

We have exciting new changes coming up for our website and as a result, the articles in this issue will not be on our website

## WELCOME TO RESIDENTIAL SERVICES

BY DANIELLE WHITE



*A "house"*

is a building that functions as a home.



*A "home"*

is a place where a person resides, where there is security, comfort, and refuge.



*A "network"*

is a large and widely distributed group of people who communicate and work together.



*A "neighbourhood"*

is a place where people collaborate and do things together.

There are 21 group homes located throughout neighborhoods in Vancouver and Richmond operated by DDA. Driving down the road you can't pick us out in a crowd. The houses are well maintained, landscaped and look like any other house on the block. We have recycling bins, garbage cans and flowering seasonal gardens too. We know our neighbors and they know us. We attend block parties and have garage sales. We host strawberry teas and share the occasional banana bread too!

Individuals living in our group homes are brought together by compatibility, individual wishes, similar needs, and lifelong friendships. At DDA, we strive to ensure individuals have expanded networks that include family, friends, significant others and access to numerous community services. As we recognize the individuality and diversity of the individuals we support, ultimately our goal is to ensure that they are provided with the opportunities to lead full lives in the community ... Continued on page 2



Danielle White  
Director of Residential Services

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Visit our social media outlets to find out what's happening at DDA and your community.



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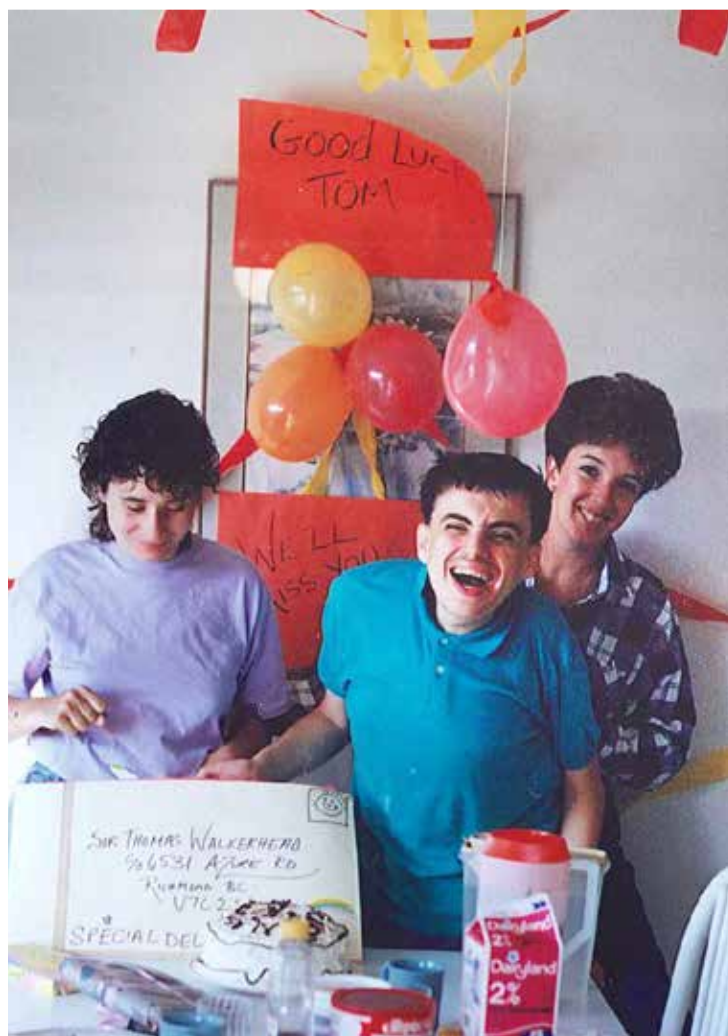
and make decisions and choices for themselves.

Our Individual Planning Process clearly demonstrates the success of the effectiveness of our team work. We not only work together with the individual and their planning team to identify desired outcomes, we listen! We put plans into action. Whether the individuals desire is to travel, get more physically fit, host a party or learn to use an iPad, our teams have become very creative and efficient in forging forward to make those things happen

Our “Bollywood Dance Troop” continues to impress the crowds and the classes are very well attended. The supported living folks are “juicing” their way to better health and continue to amaze their roommates with their new and improved golfing ability on the xBox, while others are overseeing their garden in the back yard. This garden produces the kale and lettuce to feed the juicer that contributes to their good health! Not too long ago I had the privilege of tasting a kale, carrot, lettuce juice served proudly by one of our juice experts! An acquired taste I must admit, but I was reminded numerous times as I drank it ever so slowly that it is really, really, really good for me and that I should drink more juice because I am not getting any younger!

Our “Golden Oldie Cabaret” party last October held at the Wise Hall in Vancouver had 160 people dancing up a storm. I believe this ranked second though to the ever so popular Elvis’s 75th Party held at the Harley Davidson Museum in 2010. Many are anticipating what the “plan” is for his 80th... stay tuned!

Aging and serious illnesses remain on the forefront of our daily operations in residential services. As individuals age, (me too, I’m reminded), their support needs are going to change. Currently 86% of the individuals supported in group



homes are over 40 years old and as the complexities around aging increase we will continue to reshape and redesign our services to meets these changes to the best of our ability.

I started working for DDA 34 years ago, and many of the individuals I worked with in the early 80s in various group homes are still here with some of their same roommates! They are neighbors, friends, gardeners and dancers, but most importantly they are valued citizens contributing to their community!

All of this could not be achieved without the hard work of our dedicated and enthusiastic staff. Whether they have just recently started or have been working for many years, they play a significant role in the daily operations of the department, and for that I am thankful. I believe the triumphs and challenges in our department will continue to fuel our passion for encouraging individuals to reach their full potential.





# ED'S BOTTLE BUSINESS

BY KARL PERRIN



"You're BEAUTIFUL! You're GORGEOUS!" Compliments pour from Ed's lips like diamonds from heaven. We all could learn from Ed's appreciation of every person's beauty. Ed's compliments are often followed by a marriage proposal and a hearty laugh.

Ed, the man in orange, spreads joy and good humour wherever he goes. And he's rich!—rich in social skills, joie de vivre, and persistence. Ed's persistence in collecting bottles and cans, and finding volunteers to help cash them in, has just passed an amazing milestone.

Since 1992 Ed has recycled a half million bottles and cans! Recycling is all about reusing materials and saving energy. Ed's bottle and can business has saved the energy equivalent of the gasoline needed for 60 average cars to drive for a year. That's like taking 60 cars off the road for a year!

Surprise, surprise, Ed is greener than anybody. Congratulations Ed on your 500,000th can, and you are beautiful too!



In case you missed our Annual General Meeting, check out our video or digital copy of the Annual Report online!

[www.develop.bc.ca](http://www.develop.bc.ca)

video: [www.youtube.com/dda604](http://www.youtube.com/dda604)

## MY TIME AT COMICON

BY BLAINE MACDONALD

On Friday, April 18, 2014, Eugene and I went to the ComiCon Convention and we had a great time. I took some pictures there. Unfortunately, it was so busy I did not get to meet any of the celebrities but I did get a chance to get some souvenirs. Eugene and I had dinner at a food court at one of the malls, and yes I would go again because I had fun.



# A MINIMAL CHANCE & AN AMAZING BROTHER

BY MAGGIE CASPAR

The four of us sat huddled on the floor around a cassette recorder in my brother's room, recording our own versions of every *Lion King* soundtrack. Each one of us wearing a patterned pajama or onesie, giggling at each other's performance.

Today, my siblings and I aren't very close. In fact, that may be my last memory of the four of us collaborating and having fun together in one single room. But what keeps us together now are the experiences we shared of the struggle that my older brother, Tony (as we will call him here), and my parents went through to find a place for him in society.

Tony was born in 1986, Germany. Early-onset neonatal sepsis during birth lead to the collapse of his little lungs. Doctors "kindly notified" my parents multiple times that Tony's chance of survival was extremely minimal. His condition confined him to an incubator, inherently depriving Tony of maternal love and stimulation critical to typical infant development. But after four weeks of incubation Tony's condition was finally stable, yet he spent an additional 3 weeks at the hospital. Although he had surpassed his minimal survival stage, the doctor advised that Tony would not live passed the age of 25.

The road between then and now was a hard, rough, and long journey of fighting with schools, health professionals, teachers, and others about finding a safe place for Tony. Despite his troubling birth history, Tony did not receive a diagnosis, and my parents did not receive information or adequate support on how to help Tony with the demands of our society. Tony had trouble behaving in the normal classroom and didn't seem to learn as typically developing children did. Despite his very kind, caring, and positive nature, he was intensely bullied throughout his school life and struggled heavily with the expectations and demands that our society imposes onto young boys. He often skipped school out of fear, and soaked his swim suit at a fountain on his way home in hopes that our mom wouldn't realize he missed school.

Although I am 2 years younger than Tony, watching over my brother was a prominent part of my childhood. I remember being confronted by a group of boys as Tony and I were riding our bikes through the neighborhood. Tony was very manipulatable and an easy target for mean children and bullies. But I was always there to back my brother up. I never cared about societal standards for girls, and I ever once thought about of abandoning my brother out of fear. I was a tiny child, short, thin, and weak. But when it came to defending against assaults on my brother and I, I used all my

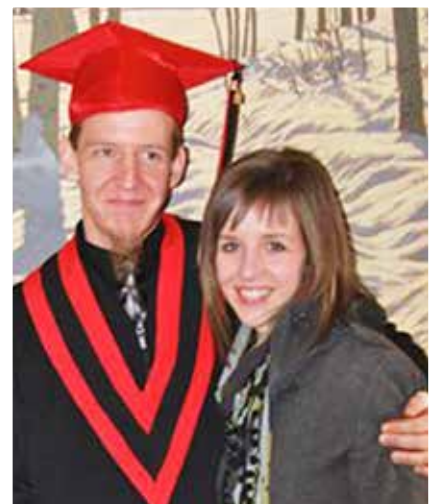
strength and resources to defend my brother. I always gave it my all. And although Tony may or may not have stolen some of my carnival candy at times, he never hesitated to share his twin bed with me when I had a bad dream. He never hesitated to share his small allowance with a homeless person. And on his own, he always has kind and heartfelt intentions.

High school in Canada was only slightly better than his previous school experiences in Germany, and Tony still faced bullies and peers that influenced him to cause trouble. A resourceful and kind teacher supported Tony and he graduated with an IOP high school diploma. Work after high school went much like his time skipping school and soaking his bathing suit. He endured 3 years of short periods of employment and unemployment.

Tony's negative experiences throughout his life no doubt contributed to a steady decline of mental health and disabilities that, unsupported, appeared to create a very dark and unappealing future for him, and a nerve wrecking and heart straining experience for my parents. But in 2009, when he was 23, Tony finally received multiple diagnoses from a local psychologist. This major milestone finally provided Tony with financial support and the possibilities to qualify for special programs, and finally offered my parents a small fragment of peace. This also allowed him to join a vocational program at an exceptional college in a small rural town in Northern Alberta, 2 hours from where our family lived. From there on, Tony's life skills increased dramatically, he finally received extensive support from his mentors, teachers, and classmates, and made life long friends. He was also placed in a working environment that suited his ability and with an employer that valued his loyalty, hard work, and kind character.

Tony graduated from the 2 year trans-vocational program at the regional college and has been living independently since his enrollment.

Still, he never hesitates to share a bed, offer help, or tolerate new renditions of "The Circle of Life". He is kind, caring, considerate, passionate, and a lovely person to be around. On January 6th we celebrated his 28th birthday. He is happy, healthy and is now saving up to buy his first house in his small, rural, and supportive community. He truly is amazing.





# THE ARLINGTON COMMUNITY

BY LEE ANN FORWARD



It sits on almost an acre of lovely manicured grounds surrounded by lush cherry trees. From the outside it looks like any other town house complex in the neighbourhood. What make it unique are the people who live there and their stories. It is the Arlington community, and it comprises five group homes and a day program; it is one of DDA's first residential programs.

The complex opened in the early 1970s and has been thriving ever since. It was one of the province's first purpose built group homes, a result from families long battle to create services for their loved ones to live in regular homes in the community. Arlington was just that. People with disabilities that had previously lived in institutions now had their own bedrooms, lovely yards, friendly neighbors and staff to help them with their goals. Those who came from the family home were able to gain greater independence and develop relationships with their peers. Many of the original residents of Arlington still live there today. The newer residents who have moved in in recent years were embraced by the Arlington life and found a place where they could make friends, gain independence, and develop skills.

What makes Arlington so special is the sense of community that arises from having the five homes in such close proximity. Most of the folks who live among the separate units at Arlington have known each other for many years and friendships are strong and traditions abound. Birthdays are often celebrated with parties with the whole complex. No Halloween is complete without a masquerade party and the Arlington BBQ is the highlight of the summer. The annual Christmas party including families, friends, residents and staff is another eagerly anticipated event. The most important, however, is

the day-to-day stuff. Residents have built friendships within the homes and can often be seen dropping in for a visit to one of the other houses, checking up on someone who is sick, delivering misplaced mail or just gathering in the gazebo for a chat. There is also a sense of security and if anyone needs help or assistance in any way, they know they can always call on one of the neighboring houses. Sometimes it is as simple as borrowing a spice for a recipe, other times asking for help to deal with a crisis, but always there is someone there.

The folks at Arlington have a lot to be proud of. In addition to creating a warm and welcoming community, they are also leading busy and productive lives. Amongst the residents are artists who sell their work at art shows and volunteer at the Red Cross and public parks for clean ups. There is never a shortage of interesting and valuable activities to participate in if one chooses.





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# AN INTERVIEW WITH DDA INDIVIDUAL CARE NETWORK PROVIDER, SHEILA DEMARE

BY BEATRIX SANTORELLI

I wanted to write an article about the DDA Individual Care Network (ICN) (home share) program, but rather than providing "dry" information about how it operates, I interviewed one of our contracted ICN Providers to share her experience in our program. My interviewee, Sheila DeMare's background prior to joining our ICN Program includes working for the school board as a school and student support staff, a recreation counselor for a community living agency, and a DDA respite caregiver for an individual with whom she volunteered as peer support in high school.

**Beatrix:** How did you find out about home sharing, and what prompted you to join the DDA Individual Care Network (home share) program?

**Sheila:** I've known about DDA for many years. I have been doing respite care for 14 years, and the family that I supported brought me to DDA. I was not aware of the home sharing program, but had heard about the idea from a friend. I inquired with CLBC, who informed me about home sharing with DDA. What prompted me to join was the desire to be at home with my children, but still financially contribute to our family. Home sharing fit the bill nicely!

**Beatrix:** You've been in our program for a year now. How has your experience as an ICN Provider been so far?



Sheila Demare and her family

**Sheila:** I've found the ICN program to be well structured, organized, and most importantly individual focused. I like how DDA has the resources to support both the ICN individual, as well as the ICN provider. I've never had questions that went unanswered, or problems to which there was no solution. DDA (Beatrix) has always promptly responded to all of my concerns as they arose. I think things happened for us in perfect timing because as soon as we were ready to take on the role of 'ICN provider', there was an individual (who was so well suited to our family), looking for support. I also like that the placement was ultimately the choice of the individual and the ICN home share provider, not DDA, and not the individual's family exclusively. We were all involved in the placement.



Jonah Killoran

**Beatrix:** Please tell us a little bit about the individual you support.

**Sheila:** We have had Jonah with us for over a year now. We have found him to be an absolute gem, and we're very lucky to have him. Jonah is sincere, loyal, caring, animated, and passionate. He loves the company of our family and steals the show when we have guests over. Anyone who meets Jonah can't help but be taken by his charm!

**Beatrix:** What have been the most notable highlights of providing ICN care? Any challenges?

**Sheila:** Highlights have been seeing Jonah thrive in our home. He came to us a wonderful person, full of talent, drive, and potential. Each season we see Jonah meeting new goals, and exploring new avenues of interest. Jonah is full of life and determined to get the most out of each day, when given the opportunity. We are always looking for ways to enhance Jonah's experiences. Jonah is a capable individual who is willing to please. The most challenging thing we've encountered has been supporting Jonah to find paid employment. I strongly believe that Jonah would be a great fit, but finding the ideal scenario for him has been very challenging. Everybody deserves to contribute and be appreciated, and Jonah is no exception.



### Beatrix: How is your family involved in ICN care?

**Sheila:** Our family is fully involved in supporting Jonah. Each day, Jonah receives guidance with his routine, be it a wake-up call and help with his personal hygiene from Dan (my husband) to eating meals and discussing healthy choices over breakfast with our 3 year old, Sophia, to walking the family dogs daily with my mum, Caroline (who provides respite care for us when we are away), to preparing for dinner with me. On weekends and holidays, we often gather with family, and Jonah has been on several trips to our family cabin at Gun Lake (where Dan's parent's live), as well as to visit family in Nanaimo, and

in Vancouver. Jonah joins us on family outings as well: to the beach, the local swimming pools, Canucks hockey games (as he is a fan), and to hike the Grouse Grind too! The more I talk, the more I realize that Jonah is also fully involved in supporting us, too! He is always ready to participate in whatever we do, and eagerly lends a hand in any preparations that go along with it.

**Beatrix:** Thank you for sharing your ICN experience with us! It's been a true pleasure having you and Jonah in our ICN Program. We will look forward to hopefully many more years of working together!

## APPOINTMENT OF SENIORS ADVOCATE

On March 19, 2014, the Government of British Columbia announced the appointment of Isobel Mackenzie as Canada's first Seniors Advocate.

As the voice of seniors in BC, Ms. Mackenzie will have a broad mandate to monitor and review system-wide issues affecting the well-being of seniors and raise awareness about resources available to them. The Advocate will also make recommendations to government and those who deliver seniors' services related to health care, personal care, housing, transportation and income support.

Ms. Mackenzie's office will be located in Victoria and should be operational by late spring 2014.

Contacting the Office of the Seniors Advocate

You can reach the Office by mail:

Office of the Seniors Advocate  
1-2, 1515 Blanshard Street  
Victoria, BC V8W 3C8

Or by email: [seniorsadvocate@gov.bc.ca](mailto:seniorsadvocate@gov.bc.ca)



## ADULT RESIDENTIAL OFFERS EMERGENCY SERVICES

BY DONNA CAIN

In the last several years there has been government funding cuts resulting in decreasing options for individuals with developmental disabilities. It has been increasingly difficult to find sustainable housing placements for persons with complex care needs. Too often these individuals are living with their families and a family tragedy or crisis occurs, and the person is in need of an immediate residential placement. One way DDA's residential department has been addressing this need is by offering emergency residential services since 2011.

The residential department maintains a furnished 2 bedroom townhouse unit, located in our Arlington Complex, all ready to place a CLBC emergency referral within a few days' notice. The unit is safeguarded for behavioral outbursts, with sturdy furnishing, minimal or no breakables, pictures that are fixed to the walls, and protective coating on the windows. The rooms are very inviting and homelike. Thankfully, DDA has many internal resources we are able to draw from to design the most suitable living environment possible. With the training we offer to our staff teams we are able to put together a professional and compatible group of staff to help with the transitioning

into a new temporary home.

Developing the program to best suit the individuals' needs involves safety protocols which includes, community protocols, vehicle protocols, and behaviour strategies. Residential services have well trained staff and systems that can accommodate individuals for short or long stays. To date we have provided crisis placements for five individuals through emergency services. Three of these individuals were long term placements, and stabilized after a few weeks. There was a dramatic decrease in behavioral critical incidents and two of these people are now thriving in permanent residential placements with DDA!



Pam lived in the emergency residence for over a year before transitioning into a permanent DDA group home.

# 7TH ANNUAL DDA NIGHT @ THE NAT

BY JASON SMITH

Who would have thought rain in Vancouver could be a good thing? Well Wednesday's rainout with the Vancouver Canadian's meant DDA's Night @ the Nat on Thursday, July 24th turned into a Double Header - two baseball games for the price of one!

The evening started a little earlier but our staff and volunteers were ready to hand out DDA's Beach Cooler giveaway to 500 lucky fans. While the C's were not able to win game 1, perhaps they drew some inspiration after watching Nicholas from West 8th program throw a great first pitch at the start of game two. The C's roared back from the first game defeat to win game two 5-2! It was especially nice to share this event with Challenger Baseball whom we proudly support as a provincial sponsor.

Overall, our 7th Annual DDA Night @ the Nat was another fun event. Thank you for our family and friends who supported this event. We are looking forward to seeing all of you next year!







## A POEM

### THE OLD BASEBALL GAME

What's not to love about a baseball game?

The roar of the crowd  
as the batter takes a swing.

Maybe you'll see a friend or two  
with a fistful of popcorn,  
yelling at De La Cruz.

What's not to love about a night at the Nat?  
When the whole neighbourhood's out to see who's up at bat.

BY TOM KELLY, ARLINGTON RESIDENT



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# FAIRWARE & STARWORKS PRESENTS AT LEVERAGE LAB

BY TIFFANY NG, FAIRWARE



On May 12, 2014 businesses got together to learn, celebrate and connect with one another at the Leverage Lab event, hosted by our good friend, Sara Blenkhorn at Future Strategies. Leverage Lab creates space for company leaders to take a step back from the every day and come together to tackle a shared challenge. Denise Taschereau from Fairware and Kirsti Inglis from Starworks were invited to speak at the event – here is a synopsis of their presentation that night.

## FAIRWARE

At the beginning, Fairware didn't have enough in-house capacity to kit and fulfill projects like pre-loading business cards into business card cases or pulling together products from multiple suppliers to be kitted and sent out together. They needed to work with someone who could, that's when Starworks came into the picture.

Starworks is a Vancouver fulfillment house that provides fulfillment, kitting, and assembly and packaging services. In addition to their business services, Starworks is also a social enterprise and a provider of competitive employment for 45 individuals with developmental disabilities like Downs Syndrome and Autism.

"One of the ways we've been successful as a vendor and a partner is to always be on the lookout for ways to drive deeper community benefit in our supply chain", said co-founder of Fairware Denise Taschereau. She goes on, "We've been driven by our mission to change the world through the simple act of buying from day one." Although Fairware is primarily focused on ethical supply chains and environmentally preferred materials, their supplier and vendor relationships had the power to do good also.

Fairware's partnership with Starworks brought relief and

efficiency to their operations. Taschereau said, "We've always believed that you have to have great product and customer service, not simply good values".

This story helped differentiate Fairware from their competitors and build their clients trust as a partner. It also helped clients showcase their commitments in a tangible actionable way to their staff and customers.

## STARWORKS

Celebrating 15 years in business this winter, Starworks' success could not have happened without relationships with businesses like the one they share with Fairware.

Starworks had its first contract with Fairware in 2007 and it consisted of assembling 200 luggage tags for Ethical Funds. This past summer, it has grown to include an order for labeling 50,000 promotional lollipops for Vancity. Their relationship has grown significantly, and this shift toward social purchasing has helped foster relationships with other local businesses such as Vancity, Natures's Path, Frog Box and Saul Good Gift Company and other socially conscious businesses in the room.

Kirsti Inglis of Starworks said that, "When we first opened our doors, less than 1% of our business came from socially minded businesses, today it's about 20% and it continues to grow".

## Leveraging Ethical Sourcing

Inglis shared with the room an inspiring story that demonstrated the true impact of leveraging of ethical sourcing. She begins by asking us to think about what employment meant for us: a mortgage, a car payment or an annual vacation? What about our identity? When we first introduce ourselves, we generally give out our name, where we work or our job title.

However imagine a life where one is not expected to work, but rather is socially expected to live on income assistance.

About 5 years ago, she interviewed a man living with autism, who had a history of unsuccessful employment. He interviewed well and met with all the quality control expectations. On top of that, his attention to detail was fantastic.

*"People think I'm stupid and can't work because I have autism, but I can do things and I can work. I want to make my own money and not live on assistance anymore."*

She asked him, "Why do you want to work here?" He responded, "People think I'm stupid and can't work because



I have autism, but I can do things and I can work. I want to make my own money and not live on assistance anymore.” Inglis hired him on the spot. As a result of his employment with Starworks, he was able to take his very first vacation in his life. And now when he introduced himself to the others, he has the answer to the question “what do you do”? He can proudly identify himself with a job title and company.

We look forward to more collaborative events such as these in the future. Shoutout to Vancity, Recycling Alternative, Mills

Basics, Salt Spring Coffee, Traction on Demand, Climate Smart, SPUD Vancouver, Starworks Packaging & Assembly and Ethical Bean Coffee who were there too! It was great seeing everyone.



## ARLINGTON POETRY FESTIVAL

Every year DDA provides work experience and individualized opportunities to post secondary students during summer break. This year's summer student Marleis Bowering used this opportunity to plan a unique week-long poetry festival at the Arlington Day Program. Participants learned about famous

poets like Robert Frost and Maya Angelou, and with the help of Marleis, our residents crafted their own poems. The week's end was celebrated with a poetry reading in which everyone got to show off their poetry talent. Below we show a poem by Marleis Bowering on all the residents at Arlington.

### BEAUTIFUL FRIENDS BY MARLEIS BOWERING

How the summer flies at ADP:  
all the places to go and things to see  
done, like baking and art making, dancing  
and singing along to every 50's song.

There's Marilyn who has the loveliest of smiles.  
She loves to help bake or sit and chat for a while.

Then there's John whose manners always impress.  
It's hard to keep up with his bowling success.

Sally's often got movies and cats on her mind,  
and a sweeter puzzle-lover you'll never find.

Bryan gives the world's warmest hugs, that's for sure.  
and his air guitar solos will have you clapping for more.

I love how glad Fred is when he comes through the door,  
and when he stands up to sing my heart starts to soar.

Philip's so strong and fast, it's true.  
But he's a great buddy to jive and groove with too!

Scott's got a style and quiet strength all his own,  
and he always makes sure I'm not baking alone.

Pamela, Pamela, her questions keep me on my toes.  
Her laugh and generous heart teach me every day to grow.

Tom, he's so smart, I enjoy our conversations a lot.  
He loves a good chuckle and to tell me what's what.

David's an athlete and a weather man too.  
I hope (just a little) that his dreams of lightning come true.

Bernie knows more about the plans and the schedule than me,  
without her watchful eye who knows where I'd be!

Allison's my trivia team pick, all the way,  
and hearing her sing's a special part of my day.

When Joan giggles I can't help but join in,  
and I hope her pride in her beads never wears thin.

Bob and his yarn seem to go hand in hand,  
and when you need a dance partner he's your leading man.

Merrilee's keen fashion sense means she always looks fine,  
while she's tapping the drums, helping keep time.

And Michael's an explorer, always game to go out.  
It makes me so happy when he joins us for the twist and shout.

Next week is my last one, which I'm sure will be fun.  
But it's a little bit sad to be almost done.  
Because of course I will miss the treats, the songs and the  
games,  
but it's my beautiful friends at ADP I'll miss till I see them again.



# PROFILE FEATURE: DOROTHY FREW

BY TANYA CHEUNG



This year's Annual General Meeting was exceptionally special this year as we awarded the inaugural I Am Award. The I AM Award, presented by DDA, celebrates individuals who have made an inspiring contribution and effect positive change in their communities. The committee found it very difficult to choose one winner as all nominated candidates had amazing stories and contributions. After much thought, we chose Dorothy Frew as the recipient of the award, and wanted to share her story with you.

**Tell us about yourself. Your background and who you are.**

I am Dorothy Frew. I grew up in Vancouver BC. I am still quite young. I like everything! I like to go out. I like to go shopping, going to the beach and walking around, and out for coffee with my friends. I also like going out to eat at restaurants. I like pets and helping people.

I was married to Steven Frew for many years before he passed away. It was hard on me when he died. Friends are important to me.

I love to cook for others. I like taking care of other people. I helped organized my roommates. I am the boss of the kitchen. I would ask my roommates to set the table for me. I always do my best.

I worked at the Spaghetti Factory for 25 years. I prepared the menus and souvenirs. I like to keep myself busy. When I volunteered with the Oakridge Seniors Centre I served the customers soup and sandwiches and poured them coffee.

**Congratulations on the I Am Award! It's a special honour to have you as the inaugural recipient. Tell us about a time when you had to overcome obstacles in efforts to live to your fullest potential.**

My life feels much better now that I am on dialysis. Having kidney failure was really hard. I had to give up working for now. I go for dialysis 3 times per week. I miss my independence, working and volunteering. I miss being able to travel on the bus and skytrain by myself. I also miss the money that I use to earn by working.

I was going to go on a trip with my roommates and staff, but it had to be postponed one of my roommates was sick. Then I became too sick to travel and the trip had to be postponed again. I would like to travel with Sharon, my representative. I have known Sharon for a very long. She is close to me and helps me to make decisions about my life.

Because of my illness I had to move from Commercial to Worthington home. I could not stay alone at Commercial and climb the stairs. I missed my friends and my favorite staff Espie. I missed cooking in the kitchen and being the boss of the kitchen. I have made new friends at Worthington now. My new friends are Julie, Edward and Dawn. I also like my staff. We all take care of each other.

It is wonderful to be alive. Now I feel I can do anything! I help my roommates to clean up, and sometimes I help them with their chores. I like doing a lot of things. I am now strong enough to climb the stairs at Worthington now and join my friends upstairs for dinner, movies and visits on the deck. It is beautiful here. I love it.

**There are so many misconceptions over individuals with developmental disabilities. What is the one thing you wish people would change their perception about?**

People are surprised when they meet me. They are surprised that I can do so many things by myself. I like being independent

**What does happiness mean to you?**

It is normal to be happy! A lot of things make me happy. I like to talk to people. I am happy to be the first winner of the I AM Award.

It was a pleasure interviewing Dorothy. Her peers speak so highly of her and I can see why. In the next issue, we will be interview the I Am Award candidates to learn their story. Stay tuned.





## CAMSELL GROUP HOME – A PIONEERING RESIDENCE FOR SENIOR'S CARE

BY DONNA CAIN

Camsell Group home is our most specialized group home. In the early 1990s, DDA advocated and lobbied for a group home that would meet the needs of our aging population and more specifically it was for our folks with Down's syndrome who were getting advanced Alzheimer's disease (individuals with Down's syndrome are at much greater risk of developing Alzheimer related dementias). It was purpose built in 1993 by BC Housing to meet the needs of individuals who have dementia related diseases.

Camsell is completely accessible with electronic lifts, a raised therapeutic bath tub, wheel in showers, grab bars, wide



hallways and door ways. It was designed to meet the needs of individuals with Alzheimer's dementia with door chimes/alarms on the doors, a circular hallway with hand rails to hold on to as well as a circular path in the fenced backyard. This is for individuals that want to pace without getting lost or confused. In the last couple of years, we have added specialized Snozelen equipment (multi-sensory equipment that is designed for people with dementia related care issues) in

the front living room, which has huge therapeutic benefits for individuals Alzheimer's disease. The staff at Camsell are also well trained in geriatric care. With 53% of individuals that live in DDA residential services over 55 years old and 16% over 65, Camsell group home is a much needed resource and DDA could benefit from more 'Camsell type homes' as we are often faced with the challenges of supported individuals that are losing their independence due to age related causes.

Recently, I met a former executive director of Ontario's Alzheimer's Society who now operates her own local consulting company for dementia related care and issues. She was so impressed with the Camsell group home and couldn't believe that we have been operating it since the early 1990s as this was very progressive for its time. There were very few ideal residential care settings for individuals with Alzheimer's dementia and other related diseases. Camsell was and still is an innovative residence for individuals of advanced years with dementia related care needs.





# CANADA DAY PARADE

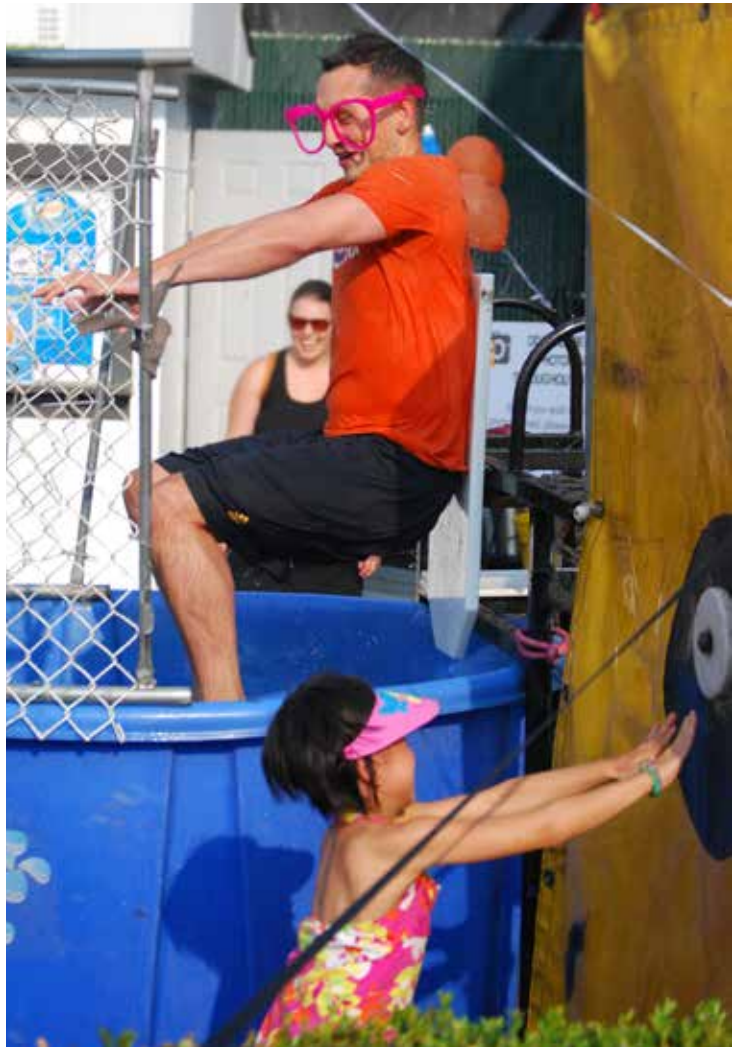
We participated in 4 Canada events this year. Here are some photos to share!





# DDA FAMILY & FRIENDS OUTDOOR MOVIE NIGHT

It was great to see so many new and familiar faces at the annual movie night. Everyone had a blast. Thank you's to Harlan's for sponsoring the popcorn and to our hard working group of volunteers who helped make it another fun event!





# THE COMMUNITY APARTMENT PROGRAM

BY YVONNE PETERS

The Community Apartment Program (CAP) supports 25 individuals who live independently in the community. Some individuals live with roommate, or as a couple, or on their own. Participants live in rented apartments, Co-op housing complexes, or in family owned condos. Individuals receive 2 to 10 hours per week of life skills support from Life Skills Worker (LSW) depending on their needs and skills.

Whatever, whenever, wherever, whichever, and whoever... this is the informal theme of the LSWs and it is the reason CAP is unique. The service CAP provides for its participants is personalized, flexible, and dynamic. Instead of trying to make participants fit into a system, CAP tries to fit into the lives of participants to help them meet their goals.

LSWs serve as a point person in CAP participant's lives, collaboratively helping them achieve and maintain independence in all facets of their lives. One of the first tasks for LSWs is to build trust with the participant by establishing rapport and starting to develop a relationship. This requires workers to change their approach or way of doing things to meet the needs and personality of the participants.

LSWs are first and foremost service coordinators, but can also serve as advocates, family liaison workers, medical system helpers, budget advisors, trip planners, social conveners, pre-employment skill developers, bureaucratic maze navigators, social skills modelers, book publishing assistants, housing searchers, or de-cluttering masters to mention just a few of the roles.

CAP participants work with LSWs to figure out what they want to achieve in the next year and plan a course of action to make this happen. Examples of goals CAP participants have made in the last year include:

- going on a trip to California
- e-connecting with out-of-touch family members
- obtaining new employment after 30 years at one job
- getting secure housing
- exploring spirituality
- being able to deal confidently with stressful situations
- learning and practicing relaxation methods
- slowing the decline of arthritis
- using a debit card safely and confidently
- hosting potlucks for fellow participants
- having better relationships with friends or partners



These goals look the same as the goals many of us as support staff have. Another major area of support CAP offers is dealing with the unexpected. In spite of all the best planning and goal-setting we do experience bumps in life (sickness, housing crises, loss of parents, mobility challenges, and financial downturns) and LSWs are there to assist CAP participants to deal with these "bumps" as they occur.

What to know more? Contact Leanne Schwartz 604.322.0052 at the Drop-in Centre. Funding for this service comes from CLBC or fee for service.

## HIGH SCHOOL SCHOLARSHIPS

BY TANYA CHEUNG

As an homage to one of our Board Member's dedication to DDA, we formed the James Karliner scholarship to be awarded to a special needs student at Point Grey Secondary. With this scholarship, the recipient is able to use the \$500 towards a post-secondary program that would assist him/her in their future. This year, we extended this annual scholarship to all public high schools in Vancouver and Richmond as the DDA Scholarship Award. This Award honours a special needs student who has demonstrated great perseverance and hard work in achieving graduation.

We presented over 20 scholarships to students this year, some of whom were coincidentally part of our youth programs. Recipients expressed they will be using their scholarship towards various post-secondary programs which included culinary school, working with animals, and IT programs.





# IPADS AT SHERBROOKE

BY NOORIE USHER

Recently, New and Old Sherbrooke have been introduced to iPads. Since having these tablets, we have been able to use it for nutrition and fitness (gym logs, nutritional recipes, fitness pal), communications, games and interaction, and taking photos at public events.

The iPad has helped our residents strengthen weakness (goal setting) and it brings out their capabilities. For example, Doug Harrison is an avid puzzle and problem solving genius and with the iPad he can shine while playing games such as solitaire, word search, and cover orange. Doug has a mind that is capable to complete these puzzles on an above average rate. He is on a 10 game winning streak in solitaire in one day! The iPads have been proven to help individuals with developmental disabilities increase self-confidence, awareness and motor skills. Furthermore the iPad is used for communication. The introduction of the key board will give clients the ability to see and feel the letters because the "touch" is sometimes difficult.

From the beginning of the summer to now the clients have developed the skills of using the iPads significantly. "I hear and I forget, I see and I remember and I do and I understand" is the basis of our teaching and learning at Sherbrooke and we understand the individual differences of each clients.



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the DDA  
Community

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Do you have comments,  
thoughts, or your own stories  
about DDA or people with  
developmental disabilities?

**WE WANT  
TO HEAR  
FROM YOU!**

Every quarter, we'll pick several  
submissions to feature.

Send your submissions to  
[communications@develop.bc.ca](mailto:communications@develop.bc.ca)



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## DDA'S GOT TALENT!

### RATNAM MATHUR

On July 5th, our talented residents at Curzon House, Henrik, Charles, Doug, Alan and Michael, along with friends and staff from Dartmoor, put on a lovely Bollywood dance performance at the Summer Funk 2014. Organized by Shiamak Davar's Victory Arts Foundation (VAF), the Bollywood dance extravaganza celebrated its 10th anniversary in Vancouver. In an amazing display of bright and shining colors, there were 26 acts that performed hit Bollywood songs.

Our team dressed in bright and colourful costumes and received a warm welcome on stage. Everyone got into the groove of the beats and performed a top Bollywood hit. It was evident by the movements and energy level that our team practiced hard and enjoyed being on stage.

VAF is an international non-profit organization that launched 10 years ago by the internationally acclaimed Bollywood

dancer and choreographer, Shiamak Davar. VAF's mission is to make dance a household activity and to spread the joy and power of dance to everyone, especially the socially underprivileged, challenged, visually impaired and individuals with special needs. They use dance as a therapeutic medium,





with instructors who are well trained in drama and dance therapy. VAF also reaches out to people with schizophrenia, depression, hallucinations and other types of mental disorders with its therapeutic approaches.

DDA and VAF forged a relationship three years ago and meet at Curzon Richmond Day Program every Wednesday. An instructor from VAF leads the dance session and teaches all some simple Bollywood dance moves with different styles of music. The environment is very friendly and everyone feels comfortable, dances at his or her own pace, and is able to enjoy the program to the fullest.

I would like to take this opportunity to express my sincere thanks to the VAF instructors Mr. Nazim and Surab and all the dedicated DDA staff, whose efforts and involvement make it all possible. Thanks to Danielle White and Tasia Alexis for their strong encouragement and support every step of the way.

With an increase in awareness, popularity and participation, I would like to challenge other programs to also consider opening up to this fun-filled and highly beneficial weekly activity. It is great exercise!



## JUICING TO A HEALTHY LIFE

BY NOORIE USHER

Juicing and healthy living has been a big deal at New Sherbrooke lately. Doug has lost 40 pounds, Robert has cut back his addiction to Coca-Cola, Trevor has seen a huge increase in his energy levels, but the largest change that staff has noticed is within Tom. Tom suffered from serious arthritis in his hands and since having introduced to juicing, he was able to gain the muscle strength back in his body, all because of his protein packed diet and healthy juices. Tom has gained healthy weight, increased his energy levels and is one of the head runners for the juicing program. Each client has gained all these positive gains with juicing but alongside; daily exercise, eating healthy and regular activity.

Here are three reasons why we love juicing:

**1. Helps you absorb all the nutrients from the vegetables.** This is important because it helps break down foods for better digestion which increases your body's ability to absorb all the nutrients from the vegetables. Juicing will help to "pre-digest" them for you, so you will receive most of the nutrition, rather than having it go down the toilet.

**2. Allows you to consume an optimal amount of vegetables in an efficient manner.** You should eat one pound of raw vegetables per 50 pounds of body weight per day. Some people may find eating that many vegetables difficult, but it can be easily accomplished with a quick glass of vegetable juice.

**3. Adds a wider variety of vegetables in your diet.** Many people eat the same vegetable salads every day. This violates the principle of regular food rotation and increases your chance of developing an allergy to a certain food. But with juicing, you can juice a wide variety of vegetables that you may not normally enjoy eating whole. We invite you to start juicing if you haven't already, and perhaps start by trying one of our favourite juicing recipes at Sherbrooke.

## Fresh & Healthy Juice Recipe

- 1 bunch of romaine lettuce**
- 4 medium sized carrots**
- 1 large cucumber**
- 4 stalks of celery**
- 1/4 head of red cabbage**
- 4 kiwi fruit**
- 3 green apples**

*Juice together  
and enjoy  
immediately!*



# STARBURST - FALL 2014

## Family Support Groups

### Youth in Transition

Support information for transition to adulthood.

Starts  
Sept. 3

**Meeting:** September 3 at 6:30pm

**Place:** Britannia Community Centre,  
1661 Napier Street, Vancouver

**Meeting:** October 1st at 6:30pm

**Place:** Vancouver Resource Society,  
2006 west 10 Avenue, Vancouver

**Contact:** Liz Cochrane, 604-733-6252  
or transitionparents@gmail.com

### Vietnamese Family Support Group

Support to Families in Vietnamese

Starts  
Sept. 11

**Meeting:** Second Thursday  
of the Month 6:30pm to 8pm

**Place:** 3455 Kaslo Street Vancouver

**Child minding:** Available on site  
when requested at least one week in  
advance of meeting

**Contact:** Nikki Tran at 778-895-2535  
from 6:00pm to 9:00pm or Trinh Tran  
at trinhhope@gmail.com

### Bollywood Maza

Support to families in  
Hindi and Punjabi

Starts  
Sept. 17

**Meeting:** Every Wednesday  
3:30pm to 4:30pm

**Place:** 4948 Fraser Street, Vancouver

**Contact:** Michael Hajduk at  
604-301-2831  
mhajduk@develop.bc.ca

### Vancouver Chinese Support Group

General support for children's and adult's  
issues in Cantonese and Mandarin.

Starts  
Sept. 20

**Meeting:** 3rd Saturday of the  
month from 6:30-8:30pm

**Place:** 4948 Fraser Street, Vancouver

**Child minding:** Available on site  
when requested at least one week in  
advance of meeting

**Contact:** John, 604-323-1328 or  
john\_tsang2000@yahoo.ca

## MOVIE REVIEW DISNEY'S PLANES: FIRE & RESCUE

BY BLAINE MACDONALD

The sequel to Disney's PLANES sees Dusty Crophopper join a fleet of firefighting aircrafts assigned to put out a raging wildfire that threatens Piston Peaks National Park.

I think that this is the best PLANES movie since the original PLANES. I give this movie

★★★★★ out of 5 stars



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We welcome your comments and feedback. Kindly direct all comments and submissions to tcheung@develop.bc.ca.