



What's happening?

from **GRAHAM'S DESK**

By: **Graham Morry, Executive Director**



WE'RE ON OUR WAY

It's been an exciting time for NACL, as we've got a lot going on. The past few months we have been largely focussed on the "Uplands 2" development, so that we are fully shovel-ready when the next BC Housing Request for Proposals comes out—likely in the next few weeks. This will provide us with an additional 49 units of social housing, which will help to alleviate some of our more critical community needs.



Our other major project—the farm (Evanmorr Acres)—continues to develop and expand, with Sabrina and her merry gang busy getting this year's growing season underway.

thankful
for OUR
SUPPORTERS

I would like to express our sincere appreciation for our supporters who have donated so generously to our farm initiative.

The Nanaimo Foundation has donated \$150K towards farm infrastructure, with an additional \$4K allocated towards a golf cart to support accessibility there.

The Rotary Club of Nanaimo has given us approximately \$50K to date, plus they've assisted with multiple projects on the farm.

The Central Drugs Community Fund provided \$2K which was also put towards the golf cart—and as noted later in this Bulletin, the Pacific Blue Cross Health Foundation provided \$10K to so we could purchase a "Trail Rider" wheelchair—making it so that even more people can have the opportunity to explore and enjoy the nature trails at Evanmorr Acres.

We have also successfully applied for a number of federal grants, helping us with farm labour and related infrastructure projects.



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Happy
READING



graham from the desk

Continued...

The Future is Bright

NACL's strength, in my opinion, is its service diversity—and as we slowly develop new services, we will be cognizant of the need for choice and variety for the folks we support. An example of this is a recent expansion of Actions called Next Door (coincidentally, situated in a leased space next door to our downtown location).

Here's a bit more information about Next Door from Courtney Peters, Integrated Services Manager:

Though final details are still being worked out, our focus remains entirely on placing people at the center of their planning and supports. Our approach is tailored to integrating our existing services, while actively exploring new possibilities.

Health, wellness, entrepreneurship, genuine relationships, and meaningful community connection are just some of the areas we are committed to fostering as part of a holistic community and person-led approach.

in loving memory

...of those from our NACL family who have passed since our last newsletter...

Barb Carncross

David Jaeggli

Gus Drake

Lorraine Martin

FOREVER
IN OUR
HEARTS

Here's
What's
Happening!

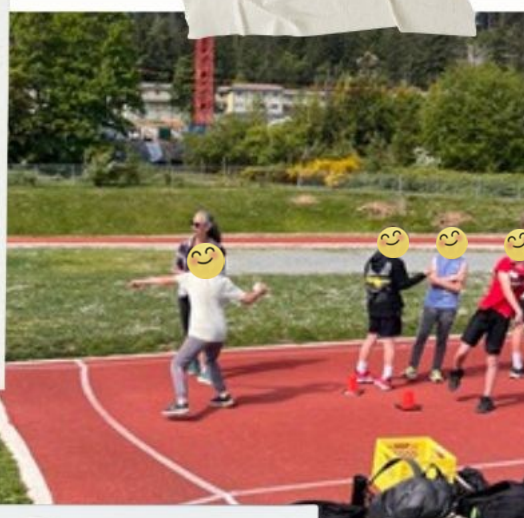
...at the **DUPLEX**

Cottle and Mallard
Lake Homes

By: *Shantel Rideout*
Integrated Services Manager



This is just a sample of what we've been up to at the duplex (Cottle and Mallard Lake Homes)...the kiddos and staff out for a yummy dinner at Carlos O'Bryan's, some track and field fun, and a great day at the beach!



We have been loving this warm weather, and we're planning lots of fun things to keep us busy this summer.

Stay tuned! ☺

INDIGENOUS RELATIONS

Team

UPDATE

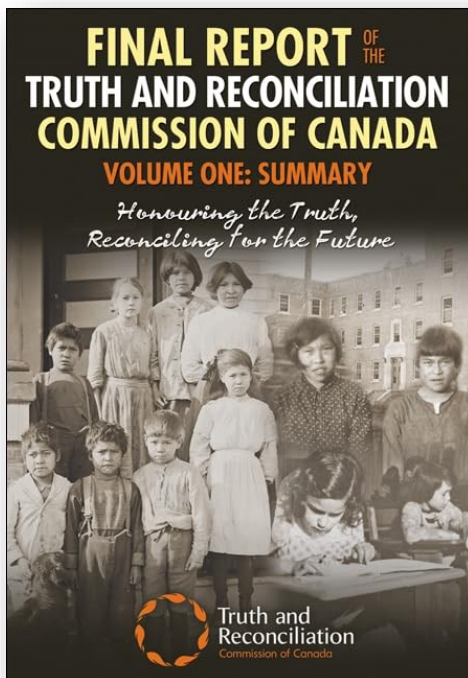


By: Sean Enns, Integrated Services Manager

A Welcoming Space...

*Coming
Soon!*

Teri Norton is working hard to help develop a space that incorporates elements of Indigenous culture and knowledge, and features comfort and accessibility. **Watch for pictures** in our next update!



TRC Reading and Reflection...

Starting with our next meeting on June 13, the Indigenous Relations Team would like to invite your participation. NACL will support all staff in participating in guided sessions where we will read and reflect on the **Honouring the Truth, Reconciling for the Future—Volume One Summary** of the **Final Report of the Truth and Reconciliation Commission of Canada (TRC Report)**.

A study guide we have accessed through the Canadian Centre for Diversity and Inclusion (CCDI) will help guide us in these readings, which are scheduled to happen over many sessions, as time allows.

If you would like to participate, please e-mail the IRT Chair, Sean Enns, at sean.enns@nanaimoacl.org for more information. Note that participation in committees requires permission from your supervisor.

*Let's talk
about it*



you are invited





Wasn't that a MASQUERADE *ball?* STAFF APPRECIATION 2025

Saturday, May 3, 2025 was a night of EPIC proportions as Cavallotti Hall was transformed into a scene of elegance, sophistication, and (of course) FUN to celebrate NACL's wonderful, dedicated, and valued employees! ☺

HUGEST thanks to all involved in making the event beautiful, seamless, and full of joy. We all hope everyone who could be there enjoyed themselves to the fullest!

This was our second time having families join us for the first part of the event where they could socialize, enjoy some food and music (thank you for the awesome playlists, Whirly!), take part in some games...and in some cases, watch their loved ones receive longevity awards for the calendar year 2024 (with a couple of exceptions made for new or soon-to-be retirees). Randy was once again our emcee extraordinaire for the day, and special thanks to Graham (legendary Executive Director) and Jacquie (valued Board Director) for their appreciative and inspiring words!

The employees-only portion of the evening had fabulous food from Jalapenos, "the (infamous) game" so many know and love ☺, "minute-to-win-it" games, a prize wheel, and live music from The Dextones that got us ALL up on the dancefloor! HUGE thanks to them for getting into the spirit of the event by wearing masks while performing to fit the theme, too!!!

Whether you could be there or not, NACL wouldn't be what it is without our wonderful staff. We thank each and EVERY one of you for what you bring to our organization to make it as vibrant, inclusive, and AWESOME as it is!



"A good team allows the strengths of each individual to shine through...and when others look at us, they see a group of stars. Keep shining!"

WE ARE SO GRATEFUL FOR YOU.

Without further adieu, let's relive some memories from the event over the next couple of pages—and as is tradition, honour our employees who received awards for their much-appreciated, longtime service!



20
25

Longevity Award Recipients

Congratulations and heartfelt thanks to you all for
your hard work and dedication to NACL...

5 Years

Denise Myers
Sebastian Nock
Tracey Barnes
Heather Berg
Angela Forcier
Hannah Jang

Ellie Kopacek-Smith
Derrick Moore
Margaret Mulholland
Teri Norton
Mitchell Wager
Gary Edwards

7 Years

Jeremy Green
Shaley Marino
Alexandra Smith
Janet Steele
Julie Morton
Lanita Audet
Mary-Anne Diplock

Chris Fleming
Donna Hudon
Shelby Jabs
Suzanne Lalonde
Nathan Martyn
Courtney Peters
Dylan Owen

10 Years

Debra Bouvier
Teala Lane
Gerry Muckle

Brianna Otto
Rachel Trew

15 Years

Miriam Finlayson
Aidi Yang
Rie Coffey

Max Miles
Angela Trimble

CONGRATS



20
25

Longevity Award Recipients

Congratulations and heartfelt thanks to you all for
your hard work and dedication to NACL...



Years

Aimee Rounding



Years

Brad Clugston

You're
Amazing



Years

Marilyn Hutchinson-Snell

Way
to go!

thank
you

To all of our employees:

*"Be proud of the work you do, the
brilliant people you are, and the difference
you make."*



What's up? ...at Kennedy Home!

By: Alyx Lukacs, Integrated Services Manager



The folks at Kennedy home have been enjoying the warmer weather, with many taking the opportunity to get outside, soak up the sunshine, and explore their neighbourhood. There's been a noticeable buzz of excitement as folks rediscover simple joys like heading to the local park or going out for ice cream. The change in season has lifted spirits and sparked plenty of spontaneous outings and laughter. It's heartwarming to see everyone connecting with their community and each other in new ways.

We also want to take a moment to acknowledge the recent passing of LM, a lovely lady who will be dearly missed by all who knew her.

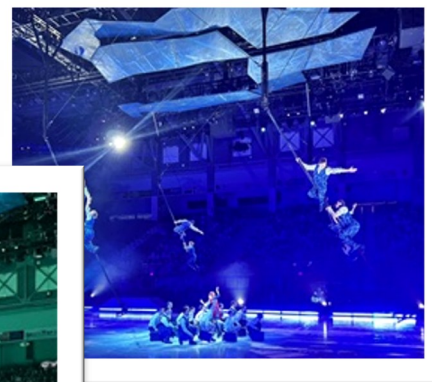
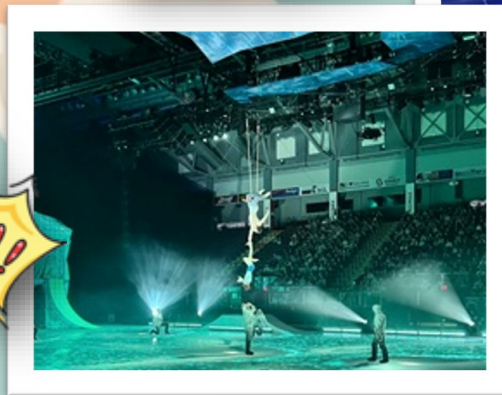
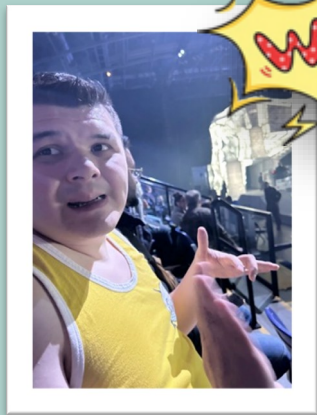
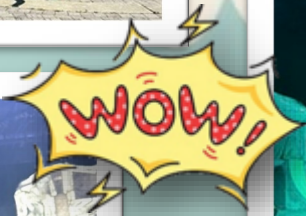
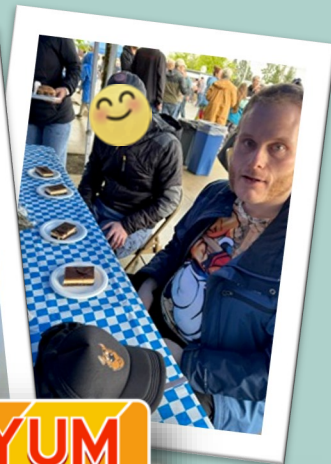
Stay tuned to see what big plans are coming soon...

WHAT'S Shakin? ...at Caspers Way Home!

By: Aidi Yang, Senior Residence Worker



We had an unforgettable May long weekend filled with adventure and excitement! J and K embarked on a delicious quest to see (and taste) the world's largest Nanaimo bar—a sweet, indulgent treat that did not disappoint! Meanwhile, E was mesmerized by the breathtaking acrobatics and dazzling performances of Cirque du Soleil in Victoria—Crystal, a show that left them in awe.





By: Brianna Otto, Director of Home Share



Sunshine is upon us! ☺

I don't know about you, but I am happy to be coming out on the other side of the darker months.

The Home Share team has been keeping busy with recruitment, incoming referrals, revamping monitoring and person served files. Some of you may have already had visits from us completing Vulnerability Assessments. For those that haven't? Don't worry, we are coming!

We have started a wonderful new partnership with the Home Hospice Association (HHA). We have three managers who are completing the Death Doula certification program to create depth within our services through end of life for those we support. Keep an eye out for upcoming webinars and events being put on by HHA and NACL!

We would also like to welcome Laura Wiersma to the Home Share and Administration team. Laura has joined us as our Administrative Assistant. She will be supporting the team through the initial onboarding of Home Share Providers, as well as following up on contractor requirements. If you hear from her about any of your upcoming expiring requirements, please give her a warm welcome!

As always, if you know of anyone interested in becoming a Home Share Provider, please send them our way. If you are active on social media, give us a follow and share our recruitment posters (like the one on the next page). We know that our best recruitment strategy has always been word of mouth from those of you already doing the work! Thanks so much!



recruitment
REFERRALS
file management





NACL

Nanaimo Association
for Community Living

WE'RE LOOKING FOR HOME SHARE PROVIDERS...

Do you have an extra bedroom, a suite, a tiny home, or a laneway/carriage house? Nanaimo Association for Community Living (NACL) is seeking kind, and compassionate people to become paid, contracted Home Share Providers in the Mid Island area to provide ongoing support to an adult with a developmental disability in their home.

Interested?

For more information:

homeshareinfo@nanaimoacl.org
250-741-0224, ext. 252
www.nanaimoacl.com



**Scan to visit our
website**





At Uplands Outreach...

By: *Becky Thiessen, Program Coordinator*

allow me to introduce myself.

Hey everybody! Thank you to all for the warm and supportive welcome to NACL—especially a shout-out to the incredible persons served at Uplands Outreach and the fantastic staff.

After spending more than 18 years in Winnipeg working as an artist and community arts educator, I moved to Vancouver Island to obtain my Master's in Community Planning at Vancouver Island University (VIU). Prior to being hired at NACL, I worked at VIU as the Universal Access Planner—working with the university to enhance accessibility in the built environment on campus. I hope to encompass all that I have learned to help create and design places that are accessible and inspire creativity and community.

With decades of dynamic community development and planning work, and as an arts educator, I have compiled a unique set of leadership, facilitation, art and design skills. My work has ranged from accessibility advocacy—specifically in the built environment, women's advocacy, family and community outreach, and child and youth arts education.

I have travelled across Canada to the high Arctic with Statistics Canada and in various rural, coastal, northern, and inner-city communities as an Arts Educator with the Nanaimo Art Gallery, Winnipeg Art Gallery, Art City, Manitoba Arts Council, Winnipeg Arts Council and several other arts and community organizations. I am constantly envisioning ways where I can incorporate more art in my community.



...and over at Prideaux...

By: *Sara Gilks, Program Coordinator*

Greetings everyone, from Prideaux Outreach!

As we escape the clutches of winter and enter spring and summer, it's a great time for new beginnings and fresh starts. Here at the program, we have undergone many changes. We have done our best to continue improving as staff, plus improve the space that we work at.

We have had persons served move in and move out. Each time, we assisted in cleaning and making the space fresh for the next person.

NEXT PAGE



At the office, we've rearranged our space to be more efficient and open. The manager's office is no longer stuck in the middle of the living space—it has been moved to a new area that's conducive to private conversations, which gives more space in the living area and makes it more appealing. New furniture has been obtained and arranged to match the vibe and aesthetic of the space. Pictures and flowers used to decorate the manager's office have made it softer and more welcoming.

Best of all, the floor has been machine-scrubbed and looks many times better than before—check out the before and after pictures below!

I hope this spring and summer we can all make small and positive changes to our working environments.

Sincerely, the Prideaux Team ☺



employee
and family
assistance
program
(EFAP)

You might have seen the link to it on the Resources page of NACL's website under the Employee Resources subsection, but NACL offers an **Employee Family Assistance Program (EFAP)** called **Sparrow** for ALL of our employees. It's just one of the ways health and wellness is supported through our organization for you and your family.

Services/support categories offered through Sparrow include **Mental Health, Telemedicine, Pharmacy, Well-being, and Work, Health, and Life Services.**

All you need is an account to get started—and once you're confirmed as an employee with us (or if you've previously been signed up for benefits through us), you'll either receive an e-mail and password through Payroll to be able to access Sparrow as a casual, or be invited to set up a username/password if you're a part or full-time employee.

Check out <https://mysparrow.ca> today, and explore everything it has to offer.



report



News & Updates

By Peter Letts, Director of Quality Assurance

Springtime marks the beginning of the Quality Assurance Cycle at NACL. One of the first things we do is gather input from people served, family members, employers, stakeholders, staff, and NACL members through surveys that are distributed. The surveys from people served help us determine their satisfaction with services and how effective they think the services are. This information, along with data collected by staff about activities and progress on goals, helps us understand where we need to make improvements to ensure services are making a positive difference in people's lives.

Another aspect of the QA Cycle is the evaluation of the Management or Governance of the Association. In addition to the input from staff, membership, and stakeholders, the performance analysis looks at outcomes in key areas such as strategic and program planning, Quality Improvement and Governance Plans/Reports, and operational outcomes.

Once this analysis is complete, governance, quality improvement, and program plans are generated for the following year. Strategic planning is on a longer cycle, so that plan is not generated annually.

The full analysis of the Association's performance for the year is documented in Performance Analysis and Outcomes Management Report, or PAOM for short. This includes recommendations for improvement that form the Quality Improvement Plan (QIP) for the year. The PAOM is summarized in a more colorful and easier to read Performance Review document that can be viewed on the Resources page of our website (www.nanaimoacl.com/resources).



YEAR IN REVIEW

Mark **YOUR**
calendar!



It's almost here, y'all!

THE INFAMOUS BBQ

Where: Maffeo-Sutton Park Pavilion (and lawn)
100 Comox Road, Nanaimo, BC

Date: Friday, June 20, 2025

Time: 11:00 a.m.—2:00 p.m.

You know you love it, and so do we—our annual tradition is back again for your eating and socializing pleasure!

Join us on June 20th for good food, good music, and good company, and as we always say...



WHAT'S NEW?

...at Seafeld Outreach!

By: Michele Westwood, Program Coordinator 1



They say "a picture says 1,000 words"—so here's a collage (with captions) to show all the fun being had at Seafeld! ©

Making Memories

SAU CHEESE

We're dog friendly!



"Granny B" - generous soup genius



Moving day for EK

Competitive gaming (KP and TB)



"Gets stuff for free" angel - Annmarie



"Working like a dog"



Look what LH learned to make!

TB looking "interview sharp!"

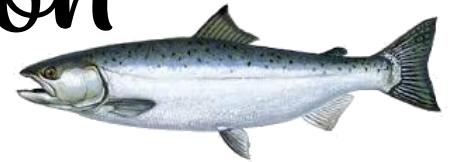




NUTRITION notes

By: Jen Cody, NACL Dietician

LET'S ENJOY Some Salmon



INGREDIENTS:

- 1 pound wild salmon fillets
- 1½ tablespoons olive oil
- 2 lemons (juiced)
- 5 cloves garlic, finely chopped (optional, omit if sensitive)
- ½ teaspoon ground cumin (optional)
- ¼ teaspoon ground clove (optional)
- 1 teaspoon chili powder (optional, or omit for milder flavor)
- Salt and pepper to taste
- ½ onion, finely chopped (optional)
- 2 large tomatoes, chopped (optional)
- Fresh or dried dill (optional)
- 1 bunch of broccoli, green beans, or asparagus (for steaming)
- 2 medium sweet potatoes, peeled and cut into cubes



DIRECTIONS:

1. Prepare the Salmon:

- Preheat oven to 375°F (190°C).
- In a small bowl, mix olive oil, lemon juice, garlic, and any desired spices (cumin, clove, chili powder, salt, pepper, dill).
- Place salmon fillets on a parchment-lined baking sheet or oven-proof dish.
- Brush the salmon with the olive oil and lemon mixture. Optionally, scatter onions and tomatoes around the fish for added moisture and flavor.
- Cover with foil and bake for 12–15 minutes, or until the salmon flakes easily with a fork. Remove foil for the last few minutes if you prefer a drier texture.

2. Prepare the Sides:

- Steam broccoli, green beans, or asparagus until just tender (about 5–7 minutes).
- Toss sweet potato cubes with a little olive oil and a pinch of salt. Roast on a separate baking sheet at 375°F (190°C) for about 25–30 minutes, turning halfway through, until golden and soft.

3. Serve:

- Plate the salmon with a side of steamed greens and roasted sweet potatoes for a colorful, nutrient-dense meal.

Why This Recipe Works for Autistic Individuals:

- **Balanced Nutrition:** Salmon provides high-quality protein and omega-3s, while the sides add fiber, vitamins, and minerals.
- **Sensory-Friendly:** Baking keeps the salmon moist and mild in flavor. Steamed and roasted vegetables offer a variety of textures, but can be adjusted based on individual preferences.
- **Flexible:** Spices and aromatics can be omitted for those with sensory sensitivities. The meal is naturally gluten and dairy-free, making it suitable for those with gluten, lactose, or milk protein sensitivities.
- **Simple Preparation:** Minimal steps and easy cleanup make this recipe practical for families and caregivers.

Additional Tips:

- Involve individuals in meal prep to increase acceptance and comfort with new foods.
- Adjust seasonings and sides based on specific sensory preferences.
- Serve with a familiar dip or sauce if needed for increased acceptance.

Bon
Appétit



Making Salmon More Appealing for Someone with Sensory Sensitivities...

1. Gradual Exposure and Desensitization:

- Start by introducing salmon in very small amounts, perhaps just having it on the plate or touching it without expectation to eat.
- Allow the person to smell, touch, or even play with the salmon before trying to eat it, helping reduce anxiety around new textures and smells.
- Use a staged approach: first tolerate salmon nearby, then on the plate, then touching, then tasting, and finally eating...always at the individual's pace.

2. Experiment with Cooking Techniques:

- Try different methods such as baking, grilling, or sautéing to find a texture that is most acceptable. For example, baking can create a firmer, less oily texture compared to poaching or steaming.
- Roasting or grilling can also reduce strong fishy odors that might be off-putting.

3. Pair with Familiar Foods:

- Serve salmon alongside favorite or familiar foods to make the meal less intimidating. For example, pair with plain rice, mashed potatoes, or a preferred sauce.
- Deconstruct the meal so the salmon is separate from other foods, allowing for more control over textures and flavours.

4. Texture Modification:

- If the texture of whole salmon is problematic, try blending it into a patty, fish cake, or even a spread, which can mask the original texture while still providing nutritional benefits.
- Consider pureeing salmon into a mild dip or incorporating it into a creamy sauce for pasta.

5. Adjust Temperature and Presentation:

- Serve salmon at different temperatures to see what is best tolerated—some may prefer it chilled rather than hot, as temperature can affect both flavour and texture perception.
- Present the food in a way that is visually appealing but not overwhelming, perhaps using smaller portions or arranging it neatly on the plate.

6. Involve the Individual:

- Include the person in meal planning and preparation, which can increase comfort and interest in trying new foods.
- Let them help with simple tasks like seasoning or plating, which may build a sense of ownership and willingness to try the dish.

7. Minimize Strong Flavours and Odours:

- Use mild seasonings and avoid strong herbs or spices if these are overwhelming. Lemon juice can help neutralize fishy odors without adding intensity.
- Ventilate the kitchen well, or cook outdoors to reduce lingering smells.

8. Keep Mealtimes Low-Pressure:

- Avoid pressuring or bribing; instead, model eating the food yourself and allow the person to explore at their own pace.
- Make trying new foods a voluntary and positive experience.

By combining gradual exposure, flexible preparation, and low-pressure encouragement, salmon can become more approachable for someone with sensory sensitivities.





employee services news

*By: Bre Bail,
Employee Services Manager*



It has been almost a year since the newly-created Employee Services team was formed—and now that we've grown to a team of three, it's time for some shoutouts as I am incredibly grateful to be a part of this little powerhouse!

Starting with the OG member, Laura Farris has been supporting reception and various administrative tasks for just over four years now. She has not only persevered through many changes in her role, but has become an anchor of knowledge and experience for us in Employee Services! Laura has jumped in headfirst taking on new pieces of her role in onboarding, conditions of employment, pre- and post-interview processes, all while supporting managers with OH&S, PCP, various projects, and ensuring folks who arrive at our door are greeted with her kind and welcoming spirit. In just under a year (for me), seeing the growth and confidence in your role has been inspiring, Laura—and we are SO fortunate to have you as part of the Employee Services team. I can't wait to see how your career develops. I also can't wait to see how many more trinkets grow around you at your desk!!! ☺

Secondly, our NEWEST member (apparently we like Lauras) is Laura Wiersma. Laura is two months into her role supporting Employee Services 50% of the time and supporting Home Share the other 50%. When Laura is not bribing the dogs of the NACL into our office for snuggles or treats, her energy and stability that has been brought to Employee Services can be tangibly felt. In addition to the experience she brings, she has already helped streamline and organize our current processes—and continues to add valuable input into how Employee Services can evolve and support NACL in the future. Looking forward to watching you develop in your role here at NACL!

Employee Services continues to look ahead and strategize on how we can improve the employee experience for all of you at NACL. If you are looking for an energy boost or have ideas that may fit into Employee Services, please connect with any three of us as we'd love to hear from you!

We also want to extend a special shoutout to a woman who may not be able to choose who moved into her office (LOL!), but Employee Services considers her an unofficial member of our team, regardless. Marlena Stewart, we would not be where we are without you! ☺ Thank you for your knowledge, support, and 80's-themed playlists that keep us rocking through our workdays!!!



"The Lauras" - Laura W. and Laura F.

We're here
to help!





AT OCEANSIDE OUTREACH

By: Jeremy Green, Program Coordinator 1



Coombs Home has closed, and the property is now in the process of being sold. The two persons served who previously lived there have new apartments in Nanaimo.

NACL now has an office inside Inclusion Parkville at 249 Hirst Avenue W., which we are settling into.

Many thanks to Inclusion Parkville for the room and the warm welcome! ☺

things
have
changed

Change is
good



FIND US
HERE



FOR
SALE

FAMILY SUPPORT

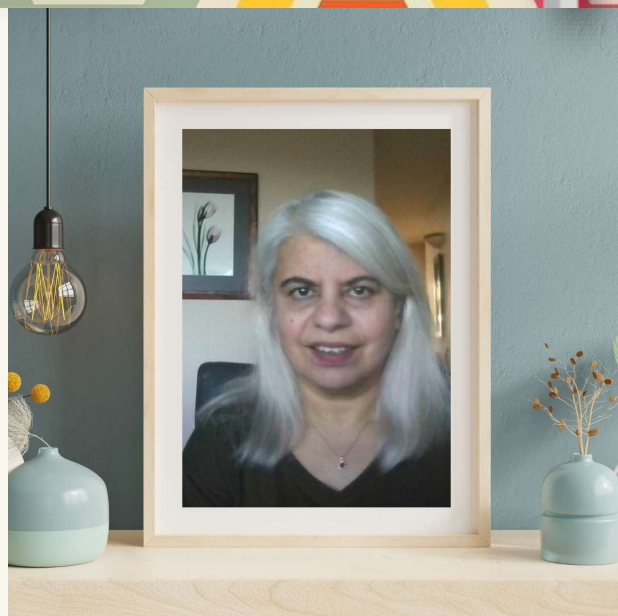
...with Saima Ijaz



Don't forget you have a **network of care** ready to access anytime you need it at NACL—led by our in-house Family Support Coordinator, **Saima Ijaz**. Contact her at saima.ijaz@nanaimoacl.com (or .org) and get connected!

Saima hosts online “**Learning Together**” and “**Family Connections**” sessions via Zoom every second and fourth Wednesday of each month at 6:30 p.m., respectively. Two recent Learning Together sessions focused on the **Disability Tax Credit** and the **Canada Disability Benefit**.

Join these sessions any of those Wednesdays using this link in your internet browser: bit.ly/learningtogetherwithsaima



ALL THINGS



*By: Barb Barry, Director of
Person Centered Practices
and Employment Services*



**TIME_{FOR}
ACTION**

Let's Do This!

On February 6th, Randy facilitated a focus group follow-up for determining the next steps in moving PCT and PCP forward, after our initial session on December 6th...

Then, moving through the themes that were identified, they were pulled into a working document of **action items** by Courtney, Randy, and Barb—which was shared via e-mail and then **discussed more formally** at our Full Management Team meetings on **April 3** and **May 14, 2025**.

To that end, SRWs/PCs, ISMs, Directors, and the Executive team (both Co-EDs and Graham) were all asked to **sign up for a piece of the action** – the idea being to purposefully contribute to **further embedding Person Centered Thinking and practices in NACL** while keeping us on the path of striving to be a **person-centered organization**.

Choosing a piece of the action steps, based on capacity and interest, engaged many people – which is exciting to see! Some items will be taken on by one individual, but most will involve 2-3 or more people.

Here's what to know moving forward, as discussed at our Full Management meeting on May 14th:

- We'll **re-send the link to spreadsheet** again, but you can get to it anytime via the Full Management page accessed from the Communication Page on Microsoft Teams.
- Courtney, Shantel, Randy, and Barb will meet to **review who signed up** for which action items.
- **E-mails** will go then go out with **timelines and expectations**. Action item "champions" will then need to determine:
 - ✓ **What resources are needed** to move your piece forward (i.e. funds, staffing considerations);
 - ✓ Anticipated **length of time** to accomplish your item(s); and
 - ✓ Your **outcomes**.
- Once that's figured out, **e-mail Randy, Courtney, and Barb** with your outline.
- You'll then have a **PCT trainer assigned** as a mentor for your action item.
- **Check in with your mentor**, updating them as you progress through your action item(s).

In addition to that:

- Anyone in **acting roles can continue** their participation, even if their posting ends.
- **Direct support workers** can also be asked to participate.

Thanks for everyone's involvement! Looking forward to seeing your creativity, ideas, and passion in action! ☺



CALLING ALL *presenters*

Our fabulous Person Centered Thinking Training (PCT) team is looking for one more trainer to join us.

If you:

- are grounded in our values and strive to be person centered;
- follow NACL's best practices around PCT and PCP;
- have recently attended the 2-day PCT training, and/or plan to in August 2025;
- are willing to explore what steps are required to become a certified Person Centered Thinking trainer;
- are committed to self-directed learning both on and off work to master the curriculum;
- are able and willing to co-present and teach the skills of PCT, sharing the stage with other certified trainers; and
- will create a 5-minute presentation on a topic of your choosing and show off your presentation style...

Come for a discussion so you can tell us all about your skills, talents, and reasons for wanting to become a trainer!

Interested?
WE KNOW YOU ARE!

Contact Barb Barry by June 30, 2025

✉ barb.barry@nanaimoacl.org
☎ (250) 713-7196



**THANK
YOU** FOR THE
TRAIL RIDER



YOUR GENEROSITY HAS ENABLED US TO MAKE THE TRAILS AT OUR FARM MORE ACCESSIBLE AND ENJOYABLE FOR ALL!

STAY TUNED

...for information to come soon on how to borrow NACL's brand new trail rider, very generously funded by the Pacific Blue Cross Health Foundation!

We can't wait to see more people enjoying the trails at Evanmorr Acres! ©



WHAT'S UP!

...at Turner Connection!

By: Emma Hobson, Integrated Services Manager



Turner Connection Home has welcomed a new person served into the home—RT. She loves her brother, the beach, music, getting together with her friends, and Chinese food. We look forward to many adventures together!

Over the past few months, we have enjoyed house celebrations at fancy restaurants, special birthday dinners, trips over to Vancouver to watch hockey, adventures at the farm, an easter egg hunt, concerts in Victoria, and a special Malahat Skywalk event. We continue to enjoy Duncan Music, neighbourhood walks, and trips to the salon for beauty treatments.

We are very thankful for our brand new tub chair, so that everyone can access a relaxing and therapeutic spa bath.

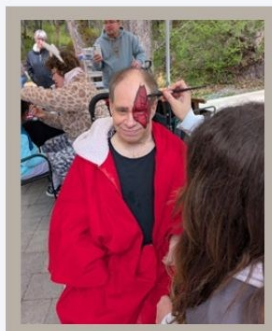
We are getting ready for planting our raised beds and window box garden—and we're also super excited for our annual camping trip!

WELCOME
HOME



Enjoy
EVERY
MOMENT

GLAD
YOU'RE
HERE



Spring
Fun

LET'S HAVE SOME FUN **TOGETHER**



*By Peter Letts,
Director of Quality Assurance*

Committee **UPDATES**

In our last report, we had just submitted our WorkSafeBC Certificate of Recognition Audit report to the BC Municipal Safety Association. We are proud to announce that the final approved score on the audit was 98%. Thanks to Courtney Peters and Peter Letts for their hard work to complete the audit, and thanks to all staff who participated in interviews and ensured all programs and homes were in top shape.

The Occupational Health and Safety Committee hosted Health and Safety Month in April. Information bulletins were sent out on a weekly basis, social media posts were shared, and Committee members attended staff meetings. The month also included site inspections, which gave Committee members had a chance to chat with staff. The final week was marked with honoring the Day of Mourning, where we remembered those who were injured, became ill, or lost their lives while on the job.

The Committee met in early May and reviewed staff incidents, inspections, staff incident investigations, and emergency response drills. Additionally, the Committee ensures staff are aware of upcoming first aid expiries, plus posts health and safety training opportunities. We are excited to inform everyone that the Community Social Services Health and Safety Association will be making a Learning Management System available to staff who work in the sector. This will add more options to the training courses already available.

Staff are encouraged to visit the CSSHSA's website at: <https://csshsa.ca>



HEALTH AND SAFETY MONTH



We **remember**

workers who have died, were injured, or became ill from their job.

We **commit**

to protecting workers and preventing further workplace tragedies.



WHAT'S NEW?

...at Evanmorr Acres!

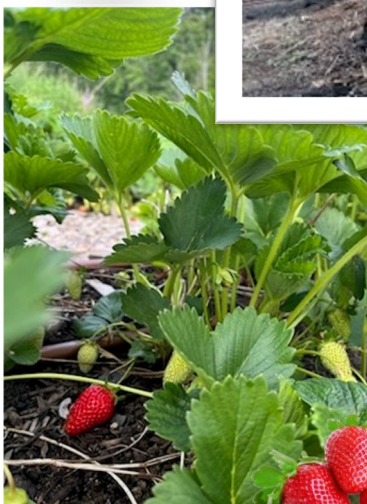
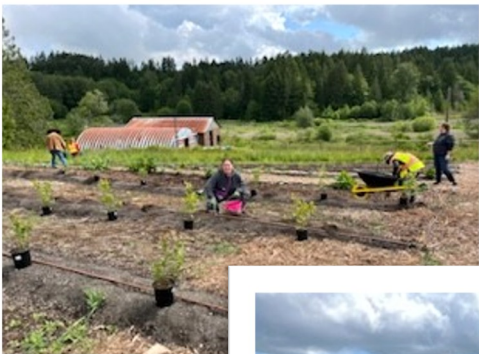
By: Sabrina Anderson, Integrated Services Manager



Things are lively and exciting at the farm—a place of literal, continuous growth! **Blueberries** have been planted with the help of the **Actions Blue House** and **Go and Grow** crews, supported by our team of **recreation therapists, practicum students, and field forewoman!**

The first of the June-bearing **strawberries** are ripening...and progress continues to make a **fully-accessible washroom** on-site. The framing is essentially complete!

We're also extremely grateful to both the **Nanaimo Foundation** and the **Central Drugs Community Fund**, whose combined generosity made it possible for us to purchase a **golf cart** to further improve accessibility around the farm—helping us move both people and things from Points A to B!





By: Sean Enns, Integrated Services Manager



**EMPLOYMENT
SERVICES**

SHARING *the* WORK EXPERIENCE



NACL Employment Services finds **inclusive employment** at the **federal election**, with **Elections Canada**!

For this federal election, NACL Employment Services was proud to have **four individuals working. AP, LR, KP, and AS** all gained invaluable experience while working at local election sites.

AS (pictured) says of her experience:

"Every time I do new things, I wonder what else I can do."

Inspiring words we should ALL take to heart!

Working with **elections offices** is a great way to gain inclusive employment experience. We're so happy to work with local elections offices.



latest news

FROM



ACTIONS

DAY PROGRAM

By: Shelby Jabs, Acting Program Coordinator

DOWNTOWN ADVENTURES

Actions Day Program Downtown has been keeping things exciting, as always! Over the last few months, we have participated in some great volunteer opportunities—from the **Loaves and Fishes** bottle sort, putting together recipe boxes for "Kids Get Cooking" through **Nanaimo Foodshare**, sorting clothing donations at Big Deals Boutique (**Big Brothers Big Sisters** of Central Vancouver Island's thrift store), and a brand new opportunity called TAPs—Therapeutic Activation Program put on by **Nanaimo Family Life**, where Actions volunteers socialize with seniors, help in the kitchen preparing lunch, and play some games. What amazing experiences!!!

Our **Sewing and Textile** group had the opportunity to create beautiful centerpieces for this month's **Chamber of Commerce 2025 Nanaimo Business Awards**! The group worked really hard with the support of our Vocational Counsellor Robin Shannon, where they created centerpieces with a theme entitled "Sea Scape." They sewed starfish and stuffed them with resourceful materials like dried beans. Our **Nature Explorers** group had some fun collecting the driftwood for this project. WAY TO GO, team!!! ☺



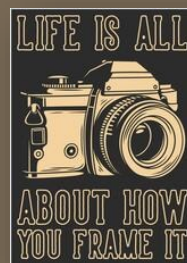
Volunteer



Meanwhile in the **Go and Grow** group at **Evanmorr Acres**, the group built a bridge for wheelbarrows to be able to cross a ditch. Wow! This was very exciting, and a great way to learn new skills! They also planted multiple types of vegetation: garlic, two plum trees, a mulberry bush, sunflowers, kale, peppers, tomatoes, Swiss chard, basil, and much more. Just this week, they were able to plant several varieties of squash. Can't wait to see what the coming months will bring in for harvesting!!!



Besides all this hard work, Actions loves to have some leisure time as well. We have been playing pool at **The Terminal**, always having a great time in the kitchen cooking for **Hot Lunch** on Thursdays, creating beautiful weaving projects, going to the **Qualicum Cheese Factory**, and having a grand tour of the **Nanaimo Fire Hall (Station #4)** in Chase River! We have also had fun meeting up with friends from Turner Connection, Clay Tree, and Bonaventure, playing some **indoor sports** at the **Oliver Woods** gymnasium!!!



FUN & fit



Join our

**VIRTUAL FITNESS
CLASSES**

ON  zoom

TUESDAY & Thursday
4.30PM-5.30PM

<https://us02web.zoom.us/j/88967479610>
or bit.ly/NACLFitness
Password: 930729



All classes led by certified instructor (and former NACL employee) Jennifer U'Chong!

RELAXATION session 
...the FIRST Tuesday of every month!

#EVERYONEWELCOME

For more info, contact Marlena at
(778) 268-2022 or marlena.stewart@nanaimoacl.com





In
Loving
Memory



PLEASE JOIN US TO
CELEBRATE THE LIFE OF

Rita Boden

Saturday, June 14, 2025

1-4 p.m.

Actions Day Program

83 Victoria Crescent, Nanaimo

RSVP TO CINDY CARANO AT (250) 739-2382 OR
CINDY.CARANO@NANAIMOACL.COM
BY FRIDAY, JUNE 6TH

Contributions of baked goodies/treats are welcome...





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HELP US GO GREEN!

Thanks to all of you in our NACL family who are currently receiving our What's Happening newsletter by e-mail.

If you're currently getting it in paper copy and would like to help us "GO GREEN," please e-mail:

marlena.stewart@nanaimoacl.com



Envisioning "a world where all people with diversabilities thrive."

Your Feedback is Welcome...



We'd love to hear from you...

E-mail your comments to
Graham Morry, Executive Director:
graham.morry@nanaimoacl.com

CREATED/EDITED BY:

Marlena Stewart, Executive Assistant

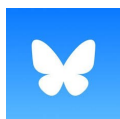
NACL ON



Make sure to follow NACL on social media so you can keep up with all the cool, fun things we're doing—plus articles/links of interest we often post! ☺
If you don't follow us already, join us at:



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(or look us up by name in the search bar!)



@nanaimoacl



Instagram

@nanaimoacl



www.linkedin.com/company/nanaimoacl
(or look us up by name in the search bar!)



<https://bit.ly/3oAxhCS>



HAPPY Birthday!

We'd like to extend our **HAPPIEST BIRTHDAY WISHES** to all persons served, employees, and home share providers who have celebrated or will be celebrating birthdays since our last Bulletin. There are so many people in our NACL family now, it would take pages to list you all. Just know that even though we're not listing you by name here, you're all very special to us and are very much appreciated – NACL wouldn't be what it is without each and every one of you! ☺