

VDACL NEWS



Truth and Reconciliation



In September we observed National Day for Truth and Reconciliation and wore orange shirts to recognize the impact of residential schools in Canada. Staff also participated in a week-long webinar, learning about Truth and Reconciliation from Indigenous perspectives.



CONTENTS

- 2** Employee of the Month
Staff Spotlight
Happy Retirement Jo!
Multicultural Potluck Party
- 3** Program Spotlight: ACT
- 4** Outing to Ellison
The Resilience Ripple
Upcoming Events
- 5** BC Wildlife Park
Canadian Wildlife Museum
- 6** Happy Halloween!



**Vernon and District Association
for Community Living**

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Employee of the Month

SEPTEMBER – Tim Lennox
OCTOBER – Reenie Poirier
NOVEMBER – Terri Fugel

HAPPY RETIREMENT JO!

Jo Hansen has been our Manager of HomeShare at VDACL since 2012 and was a pillar of support and wisdom in the department for 12 years. Her strong advocacy, sense of humour, unmatched investigation skills, and love of all things living (plants included) will be treasured and missed by us all! Wishing Jo a happy retirement and the very best in this next chapter of her journey.



Staff Spotlight: Reenie Poirier



Reenie started working at VDACL in 2019 and has been an amazing addition to our team! Almost all of her time worked has been at Centreport with the two individuals living there.

Reenie enjoys coming to work every day because it is wonderful to see the individuals succeed. Even small successes, like working towards the pronunciation of a friend's name or dotting the i in their printed name is cause for celebration! "It's heartwarming to see the participants learn and grow" she states fondly.

Reenie was drawn to this field because she has seen the impact of great care in her own personal life and wants to make a difference in the same way for others. In 5 years, Reenie sees herself retiring from VDACL, and possibly travelling and learning how to dance.

Reenie was nominated by her Program Coordinator for her positive approach, providing productive feedback, positive advocacy, and adapting to changes. Thank you for all you do Reenie!

Multicultural Potluck Party

The third week in November is designated as Multicultural Week in British Columbia! It's a time to celebrate the contributions of our multicultural communities and to appreciate the way diversity enriches all of us! Last year, our first ever Multicultural Potluck Party was such a success we decided to do it again! On November 14, staff and participants from multiple programs gathered to celebrate our diversity by bringing a selection of culturally inspired foods to share with the group. This year, attendees were treated to a wide feast of tastes and traditions from multiple places, from Mexican rice to Ukrainian venison cabbage rolls. A highlight was a French Crepe station, complete with all the toppings, including traditional lemon and sugar and information about crepes around the world. There was also Canadian cuisine represented: hot dogs, potato salad, Nanaimo bars, and chocolate milk!



PROGRAM SPOTLIGHT: ACT



Our ACT program is an important day program at VDACL that focuses on integrating classroom education with community engagement. Our acronym ACT stands for what we promote: Awareness - Challenge - Thinking!

Awareness: We promote and develop awareness, from reading and writing, to discussing current events and news in our community, our country, and across our world.

Challenge: We believe in challenge; from challenging skills in literacy and arts to perhaps challenging conventional ways of doing things, we believe that challenge itself is a learning opportunity that leads to development and growth.

Thinking: We strive to promote critical, analytical, and creative thinking. We believe in promoting responsibility and taking ownership of self and behaviour, as much as possible, in interacting with others and in one's community.

ACT supports individuals to learn and then do, often pairing lessons and learning in the classroom with related activities in the community.

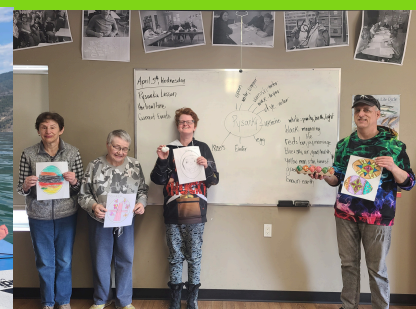
At the ACT Program, learning groups explore a wide variety of topics, such as math and literacy, arts and crafts, current and cultural events, technology (such as iPad and computer use), photography, health and wellness, and skill building. The amazing staff at ACT research and develop all the lesson plans with each participant's unique abilities, curiosities, and learning styles in mind.

For example, this fall the ACT participants crafted a delicious pumpkin, carrot, and ginger soup using fresh, locally sourced ingredients. Each person enjoyed a hearty sample of the vibrant soup, paired with a slice of warm, crusty baguette. The rich flavors of the sweet pumpkin and carrots were perfectly balanced by the zing of fresh ginger, creating a comforting and satisfying dish. It was the perfect taste of autumn!



And then in October, they participated in an engaging lesson on Oktoberfest, exploring its rich history, vibrant celebrations, and delicious food traditions. Everyone had the chance to sample classic dishes like bratwurst, sauerkraut, and beets, all paired with dealcoholized beer. It was a delightful way to immerse ourselves in the spirit of the festival.

There are so many other excursions and activities that the ACT program participates in, from snowshoeing to paddle boarding, and field trips in our community and beyond. All these activities are just one step in the learning process that starts with each individual's desire to engage and grow at ACT.



OUTING TO ELLISON

The individuals and staff at Venture Connections took a day trip to Ellison Provincial Park this fall. They made the most of the warm and sunny weather before the cool fall temperatures set in. They took the opportunity to enjoy all that Ellison has to offer: walking the trails, skipping rocks at the beach, and enjoying a good old-fashioned picnic with friends. They also played outdoor games and checkers. What an awesome excursion to kick off the fall season!



The Resilience Ripple – Staff Training Day

This November, VDACL invited Adrienne White, an educator and leadership coach, to deliver a staff training day presentation at the Vernon Prestige Lodge called The Resilience Ripple: Strengthening the Workplace Through Care and Curiosity. Staff learned why resilience is so important, how to strengthen it, and some helpful principles of emotional and adaptive intelligence and ways to build and grow these skills. We also learned about our brains and different processing for self-protection versus accountability, and ways to increase mindfulness and be the best teammate and caregiver we can be by approaching situations with curiosity and giving others the benefit of the doubt. Staff enjoyed the day together and learned some important tools to strengthen our resilience and in turn, our teams and our service delivery.



POLKA DOT TRIO

UPCOMING EVENTS

- December 6 – Staff Christmas Party
- December 11 – Participant Christmas Party
- December 23-27 – Christmas Program Closure
- February 7-16 – Vernon Winter Carnival
- February 26 – Pink Shirt Day



BC WILDLIFE PARK

This October, ACT, Lifeskills and Venture Connections participants took a day trip to the BC Wildlife Park in Kamloops. They explored the park by foot and by train, and learned about and observed local BC creatures. A definite highlight was seeing the Kermode Bear close up!

CANADIAN WILDLIFE MUSEUM



In October, ACT and Lifeskills participants visited the Canadian Wildlife Museum in Vernon. They observed taxidermied Canadian animals and other preserved creatures. They reviewed wildlife lessons they learned in the ACT classroom and learned much more information at the museum. Thank you to Ken and Ruth at the Canadian Wildlife Museum for hosting our group!

In September, three individuals and staff from Cedar House also visited the Wildlife Park in Kamloops.



FALL 2024



HALLOWEEN

Halloween is a special occasion at our programs. This year at VDACL there were several different events and activities to take part in. At Venture Centre, we hosted a "Treat Trail" where participants and staff went from office to office collecting candy, and finished with a photo in our haunted boardroom. Prizes were awarded for the best costumes:



VENTURE TRAINING



Of course this spooktacular holiday wouldn't be complete without Venture Connections' annual Halloween Dance Party! Staff and participants showed off their stellar costumes, spooky dance skills, and participated in games, tatoos, and a selfie booth.



THANKS FOR READING!

Comments can be emailed to: info@vdacl.ca

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