



BECONNECTED



Your Becon Support Services Newsletter

Volume Seven, Issue One

June, 2012

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



BSS SALUTES BRANDY KNIGHT, JUNE'S "CITIZEN OF THE MONTH"



BECONNECTED'S REVIEW OF BRANDY KNIGHT'S CITIZENSHIP: THUMBS UP! WAY UP!!!

(Submitted by Donna Ashford)

Brandy Knight has been named this month's Citizen of the Month. Brandy lives with roommates David and Donna and Molly the dog at Lyall Street. She has numerous friends and interests, and can be found helping out with the Self Advocates for a Brighter Future (SABF) events, such as organizing the Christmas dance, and emceeding the evening of the launch of Barb Goode's Book, "The Goode Life: Memoirs of a Disability Rights Activist;" a collaborative of Becon, SABF, and the South Island Community Council. As representatives for SABF, Brandy and David went to Vancouver in April for two days (and one night in a hotel!) to present and facilitate SABF's new game, "SANGO," to members of the Community Living BC Board of Directors. The game is played similarly to BINGO, but showcases the history and factual information about self-advocates in our culture. The event was designed to raise awareness of both the SABF movement, and SANGO itself. The

hope is that this will attract enough funding to produce a market-ready version of SANGO. It was an honour to be asked and Brandy thoroughly enjoyed the experience, as well as the opportunity to meet other self-advocates from around the province. While in Vancouver, Brandy took part in a meeting with CLBC Board members and 3 other self-advocates to talk about self-advocate-lead initiatives around the province. Information about this meeting was published in the most recent edition of The Citizen: <http://www.communitylivingbc.ca/whats-new/newsletter/the-citizen-april-2012-edition/listening-and-learning/>

Brandy is a member of the Becon Women's Social Club and serves on the Becon Green Committee, helping to organize such events as the Willows Beach Shoreline Cleanup.

She enjoys painting and participated in last year's art show at the Spiral Cafe in Vic West. She was very happy to have sold both of the pieces she submitted and more are in the works for this year's show.

Fitness and wellness is another area of interest, and Brandy eagerly awaits every year's Operation Trackshoes. This year is no exception, and to ready for the day, she plans to run in the Navy 10k happening this month. She works out daily on her treadmill, serving as a great example for the rest of us! Hiking Thetis Lake, summer camping, and road trips are other favourites. Yoga, pilates and daily meditation help keep up her positive outlook. *(continued on page two...)*

BRANDY KNIGHT- CITIZEN OF THE MONTH- (continued...)

Brandy recently returned from a 12-day road trip through California, Oregon and Washington, with David, Heather, Mike and Donna. The highlights of the trip were Universal Studios in Los Angeles, the Santa Cruz pier, and eating every day in one of the Diners, Drive-ins and Dives featured on the popular tv show. A great time as had and Brandy has the T-shirt to prove it!

Saving money is important to Brandy so that she can travel, and plan further trips like a rumoured Cross-Canada tour. She works very hard to build up her client base with her independent housecleaning service. Becon's Head Office location is one of Brandy's clients, and she has space for more, so if you need an excellent cleaner, give her a call!

Brandy is lots of fun and with her positive attitude and generous nature is a sure choice for May's Citizen of the Month. Congratulations, Bee!

And a Citizen from the past! Becon's January 2012 Citizen of the Month receives National Honour!



Janice Attwell- from January Citizen of the Month- to 2012 Self-Advocate of the Year!

Have you ever wondered if *Beconnected* has a readership or any impact beyond the walls of the facility you work in? Read on...

Shortly after Janice received her Citizen of the Month Award, her sister Julie was inspired to submit the following letter to the Canadian Down Syndrome Society:

"I am writing to nominate my sister Janice Attwell for the CDSS 2012 Self-Advocate of the Year Award.

Janice is my 48 year-old sister with Down Syndrome and I am so proud of her.

It is likely because of having a sister born with Down Syndrome that I pursued my career in Early Intervention and have been an Early Interventionist for 27 years. I am always proud to talk to my clients and other professionals about my sister's accomplishments and my parents Strength and determination to provide opportunities for Janice to develop confidence, skills, good self-esteem and encouragement and support for Janice to become a great self advocate.

Janice was been featured on The Community Services Awareness Month Poster for Community Social Services of BC and was most recently nominated as the Citizen of the Month in The Becon Support Services *Beconnected* Newsletter in Victoria BC.

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. Janice plays an important role there 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.

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.

Janice presented a student in the program,
(continued on page three...)

JANICE ATTWELL, 2012 SELF-ADVOCATE OF THE YEAR, (continued...)

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 a Christmas party and also on the committee that planned and hosted a book launch. Janice greeted and welcomed visitors.

Janice also thought she might be able to expand her contributions to her friends and community by taking a First Aid Course.

With her kind and gentle nature, Janice is a joy to be around, is always happy to share her creative talents, which are many (she has had some of her artworks displayed and purchased) and she is a great friend.

For all this, and a lot more, I would like to nominate Janice Attwell for the Canadian Down Syndrome Society 2012 Self Advocate of the Year Award.

Sincerely,

Nominator : Julie Kent"

The following is the CDSS response:

Hi Julie,

It is with great pleasure we would like to let you know that Janice Atwell has won the Self Advocate of the Year award. We will be presenting this at our conference in Toronto on May 18 - 20, 2012. If you or Janice are

unable to attend the conference one of our VATA members will accept it on Janice's behalf, then mail the award to you after the conference.

Thank you for nominating her.

Lyn Gowie

Canadian Down Syndrome Society

Janice and her mom, Conni, flew to Toronto for Janice to attend the CDSS conference award ceremony on Sunday May 19th, 2012. They spent a week in Toronto, visiting family and friends. Conni said this was her best Mother's Day present ever! "I'm so proud of her," said Conni, "And it was because of the Becon "Citizen of the Month" article in *Beconnected* that Julie decided to nominate her."

FROM THE DIRECTOR

Summer is fast approaching and will arrive before we know it!!!

At Becon Support Services the time seems to be slipping away at an accelerated rate as we self evaluate our programs and services in preparation for our 4th CARF Survey; scheduled for June 13th, 14th & 15th.

It is important for me to use this opportunity to acknowledge and thank the persons served, staff, contractors, families and community partners for their contribution dedication and assistance throughout this process. Very special thanks to Kristen Kay our accreditation advisor and leader. Although meeting the standards of CARF is ongoing, the additional work and commitment leading up to a survey is substantial, so thank you all for your efforts.

As Spring has officially sprung so arrives a huge list of events and activities. Becon will once again be entering a wonderful group of individuals as the official Beconnected Trailblazers Team at Operation Track Shoes. The second annual Becon Art Show will be occurring the entire month of June at the Spiral Café, and our social committee has sprung into action, organizing summer barbeques, picnics and other wonderful social and community opportunities. Let's all enjoy these and other opportunities as our days grow longer and warmer.

A number of changes have occurred within our Leadership team. I would like to extend a very warm welcome to the newest member of the team, Mat Hylan. Mat has graciously taken on the role of Home Coordinator at Tamarack House. Mat has already demonstrated a strong commitment to the folks at Tamarack, the staff and Organization. Welcome aboard Mat!!! With this change have come others. Sandy Leroux has accepted a transfer to Carey House. Michelle Berkeley has moved to Parkside, *(continued on page 4...)*

(FROM THE DIRECTOR, continued)

and Jen Faithful is the new Home Coordinator at Prairie House. Jenn Szary, who was formerly Home Coordinator at Carey and Prairie, has joined Christa and Jason in coordinating our Home Share and Community-Based services. We also appreciate the assistance Jenn has provided and continues to provide throughout these significant changes.

This will be the last edition of the *Beconnected* newsletter. We have decided to improve our use of social media and provide a forum in which information is released to our stakeholders in a timelier

fashion to insure the information we are sharing is current and relevant. I would like to give a special thanks to Steve McDougall and Kristen Kay for their countless hours and hard work spent in producing our past editions of *Beconnected*.

Finally I would like to wish you all a wonderful summer and look forward to seeing you at the many community events coming up.

Kind Regards,

Rhonda Connell

C.E.O. Becon Support Services Ltd.



Stay Tuned! The third 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 June 2012 edition of The Net Worker, please contact Christa Paquin at cpaquin@beconsupport.ca.



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 and 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!



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. Whether you are interested in this service or are just seeking information, please contact BSS at : 250-727-3891.

Kristen's site of the month

My friend, Aaron Johannes, who does wonderful work in Vancouver with Spectrum Society for Community Living, recently posted on his Facebook page the following:

A question that comes up when we talk about leadership: "You really think one person can change the world?" Why, yes, we do. And he will soon be three years old.



Kristen's website of the month is www.noahsdad.com.

(While you are online, you should check out some of the things Aaron and our friends at Spectrum Society are up to:

Website: <http://www.spectrumfriends.ca/>

Spectrum Press: <http://spectrumpress.myshopify.com/>

The 101 Friends Project: <http://www.101friends.ca/>)

"DONATE... OR ELSE!!!"

**STRONGARM APPROACH NETS
MAVIS PILAR FIRST-PLACE AT
LIONS' PADDLE-FOR-KIDS EVENT**

Longtime BSS employee Mavis Pilar (currently nights at Prairie) was recently recognized as the top fundraiser in the Victoria Lions' Club's annual 2012 Paddle-For-Kids event.

She accomplished this by tirelessly soliciting donations throughout the Agency. With BSS Director Rhonda Connell then matching her collections, a winning total of \$2740 was raised for summer childrens' aquatics pro-

grams.

Her thank you note to BSS said (in part) : "Thanks for your support. I ended up raising \$2740, about 25% of all the money raised. Could not have happened without Becon's support. Mavis."



Deb Hills Is Retiring!!!

We are please to announce the retirement of loyal and committed long-term employee and friend-to-many individuals supported, Deb Hills. On Wednesday May 30th, forty individuals gathered at Becon's Head Office in appreciation of Deb, and to wish her a Happy Healthy Retirement.



Our Ms. Hills will be greatly missed—not only by office staff like Susan, Natasha, and Boshia, or by fans-served like-Helen and Christy, but also by co-workers too numerous to list, but for sure including your *Beconnected* Editor. (sniff!)

BeCommunity Art Show 2012

In an effort to put into practice our vision, mission and values, Becon Support Services is happy to announce our Second Annual BeCommunity Art Show for artists with developmental disabilities will be hanging the month of June, at the Spiral Café on Craigflower Road. The show's



opening night is at 7:00pm on Friday, June 1st. Close to 100 pieces of art made by members of the Becon community will be hanging and for sale (with

100% of proceeds going to the artist). This event was a ton of fun last year, and we are expecting it to be even better in 2012! Our pieces will be hanging for the entire month of June, so please visit the Spiral Café and give them your business in appreciation of their supporting our artists!



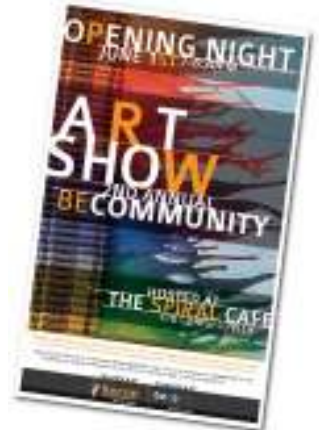
Art...



Art...



...and a couple of artsy types!



Y M C

Young Men's Club

(Submitted by Jason Falk)

Our Club continues to meet monthly and each event is eagerly anticipated by our members. Since our last update we attended the Shriners' Christmas Magic Show at the Royal Theatre, saw a movie at Silver City, went to Langford Lanes for some 10-pin, and had a spirited game of street hockey behind our office. We had planned to go tubing on Mount Washington in March but that day the road was closed due to a wind storm. We consoled ourselves with a huge brunch at Denny's and some arcade time and Mr. Tubbs!

Upcoming Club events include Go-Karts at the Western Speedway, a session of water fights at Beaver Lake, an afternoon at the Luxton Fair, and our first go at Ziplining!

We will also be entering a team in the First Annual Victoria Invitational Floor Hockey Tournament, June 14th at Pearkes Recreation, in which we are also assisting with planning and hosting. More information regarding the event will be sent out in the near future. Last year we won a tournament in Surrey and since then we have been practicing a lot. We have also been invited to the Surrey Tournament in October, 2012.



Young Women's Club



(Submitted by Sandy Leroux)

The Women's Club has enjoyed some chick time together so far this year.

January was movie night, the ladies enjoyed popcorn and pop while they watched "We Bought a Zoo". There was "Lots of giggling going on".

In February 8 ladies tried their luck at the Casino. Helen won \$5.00 third try on a nickel machine. The ladies were very excited for Helen, while enjoying lunch at the Casino restaurant.

March was a women-only trip to the BC Museum. The ladies enjoyed the tour followed by lunch.

In April was "TORNADO!" At the IMAX followed by DQ for ice cream.

Of course, the highlight of W/C 2012 so far was the day trip spent tubing at Mount Washington!

Be sure to check out some photo highlights from our big outing on page 9!

WELL-BEHAVED (???)BSS YOUNG WOMEN'S CLUB LIGHTS UP MOUNT WASHINGTON

Well-behaved women seldom make history.
--Laurel Thatcher Ulrich



From Your CQI Committee

Meeting with the Survey Team

While the CARF surveyors are here, they will meet with individuals, employees and contractors of BSS locations – head office, group homes and Network of Home Living (NHL) homes. A schedule of where and when they will be visiting your program location will be made available on Monday June 11th. If any individuals supported, family members, employees or contractors would like to meet with the survey team, please contact me and I will make sure that they are made aware of the request.

The purpose of the visits to program locations is for the survey team to determine the organization's conformance to all applicable standards through the observation of services, interviews with persons supported and other stakeholders, and review of documentation.

Welcome Reception

BSS will be hosting an informal reception to welcome the CARF Accreditation survey team, and give everyone who wishes, the opportunity to meet them and ask any questions they may have. The Welcome Reception is scheduled for 9:00—9:15am on Wednesday June 13th, at Head Office. Coffee will be provided. Call Kristen at 727-3891 for any further information on the Survey process.

Exit Conference

On the afternoon of Friday, June 15th, BSS will be hosting a one-hour "Exit Conference" at Head Office. We will be informed of the survey team's findings related to the standards.



(Submitted by Mat Hylan...)

Our community inclusion services keep on evolving. We have recently partnered with Langford Lanes for a weekly bowling league. It is great fun; and sometimes a lot of exercise! We are connecting with the BC Museum for regular trips to learn about the displays featuring Canadian History, and even Dinosaurs! We might even watch an IMAX or two for fun!

One area that we have been focusing our planning and attention is on finding meaningful employment for participants. It is our goal to support participants to secure a job suitable to everyone's individual needs and interests. One idea is for participants to create art to be sold at Becon's June art show, called BeCommunity – All proceeds of sale go directly to the artist. The BecoNetwork is going to be responsible for organizing and hosting a "Marketplace" at this year's One Day event in September. This is very recent news and we can't wait to get started!

(continued on page 10...)

COMMUNITY INCLUSION SERVICES (continued from page 9...)

Members of the committee have been attending numerous meetings and forums about employment to learn what we can, and hopefully make some connections that will one day lead to employment. Also, Becon is sending 15 staff to conference at the University of Victoria about Customized Employment and the Discovery Process in May.

Our master plan is to have the BecoNetwork accredited at our CARF accreditation survey in 2015!



(Submitted by Kristen Kay)

Denise Turner, Chair of the Board of Directors of Community Living BC, David Carter, Brandy Knight, and SANGO



In March, SABF members Brandy (our Citizen of the Month!) and David, took SANGO – the game like BINGO we made to teach people about the history of community living, self advocacy, and famous self advocates – to Vancouver to present and facilitate for the Board of Directors of Community Living BC. They were treated to an overnight stay at the Coast Airport Hotel and their meals. While in Vancouver, Brandy and David took part in a meeting of self advocates and Board members to talk about self-advocate-led initiatives around the province. Information about this meeting was published in the most recent edition of The Citizen: <http://www.communitylivingbc.ca/whats-new/newsletter/the-citizen-april-2012-edition/listening-and-learning/>. Thank you Brandy and David for doing such a wonderful job representing our group!

Another project we've been working on is writing letters – some members have been writing to family and friends, while others have been working on a letter to effect change! A number of participants come from the Ozanam Day Program, which sits on the corner where Quadra, Glanford and West Saanich meet. It is a difficult corner to navigate, and the members are concerned that the timing of the walk signal does not give enough time for people who are not fast walkers or rollers to get across the street safely. We're hoping for the result of having the time extended for safe crossing.

The CLBC Safeguards Initiative has recently prepared a six-minute animated Rights Video based on the Plain Language "Rights and Safeguards: A Guide for Self Advocates" booklet. This video is an excellent tool for self advocates, family members and service providers. The video can be viewed on CLBC's YouTube channel at: http://www.youtube.com/watch?v=NRA5rTuK_es&feature=youtu.be.

SABF's Annual Spring Fling in June is scheduled for the same time same place! – June 13th at 11:30am, Flipside at Pearkes Rec. See you there!



ONE DAY 2012 DRAWS NEARER

(Submitted by Kristen Kay)

A joint partnership of community living agencies including Becon, will be hosting Victoria's 4th Annual One Day event on September 15th, 2012, at Topaz Park. The organizing committee is planning for a number of changes to the event this year in order to raise its profile and to increase engagement of the broader community. Changes include the addition of a children's area, aimed at children 10-and-under, with bouncy castles, face painting and carnival games. We are introducing a "One Day Marketplace" where people can sell their handmade arts and crafts. BSS's Community Inclusion program will be hosting the Marketplace. You can contact Mat at tamarack@beconsupport.ca to reserve a table. We will also be increasing our usage of social media to promote the event, and inviting prominent members of the community to take part in the day.

Stay tuned on our website at www.onedaytogether.com and on our Facebook group and events pages for up-to-date information as September 15th draws nearer!



SKILLS AND SERVICES



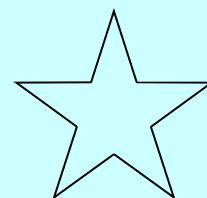
"Excellent House Cleaning Services" – available weekdays. 250-220-2330 and leave a message for Brandy .

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 or
Jason...778-440-1020

I, Christina, have started a new business of making gift bags. I started with Christmas bags and my business is already a success. I am expanding into making bags for other occasions such as birthdays, thank you's, baby showers, Hanukkah etc. You name it, I will make you some bags!

To place your orders please email: prairie@beconsupport.ca; subject: gift bags!

Thank you all in advance for your orders.



**A few more
SKILLS AND SERVICES**

COMMERCIAL & RESIDENTIAL HAULING

We Haul away:

Garbage, unwanted furniture, TVs, Computers, Construction waste, Yard waste....etc

We deliver:

Soil, mulch, rock, gravel, sand....etc

Recycling:

Most of what we take away is recycled. We can even recycle Styrofoam. Anything that can be reused is donated accordingly.

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Industrial Big Tex FULL SIZE Dump trailer. We offer our 14 foot trailer for the same price as the competition's 12 foot trailer.

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New customers receive the same 10% discount offered to seniors.

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Please Call Anytime for a free estimate:

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SWEET TRAILER!

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



WHY IS THIS WOMAN SMILING so...BIG???

The woman is, of course, Kathy, one of Becon's most tirelessly upbeat and large-spirited persons-served. Whether as one of our most active self-advocates or in any phase of her daily living, she seems to embody so much that is positive and generous.

No wonder, then, that her smile makes her so instantly recognizable.

But *this* is on another level, even for Kathy. And this is why:

On the weekend of May 11-13 she and Mat (HC of Tamarack), Michael, Mark, and Janice attended the BC People First Conference, held at the Hilton Metrotown (where they stayed, ate, and enjoyed a Pub Night). This year's topic was "Nothing About Us Without Us". The photos on the opposite page tell the rest of the story.

2012 PEOPLE FIRST CONFERENCE- “NOTHING ABOUT US WITHOUT US”



RANDOM ODDS AND ENDS AND FACTOIDS

-The trip worked out doubly well for Mike, since he was already scheduled to be in Vancouver in his capacity as member of the BC People First board.

-Be *sure* to check out this riveting and cool video, which animates artwork by Aaron Johannes, illustrating the conference's key points (over perfect music by Van Morrison!): <http://www.youtube.com/watch?v=Z5AZ3DRsOJs&feature=youtu.be>



COMMITTEE REPORTS

Accessibility

(Submitted by Kristen Kay)

Accessibility isn't just about ramps, it's also about attitudes:

Attitudes are the Real Disability



Earlier this spring, US retailer Target was praised by parents and disability groups for including a child with Down syndrome in a recent ad. The ad itself was not out of the ordinary, which is the point. The ad appeared in a mass-distributed weekly flyer, not a catalog specific to disability. In her blog for the website, parents.com, Ellen Seidman says, "This is what parents of kids with special needs yearn for: inclusion. For others to see that our kids belong...For us to feel that our kids belong. Ads like these don't just make a statement about inclusion; they get the conversation going."

This story was blogged about on a number of sites. Read a couple of them here, including Noah's Dad, from our "Website of the Month:" <http://noahsdad.com/target-down-syndrome/>; and our friend, Keenan Wellar, from Ottawa: <http://keenanwellar.wordpress.com/2012/01/06/on-target-t-shirt-model-generates-hope-for-a-world-that-includes-people-with-intellectual-disabilities/>

OHS Committee
 (Submitted by Maggie Cavin)

The Committee inspected 4 sites – Carey, Heights, Forrester and Prairie in the past 4 months. Some of the issues discussed at the meetings include the following:

- making sure all JOHSC paperwork is filed prior to CARF;
- ensure emergency cell phones in vehicles are operational;
- double-check each site has their yellow sharps container accessible;
- review procedure with staff for a dropped pill/how to reorder medications should a pill be dropped;
- having vinyl and latex gloves provided by the employer at all times.

We hosted another fire suppression training workshop at the Saanich Fire Station on May 22, attended by 9 staff and 2 residents. Remember "PASS" to operate an extinguisher!



SOCIAL CLUB REPORT

(Submitted by Nat Emond)



Our Annual early spring events: Chinese New Years and our Easter Party, were both hits! The Easter bunny came, we had an awesome Easter egg hunt and everyone went home with bags of chocolates and treats. Thanks again to everyone for bringing all those delicious meals for us to share!

In May, we have a Tamarack/Carey house BBQ on the 30th. Our June Aboriginal-themed BBQ will be on the 28th. In the summer months, we have a few events that our friends and families will not want to miss including the Annual Becon Support Services Friends and Family BBQ at Centennial Park in Central Sannich on July 14th at 11:00. Otherwise, we are looking forward to more floor hockey, monthly potlucks, monthly arts-and-crafts clubbing, trips to Butchart Gardens, go-carting, mini-golfing, beaching it, and many summer activities together. What a way to StayConnected during the summer months!



(The BSS Easter Party. Eggs-ackly what the Bunny ordered for 2012!)

The CQI Connection

family council

(Submitted by Kristen Kay)

Becon Support Services Family Council's April meeting was attended by Karen, Peter, Angela, Geli, Beverley, Jason, Kristen and Rhonda. Families were updated regarding activities at Becon, we discussed the current goings-on in community living, and we talked some more about the proposal Beverley has been working on with Jason and the Vancouver Island Health Authority, that would see the development of a protocol to assist with persons' transition into and out of hospital, for both emergency and scheduled hospital visits. This month's meeting ended with the sharing of stories from the childhood of members' family member – this was particularly awesome for Jason and Rhonda and I, as, of course, we didn't get to meet the children and siblings of Council members until they were a little bit older(!). 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 in the fall (date and time TBA). For more info or to get involved, please email us at familycouncil@beconsupport.ca.

COMMITTEES, continued...



**University
of Victoria**

The Centre for Youth and Society at the University of Victoria recently conducted a study of siblings of youth with disabilities: *"While families of youth with a disability are unique in terms of their child's specific needs, families often share a commonality of experiences."* What they found was that, as adults, siblings of a sister or brother with a disability were found to have higher tolerance of people, more compassion towards others, an awareness of the impact of prejudice, and stronger bonds with their families. To access the full report, www.youth.society.uvic.ca.

HR—CONNECTED

(Submitted by Jason Falk)

Our annual staff surveys went out last autumn and, overall, our 2011 results were the most positive yet. We were particularly pleased by the ratings on questions about overall job satisfaction and communication between staff and management. Only a tiny minority of surveys indicated we need to improve areas of a.) providing praise or recognition and b.) communication between staff and management. These are the areas that have been identified in previous years as needing improvement and it is clear our commitment to those improvements have yielded positive results.

A significant part of the role of the Human Resources Committee is to provide as much training and information to our employees as possible. Since the last *Beconnected* we have held:

A SIVA training session attended by eight of our line staff and three of our contractors

A Central Orientation attended by 12 new employees and six contractors

Other training and workshop opportunities that were attended by Becon personnel:

"Managing Human Rights in the Workplace" by Stephen Hammond was attended by the Rhonda and Kristen (We also continue to receive Mr. Hammond's weekly "bulletins" as ongoing training).

Mat (Tamarack Coordinator) attended the Strategic Volunteering Information Session offered by the Victoria Disability Resource Centre.

Mat and Christa attended a day workshop in Nanaimo called "Beyond Traditional Job Development" by Denise Bissonnette which focused on how to develop employment opportunities for our residents.

Mat and Michelle (Parkside Coordinator) attended the Macro-Regional Employment Forum in Nanaimo

Maggie (Forrester Coordinator) completed the Canadian Falls Prevention Curriculum E-Course.

Twenty-two Becon employees attended the all-day "Sensory Strategies in Action: Putting Sensory Strategies to Work for People with Developmental Disabilities" workshop by Kim Barthel.

All members of the Becon leadership team attended different workshops at the SITI conference in May; and 15 employees attended a full-day workshop with Cary Griffin called "Linking Discovery & Job Development: A Customized Approach".

Mat, Michelle, and Luis (Onyx Coordinator) attended "Emergency Planning: Nutrition and Food Services" presented by Community Care Facilities Licensing.

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





GREENCONNECTED ANNOUNCEMENT

(Submitted by Jason Falk)

On September 18th the Becon Support Services Green Committee will host our fourth Great Canadian Shoreline Cleanup Event by cleaning Willows Beach Park. Last year thirty five residents, staff and community members showed up and the cleanup proceeded efficiently and quickly. The cleanup this year will begin at 4:00 pm and will be followed by a zero-garbage barbeque at the park.

Everyone is welcome to participate. To sign up you just contact Luis or Jason (see below).

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

Contact information:

Jason phone:250-727-3891 email: jfalk@beconsupport.ca

Luis phone:250-514-7604 email: onyx@beconsupport.ca



Come out and cheer on our BeConnected Trailblazers Operation Trackshoes team June 8th—10th. This event is a highlight of the year for many BeConians. In addition to the competition of the track meet, there are tons of activities going on around the campus of the University of Victoria. We currently have a team of 25 competitors registered to participate in the 2012 event.

For more information, contact Kristen at the office.

Our Trailblazers may be in the thick of it as this issue arrives in your inbox the weekend of June 8th– 10th. All the more reason to get out there and support the Becon team and enjoy the activities and sunshine!



(EDITOR- This is such a great little yarn- works as a nice entry into the Residential Services section, but also because it is hard to imagine a more fitting tale (or tail) for our final issue of BeConnected- to my mind it really captures the difference between the days (and mindset) of institutions and the quality of life experienced every day in Becon's ever-widening variety of residential settings. Tom Mitchell cares for Dominic as an NHL contractor, in a Home Share situation on Saltspring Island.)

ELSIE, THE CARING CAT

(A story from Saltspring Island, submitted by Tom Mitchell)

Last Saturday evening, after a quiet night of TV, my friend Dominic and I bade each other goodnight and headed to our respective rooms. After a while as I was beginning to doze off, I was brought mostly awake by a loud caterwauling noise. In my half awake state I thought some critter had come in the cat door and was spooking Elsie, our large, elderly and affectionate Ginger cat.

I lay for a few seconds hoping the noise would stop and I could resume my journey into slumber land. The noise continued. Reluctantly, I rose and left my room.

To my surprise and dismay, there was Dominic on his hands and knees on his bedroom floor, unable to get up. Elsie had stopped her caterwauling as soon as I came out of my room and after I saw Dom safely to bed, I gave Elsie some strokes of gratitude and Thanks.

I now see her in a much more appreciative light. If she had not wakened me, my friend would have spent a long night on his knees.

Three Cheers for Elsie, The Caring Cat.



Dominic with Elsie



B.S.S. Residential Services

CAREY HOUSE REPORT

(Submitted by Sandy Leroux)

Paul: I enjoy my Saturday swims and my half hour walks before supper. Going to Francelli's with the gang and having a smoothie is one of my favorite things. Chinese New Year smorg was very tasty and lots of it. April brought the Easter Egg Hunt and Potluck dinner at Tamarack House. Everyone wore spring colors and a big Easter bunny (staff dressed up) that also gave out treats. Music at Bill's every Monday night and Wednesday at the Juan De Fuca dance gets me rocking.

Julia: I will tell you that my Friday night swims are my favorite thing to do. Half hour walk around my neighborhood before supper is exciting. Butchart Gardens is lots of fun to walk around and get a drink at the restaurant. Becon events are interesting and always are followed with lots of good things to eat and drink. 1-1 time with Sue every Sunday always makes me feel special.

David: I have a busy schedule with lots of fun things attached. Sing-along at Bill Cino's every Monday night, Juan De Fuca dance every Wednesday night. Before dinner on Wednesday a trip to the library to get an exciting talking book for the week. Thursday a swim after supper, video at Rogers on Fridays and church on Sundays. The last week of the month a fun outing to Hermann's for a beer and Dixieland Express playing all my favorite music. To top it all off is lunch with my sister every Wednesday and we work on word games. (Roger's video is no more! Do I have to make my own movies now?)

Michael: I'm very busy with my DJ jobs that seem to be getting bigger and bigger. I have bought myself an iPad to fancy up my equipment. I am on many committees that keep me busy. SICC, SABF, BC PEOPLE FIRST, and a girlfriend. I am also saving for a trip to Ireland in May to see relatives for three weeks. I also enjoy all the events that Becon puts on every month.

ONYX HOUSE REPORT

(Submitted by Luis DeSousa)

Summer is on our doorstep and there's a whole lot going on around Onyx. Besides the usual skateboard, bmx, basketball, hockey, and soccer madness that consumes the boys on a regular basis, summer brings the Onyx boys their biggest joy 2 months away from school.

MS- I was looking forward to watching the Canucks for another few weeks but I guess now I'll get busy mowing lawns and making money. I went to a Canucks pre-playoff game in April with Jason, Steve, and Luis; and we won!

Remember, if you do need your lawn mowed, give me a shout!

WM- Will's favorite time of the year has come and I am ready!! During the warm months of spring to the hot months of summer, you can usually catch me soaking up sun in my hammock or wading in my pool.

This year, Luis and I are going to get up to Shawnigan Lake for some camping where I can also enjoy lakeside tranquility for hours.



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PEARL HOUSE REPORT

(Submitted by Graeme Skinner)

Steven: Christmas was once again one of my highlights. Busy, busy, busy getting gifts for family and snagging treats whenever I could. As far as the rest I'm still working with Timon and Self Made Contracting and making enough money that I can now budget savings, necessary expenses and fun money, you know money I can spend on whatever I want. My new roommate Kyle is still a handful but we seem to have settled down into a routine that for the most part is working out fine. Still makes for a busy house, 'specially in the morning. Anyway – til next time. Who's your Santa?

Carl: It's been busy times with all the action my new housemate has brought with him, but some changes to the environment has brought the house back into my kinda order. I like to listen to my music collection – And what a selection I have too. I like classical, Mexican, jazz, blues, rock, heavy metal and anything instrumental. Things at Abilities are pretty busy. I do some gardening around the house and of course do walks around The-tis and other parks in town. No shortage of stuff to do and then there is my couch. Nothing better than stretched out on the couch after a busy day and a full dinner.

Kyle: I've been here nearly 6 months now and I am settling in nicely. Staff at Pearl keep me busy, horseback riding 2 times a week, swimming on Saturday and football, soccer and basketball just about any time I want to (after school of course). I see Mom and Sis on Thursdays and occasionally we get together on a weekend for an overnight. I just saw Dad. He came from Seattle at Easter and he brought me new shoes (my old ones were falling apart). Staff at Pearl help me beat the bad guys in my Xmen game for my PS2 and I play football and hockey as well. I still sing along with my fave tunes and use my computer to record my dancing. Every once in a while I go to a Becon party and dance up a storm and I just love visiting with people. Life is good.

Patrick: Not much new news for me. I hang out every other weekend at Pearl and staff take me for lots of drives and walks. I get to go swimming every Saturday I am at Pearl and if there are any events I attend them as well – I go for the food and all the excitement!

Christopher: It is so much fun coming to Pearl on alternate weekends from Patrick (I miss Patrick, though, as I don't get to see him often) and the gang at Pearl make sure that I have all the craft stuff I need as well as taking me swimming, for walks, sports of any kind and trips to the mall to shop – I love getting things for people and I love all the holidays. Presents from Xmas to chocolates for Easter, hearts for Valentines and candies for Hallowe'en. Yah, holidays are great. SEE YA NEXT TIME!



(Steve and Luis at a Canucks game- Jason and MS were there, too, but missed the photo op.)



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PRAIRIE HOUSE REPORT

(Submitted by Jen Faithfull)

Andrea- I am proud to share that my dream came true- Las Vegas!!

I got to see Chris Angel's magic show, I am his biggest fan!

I did a lot of walking and it was hot even in February, but I really enjoyed it.

I think I am becoming an amazing painter because I've been making paintings for the Art Show coming in June.

This spring has been busy for me, I joined a baseball team and it keeps me busy on Saturdays.

My staff and I do a lot of practice at home and it's good exercise too!

I am getting really excited for Operation Trackshoes; this summer I have been training by walking and riding my exercise bike.

I really want to get more #1 ribbons!

I can't wait to find out where Chrystal and I are going this summer for our vacation with Jenn and Kristen.

Christina- I have been really busy the last couple months working on all my paintings for the art show and my gift bags. I need to make lots of money so I can go to Russia or China.

I participated in the VRDA Ride-a-thon and raised \$200 for the horses. I am now taking a break from riding till September because other people need a turn and I want to spend my summer floating on the lake. I went up to Mount Washington with my Young Women's Club friends. I had so much fun tubing but my favorite part was lunch and dinner out! Me and Sandy just started doing some gardening around Prairie house and we have decided to make our vegetable garden BIGGER this year so there will be more veggies for me to eat! Me and Jen went out and got me a new desk and chair for my computer so now I am really comfortable when I am looking at the world's weather. I am looking forward to going away overnight this summer with Jen and Judy!

HEIGHTS HOUSE REPORT

(Submitted by Nathalie Emond)

David- As usual, Dave has been busy with volunteering at the Becon Petting Zoo, Rainbow Kitchen, delivering bread from the Country Grocer and delivering books to seniors in our community. Horseback riding has finished for the season, and sailing will start up again soon. Dave also started playing baseball again this April for the summer season. We try to keep Dave busy at home...he's mowed the lawn a few times and we hope that he will keep that up!! Way to go Dave!

Melissa- Mel has been doing well...she's a bit sad that her long time worker from Abilities, James, has moved to Ontario, so there's some adjusting to do at work, but she's managing just fine. Mel is looking forward to our summer BBQ's to start and can't wait to enjoy summer campfires, weekend road trips and picnics.

Martin- Martin gave us a real good scare in March and ended up in the ICU at the Royal Jubilee Hospital for 2 weeks. Thankfully, Martin made a miraculous recovery! Many thanks to the wonderful, caring staff at the Heights for taking such good care of our Marty during his time of illness. Martin just started going back to



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(Heights Report, continued...)

Jennifer- – Jenny is constantly on the move with her weekly aerobics, music programs, and art projects for the Art Show (one of Jenny's pieces is featured on the event poster!), swimming, meeting friends for lunch and shopping. Jen has been consistently happy and seems to be enjoying her house, staff, visiting with mom on occasion. Jenny is looking for volunteering work, so if anyone needs some shopping done...let us know!!

FORRESTER HOUSE REPORT

(Submitted by Maggie Cavin)

It's been a busy three months here at the house. We finally got our kitchen reno done – a new floor, new cabinets and a new door to the back porch (on order). The floor makes the room look like a big barn, but what an improvement! We also got the carpets cleaned, and next will get the windows washed and the gutters cleared out. Apparently we will be getting a new fence and the trim on the house will be repainted as well. The snow tires are off the van, the handicap sticker expires this month (Helen wanted me to make sure I mentioned this), and someday, someday soon, the sun will come out and shine down on everyone who lives and works at Forrester House! We are looking forward to summer and all the activities the season brings.



(Helen- "Don't call ME Easter Bunny!")

LORNA

Christmas was fun! There were lots of gifts, and lots of food! I enjoyed the Christmas music Dr. Ross came and played for us. I got to bang on the drum. I hardly got sick this winter, and got to go to Garth Homer every week. I like going out for dinner and I love McDonalds too. I like cheese. The best thing that happened to me is Jerry came and we rented a car and went up to Parksville and stayed in a suite. I ate lots and went shopping and Jerry took care of me. I like Jerry.

ROY

I watched a lot of hockey over the winter. Christmas was good – my mum gave me a gift, and there was a big Christmas dinner. I went to Butchart Gardens and saw the lights too – I go every year. I didn't get sick at all this winter, and got to go to Ozanam every week. I also went to lots of SABF meetings – I like that! I get buzz cut #3 when Mike cuts my hair. I go to the Juan de Fuca dance sometimes, and I go out for dinner too. I was rooting for the Canucks, but it didn't go well.

EDMOND

I went to my parents for Christmas dinner like I do every year. I got a pile of gifts at Forrester too! I went off to see the lights at Butchart Gardens. I like to be active, so I walked to the video store all winter, went to the Juan de Fuca dances, and helped with grocery shopping and recycling. My favorite time of the year is here– the petting zoo at Beacon Hill Park is open again! Anne-Marie sent me a picture of a goat and Shirley framed it for me. I love goats. Plus I went out to the movies and to dinner and a couple of hockey games as well. Maggie says she doesn't know how I fit it all in.....



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(Forrester House, continued...)

HELEN

Christmas was fun – I got lots of gifts, and I love turkey. I went to Butchart Gardens with my housemates. I've been pretty busy! The van sticker is due later this year. My jacket matches the van. I love to take the garbage out. And I go to the Juan de Fuca dances, help with grocery shopping, and spend time doing crafts. I would like to go on a cruise. I got new winter boots.

My puppy growls at Maggie, and she says she's going to get it a kennel if I don't keep control of it! I think she's scared of the puppy.

CHRISTY

I stayed at my dad's house over Christmas – I like that. I like it when my dad comes and takes me out for dinner. I went to Butchart Gardens and looked at the lights. I have been pretty healthy all winter, and carrying on with my usual activities – shopping, going out for dinner and watching TV. I don't like hockey. I like to listen to music. I got a new winter jacket and some new shoes. I like to eat nachos – with cheese! And I like going to the petting zoo to play with the baby goats.

TAMARACK HOUSE REPORT

(Submitted by Mat Hylan)

It is hard to believe that spring has arrived at Tamarack, we are all very excited for the upcoming parties and events this spring and summer. With the Easter Bunny's trail still visible in our yard, we are excited to get outside and plant our gardens full of fruits and veggies. At the end of the month we are planning to host a BBQ for all of our friends and families.

Morris

I went to my first Victoria Royals game in March, we had great seats and got to enjoy pop corn and hot dogs. Unfortunately we lost the game, but i enjoyed it so much that i went to an Old Timers hockey game a few weeks later with my buddy Nicole. I have been working on pieces of Art for the show at Spiral cafe, I am very excited to see all the wonderful pieces my friends at Becon have done. Since December me and the younger boys have been Bowling on Wednesday mornings, it is the most fun i have had in ages.

Jesse

In December me and the boys signed up to bowl at Langford Lanes every Wednesday morning. They have these cool bumpers so you can bounce your ball all the way down the lane and smash the pins every time! I also just got a new iPad and have been using it with my S.I.D.E.S. teachers. It has a story about me in it and i can make a different ending every time. Operation Trackshoes is coming up again soon and i couldn't be more excited to get to the races!

Mark

I can not wait for spring; I am very excited to get outdoors again in the sun and go and meet some new people. This month i will be traveling to Vancouver for a self advocacy conference, but most importantly some R&R. I cant wait to take the ferry over, I hope it is a nice sunny crossing. Not too soon after I return from Vancouver i will be going to see Ryan Adams!!! I haven't been to a rock show in such a long time, I love singing with Shelley but Ryan will be amazing!

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Tamarack Report, continued...

Bernice

I was so excited to meet the Easter Bunny this year; he needs to do a better job at hiding the eggs because i found a ton! Now that the weather has been getting better I am very excited to break out my dresses. There is nothing I love more than a nice summer dress. In June I am looking forward to my first trip to Pender Island. I have been drawing pictures of my trip and I can not wait!

PARKSIDE HOUSE REPORT

(Submitted by Michelle Berkeley)

Time is flying by again- we are a very busy group here at Parkside.

Janice is very busy during the week; she is still volunteering at Rainbow kitchen and apparently is in high demand; just last week the kitchen gals were fighting with the bread bagging gals for Janice's expertise in the kitchen. Way to go Janice! Janice also spends time at the Rec centre, music, and works at craft night once a month. Janice went home for Easter weekend and spent some quality time with Mom . This month Janice stated "I really enjoyed myself". Janice also took a trip up to Mt. Washington in March and did some tubing . Apparently she had a "blast."

Lyndsay has been busy with her volunteer job at Oak Bay Lodge. She was going once a week, but she was doing such a good job that they offered her a second day per week! Lyndsay started a new program at the end of April; the new program is specific to employment. Although feeling nervous, Lyndsay is very happy about the possibility of finding a job through her new program. Lyndsay's evenings are full- she is in T-ball, soccer, and track, so most evenings are busy with practices.

Rosie is doing very well. She recently changed her room around and is currently on the lookout for some new curtains! Rosie is busy with her Track and Field and spends time in the evenings at practice or shopping. Rosie had a wonderful Easter with family and was spoiled by the bunny himself!!

George is doing great, and really enjoying his day program. They have now started bowling weekly. George stated "I like bowling!" George continues to be a great help at home and to his housemates. He went to visit family and friends at Easter time, and is looking forward to summer this year!

Ted has been going on a lot of walks since the weather is nicer. He also had a good time at Tamarack's Easter Party this year. He also saw his sister and enjoyed some Easter goodies with her. Ted is doing very well at his day program during the week and his weekends are full with walks and movies on Sunday.



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NHL

(Submitted by Christa Paquin)

Becon Support Service’s Network of Home Living is continually expanding, and in fact is now our fastest-growing program. Since the last edition of *Be-connected*, we have had a few more individuals join the Network. As of today, Becon is supporting 45 individuals in home share and those home shares are scattered around Vancouver Island and the Gulf Islands. We have recently expanded our services to include the Comox Valley and a recent intake from Parksville. The breakdown of individuals by community is as follows: Saltspring Island: 7 individuals supported, Parksville: 2, Comox: 2, Sooke: 7, and in Victoria there are 27 individuals supported.

As you can see, this is a large geographical area we are now providing services to. Recently a group of Home Share Providers have come forward with proposal to start a BC Association for Home Share Providers. The intent is to unite all caregivers Province-wide and to work towards a common goal. They are hoping to model the Association after the Foster Parents Association and be able to provide ongoing training and support. Currently a core group has been established and is coming together to finalize the mission of the group. If this is of interest to you, please see the link on our Becon Facebook page or Google BC Home Share providers support group.



HAMILTON HOBBY FARM

(Submitted by Chris Hamilton)

Everything is good on the farm; we have some new arrivals in some Silkie chickens, a new horse named CA\$H and a lion-bearded baby rabbit. We’re getting ready to plant veggies here and the berries are growing well.

For all the years I’ve known Bryan, he has always wanted to build a car or truck. He is now helping work on a Ford Truck restoration and learning how to do some bodywork and general "mechanic" stuff. He's really enjoying having a shop to fix things and work on trucks. He's a good sander and sure has a lot of questions about how to do it! I’m kidding.....You can find Bryan customizing his car collection, walking up to the model shop at Coombs, or driving around the farm in his golfcart or mustang go cart.



Bryan working on the Ford Truck restoration project.

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