



BECONNECTED



Your Becon Support Services Newsletter

Volume Seven, Issue One

JANUARY, 2012

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



BECON NAMES JANICE ATTWELL THEIR "CITIZEN OF THE MONTH"

Janice Attwell of Parkside House has been named this issue's "Citizen." For the past 2 years, Janice has volunteered twice weekly at the *Rainbow Soup Kitchen*, a community resource for children and families with low incomes. This year, the Rainbow Soup Kitchen served 18,000 Kids Café meals and 18,000 breakfasts to program participants – and Janice played an important role by sharing her time and her friendship.

Janice also volunteers at the Cook Street Village Retirement Centre. Her job there is to set up and serve at special events. During December, she volunteered her services twice.

As part of the Becon Support Services Resident Rights Group, Janice took part in the writing and filming of Becon's Residents Rights video, adding her enthusiasm and musical talents for the filming of the song, "My Rights." Janice also had a number of speaking roles in the multi-agency collaboration DVD, *Values and Principles of Community Living*. This resource is used to train new employees about people with disabilities, and of special interest to Janice, people with Down syndrome.

Janice attended Camosun College's Community Support and Education program's graduation earlier this year (you can see her photo on the cover of July, 2011's, *Beconnected*). Janice awarded Patricio, a student in the program, the Becon Support Services award for commitment and leadership in supporting individuals who present with complex needs.

Janice is a leader in the self advocacy group, Self Advocates for a Brighter Future. She was on the committee that hosted SABF's Christmas party; and also on the committee that planned and hosted the Barb Goode book launch in October. On the night of the launch, Janice greeted and welcomed visitors.

Janice also thought that she might be able to expand her contributions to her friends and community by learning about and taking a First Aid course in November.

With her kind and gentle nature, Janice is a joy to be around, is always happy to share her creative talents, and she's a great friend. For all this, and a lot more, Janice is a valued citizen – at home with Becon and in the Greater Victoria Community. Thanks, Janice, for being our "Citizen of the Month."



Janice Attwell- Becon's Latest "Citizen of the Month"

Kristen's Site of the Month

"ICANBESAFEONLINE.COM"

Community Living British Columbia (CLBC) has launched a new website on Internet safety for adults with developmental disabilities. The site, done visually and in plain language, provides tips, videos, stories, a quiz and a blog on Internet safety. It also has a section specifically for families and people who work closely with people with disabilities so they can learn what risks may exist online, and what can be done to make sure that people using the Internet are being safe.

Visit the "I can be safe online" website here:

<http://www.icanbesafeonline.com/>



BSS' own Michael Langridge with Mary Emond—two of the main players in "Light the Way".

A new video titled "Light the Way" has been created to stimulate discussion about different ways to include self-advocates in the work of the Community Councils. The video, which can be seen on youtube (<http://www.communitylivingbc.ca/whats-new/newsletter/the-citizen-december-2011-edition/new-community-council-resource/>) will probably be of special interest to Becon stakeholders, since two of its principal writers and actors are BSS's Kristen Kay and Michael Langridge. Kristen describes it as "an insanely huger-than-anticipated thing to accomplish",

but well worth it for the experience they gained. At almost 12 minutes in length, it is also impressively effective in presenting its points in a clear and inviting way. (It is rumoured that Roger Ebert ran out of thumbs attempting to rate this impressive debut.)

Stay Tuned!

The second edition of your Net Worker, the information source for all things contractor-related, will soon be published. If you have something to submit to the January 2012 edition of The Net Worker, please contact Christa Paquin at cpaquin@beconsupport.ca.



FROM THE DIRECTOR

I can't believe another year has passed us by! I hope you all enjoyed a wonderful holiday season and have wonderful memories of the past year.

It was so nice to see so many of you at our fall events, including One Day, the annual Community Living Month Pancake Breakfast, the “Gala,” Family Council and our annual Christmas Dinner. A very special thank you to Becon’s Social Committee for hosting such awesome events for individuals served, families, friends, employees and contractors, and everyone else. I’d also like to acknowledge our new in-house DJ, Michael Langridge, for providing the audio and music for so many of our events – he is available for hire, you know!... Thanks Mike!

Although things around the office have been as busy as ever, we have not had to deal with many more significant changes, as reported on in our last edition of *Beconnected*. Our Home Share (the Network of Home Living) and Community Inclusion Services (the BecoNetwork) continue to grow, and I'm thrilled to report that the big changes resulting from our "redesign" have resulted in positive opportunities for the individuals supported involved.

In September I became a member of the Board on the BC CEO Network. This Network is a group of CEO's from agencies throughout the Province who work together to identify areas of concern within the sector. The Board then represents the group in order to negotiate solutions with funders and community. The majority of the collaboration occurs with Community Living British Columbia. So far my experience has been very positive and I appreciate the mentoring and learning afforded me from the more experienced members of the Board.

I am sure you are all aware of the amount of publicity and media attention CLBC has received over the past few months. (If not, you can try googling “CLBC news”). A number of concerning situations have been brought to the public’s attention, and response and action from CLBC and government demanded for. I’d like to take this opportunity to remind everyone that, although a number of problems exist within the sector, we can’t forget the positive work that has and continues to be done every day by Service Providers and CLBC to support and enhance the lives of individuals living with developmental disabilities within British Columbia.

Community Living Month was celebrated in October again this year! Beacon Support Services and Self Advocates for a Brighter Future co-hosted a number of events to celebrate. One of my favorites was the book launch and signing of Barb Goode's book, *The Goode Life: Memoirs of a disability rights activist*, at the new Arts Center at Cedar Hill Recreation Center. I had not met Barb before but had the opportunity to spend an entire afternoon with her before the party. I thoroughly enjoyed getting to know Barb, she is an inspiration, and I loved reading her book! (Barb's book is available for purchase from Spectrum Press, www.spectrumpress.ca).



On November 10th, 2011, we hosted about 100 employees at our 4th Annual Employee & Service Provider Appreciation Gala. 15 employees were honoured for 5, 10 and 15 years of dedicated service to Becon Support Services. This event is my opportunity to acknowledge and appreciate everyone who does the work of fulfilling the mission of Becon Support Services Employees each day, all year long. Thank you!



2012 will be both an exciting and a challenging year for us. Probably our most important goal is to experience another successful accreditation survey in June. Other high priorities are: continuing our collaborative work with community partners and stakeholders, engaging within our community; and continuing to provide creative quality services to the growing population of individuals served by Becon Support Services.

I wish you all a fulfilling and exciting New Year.

Kindest Regards,

Rhonda Connell



“Becon Support Services” is on [facebook](#)!
Be our friend!

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!



A FEW MORE LOOKS AT THE BSS STAFF APPRECIATION “GALA”



Becon Support Services is approved as a Host Agency Supplier with the 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. If you are interested in this service or are just seeking information, please contact BSS at 250-727-3891.

BECON RESIDENT WITNESSES DEMOLITION OF WOODLANDS INFAMOUS CENTRE BLOCK TOWER— SYMBOL OF DARK DAYS OF INSTITUTIONALIZATION

On October 19, 2011, one of the final remnants of the era of institutionalizing people with developmental disabilities, went under the wrecker's ball. As the visual centre of New Westminster's Woodlands facility, it was pretty difficult not to notice the Centre Block Tower. But even without its location the structure emanated an aura of brooding, medieval horror that easily rivaled Hollywood's creepiest efforts.

This excerpt from the speech given by Faith Bodnar, Executive Director of BCACL, on the occasion of the demolition, underscores that the impression was not merely visual:

"Today is about remembering the thousands who died in this god forsaken place and for those who survived. Today we can be part of releasing the ghosts that inhabit this structure, the bricks and mortar that hold the memories of terrible things we are still reconciling and demanding redress for, of things that never should have happened, yet did, of things we knew about within weeks of it opening, of things that were done under the eye of those who knew better and looked the other way, those who should have acted and yet didn't until more 100 years after it opened. We have no excuses – none.

We know that by tearing down this structure we are not wiping out what went on in its walls. Rather we are honouring – finally – the wishes of former residents who continue to be traumatized by the mere sight of this structure – for what it represents and also for what happened within its walls. We know that souls cannot be crushed in the rubble, they cannot be washed away as the building is torn down and that the evidence of what happened will not disappear with demolition."



Faith Bodnar, speaking at the demolition.



The infamous tower's last moments...



Michael Langridge of Becon was one of the many witnesses to the demolition that day, and it was an experience that will probably remain vividly etched in his memory for many years to come. These are his impressions of the event:

"When I grew up, I did not know of institutions at all. No one let my mom and dad know of a

better place to send your kids to. This institutions is all new to me.

Why it was important to demolish the tower is that a lot of good people had waited for a long time to see it finally happen; 850 survivors had come forward to get compensation for what the government had done to them. After August 1, 1974, there would be no more compensation. Only 8 claims have been filed.

Richard McDonald gave the verbal command to begin the demolition of the center block. Lots of people took photos and movies also. I will stay until the end of it. To demolish the center block is to start a new part of our lives without looking back into the past where people spent most of their lives in institutions. There are more institutions still working in BC/Canada. We should try to close all institutions in Canada because we are still people first. Canada and BC are not a place where institutions should control our lives. It looked like a lot of people were happy that the center block was getting demolition at last after it sat there as all those years went by. It made me feel happy that we took control back into our lives and out of the government's hands.

NO MORE INSTITUTIONS IN CANADA!"



THE END (but don't forget to keep voting!)

"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 (and note that the last three listed are our newest participants):

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.	
Home Depot	
Dollar Giant (Tillicum)	
Chamber of Commerce	

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





Hi! My name is Christina, and I've recently started a new business - making gift bags. I started out making Christmas bags, and my business is already a success. Now I've decided to expand into making bags for other occasions, such as birthdays, Easter, baby showers, Hannukah, etc. In short- you name me an occasion, and I'll make you some great bags at a great price. To place your orders please email prairie@beconsupport.ca; subject: gift bags!

Thank you all in advance for your support.

YMC

YOUNG MEN'S CONNECTED



Our club continues to attract new members from within Becon and from the rest of the community. We now have 20 members who have attended Men's Club meetings and that number continues to grow steadily. Our monthly events since the last *Beconnected* have included Go-Karts at the Western Speedway and a water fights at Beaver Lake during our all too brief and cool summer, an afternoon at the Luxton Fair in September, plus laser tag in November.

The event that got us most excited, however, was taking part in a floor hockey tournament in Surrey on October 11. The tournament is integrated so there were residents and staff playing on all teams. Even though Becon only had a very short time to gather our members for the Victoria team (under a week!) we made up virtually the whole Team Victoria-we even had the whole team wear our orange Beconnected Trailblazer shirts!

After going up 2-0 early in the first game we thought the tournament might be a walk in the park. No such luck! Their team stormed back and had tied us at three by half-time (all the games had 15 minute halves except for the final which had three periods). The second half belonged to them as they scored three unanswered goals and breezed to a 6-3 win that left us feeling dazed and winded. Those of us not used to that level of activity were wondering whose crazy idea this was anyway.



Traillblazers Floor Hockey 2011

As we had a break after our first game while other teams played, we all sat down and had a strategy session and committed to playing our positions instead of chasing the puck like we had in the first game. The game plan paid off as we took our second game 6-3.

That brought us to the tournament final. We took an early 2-0 lead but by early in the third period they had us tied at three again. About half way through the third period we scored (continued on page 8...)

Young Men's Club *(continued...)*

the eventual game winner and then hung on for the 4-3 nail-biting win!

The trip to Surrey was a great time for us all and we all learned a lot about teamwork and working together. Though the Surrey teams have been playing together for three years we came in with a lot of heart and determination. As a response to the interest generated by the tournament we have started a floor hockey group here in Victoria which plays every second week and we hope to hold the tournament in Victoria next year.

Young Women's Club

2011 was a wonderful year for the women of Women's Club, connecting over chick stuff like chick flicks, mani/pedi's, and pub crawls! We can't wait to put our plans for 2012 into action, including some trips to the new bowling alley, dining on the Gulf Islands, and a road trip to Coombs for shopping and sightseeing.

Well-behaved women
seldom make history.

—Laurel Thatcher Ulrich



SABF continues to be perhaps the busiest self advocacy group in the world! In September, we participated in our annual fundraising event – hosting the Refreshment and Friendship Tent at our community's One Day event. What an amazing day to take part in, and we made over \$300 for our self advocacy group!



Candace, Ava, and Sharon at SABF's Refreshment and Friendship Tent at the 2011 One Day Event...

A committee of SABF members planned for and hosted a book launch and reception for self advocate, Barb

Goode's, book, "The Goode Life: Memoirs of a Disability Rights Activist." This event was co-sponsored by the South Island Community Council. About 50 people attended the evening and Barb sold all the books she brought with her to Victoria!



Fred Ford introduces Barb...



Barb presenting...

(SABF CONTINUED....)



Amanda, Sheenagh, Barb, and Brandy



Kristen getting to be Barb's sidekick....

(Barb Goode's Press Release— makes it pretty clear what a major event her book launch actually was in the Community Living field.)

September 27th, 2011

FOR IMMEDIATE RELEASE

At 6:00 pm on Monday, October 17th, 2011, the Victoria book launch of "The Goode Life: Memoirs of Disability Rights Activist Barb Goode," written by Barb Goode with Jim Reynolds, will be held at the new Arts Centre at Cedar Hill, 3220 Cedar Hill Road. The event is hosted by the self advocacy group, Self Advocates for a Brighter Future (SABF), in celebration of Community Living Month (October) in British Columbia.

Barb has met many of our most influential world leaders. She was the first self advocate to speak in front of the General Assembly of the United Nations. She was a key member of the legal team that won the right for people with disabilities in Canada to not be sterilized against their will. Barb can be credited for sparking the move to plain language legislation in British Columbia. Since the 1970's, Barb has quietly done more for equal rights in Canada (and around the world) than almost anyone.

If you ask Barb for the highlights of her advocacy career she will say, "Meeting so many interesting people." Like many effective leaders, it is her relationships that define her. She is the ultimate networker. Barb sums up her career in one short phrase that says it all: "Doing things people didn't think I could."

Barb will be joining us from her home in Burnaby to talk about her world travels, including her addresses to the Supreme Court of Canada and the United Nations, and her never-ending advocacy in support of equality for each person. Barb will read from her book and copies of the book will be available for sale.

Barb was a 2010 recipient of the Community Living BC (CLBC) WOW! Award.

"The Goode Life" was published by Spectrum Press in Vancouver, B.C. Spectrum Press is a division of Spectrum Society, a British Columbia agency committed to continuous learning and improvement through research into leadership and best practice. For more information, please contact Kristen Kay at kkay@beconsupport.ca or at Becon Support Services, 250-727-3891, or Sharon Sinclair at ssinclair2@shaw.ca or at Kardel, 250-382-5959.

For more information about Barb's book and/or Spectrum Press, please visit www.spectrumpress.ca. For more information about Self Advocates for a Brighter Future, please visit www.sabf.ca. Special thanks to Saanich Parks and Recreation for donating the use of their room for our event; and the CLBC South Island Community Council for their financial support.



In November, we began learning to sign Lady Gaga's "Born This Way." We will continue practicing our sign language in 2012, and hope to make it into a DVD. In December, a committee planned and hosted our annual Christmas party – a dance this year – at Archie Browning. DJ Mike-A-Lot cranked the tunes!



Roy, Andrea, Kenny, Mat, Jesse, and Jenny- dancing at the SABF Christmas Party to the music of DJ Mike-A-Lot...



A joint partnership of community living agencies (including Becon) and local businesses hosted Victoria's 3rd Annual One Day event on September 10th, 2011. The planning committee made a number of changes to the event this year in order to raise its profile and to increase engagement of the broader community. Changes included, changing the location to the most central and prominent location we could find, increasing our usage of social media to promote the event, and inviting prominent members of the community to take part in the day. The day was an overwhelming success, with over 600 people enjoying the barbecue, and many more members of the community at large (as opposed to community living community) taking part.



Some highlights:

- * Victoria Mayor, Dean Fortin, "opened" the day with a speech about an inclusive Victoria, and by throwing the first pitch of the kickball game;
- * A number of local performers and bands entertained from the stage, including self advocates Peter Bourne, Brad Magnus, and Michael Langridge;
- * Family activities included an inflatable obstacle course, 9-hole mini-golf course, hockey shoot out, face painting, carnival games and prizes, clowns and more;
- * Self Advocates For a Brighter Future group hosted a friendship table and sold refreshments as a group fundraiser.



Self-advocate Kenny Kay directs the Victoria Fire Department in Crowd Refreshment techniques...



Victoria Mayor Dean Fortin, opening 2011's One Day. (Self-advocate and SICC member Michael Langridge is on the stage to the Mayor's left.)

Michael (aka Sir Mike-a-Lot) DJ'ed music for the event throughout the day.

(For more One Day photos, go to page 11.)

(MORE FROM "ONE DAY, 2011...")



Jule Hopkins, David MacPherson, and self advocate, Cheryl Fryfield, from CLBC at the "I Can Be Safe Online" booth ...



Marty the Marmot, mascot for Victoria's newest hockey team, the Royals, lends a paw to One Day's Community Arts Project...

COMMITTEE REPORTS

Accessibility Committee

CALLING 911



The BC Coalition for People with Disabilities (BCCPD) has worked with the BC Ambulance Service (BCAS) to help people with disabilities and senior citizens better prepare for emergencies. Future trips by ambulance can be made much safer and easier for individuals and for responding paramedics by informing BCAS ahead of time of one's needs. Information that first responders will have includes information about how to access the caller's home, a person's medical and physical requirements, one's mobility and communication needs, other limitations, and emergency contact numbers of family or friends. The information is stored confidentially in the BCAS database, and then used when there is a call to 911 from a registered individual's address.

The plain language form is available at www.bccpd.bc.ca. The completed form should be emailed directly to bcasdispatch.operations@gov.bc.ca, or faxed to BC Ambulance Service at 604-215-2732.



GREENCONNECTED

On Sunday, September 25th, the Becon Green Committee hosted our third Great Canadian Shoreline Cleanup Event by cleaning Willows Beach Park. Thirty five residents, staff and community members showed up and the cleanup proceeded efficiently and quickly. Though it was a very cool and blustery day it was a great turnout as in the past we have usually had about a dozen people show up. We followed the cleanup with a barbeque at the park and all felt good about our contribution in helping maintain our local green spaces.



Shoreline Cleaner-Uppers In Action

Green initiatives that started since the last newsletter include:

- * Purchasing reusable stainless steel medication dispensing cups to replace the disposable plastic cups used by most of our homes;
- * Having each home put together a “party kit” of reusable plates, cups, and cutlery for use at our social functions (drastically cutting down on the garbage we generate at our social gatherings);
- * Discontinuing the purchase of individually wrapped (plastic) paper towel and toilet paper;
- * Composting our coffee grounds at Head Office.



David and Paul of Carey House at October's Pancake Breakfast. Just to Paul's left is Carey's travelkit of reusable dishes- a Green Committee initiative.

Our Green Committee meeting dates for 2012 are March 7th, June 6th, September 5th, and November 7th. All meetings are held at 12:30 pm at the Becon Head Office Boardroom. Everyone is welcome to join us!

HR- CONNECTED



Our “Recharging Workshop” was held on November 8 at the Comfort Inn. The workshop was attended by 36 long-term regular employees. The first part of the workshop was hosted by Kristen Kay and she provided information about many of the positive changes that have occurred at Becon in the past few years. She also presented some of the positive feedback about their work that we have gathered in our Family, Stakeholder and Resident Surveys. The second part was hosted by Jason Falk and he talked about Compassion Fatigue (similar to burn-out) in the field as well as gave practical tips on how to recognize and lessen susceptibility to Compassion Fatigue. The last part was a primer on Non-Violent Communication hosted by Graeme Skinner. He presented some basic tips on effective and non-judgmental communication.

(HR, continued...)

Other training and workshop opportunities attended by Becon personnel since last issue of *Beconnected*:

- All Home Coordinators viewed the video “Leading with Kindness,” and a brainstorming session was held to determine how to integrate the video’s ideas into practice. It was decided we’d start all our Team Meetings with a “Round of Appreciation;”
- New OH&S Committee members attended an orientation to the Committee presented by the Ministry of Labour;
- Rhonda and Kristen attended the Provincial Forum on Home Share in Vancouver on September 22nd and 23rd.
- We were very excited at the opportunity to attend two workshops by Kim Barthel. The second one was on September 28th and was entitled “Sensory Strategies for Helping People with Developmental Disabilities”. 16 individuals from Becon attended. Kim is a leader in her field and gave us a lot of ideas around sensory issues for our individuals. The event was put on by the South Island Education Committee (SIEC) of which our own Kristen Kay is a member. (**STOP the press! Part 2 of Kim’s “Sensory Strategies for Helping People with Developmental Disabilities” is being planned by SIEC for April 11th, 2012.)
- One person attended the “Community Forum on Employment and Disability” hosted by the Victoria Disability Resource Center. He also serves on their working group that is partnering with employers to ensure more employment opportunities for people with disabilities;
- Home Coordinator participated in the “Canadian Falls Prevention Curriculum” as an e-learning course through the University of Victoria;
- On November 23rd, Becon’s Cultural Competency Committee hosted a Deaf Culture and Awareness Training workshop with the Island Deaf and Hard of Hearing Society. About 30 people attended!



Attendees at the "Deaf Culture" Workshop

OHS COMMITTEE

The committee continues with monthly site inspections. The last half of the year saw inspections at Pearl, Onyx, Tamarack and the head office. The annual flu clinic was held at the head office in November, with approximately 40 people being vaccinated. Paperwork is completed and up to date, and there is regular attendance at all meetings. We continue to work on advising Home Coordinators through the Feedback and Followup form of areas that need improvement on the monthly drills and requireds.

Remember, as winter weather conditions are a possibility: **Ice and Snow: Take it Slow!**



SOCIAL CLUB REPORT

The last few months have been full of parties and get-togethers!!!....Each home hosted BBQ's throughout the summer months at different locations in the Victoria area. BBQ's for 50+ people including residents, family members and friends. What a great way it was to StayConnected during the busy summer months!



Social Club Activities included:

- ◆ Annual Community Living Month Pancake Breakfast at the Prospect Lake Community Hall.
- ◆ Halloween was the spookiest ever yet! Our creepy greeter guy said hello to everyone and spooked a few....we had a ghost hunt where our friends hunted around the yard for creepy skulls, ghosts, black cats and brains..Ewww! Music, dancing and pot luck dinner was enjoyed by all, including yummy treats and let's not forget all the tricks!
- ◆ December's Annual Christmas Turkey Dinner was attended by 150 of our closest friends and family members (including Santa and his elves!).
- ◆ Monthly Creative Craft Nights have been attended by at least 25 people each night!...We might need a new room in the near future to fit everyone!



*OKAY, NOW THIS IS SCARY!!!
Just suckin' on those yummy brains!*

The social committee would like to thank everyone who comes out to our planned social events! The more the merrier; and what an amazing opportunity for making new friends and acquaintances. Special thanks to DJ-Mike-A-Lot, who we count on for his sound equipment and musical expertise at most of our big events – Thanks Mike!

(More From The Social Club...)



*DJ Sir Mike-A-Lot and MC Luis Hammer
at the Christmas Dinner.*



Requires no further explanation!

...and a few more gems from Hallowe'en!



family council

Becon Support Services Family Council met on December 22nd 2011 for our Annual **NOG & CHEER** meeting. Families were updated regarding activities at Becon, and we discussed the current goings-on in community living. Beverley shared with the Council a proposal she drafted that would assist with persons' transition into and out of hospital, for both emergency and scheduled hospital visits. More information will hopefully be available next edition of *Beconnected*.

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 March (date and time TBA). For more info or to get involved, please email us at: familycouncil@beconsupport.ca.

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 developmental 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: Doreen Sullivan and the Cornerstone Services Society, and Sharon Sinclair, who helps with our Self Advocates for a Brighter Future self advocacy group.

We are six months 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! On December 30th, 2011, Kristen pressed “SEND” and successfully submitted Becon’s “Intent to Survey” to CARF International. Within about 45 days, CARF will have reviewed our “Intent” and the documents required to be submitted with it, to determine the appropriate survey team size and number of days required for our survey. Becon Support Services “SURVEY 2012” will be scheduled for between the dates of May 1st – June 30th, 2012. Stay tuned for more information. **(and definitely be sure to check out the “Accreditation Survival Kit” on page 17, facing this page!)**



Completion of BSS’s 2011 Reports is currently underway, including our “Performance Analysis” [or “PA”] Report. Each year, we are required to collect information about the services and supports we provide, feed it through our performance analysis systems (aka “the machine”), and the result is a lengthy report containing tons of useful information. Included in our PA Report is information about the characteristics of individuals we support, people making and meeting their personal goals, persons served and other stakeholders’ satisfaction with Becon Support Services, the efficiencies of the organization, and about how accessible we are for individuals and families that want or need services. Part of this process we take very seriously is feedback we receive from persons meaningfully involved with Becon, or “stakeholders.” This is what one of our professional stakeholders said about their experience with Becon on his or her stakeholder survey, completed in November, 2011:

“I think we live in challenging times that require flexible, intelligent leadership and staff who are very dedicated to those they support. I have been really impressed by the senior leaders and the example they set. I think they are trying to stay on course and plan well to meet a vision for the future which seems to me to be centred on the folks they are supporting and what the role of people with disabilities could be in the wider community. I have now also met many of the leaders at the homes and services that Becon runs and been impressed by their commitment to the training and education of their team members, and to thinking through what one’s roles are. I have travelled a great deal of the province and been particularly impressed by Becon’s dedication to being a community presence with demonstrable gifts and assets, to being part of a Victoria working group of agencies and to providing a voice for self advocates and families provincially. For an organization its size this seems like a brave agenda, but the always positive, respectful and professional presence of Becon makes it a great force in our province.”

Becon Support Services 2011 Performance Analysis Report, in full, will be available for review by the end of February, 2012 – Mark your calendar!

BSS’s CQI Committee meets on the last Wednesday of each month at 1:00pm. If you are interested in joining this committee, please contact Kristen.

Accreditation Survival Kit



Input from Person Served!

Leadership!



Outcomes & Goals!

Human Resources & Satisfied Employees!

Health and Safety for Everyone!

Quality Individualized Services!

Strategic Planning!

Performance Improvement!

Rights and Responsibilities!

Financial Planning!

Community Housing!

Managing Risk!

Accessibility!

Abiding by Legal & Regulatory Requirements!

To get more information on how to use YOUR Accreditation Survival Kit please contact:

Kristen Kay (DPQA)

Bus: 250-727-3891

Email: kkay@beconsupport.ca

Web: www.beconsupport.ca



COMMUNITY INCLUSION SERVICES (Submitted by Mat Hylan, CSW)

Bekon Support has had a few new changes in its daytime services over the last few months. We have been able to take valuable information from our SABF meetings to find networks that are opening new doors for our participants. In October we offered what could have been the first, First Aid Class aimed at being taught for adults with developmental disabilities. It was a two day course that used a fun, hands on, approach to learning First Aid techniques. We have found a new Resource in "Literacy Victoria." It was expressed at SABF that education was a high priority and in the coming months we are hoping to have some Trailblazers learning new typing skills.

We have some more new and exciting things on the horizon that are a little more recreational in nature. We are very happy to announce the creation of a new Bowling League! With help from friends at the Langford Lanes, as of December 7th we will be taking over the lanes for a Good Ol' Midweek Mornin' Bowl.

With a fine balance of work and play our daytime services seem to be heading in wonderful new directions.

WHERE WE LIVE

ONYX HOUSE REPORT

M- Well, I've been doing all the stuff that I love doing A LOT!! Hockey is my big focus right now and my slap shot is getting pretty deadly. It's awesome that I get to play so much because there is always someone around who will jump in net. I have recently given up the landscaping biz and got a job at Little Caesar's as the mascot. Some days I'll be Little Caesar and others I'm a box of crazy bread. I don't really care which costume I wear, it's just a fun job. Honk and wave if you see me.

W- It turns out that nothing really scares me. I went to Galey's farm at Halloween and cruised the Horror maze. There was nothing scary about that place. A lot of people were running around screaming and grabbing on to each other. I thought it was pretty cool and went through twice. Thanks to Gerald and Dirk for taking me out to the pool lots. Since the summer's gone, my backyard pool's been put away so you can find me lounging in the hot tub at Oak Bay rec. It's summer year round for me.

E- I'm really glad that Christmas break is around the corner. Not only because school's out but I get to sleep in. During my time off, I want to go to the movies, play with my brother and play BioShock!!

PEARL HOUSE REPORT

Steven: After a couple of LONG months hanging out I finally got another job. I do handyman, cleanup and general moving help and other stuff that Timon is contracted to do (See Self-Made Contracting ad on page 6). And I'm learning about being a contractor, handling my wages, and getting the supplies I need to be safe at work. After a roommate moved out I asked for his old room. The gang at Pearl cleaned and painted and then helped me move all my hats and shoes (I have a gazillion of each). I love my new space!

Carl: Big changes this year. My program at Abilities has been moved to another location. I'm having a little trouble getting used to it all but at least everything is mostly the same at Pearl. I get my choices about if I'm interested in



Pearl House, continued

(Carl, continued:) doing anything – and sometimes I say yes and off we go. Visits at Mom's have been great. Nothing better than sitting back in the living room with Mom, treats, my toys and the TV.

Kyle: Hi, my name is Kyle and I just moved into Pearl House. I love the SEAHAWKS and Pearl House painted my room in the ONLY acceptable colours – SEAHAWKS green and SEAHAWKS blue! It's great. I have lots of visits with my Mom and Sister but now I have some new roommates, Carl upstairs and Steven down the hall. I sometimes bug Steven early in the morning to play football or basketball on my PS2 game machine. He tells me to go away but sometimes he gets up and we play. I go swimming on Saturdays and hang out after school the rest of the time – YAY SEAHAWKS!

Christopher: Things are good for me. My program is good and coming to Pearl is fun, swimming, mall outings, arts and crafts, and hoops at the side of the house. Hope you were good in time for Christmas!

Patrick: When I come to stay on weekends and holidays, I love going off to the pool for a swim. The folks at Pearl make sure I have lots of food and plenty of van trips, walks and special events to attend.

PRAIRIE HOUSE REPORT

Christina – I have been really busy the last couple of months! I had my birthday we ate Chinese food and cupcakes, and I got a new mp3 player, movies, clothes and lots of money (which is good 'cause I love to shop!). I am still riding at VRDA once a week and I love my horse there his name is Danny; he is light brown and is really sweet. I love planning my adventures around the world that I wish to take when I win the lottery. I am enjoying our international menu day. Every Wednesday me and Andrea take turns picking a country and then we make a dinner from that country. So far we have eaten fish and chips from England, BBQ steak from the USA, spaghetti and meat balls from Italy, Chicken Souvlaki and Greek salad from Greece. We are going to make a cookbook when we are done! (I'm taking orders for it in advance). I am getting really excited for Christmas; I have already made my list. Bring on Santa!

Andrea- I have had a great few months! I have kept busy with my massages, swims and manicures. I have been spending lots of time with my little nephew Ben he is so cute I love watching him at his swimming lessons he is really good and likes the water like me! This year I went trick or treating with Ben. I dressed up like Woody from Toy Story and Ben was a lion. I had my birthday party at my mom and dad's house. I had so much fun, ate lots of food and enjoyed



having all my friends and family there. I am getting really excited for my trip to Las Vegas. Can't wait to see all the lights and hopefully go to a Chris Angel show. Christmas is coming fast and every day I get more and more excited!

Andrea's Annual summer holiday with her friends Chrystal, Jenn and Kristen. This year we went to Langley for 2 days, to the Vancouver Zoo, and to Chuck-E-Cheese!

HAPPY 2012 FROM EVERYONE AT PRAIRIE HOUSE!

THE HEIGHTS REPORT

What's been going on at the Heights you ask? Well, the gang had a fun summer and we are all bummed out that winter is here. However, winter means hockey season has started and Dave is super thrilled about that. He's already been to a few Victoria Royals games and he can't wait for the next home game! Dave hasn't stopped and probably never will...and that's ok! Martin did his usual touring of Vancouver Island, Saltspring Island, and Vancouver on day trips over the summer with his good friend Lis. Jennifer went to Tofino with Justina and surfed the waves on her body board. Melissa enjoyed a few trips to French Beach and always loves going to Coombs for ice cream and to watch those funny goats on the roof! We have so much fun here that every day is a new adventure! We've had many new staff faces coming and going and this gets pretty hard for us, and we also lost a very good friend in November, but we will always remember him as "Dr.Hoang" ...RIP, friend.

FORRESTER HOUSE REPORT

Roy

I had a great summer. I saw my mum lots, and got to go out for dinner with Mike. I had to go to the doctor and hospital a few times, but my jaw doesn't hurt and Maggie is working on finding a solution. I went to ONE DAY and attend SABF which I really like! I am a volunteer at the SABF table at One Day. My lift got a new motor so now it's easy for me to get in and out of the house again. I really miss Anne-Marie – she called one night and we all talked to her. I'm happy the Canucks hockey season has started up again and I think they will win the cup this year. I like to watch football too.

Lorna

I like cheese. And I like to nap on the sofa in the living room. I love to go to McDonald's for lunch, and Jes often takes me and Helen there on Friday. I love fries too! Maggie got some new fabric and had 6 new dresses made for me – in red and purple and blue and green. I like to wear them with my fleecy. My favourite day is Sunday when Dr. Ross comes with his accordion and plays music for all of us. I like to bang on the drum. But my favourite thing to do, by gosh, is to eat cheese!

Helen

I've been pretty busy this summer, what with parties and shopping and lunches and dinners out. I've been to the pub and oh, I gotta tell you, Maggie got me some beer for my birthday! I love beer and clams. We had KFC and a big chocolate cake. I love birthdays. I'm a Scorpio – Maggie says that's the worst sign in the zodiac! Hahaha! I'm 49 years old (Maggie says 'What? Again?!'). I also went to the petting zoo and got new clothes and went out to get my hair cut (Maggie says it grows like a weed. She thinks she's funny.....). I miss Anne Marie, but sent her a letter and she sent me a gift for my birthday! And now it's raining and then it will snow – uh-oh!

Edmond

I love the goats at the petting zoo. It is my favourite place in the whole world to go. Well, I also really like going to my parent's house and eating my mum's homemade soup. She makes good soup. Plus the dance has started up again and I like to dance with the girls (especially Jenny!) who go there. I have been out to dinner and I walk down to the video store with Helen and Christy on Friday afternoons to pick out the videos for the weekend. I am a very fast walker and the ladies can't keep up with me! I also have taken on putting out the recycling with Mano on Tuesday evenings – Maggie has us recycle everything, so there are at least 4 blue boxes every 2 weeks – sometimes even more! I like to help out at Forrester house.

Christy

I've been pretty active this summer and fall, what with the petting zoo, walking to the video store, swimming on the weekends with Shirley, and going for picnics. I like to help out where I can. I love Dr. Ross on the weekends. I see my dad sometimes too and he takes me out for dinner. I miss Anne-Marie an awful lot.....she was really good to me and took me out clothes shopping. She called one night and I talked to her. And now I've started therapeutic riding again at Garth Homer. I love horses.....

Forrester House General News

Well, we still wait for our new kitchen, but other than that, life is flowing smoothly for the most part. Our beloved Anne-Marie moved to Ontario to go to school, and is sorely missed. Jill has taken her position on the weekends and is fitting in beautifully! Elizabeth posted into the weekend shortshift, but not for long – in early November she had a baby girl. Congratulations, Elizabeth! The rest of the staff continue to do a great job – thank you! We are all looking forward to 2012 and all the happiness it will bring our way.

TAMARACK HOUSE REPORT

Tamarack has been very busy since our last update, we have had so many parties that we have lost count, but we really do have at least one party each month. Tamarack is definitely the place for fun!!!! Our most recent addition to our family just celebrated one year with us, time is flying by. We are planning a painting party in the New Year; we need to spruce up the place and have it ready for the many parties planned for next year.

Morris

I really love my retirement years- I wake up when I want to, and I love to have a leisurely morning, enjoy my coffee, and read my flyers. I went on a bit of a shopping spree not long ago: I bought the best recliner ever- it heats up, massages, and has a cooler in the arm to keep my drinks cold!!!! I love it!!!! I also bought some things for my bedroom: a new bed in the bag (which is blue, my favourite colour) and a nice big T.V. which is hanging on the wall; I love watching Vancouver Canucks lose on my big T.V.— it's a lot of fun! Especially when I get to tell staff that Vancouver lost!!!! Other stuff I have been doing is going to the many parties my housemates and I host, as well as the museum. I really liked seeing all the old stuff there. Music is still my favourite pastime. I am also looking forward to Christmas this year, and I am planning on going to a few hockey games in the New Year.

Mark

I have been doing great! I am quite the ladies man I have to tell you, I go to the JDF dances every Wednesday and dance my heart out! I am busy all the time going to music, Namaste, SABF, craft night, shopping, you name it I do it! My housemates and I have been having a great time hosting parties at Tamarack; I really enjoy visiting all my friends at Becon. I have recently started to love watching hockey; I cheer for Vancouver and have the best time when staff watches the game with me. I am going to go to a few live games in Victoria, and if I like it I may plan a trip to Vancouver and watch the Canucks play!



Morris (front and centre, where else?), Jesse, and Mark (far left), blowin' some minds at this year's Special Woodstock, man...

Jesse

I am really enjoying my new home; I keep really busy with school, swimming, music, Namaste, craft night, not to mention all the parties around here! I recently had my room painted; it is a nice blue colour. I still need to hang shelves; then it will be perfect. I have a new friend who comes to my house on Tuesdays and reads some books to me; I love to be read to and enjoy my time with her. I have been going to the JDF dances on Wednesday nights with my housemate and I have been having a lot of fun. Also, I am excited that I will be getting an iPad soon to help me communicate with my friends and family.

Bernice

PARTY PARTY PARTY PARTY!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

This is my favourite thing to do; I have been very busy helping to plan and decorate for all our parties. I do a great job! I think my favourite party was my birthday party; I ate so much junk food, and got a lot of really cool presents, but now I can't wait for Christmas- I am very excited!!!! My room is being painted in December. I want it pink and purple with butterflies; I think it will look great when it's done. I still love going to craft night and wish it was all the time. My life is pretty busy with music, crafts, Becon parties, and walks. I have also started to really like watching hockey. I yell for Vancouver really loud. I am looking forward to Christmas, and I love getting presents!!!!

CAREY HOUSE REPORT *(submitted by Jenn Szary)*

Paul celebrated his 50th birthday with a few friends, pizza, cake, ice cream, and music. He enjoyed riding the train at Galey Farm's Hallowe'en Fest as well as the Haunted House. Going to Esquimalt Rec for the jacuzzi every Saturday is a must, as well as a smoothie at Francelli's with the gang. December 13 and 14 Paul has booked a cottage at Poet's Cove Resort on Pender Island to enjoy the jacuzzi, hot tub, sauna, and spa.

David continues to enjoy a busy schedule of activities: Sing-along at Bill Cino's every Monday night, Tuesday is swim/jacuzzi, Wednesdays he takes his sister out for lunch, where they also work on word games together. Wednesday evenings he enjoys a trip to the library for a suspense-filled talking book session, followed by the Juan de Fuca dance. Friday means a trip to Rogers to rent a movie. Saturdays he joins the gang for a 'cuppa' at the local Java the Hutt. Most Sundays he goes for a work-out at Gordon Head gym and attends Glad Tidings Church in the evening, largely because they have "very lively" music. Of course Monday through Friday he attends his day program at Crossroads. David also enjoys parties like Bernice's birthday celebration. Other favorites have been Becon's Hallowe'en party and the annual Pancake Breakfast.

Julia will wholeheartedly agree that the highlight of her autumn was a 2- overnight stay at Tigh-Na-Mara Resort in Parksville with Shannon. She enjoyed having a gas fireplace in her room and amused herself flicking it on and off repeatedly. It was a beautiful evening to explore the grounds and have dinner in the restaurant. Julia enjoyed Eggs Benny for breakfast, and the beautiful Christmas decorations! While shopping in Nanaimo, the book store was of particular interest to her. The best part was the Grotto Spa...so many features- a mineral pool, waterfalls, and a hot tub, all topped off with tea and fruit served by the fireplace- jealous yet?

Mike is his usual busy self with SICC, SABF, People First, and a girlfriend. A floor hockey tournament on the mainland was a definite gas! Other highlights as the year wound down were attending the demolition of the Willows tower, as well as participating in Special Olympics Skiing, Floor Hockey and Swimming- all of which combine to keep him in good shape. DJ-ing jobs are not as frequent lately as he would like, but he is making do by subsidizing the paying gigs he does get with his income from household chores. Like everyone else he enjoyed the usual fun at all the BSS parties and get-togethers as well as the Hallowe'en romp at Galey Farm.

PARKSIDE HOUSE REPORT

The last few months have just flown by for us at Parkside House. As you know, Hayley and Kathy moved from Parkside into a Network of Home Living (NHL – Becon's home share program) home with Sheree and her family. It is nearly a year later, and they remain in love with their home and family. We get to see Hayley and Kathy every Monday through Friday, as they are participants in Becon's Community Inclusion services. Hayley has a new job as Becon's in-house special events decorator! Janice enjoyed her Birthday with 17 people showing up at James Bay Pub for her party. Rosalyn had 15 people at her Tinker Bell theme Birthday party complete with piñata! Lyndsay invited 11 people to her Birthday party at Original Joe's restaurant. Ted had lots of fun at the bowling alley in Sidney with close friends and family for his birthday. George enjoyed his THREE birthday parties: one with his mom and (10) brothers and sisters at his mother's house, one with his day program, and one in Parksville with Sandy!



Lyndsay joined a new Special O activity this year – snowshoeing at Mt. Washington. Rosalyn competed in two invitational rhythmic gymnastics competitions here in Victoria: ribbon and hoop. Rosalyn came first in both events! Janice is still volunteering at Rainbow kitchen twice a week, and Cook Street Village once a month for special events, setting up tables and visiting.

*(*Editor's note, we are very proud of Janice, Becon's "Citizen of the Month" this month. See page 1 for more details).*

We ALL went on vacations this past summer, and are looking forward to a social calendar full of events in 2012!



TROWELL HOUSE REPORT

Diane Rivest volunteered for the second time this year for the Eerie Acres Haunted house at the Trowell home in East Sooke. She volunteered three nights from 6-10 pm Saturday, Sunday, and Hallowe'en Monday helping to scare visitors from Sooke to Sidney. Diane played the lead character in the haunted Van Helsing home. Her



Diane "Van Helsing" Rivest, awaiting her next batch of victims...

suite was decorated with moving and haunted pictures, moving books and cobwebs. She helped raise \$450 for charity and over 4 food bins of food for the local Sooke food bank, equaling several hundred dollars. Eerie Acres had over 360 visitors over the three nights. **(Report submitted by Lindsay Trowell)**

LYALL STREET HOME REPORT *(submitted by Donna Ashford.)*

Hey everyone in the Becon network! Here are some of the goings-on at Lyall Street, the shared home of Molly the dog, Brandy, Donna and recently, David, who is moving back in after 11 years. Trish and Daisy the chihuahua are essentially country girls, and are fleeing the city to a country home in the Highlands. We'll miss both of them but plan to stay connected with weekly dinners.

In October we started our monthly Sunday gourmet brunches. Each of us invites someone and we spend a few hours eating yummy creations together. We're all "foodies" here - especially Molly - so we have lots of fun making things from scratch and adapting menus for diabetic needs. Road trip!! We're planning to drive to California in February. Anyone have any fundraising ideas?? We're taking on housecleaning, leaf raking, anything helps. Let us know if you have anything for us and spread the word!! (See "Excellent House Cleaning Services" ad, page 6). Six Flags here we come!!

Last week David and Brandy had an interesting opportunity to practice First Aid. They helped a man at Silver City who had fallen and cut himself. Brandy plans to take the next self-advocates First Aid course, and David's will be renewed. You never know when you'll need it!

David works at Starbuck's on Douglas. Go see him and grab a coffee. He's just bought a killer computer! Brandy recently had the honour of being the MC at Barb Goode's book launch and was elected to chair the committee for the SABF's dance. Such a busy woman - in high demand! Nothing can slow her down now that the cast is off the broken foot! She's celebrating her 31st birthday this month. Her PCP is coming up too! Heather was given an award this week by Big Brothers and Big Sisters for 6 years volunteering. She is such a star! She constantly thinks of others and always finds time to share her sunny energy. We hear she will be presenting a paper at a Forensics conference in Vancouver in the new year. Congratulations Heather!!

We welcome Carolyn King back to work after a long time in Ontario! She's glad to be back and we're glad to have her. Christmas was tons of fun— especially the baking and making all kinds of good things in general. Here's hoping it was the same for you.

So from Lyall Street— here's wishing everyone at BSS a wonderful, healthy, and happy 2012!

Molly, Brandy, David, Heather, Carolyn and Donna

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.

NHL

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's 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.

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