



What's happening?

from GRAHAM'S DESK

By: *Graham Morry, Executive Director*



Photo: Gerry Muckle, Integrated Services Manager

guess what. We Bought a FARM!



NACL has recently removed the subject-to's on an offer made on a 52-acre farm in South Wellington. Our possession date is September 1st, and at that point we will be doing extensive renos on the main house and on the secondary 2-bedroom cottage.

This is a significant milestone in regard to our strategic objectives of self-sustainability, employment, educational, and community inclusion opportunities for persons served, as well as the further development of improved housing options for current and future people living with NACL.

The overall plan is to begin farming the property intensively in partnership with Growing Opportunities Farm Community Co-operative (a local organization NACL has been involved with for some years). This plan will take some time to come to fruition, but the intent is to get production rolling ASAP.

I consider this to be a defining moment in NACL's development, and I wish to thank our Board of Directors for having the vision and fortitude to take us to the next level.

Stay tuned as we share what happens along the way on this journey!

time for
A NEW
ADVENTURE

LET'S
grow
TOGETHER

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graham from the desk

Continued...



Housing UPDATE

With the **Uplands subdivision** now complete we are now moving full steam ahead with rezoning, so we are as shovel-ready as possible when the next BC Housing Request for Proposals (RFP) comes out. We've recently chosen our General Contractor for this new development, after interviewing three firms.

The other two housing projects in play – one at **Buttertubs** and one in **Parksville** – are also potential contenders for the next call for proposals, but we'll concentrate on Uplands first. As part of our original strategy, we have **listed 3401 Uplands Drive for sale**, as this particular home does not meet our needs and the proceeds will offset some of the farm costs.



We recently learned NACL has achieved its **seventh 3-year accreditation** from the **Commission on Accreditation of Rehabilitation Facilities (CARF)** after our virtual survey in June.

Huge thanks again to our **persons served, staff, families, caregivers, stakeholders, members,** and **everyone who supported us** to do it yet again—and special kudos to our **Director of Quality Assurance, Peter Letts**, who organized and guided us through the process with calm and caring precision, as usual.



keep your standards high.



WE DID IT AGAIN!



3-YEAR ACCREDITATION



For more details, visit www.nanaimoacl.com/resources

What's up?

...at Jingle Pot Home!

By: Sarah Kirkbride, Senior Residence Worker



We don't realize we are
making memories
We're just having fun

THANK YOU



Sense-ational summer fun



Jingle Pot Home visited White Spot (at Woodgrove Centre) recently, and we all had SUCH an amazing time enjoying a scrumptious meal together!

We've planned another whole house outing to the beach for a picnic in August, as we have found that going out together as a group has bonded us even more deeply. Watch this space!!! ☺

[#ThisIsRealLife](#) [#ThisIsPCP](#) [#LivingOurBestLives](#)

Happiness is a collection of joyful experiences shared with soul friends. Get together and have some fun!

Amy Leigh Mercree

Let's Talk communications



By: *Marlena Stewart, Executive Assistant*

Hi again, everyone! Here we are once again, deep into what feels like another fly-by summer—hope you're all having fun and enjoying connecting with your favourite people on whatever adventures this sunny season has brought your way!

NACL's **social media** took a bit of a break in July (with a few sparse posts here and there) to rest and refresh, but now we're back and fully recharged! Don't forget to **keep following us @nanaimoacl** and **liking/commenting on/sharing** our posts—and please, tell your friends! The more we have following the awesome adventures of NACL, the better!!!

I keep saying it, but it's because of the amazing material I receive **capturing the people we serve living their best lives**, plus the **fun we have at NACL in general** that fuels our socials and enables us to share with the world the fabulous things we do here—so **thanks again to all our contributors/people in our posts** that make this part of my job such a joy! ☺



August means that NACL's **membership campaign** is officially underway, and it's a key piece in helping us prepare for our **Annual General Meeting (AGM)** coming up on **Monday, September 25th**—which will be here before we know it!

The next couple of pages share **details about NACL membership** and the **application form** (the latter of which is once again available as either fillable PDF or Word forms on our website's Membership page):

nanaimoacl.com/membership

If you **haven't been an employee of NACL within the last two years** (sorry, our Bylaws don't allow for employees to be members), you're **19 years of age or older**, and you're interested, a **minimum \$1 donation** makes you a NACL member—giving you voting privileges and more!

The **deadline to apply** (and pay) for memberships in order to have **voting privileges** at our AGM is **11:59 p.m.** on **Sunday, September 10th**—so just a few short days away as you're reading this!

So if you meet the criteria mentioned above and you're thinking of joining as a member, please **don't delay**—that way, you can **have your say** in an even deeper way about the goings-on with our awesome organization!

Don't hesitate to **contact me for more info** about NACL membership—you can reach my **work cell** at **(778) 268-2022**, my **office line** at **(250) 741-0224, ext. 224**, or pop me an **e-mail** at **marlena.stewart@nanaimoacl.com**. I'm here to help and guide you through the process... ☺

Much of my August/September focuses on **membership processing** and **AGM prep**—so please do keep me even busier!

In the meantime, **please enjoy the rest of 2023's summer** to the fullest...plus **have a fun and fabulous fall**—and I'll catch you again in our next issue of "What's Happening?" at the end of November!



FOLLOW US → **@nanaimoacl**
and **www.nanaimoacl.com**



Join us!

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#201 – 96 Cavan Street
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Office: 250-741-0224, ext. 224
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www.nanaimoacl.com

SOCIAL MEDIA

Facebook: facebook.com/nanaimoacl
Twitter: @nanaimoacl
Instagram: @nanaimoacl
LinkedIn: linkedin.com/company/nanaimoacl

thanks for your support



membership matters!

Envisioning "a world where all people with diversabilities thrive."
SINCE 1986

As a non-profit agency, one of our primary means of fundraising each year is through annual donations. We are requesting your support through becoming a member of Nanaimo Association for Community Living (NACL). This will help us to continue providing quality programs and services to Nanaimo and area citizens with diversabilities.

If you're at least 19 years of age and not already a NACL employee, you can become a member by completing and submitting our membership form along with your donation of at least \$1 (payable to NACL), or by making an online donation to NACL via CanadaHelps at https://www.canadahelps.org/en/dn/19445 (under Fund, select 02 NACL Membership).

Please consider purchasing a membership and extending your relationship with Nanaimo Association for Community Living. We will gladly provide you with a charitable tax receipt for cash/cheque donations \$25 or over (unless requested). Your support is greatly appreciated!

Your membership entitles you access to our "What's Happening" newsletter, invitations to NACL events, and to vote at our Annual General Meeting and Special Membership Meetings. Most importantly, your donation shows support of the work we have done for over 35 years in our community.

This year's AGM will be held Monday, September 25, 2023. Stay tuned for details!

In order to be in good standing and have voting privileges, memberships must be paid by 11:59 p.m. 15 days in advance (September 10, 2023), per NACL's Bylaws.

We're also actively recruiting for our Board of Directors. As long as you're a member in good standing, you're welcome to apply! Another member in good standing must nominate you by September 11, 2023. Let us know if you'd like an info package or would like to connect with our Governance/Policy Committee.

Got Questions?
Contact Us

Our Executive Assistant, Marlana Stewart, is glad to help!

(778) 268-2022

marlana.stewart@nanaimoacl.com

A fillable PDF version of the form below is available on our website at nanaimoacl.com/membership. Join before September 11th for AGM voting privileges if you haven't been an employee within the last two (2) years and meet the other criteria below. NACL's Constitution and Bylaws are also on our Membership page at the above link...

membership application form 2023/2024



membership matters!

Your donation supports the work that Nanaimo Association for Community Living (NACL) has done for over 35 years in the mid-island region, actively supporting people with diversabilities in their journey to lead thriving lives.

Memberships are valid until 15 days prior to the following year's Annual General Meeting.

CONTACT

Nanaimo Association for Community Living c/o Marlena Stewart, Executive Assistant #201 – 96 Cavan Street Nanaimo, BC V9R 2V1 Office: 250-741-0224, ext. 224 Cell: 778-268-2022 Fax: 250-741-0227

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www.nanaimoacl.com

SOCIAL MEDIA

Facebook: facebook.com/nanaimoacl Twitter: @nanaimoacl Instagram: @nanaimoacl LinkedIn: linkedin.com/company/nanaimoacl



Envisioning "a world where all people with diversabilities thrive." SINCE 1986

Please forward your donation* (minimum \$1) and make cheques payable to NACL at the address provided, or visit our CanadaHelps page at https://www.canadahelps.org/en/dn/19445 to donate online (under Fund, select 02 NACL Membership).

You can list multiple people on one membership, as long as each person named is at least 19 years old.

*Tax receipts will not be issued for cash/cheque donations less than \$25, unless requested.

Thank you kindly for your support!

YOUR INFORMATION

Name(s): _____ Mailing Address: _____ City: _____ Province: _____ Postal Code: _____ Primary Phone: _____ Secondary Phone: _____ E-mail: _____

AGREEMENT RE NACL CONSTITUTION AND BYLAWS

By applying for membership, I/we agree to uphold NACL's Constitution and comply with its Bylaws.

FOR INTERNAL USE ONLY

- Database, Spreadsheet, Tax receipt (if applicable), Membership, Bulletin, Confirmation letter



AT OCEANSIDE



By: Jeremy Green, Program Coordinator 1

OUTREACH

HERE WE GROW AGAIN

HOW COOL

PARKSVILLE

Now Open!

This year we have added a new Outreach program to our growing NACL portfolio! We now have a block of 10 apartments in a 79-unit building (which is in a great location, by the way!)—the rest are owned by Ballenas Housing Society. Some face south-ish and some face the water, with quite a nice view for the people served higher up in the building! There are “laundromats” on three floors, plus e-bike storage and parking underneath the building.

We are still in the process of getting things going, hiring staff, and building a new community. There is a common room for us to hopefully use for some group activities...and Parksville in the summer has lots going on with sandcastle competitions, music in the park, plus the beaches, food trucks, etc. Keep an eye out for fun updates from us in the future—and special thanks to Jessica at Ballenas Housing Society for her support in these early stages!

Our new Outreach home in Coombs is yet to welcome people served, but is nearly ready for them—it’s a lovely property and so quiet!

We have lots of space in the back of the property, and hopefully we will be able to farm the land to be more self-sustainable! Watch for updates on Coombs too, for sure. Stay tuned! ☺

Coombs

COMING SOON

watch this space

ALL THINGS



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



Hello everyone! You will have heard about our PCP committee at NACL. Currently, the members are Natalie Pryce, Emma Hobson, Marlena Stewart, and me—and we've recently welcomed back Sean Enns, who was on hiatus to attend leadership training. We said goodbye to Care Serene, who may be able to rejoin us in the future.

Here's what we've been up to!

We are continuing to look at the all the recommendations that came from last year's PCP audit by Marsha D'Angelo (from Apostrophe) and identifying action steps for each.

One of the items noted in the audit is that NACL is a very person-centered organization. Staff surveys indicate that 96% of us agree, saying that PCP makes a positive difference in people's lives. Yet, we did not see anything about PCP on our walls, in many areas of our documentation, within our strategic goals, or on our website. If we want to live and breathe it, we should see it! Everything should be, as Natalie has coined the phrase, "PCP infused."

To make that infusion a reality, here's a snapshot of some of the changes that have been made:

- ☑ **We've included a Philosophy Statement with our Mission, Vision, and Strategic Goals. All received an updated copy, and have been put in frames for display.**
- ☑ **Marlena has added this Philosophy Statement to our already vibrant website.**
- ☑ **We're using the hashtags #ThisIsRealLife, #ThisIsPCP, and #LivingMyBestLife/#LivingOurBestLives in NACL's social media more often when sharing the awesome and/or poignant things happening in people's lives.**
- ☑ **PCP information is included in our Operations Manual, and has always been in our Policies and Procedures.**

...and then?



That deserves its own section, so we'll get into that shortly. ☺ In the meantime...

here's where YOU
Came in



First, I would like to again acknowledge the work that you do. Without you, there would be no PCP.

Our most recent Person Centered Thinking (PCT) 2-day training again highlighted not only the passion you have for PCP, but also the absolutely positive difference it makes.

NEXT STEPS

We also know the importance of capturing what we've learned on ShareVision, in our Person Centered Plan for each person. Someone will not have to teach us repeatedly about how to best support them. Take all that great learning you have in your head on how to best support a person and write it down.

There is your everyday learning and stored knowledge you have. You know when you have two minutes to tell someone all about the essential things you need to know about supporting a person? There—capture that! 😊

Simply put, we must be able to demonstrate how PCP is making a difference—in addition to living it, we have to show it, too.

IMPORTANT THINGS For You

**Review plans with a person, complete updates, complete Learning Logs...
...and don't forget that goal reviews really matter.**

The rest of the PCP informs you how to best support someone in how they need and want to live their best life.

We need to show tangible evidence on how we are “supporting people to lead thriving lives” (per NACL’s Mission Statement). This is measured and then evaluated on well we are doing with what we SAY we are doing! These are core pieces that give our Director of Quality Assurance (Peter Letts) what he needs to show the results of the great work you do—and all of this is captured in our annual Performance Analysis and Outcomes Management (PAOM) report.

Our **COMMITMENT** THE HIGHLIGHTS

- ☑ **NACL will continue with the 2-day training 3x/year.**
- ☑ **The PCP Committee is further defining action steps and following up on the audit recommendations.**
- ☑ **Peter Letts and I will be meeting with leaders to identify what are the core pieces that need to be written down.**

Plus we, the NACL PCP Committee, will also:

- ☑ **Recognize that each service area is unique, while sharing common themes.**
- ☑ **Explore possibilities for hosting training per team or group.**

how can more training on how to "DO" PCP happen?

- ☑ **Using the Working/Not Working analysis, and the 4 Plus 1 Questions.**
- ☑ **PCP and OH&S on all meeting agendas.**
- ☑ **Creating a PCP wall in our Admin hallway—including pictures and stories, along with the 10 Plus 1 Core Elements.**

MOVING FORWARD

We really excel at person-centered approach, Person Centered Thinking, and doing. We need to focus on how and where to best capture our learning.

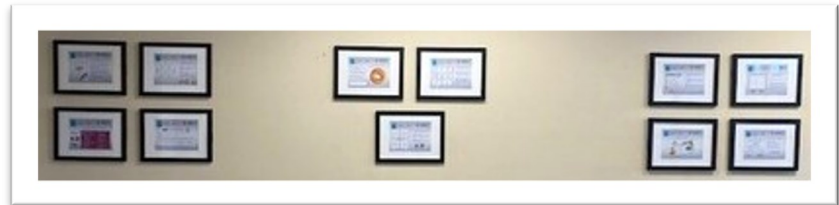
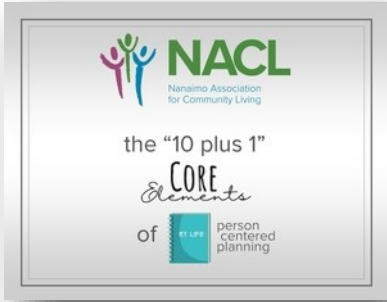
You've heard that saying, “if it isn't written down”...yep...it didn't happen!

The BIG REVEAL

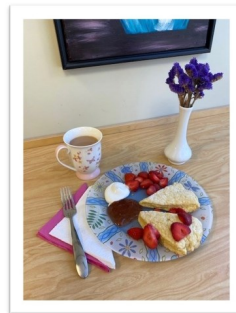
You will have seen in previous Bulletin articles the catchphrase **"IT'S COMING..."** Well, on behalf of the PCP Committee, I'm so excited to now be able to say that **IT'S HERE!!!** The great first reveal occurred at NACL's Leadership Team meeting—the unveiling of the **"10 Plus 1 Core Elements"** of our Person Centered Planning process! ☺

Below is a taste of what the larger example looks like in its permanent home in NACL's basement meeting room...

...and to go with that reveal, we've challenged all NACL programs to a **"Cream Tea for PCP"** contest!



Win a CREAM TEA for PCP!



The Person Centered Planning (PCP) Committee is challenging NACL programs to create exciting displays to showcase the **"10 Plus 1 Core Elements"** that were first introduced and provided to the Leadership Team on August 15, 2023. Let's make PCP, which is foundational to the services we provide, front-and-center in our program areas! They're great visuals that creatively and clearly outline the steps available for you when doing planning with teams and persons served.

Here's each team's chance to win an amazing "cream tea" prepared and delivered to your door, for all of you to enjoy. Sit back and partake in some delicious homemade scones from our talented PCP Committee member, Emma Hobson, served with berries, jam, and cream—served with tea in an actual teapot, of course!

How do you win?

E-mail or text your picture of the completed, unique way you and your team have decided to display the "10 Plus 1 Core Elements" to PCP Committee member Marlena Stewart at marlena.stewart@nanaimoacl.com or (778) 268-2022.

Your team could be the proud recipient of our very first "PCP Cream Tea Award," worth the bragging rights!

You have **"30 Plus 1" days**—also known as **Monday, September 18, 2023**—to submit your entries. Winners will be contacted directly by the end of September, announced via e-mail and in the November "What's Happening?" Bulletin.

Thank you and good luck from your PCP Committee,
Barb Barry, Emma Hobson, Marlena Stewart, and Natalie Pryce

CONTEST ALERT



#ThisIsRealLife
#ThisIsPCP



latest news

FROM



ACTIONS

DAY PROGRAM

By: Courtney Peters, Integrated Services Manager

Just before summer started, a few of the wonderful Actions participants and staff had the opportunity to be in a project called "Danceable" with Crimson Coast Dance Society. The group practiced, laughed, and enjoyed the weeks leading up to their big performance at the Port Theatre.

What a wonderful experience it was for all involved! ☺



Loved
it



"Let's Boogie"

SUMMER
FUN

Actions has been adventuring on day trips, outdoor activities, soaking up the weather while we have it, and exploring science projects. I'm quite sure everyone will always be excited for a soda and Mentos experiment!

Lanita Audet has joined the team, now working alongside Michele Westwood as Program Coordinator. Congratulations, Lanita!

We are looking forward to the new things coming Actions' way over the next few weeks and months! ☺

Welcome
Lanita



Adventure
Awaits



OH&S

OCCUPATIONAL HEALTH & SAFETY



NEWS



By Peter Letts,
Quality Assurance Manager

Committee News

The **OH&S Committee** is taking a break in August, with the next meeting scheduled for September 21, 2023 – at which time we'll begin preparations for **Health and Safety Month in October**, **site inspections**, and the WorkSafeBC external **Certificate of Recognition (CoR) audit** in early 2024.

The Committee will be promoting **health and safety training** for supervisors, including Supervisor OH&S Responsibilities, Risk Assessment and Hazard Identification, and Incident Investigation. Course dates are noted in the minutes.

We are looking forward to the **fall events** held by the **Community Social Services Health and Safety Association of BC**. You can keep track of the activities of the Association by checking out their website at:

<https://www.csshsa.ca/PublicSite/News--Events/2023-Annual-General-Meeting-AGM>

Stay safe out there, everyone! After a seemingly endless stream of **staff incidents** with 29 reported in June and July, August has seen a return to normalcy, with three incidents reported so far. A full summary of these incidents, corresponding investigations, and other key topics will be available in the September **Occupational Health and Safety minutes**.



upcoming Training



IT HAPPENED

...and we're glad you loved it as much as we did!



We came, we ate, we mingled, we danced... ☺

Thanks so much to everyone who supported the much-anticipated return of NACL's BBQ at Maffeo-Sutton Park on July 28th in every possible way. We think it's safe to say it was a resounding success, and we loved seeing all your smiling faces!



Special shout-outs need to go to **Leona Multari**, Integrated Services Manager and event organizer extraordinaire, Bowen Road **Country Grocer**, who donated all the ice we needed that day...plus, huge kudos to **the band** (you literally rocked—thanks for inviting them, **Mike Becher!**) and our friends from the **Family Support Institute** and the **Vancouver Island Crisis Society** for their info/activity tables. Let's do it again next year! ☺

SEEKING *Local* family resource REPRESENTATIVES

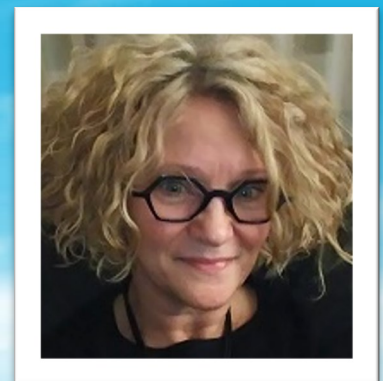
NACL is looking to deepen its partnership with the Family Support Institute even further—and they're looking to build a bigger group of Family Resource Representatives in the mid-island area...so here's where YOU can potentially help us!

This is a peer support network made up of parents, siblings, and others who have learned some tips and tricks for navigating systems and processes. You can share your knowledge, offer support, and help others on their journey know that they're not alone. Plus, it's a way to potentially make some AWESOME new friends! ☺

We're hoping to host some networking opportunities about this in the near future (so, please stay tuned!)—but if you'd like to get a jump on learning more about what being a Family Resource Representative entails and possibly getting more involved, Penny Lopez at FSI is your person! Reach her via the contact info included below...she'd love to connect with you!



PEER SUPPORT **IMPROVES** Lives



The **Family Support Institute of BC (FSI)** supports those who have a family member with a diversability. FSI staff and volunteers have shared lived experience with a person with diversabilities. FSI supports families by providing a listening ear, being non-judgmental, and by providing ongoing support. We guide families to community resources, attend meetings, and help navigate through systems.

NACL's dedicated FSI representative, **Penny Lopez**, is here for you—so please don't hesitate to contact her (or visit FSI's website) if you want some advice, need a helping hand, or just need someone to listen:



Penny Lopez, Family Support Coordinator
Phone (toll-free): 1-800-441-5403, ext. 4
E-mail: plopez@fsibc.com
www.familysupportbc.com
<https://www.youtube.com/@FamilySupportBC>



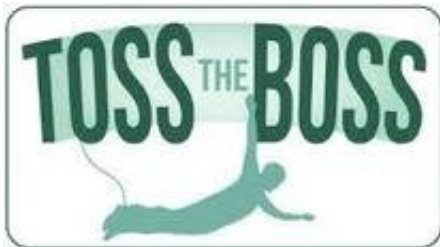
By: *Brianna Otto, Director of Home Share*



FALLING FOR *it* again

Well the Home Share Team has done it again—**Toss the Boss** is coming up in October, and they've "volun-told" me to get back up there! ☺

This is a wonderful event raising money for an important cause through the Nanaimo Brain Injury Society. Please donate if you can, and this is an open invite to anyone who wants to catch me being tossed this year!



thanks
FOR YOUR SUPPORT

<https://bit.ly/nacltosstheboss2023>

In the meantime, we're always looking for people willing to be **Home Share or Respite Providers**—or at least to explore what that could look like. Call our office at (250) 741-0224 and we'll connect you with a Home Share Team rep to learn more!

Hoping each of you have had a happy, healthy summer!

TRAVEL WITH Sara

I have been very lucky and have gone to Maui three times now with my Home Share Providers. We went to Maui in May for a week.

My favourite thing to do there is to swim at the pool, shopping and relaxing at the beach.

Maui is very beautiful with the flowers, beaches and ocean. I can't wait to go back in 2025.

Enjoy *my* Photos



CHEERS!



love it here



let's make memories





EMPLOYMENT SERVICES

By: Sean Enns, Employment Specialist (Vocational Counselor)



We first published our article about **discovery** two issues ago. Last issue, we looked at **job development**. As we slide through the summer, it's a good time to explore the next stage of employment—the **job search**.

Given the current labour shortage, it seems like it should be a great time for people with diversabilities to find work—in supported employment circles, people with diversabilities are frequently referred to as “**the untapped talent pool**.”

And yet, **people with diversabilities** are still the **single largest unemployed group in Canada**. Just 59% of people with diversabilities are employed compared to 80% of people without—and when they are working, they're far more likely to end up (and stay) in lower-skilled, low-paying jobs.

Our role in NACL Employment Services isn't just to help people find “any” job; it's to help people find **meaningful employment**—a job which allows them to share their skills, values, and knowledge, with room to grow and thrive.

And for the most part, you're not going to find those jobs on Indeed. Vocational Counsellors are community connectors, innovators, and problem-solvers. We have roots and relationships in the community. We look at an organization and **identify unmet business needs and opportunities**. We focus on interests, skills, talents, and abilities—not disability.

For instance, **DMcE**, who has an interest in rock climbing, got a job at the **Romper Room Indoor Climbing Gym**. They've since said it's “the best job they've ever had.” That was a job that didn't exist, but because one of our Vocational Counsellors has a relationship with the owners, we were able to go in, identify an unmet business need, and create a job where D feels welcome and included.

And then there's **PH**, who now works two days a week at **St. Jean's Cannery and Smokehouse** because we got a call from Gerard St. Jean, who has a relationship with a Vocational Counsellor in our department.

BS has been at the **Milton Street Public House** for years now, because we're on a first-name basis with the owner. **CW** is enjoying their summer working at the **Tourism Nanaimo Visitor Centre** because one of our team happens to know the Executive Director, and **RG** is working with **Eclipse Janitorial**, owned by Paul Norton (spouse to NACL's own Teri Norton).

Those are just recent examples—there really are **too many amazing employers** to name. ☺

Of course, sometimes we go the **traditional route** of applying online and hoping for the best. That's how **JC** got a job with **Footprints Security**. We've come to learn that Footprints is a great, inclusive employer with a tremendous support team, and now have several individuals working with them.

It's hard work, and often it's defeating. For every employer that's a great match, there are 10 for whom it's not the right time, or the right fit. We are **defined by our creativity and perseverance**, and our ability to put all the challenges aside for that one time where someone tells us that it's the **best job they've ever had**—and that it **doesn't feel like work**, it **feels like family**.

CALLING

ALL

casuals



WE NEED YOU



COCO



CAFE

WHERE COMMUNITY WORKS

NACL Employment Services is looking for casual staff to work with us at COCO Café!

where?

COCO Café, in partnership with NACL...
#4A—1840 Cedar Road, Nanaimo

what?

COCO is a supported work environment with amazing food, drinks, and workplace culture.

when?

Tuesday to Friday—4 to 7.5 hours/day.

what's needed?

A background in working in a café, restaurant, and/or food services is a big asset—bring your unique NACL experience!

why?

Well, why not? Come join this amazing group who are making really great food and drinks, and are much loved in the community! ☺

how?

Give me (Barb Barry, Director of Employment Services) a call, text, or e-mail:

☎ (250) 713-7196 (cell) or (250) 741-0224, ext. 233 (office)

✉ barb.barry@nanaimoacl.org

Get all the details and see if it's a fit!
Orientation can happen immediately.

not a casual staff?

Support COCO Café by visiting them and enjoying what they have to offer, Tuesday to Sunday from 7:00 a.m. to 3:00 p.m. ☺



Learn more about COCO Café at:

www.cococafe.ca



STAFF APPRECIATION CELEBRATION

WELCOME
★ TO THE ★
CARNIVAL



Saturday, October 14, 2023
Cavallotti Hall

2060 E. Wellington Road, Nanaimo

4:00-6:00 p.m.

- Family-friendly fun for the kids, with at least two food options plus treats! ☺
- All are welcome to eat and celebrate employee longevity awards with speeches...

After 6:00 p.m.

- Employee-only evening celebration featuring The Dextones, the tried and true "gift game," dancing, and more!



by **September 30, 2023** to **Angela Trimble**
via e-mail or text:

angela.trimble@nanaimoacl.org
(250) 797-0331



NACL

Nanaimo Association
for Community Living



report



News & Updates

By Peter Letts, Quality Assurance Manager

NACL has officially achieved another 3-year CARF accreditation in 2023. We did very well, with only a few minor recommendations for improvement and some helpful consultations. The report is posted on ShareVision's Home page and on the Resources page of NACL's website (nanaimoacl.com/resources). The recommendations will form the basis for the CARF Quality Improvement Plan (QIP), which we will work on over the next three years.

The Quality Assurance Department is nearing completion of the Quality Assurance Cycle for 2022-2023, with the Performance Analysis and Outcomes Management (PAOM) Report nearing completion. This will be ready for the AGM in September. The Performance Review document will be posted on the website for all to review.

The PAOM Report contains a full review of management initiatives and plans, plus NACL's services. This includes input such as surveys from people served, stakeholders, and staff, as well as the Strategic Plan, Governance Plans and Reports, the Quality Improvement Plan, and operational outcomes.

The review of services includes surveys from people served and families, a review and summary of Person Centered Plan (PCP) reviews, and goals/goal progress, program planning outcomes, and operational outcomes. Recommendations for improvement conclude the report and are rolled into the Quality Improvement Plan (QIP) for 2023-2024.



IMPROVEMENT PLAN
Recommendations

Keep up the good work 

WHAT'S NEW?

...at Maxey Road Home!

By: Emma Hobson, Integrated Services Manager



At Maxey Road Home, we have had a busy summer!

We have been out and about on a fair few day trips. Tofino was a hit for one person served and staff. They had a fabulous time at the beach for the day! Another person served traveled over to Vancouver for a day at a music festival—a bucket list tick!

We've been using the Nanaimo Aquatic Centre almost weekly, getting exercise and having fun on those 'too hot' days.

We have a new 3-wheeler tricycle that is ready to go—we've been practicing around the freshly cut yard, and are almost ready to venture out onto trails!

We've joined art classes and had lunch dates with friends in other NACL programs. We've had doggy birthday parties and open house garden parties. We've attended the Duncan Music Festival, and had many lunches out and snacks by the seaside.

We continue with our daily walks in nature, and have been meeting PCP goals by baking and food prepping in the kitchen.

There have definitely been a few shopping trips squeezed in—we're always on the lookout for a new 'beer' t-shirt.

We have new lawn furniture for our gazebo, and can't wait to celebrate with the house BBQ on Friday. There might be some root beer floats and sweet treats, too! 😊

[#LivingOurBestLives](#) [#ThisIsRealLife](#) [#ThisIsPCP](#)





membership questions?

CONTACT

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www.nanaimoacl.com

SOCIAL MEDIA

Facebook: facebook.com/nanaimoacl
Twitter (X): @nanaimoacl
Instagram: @nanaimoacl
LinkedIn: linkedin.com/company/nanaimoacl



QR CODE TO JOIN AGM

notice of 37th annual general meeting

Envisioning "a world where all people with diversabilities thrive." SINCE 1986

You are cordially invited to attend NACL's 37th Annual General Meeting:

Monday, September 25, 2023 – 7:00 p.m. To be held online, using Zoom:

https://us02web.zoom.us/j/88451588136 or bit.ly/NACL2023AGM Passcode: 116922

(All you need is an internet connection, and/or to download the Zoom app for free.)

Hope to see you there!

(Zoom "Waiting Room" for checking in will open at 6:30 p.m.)

Per NACL Bylaws, in order to be in good standing and have voting privileges, memberships must be paid by 11:59 p.m. on Sunday, September 10, 2023.

Contact Marlena Stewart, Executive Assistant, for details and/or assistance at (250) 741-0224, ext. 224, (778) 268-2022 or marlena.stewart@nanaimoacl.com.

thanks for your support

OUR MISSION: "Through an unwavering commitment to delivering high quality services with integrity, to actively support as many people with diversabilities as possible in their journey to lead thriving lives."

All AGM-related items will be posted here once all members in good standing receive them first on Monday, September 11, 2023:

nanaimoacl.com/resources under Annual General Meeting (AGM) Materials



LET'S WORKOUT where you are.

It feels good to be fit

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





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www.linkedin.com/company/nanaimoacl

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

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:



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



[@nanaimoacl](https://twitter.com/nanaimoacl)



[@nanaimoacl](https://www.instagram.com/nanaimoacl)

Instagram



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! ☺*