trackshoes banquet and dance and shook my booty until late at night.

Edmond- I'm a HUGE Canucks fan! GO CANUCKS GO!!! I especially like the fights and it was great to see them in the Stanley Cup. I really look forward to Wednesday nights because I go to visit my mom and dad and have dinner with them. Then I go to the Juan de Fuca dance where I always have a great time. Now that the goats are back at Beacon Hill Park, I make a point of trying to go visit them every weekend. It's one of my favorite things to do. The Operation Trackshoes banquet and dance was awesome! I saw a lot of friends from Garth Homer there. I'm so glad that summer is finally here because I was really starting to get tired of all the rain!

Roy- The last few months have been great for me! As a long time Canucks fan, watching them play for the Stanley Cup was something I have waited a long, long, time for. I watched every game and my Canuck item inventory has grown a lot. I took a trip to Vancouver to see a game with Mike and they won! I stayed in a nice hotel downtown, rode the skytrain, and ate like a king for a couple of days. It was a great trip. I still enjoy attending the dance at Juan de Fuca and like meeting up with people I know there. My favourite day of the week right now is Wednesday; I enjoy having the house to myself and listening to my favourite tunes. I really like the new bookcases in my room – it's way easier for me to reach my stuff. And I got a really cool new pair of boots and a tuned up wheelchair, so I can get around no problem.

Lorna- I also took a trip away from Victoria recently with Jerry and had a great time staying at a B & B in Qualicum Beach and cruising the highway in a nice new rental car. The meals were tasty and I had a great time. I love cheese! I celebrated my birthday in April and it was nice to share it with some of my favourite people. Now that the winter days are over, I don't have to think about storms anymore and look forward to spending some summer days outdoors with an ice cream cone in one hand. There is no better way to beat the heat for me! I am now in a different group at work and look forward to doing some new things there. I watched the Royal Wedding and looked at all the pictures of it in my Royalty magazine. I like to wave the Canadian flag, and play music with Dr. Ross. Happy summer Victoria!

TAMARACK HOUSE REPORT

Tamarack has welcomed a new housemate and sure knows how to throw a party! Welcome, Jesse,
And our record is 3 parties in one month!

Bernice- I have had a great time, at all the parties we have. I love to party!!!! My favourite party so far was our Canuck Play Off party ; I ate so much junk food "Oh boy, WAS I stuffed!" I love going to craft night at the head office I have my own table there; I wish craft night was every night! I am going to have my room painted soon; Michelle and I have to go buy some paint.

I went up-island for a holiday with Nicole, We went to the Butterfly Gardens and the petting zoo. I did lots of shopping and I ate lots of chocolate.

I really like my home ,Tamarack. Michelle says I am her Princess.

Mark- I have been going out a lot lately, I go to the JDF dances on Wednesday nights I see a lot of people I know and really like talking to everyone, and visiting.

Becon had an Art Show this April. I went to the opening; it was a lot of fun.

I have been going to craft night, and enjoy being with the people who are there. Operation Track Shoes was a blast!! And I have a ton of ribbons to prove it!

Lastly, I went to Cirque du Soleil with Lis in June. I had seen the commercials and was so excited to go- it was amazing!

Morris- I have been doing a fair bit lately. Earlier this year I went to a few Salmon Kings hockey games. I really enjoyed the Play Off party we had. I was sorry Canucks won that night, but The Bruins won the Cup and that made me happy!!

I am going on a day trip fishing and I will be catching the "The BIG one".

I have a big birthday party coming in July and I am very excited about that. I love parties!!!

The love tree for Judy and I is doing very well. I am taking very good care of it. The leaves are a very dark purple colour. I miss Judy lots and I think of her often.



Mo at this year's BSS BBQ

Jesse- I am new at Tamarack House and I am having a lot fun so far! I have been trying all kinds of new things. I went to Operation Track Shoes, and I had so much fun!!! I won lots of ribbons. I have been to a few Becon functions as well and always have a great time!

Craft night is also fun. I also sold a painting at our Art Show!!!!

I will be painting my new room soon. I still have to decide what colour I would like.

This summer's Special Woodstock was truly special! Partly because my housemates and I were in the show!

ONYX HOUSE REPORT

Well, one of the Onyx boys is a very happy teen now that school's done: I did really well in my classes and got lots done but I'm looking forward to sleeping in! I will miss going to PE class every day though.

Over the past couple of months I've done lots of cool things. In January, Jason, Steve, Luis and I went and watched the Canucks play Detroit. Luis was freaking out because the Wings won. Too bad they got knocked out of the playoffs early! Haha! I went with the Young Men's club to Mt. Washington for tubing in March. That was cool. Last month, I went to Vancouver twice to visit my grandfather. He was really glad to see me and I saw a lot of my cousins and family. As far as summer plans, I'm going to mow lawns and save up for STUFF. I look forward to my trips up to Hamilton Farms and a surfing trip to Tofino with Luis.

We had another youth returned to Onyx in early April, and we are happy to have him back. "The only good things about summer is that I get to sleep in and there's no school. The only way I'd like summer is if it snowed. The heat is unbearable..." He is looking forward to the comic book and toy fairs over the summer.

And another Onyx boy is less pleased about school being over because he will miss TA, Randy, over the summer. He will be found lounging in his pool in the back yard (and at community pools), soaking up the sun, listening to tunes, or cooling off under a shady tree in the park. He's been really enjoying the adventures that Gerald takes him on and looks forward to more trips over the next few months.

PARKSIDE HOUSE REPORT

Lyndsay- January— I am proud to announce I have a new cousin, baby boy.

I attended a hot yoga class. I made an effort learning difficult postures.

February – I went to Becon's Chinese Buffet for Chinese New Year.

I did my PCP. I worked on some pieces for the BeCommunity Art Show at the Spiral Cafe and sold two paintings.

March— I received a new lap top. I just love it. I also loved the Easter Egg hunt at Tamarack House and went for Easter Dinner at my parents house.

May— I started soccer and I get lots of exercise.

June— I was so excited "Operation Trackshoes" was finally here. I saved my money so I could stay in the dorms by myself. I also proudly cheered on the Canucks. They didn't win but maybe next year.

Rosalyn- I competed in gymnastics and did very well. I came in second and third in my events.

I have two new roommates, they are boys and I like them a lot, especially one of them because he's so nice and funny. I am getting used to the new staff and I have lots of fun with them. I had lots of fun at the Easter Egg Hunt at Tamarack House. I participated in Operation Trackshoes and received lots of ribbons.

I have golf lessons on Wednesdays. I like learning golf and socializing with my friends there.

On Monday nights I run lots at track and field. I enjoy meeting new coaches, friends. I'm looking forward to summer and would like to go on a vacation with a staff member.

George- I made my friend and roommate a rug and bought him a nice mug for his birthday. I love craft nights and I make things for my family. I went to Courtney with a staff to visit my brother. He lives on Hornby Island so I don't get to see him much. We went shopping and I bought him lunch. It was a long day but I had lots of fun.

(more from George...) We moved from Stevens House to a big new house closer to town. I am very excited to be able to walk for a coffee and shop at the mall.

I moved with my best friend, Ted, who has lived with me for 24 years. I like the house and the girls that live there.

Lynda went to live somewhere else; I made her a rug. I'm a little bit sad, but she goes to the same day program I do and I'll see her at Becon events. I love my new home and bedroom, it is so big. I have put all my pictures and T.V. up. I can look out my window and see the kids go to school and the bus drive by. I take the Handidart to day program every day and get to chat to the driver. I like this very much.

June, I went up island for a hike and picnic. I found some really nice shells that I will give to my mom. I am looking forward to my vacation in September with Sandy. This is my favourite time of year, because it's my week of birthday dinners, gifts and lots of new sights to see.

Ted- I enjoy musical evenings. I enjoy visits with my family. I liked going up island for hikes and restaurant meals. I enjoy the Men's Club BBQ's and activities. I have met lots of fellows that are very nice to me, and a lot of fun. I said goodbye to my friend Lynda who I have lived with for 15 years. I moved into Parkside House with my best friend George. It is different being in the new house. I go for walks and watch TV but miss the big yard at Stevens. I really like my new roommates— they are helpful and nice! However, there is a huge park next door which I love. I had lots of fun at the Easter Egg hunt at Tamarack House. My sister lives next door and she came over to help me find all the eggs. I went to Parksville for the day and went on a long hike and had a picnic. I participated in Operation Trackshoes, ran in races and received lots of ribbons. Becon's big BBQ's are super fun!

Janice- I love my day program: I do baking, shopping, and went to the Empress Hotel. I have gone to the Green/Eco fair, UVIC movies arcade, Scottish Museum, yoga, fed the ducks, tourist in your own town, rec centres, produce shop, church, Imax, the casino, the Undersea Gardens, aerobics and Butchart Gardens. I enjoy being a member of the Women's Club. I am volunteering at the Rainbow Room every second Wednesday. I also volunteered at the hospitality booth at Operation Trackshoes. In February I had my bowling tournament, I received high score bringing my average up. March was fun, I received a new lap top computer and did the "Walk for CSS." I cut the ribbon with the Mayor to start the race. I volunteered at Becon's table at the "Resourse Fair" at Garth Homer and sold 3 of my paintings at Becon's "Art Show" at my favourite café, the Spiral Café. I now have two new roommates, and they are men. I like them and all the staff and new HC that came with them. I'm busy but make the time to spend with my mom. I have a good time with my mom.



Network of Home Living

Did you know? The Network of Home Living (NHL) is Becon Support Service's fastest growing program! The Network provides services and supports all over the Greater Victoria area – from James Bay to Sooke, and as far north as Qualicum Beach and east to Saltspring Island. BSS new Coordinator of Individualized Services (CIS) is Christa Paquin. The CIS is responsible for overseeing Becon's Network of Home Living and BecoNetwork programs. Christa can be contacted at cpaquin@beconsupport.ca, or by calling 250-727-3891.

From Sheree, Jason and Kenna:

We were VERY excited to have Hayley and Kathy move into our home this past January. The move went as smooth as butter! Kenna, who just turned 1-year-old, is enjoying her two new roommates most!...

To hear how the experience has been for Kathy and Hayley, read on...

(NHL Report, continued...)

Kathy- I love living here with Sheree, Jason and Kenna. I don't ever want to move out. I love my new room and I love baby Kenna. I had a great time at Operation Trackshoes last weekend, I will definitely sign up again next year. I stayed at the dance until 10pm, it was so much fun! I am taking a trip to Colorado with my mom this July. We will be going to visit my Auntie Barbie in Denver. We celebrated Kenna's baptism this Sunday and my mom brought over salmon from the Queen Charlotte Islands for Jason to BBQ. One of my goals for 2011 is to go to a Canucks game. My sister has season tickets so I think we will be able to go! I also want to start working on my resume. I have been volunteering at a soup kitchen



called "The Rainbow Kitchen" on Wednesday mornings. I cut bread and wrap cutlery, it's a good job. I still hope to get a paying job one day. I had a fun birthday party at My Chosin cafe. They have good food there. I feel happy and healthy.



Hayley- I moved in January to live with Sheree and Jason and baby Kenna. I like it here and love my BIG room and all my dollies. I have a huge china doll collection! I want to go to Value Village everyday! I think Jason is a funny guy and baby Kenna is an adorable baby, but I don't let her touch my dollies. My sister Jackie got married to Mike on June 25th. It was a beach wedding and I wore the most beautiful dress. I had a fun birthday party and dressed up in a costume. I went to dinner recently with Sheree, Jason, Kenna and Sheree's mom. I ordered crab and lobster pasta, it was delicious!

Female respite caregiver needed to join team supporting 30-year old woman in Becon's Network of Home Living (home share). We are seeking someone who is high energy and likes to be active and has a non-smoking home.

Please contact Donna at 250-220-2330 and leave a message for more information.

Becon Support Services Ltd.

~Head Office Contact Information~

1-3891 Douglas St. Victoria, BC V8X 5L3

Phone: 250 727 3891 Fax: 250 721 2571

Email: office@beconsupport.ca

Website: www.beconsupport.ca