



# VITALS VOICE

*The mission of Valley Integration to Active Living is to support people who face individual challenges to participate in, and contribute to, their communities.*

November 2011  
Volume 1 Issue 3

VITAL Society, 156D Station Street, Duncan, BC, V9L 1A2 (250) 748-5899

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## MERRY CHRISTMAS!



Ricky shows us the face of Christmas Spirit.

*"I have always thought of Christmas time, when it has come round, as a good time; a kind, forgiving, charitable time; the only time I know of, in the long calendar of the year, when men and women seem by one consent to open their shut-up hearts freely, and to think of others as if they really were fellow passengers and not another race of creatures bound on other journeys."*

~Charles Dickens

Christmas waves a magic wand across the world and leaves it lit up, full of colour and overflowing with anticipation. Vitals residents are getting ready for the Best Holiday of the Year.

Christmas parties are planned to celebrate with friends and family, light up festivals attended, voices raised in Christmas carols; it is a joyous time of year. Everyone enthusiastically joins in as activities focus on decorating, shopping, wrapping presents and of course, the most visible of all Christmas symbols, a colourful, glittering Christmas Tree.

Wish lists are being made and shopping expeditions are in the works. The Vitals Baking Project is launching – all residents collaborate and each house creates their favourite Christmas treat. When the baking is complete the sharing commences! From shortbread to mincemeat, old recipes and new, the mouthwatering tried and tested recipes and first time experiments are all delicious and everyone participates in the "judging contest" we hold as the Grande Finale.

# THE WREATH PROJECT



*“In every community,  
there is work to be  
done. In every nation,  
there are wounds to  
heal. In every heart,  
there is the power to  
do it.”*

**Marianne Williamson**

Symbolizing eternal hope and woven of things alive, the wreath goes 'round and 'round, neither ending nor beginning. This holiday season, residents and our staff Artists-in-Residence organized an ambitious group project utilizing all of the considerable skills and talents of our residents. For weeks we shopped thrift stores and dollar shops, collecting the supplies needed. We clipped branches from the trees on Westholme and Stamps Road.

Wreath Project HQ was Stamps House. Residents from all houses gathered in the evenings to work on them. Other craft projects were accomplished during our weekly craft project meetings at Vitals Offices and Abbott House. Slowly, we built up our inventory and finally, thanks to a donation of table space, our residents debuted their wares at the Christmas Chaos Craft Fair in Duncan!

Thanks to the dedicated work of our residents (and a special thanks to Kandase and Linda, treasured staff, for organizing production) we sold out. However, we'd like you all to know that we are still TAKING ORDERS! Please see Order Form within this newsletter if you'd like to decorate your home with a beautiful wreath you can be sure was made with love.

All proceeds of the Wreath Project go directly towards funding special events for our residents.

*“A bird doesn't sing  
because it has an  
answer, it sings  
because it has a  
song.”*

**L. Holz**



Ken decides on PURPLE.

*“Art is not a thing, it is a way”.*

**E. Hubbard**

# VITALS 20 YEAR ANNIVERSARY CELEBRATION

2011 was a benchmark year for Vitals – and we had a BIG celebration! 20 years – it’s hard to believe.

Residents, their families and staff all met up at the Quamichan Inn for a buffet style spread, a visit from Dave Price, Vitals’ founder, who shared with all present a moving reflection on the beginnings of Vitals and why the need was so great. Staff members were honoured for 5, 10, 15 and 20 years of service; the Vitals Board were thanked for all of their hard work too.

Residents enjoyed the food, the pomp and ceremony as well as seeing all their friends, family, and residents from their extended Vitals family. Sharing our similarities and celebrating our differences was the name of the game for this anniversary party!

*“Friendship  
Needs  
No  
Words”*

*~All of us*



# The Wood Project

*"If I seem to boast more than is becoming, my excuse is that I brag for humanity rather than for myself."*

**~Thoreau**

*"Community is a sign that love is possible in a materialistic world where people so often either ignore or fight each other. It is a sign that we don't need a lot of money to be happy -in fact, the opposite."*

*"It's not the tools that you have faith in - tools are just tools. They work, or they don't work. It's people you have faith in or not."*

**~Steve Jobs**



The men on the wood project work hard. They obtain access to various wood lots in the area and chop, split, stack and sell firewood so that their neighbours in the Cowichan Valley can enjoy the warmth which only a blazing fire can provide. In turn, the wood lot employees earn a fair wage for their efforts.

Neil (whose love for the Wood Project is a condition, not a profession) runs the crew. John, Al, Steven and DJ are all employed by the Vitals Wood Program.

The Wood Project would like to thank Island Timberland and Safety Net Security for their continued support of our Wood Project.

This year the weekend woodlot volunteers worked hard to create a fund to offset The Wood Projects' expenses. This required the staff thanked in the "Thanks" section of this newsletter to donate their time and energy. Neil manned the woodlot on most of the weekends the fundraising operated.

# Goodbyes, Congratulations and Thanks

## **Bob Restall, RSW**

Goodbye and good luck to Bob Restall who left Vitals to pursue his own business venture in Honeymoon Bay. We'll be by for Frittata, Bob!

## **Pat Gray, RSW**

Pat Gray has left Vitals in order to pursue her many other interests. We wish you the best in all you do in the future!

## **The Anonymous Volunteers**

If we could put your names up in lights we would.

Instead, to all of you who go above and beyond for our residents, we'd like to acknowledge your effort. We know that's not why you do it so; here's to the anonymous volunteer.

For everyone who goes home and doesn't stop; who reads an article, makes a plan, looks up a recipe, decides to try something different, sees something that would be just perfect, has an idea, researches an outing, makes a phone call, can't get to sleep because they're thinking of another, for being proud that what you do is not just about making a buck, it's about making a difference. THANK YOU.

## **Skylar Phillips, Administrative Assistant**

Vitals would like to thank Skylar for her hard work and dedication while here at Vitals. We wish her every success in her future endeavors.

## **Tamara McDonald, CSW**

Congratulations are in order for Tamara, Joe and big sister Ashleigh who have welcomed Greyson Zaworski into the world. Tamara is on maternity leave as she enjoys some precious time with her new baby boy.

## **Special Thanks to...**

Participants in the Woodlot Project: **Neil McDonald, Kim Zettel, Heather Mawbey, Christine Wright, Sandy Lawrence, Angela Milligan, Janet Auger, Kandase Walt, Tracy McCoy, Lois Hawkes and Glenn Kyle**

Woodlot project participants donated their weekends in order to contribute to a fund established to offset Wood Project expenses.

We'd also like to thank **Island Timberland** and **Safety Net Security** for their continued support of our Wood Project.

The Wood Project would like to take this opportunity to invite all families and their friends to participate in the Wood Project by purchasing their firewood through Vitals Society.

**Della Webster** for her support of the Vitals Wreath Project.

**Mentor Volunteers** for contributing to the professional development of our staff, directly benefiting the people we serve.

*"I can no other answer make, but, thanks, and thanks." ~William Shakespeare*



# A Day in the Life...

In order to describe a life, one must start with a day, an hour, even a moment. Here are a few of those moments...



Gordon, working hard at blowing bubbles.



Mindy beaming directly into the camera.



William is about to make short work of those fries.

*"I arise in the morning torn between a desire to improve the world and a desire to enjoy the world. This makes it hard to plan the day."*

**~E. B. White**



Danny relaxing at camp.



Gordon & Tyson getting to know each other even better.



Keith is in a pretty good frame of mind.



Not feeling well is a drag.



Jackie & Stacy know that friendship is an arm around your shoulder.



Raymond enjoying a party.

## Vitals Home Sharing Program Luncheon

Our November 9th luncheon was so valuable that Vitals has decided to make these a regular event. All home share providers are invited to this potluck brainstorming session. Bring your stories of success and challenge, questions and solutions, your brilliant ideas and creativity. Don't forget your part of the moveable feast! The next potluck luncheon is scheduled for January – we'll be in touch soon to give you all the details.

# The Spirit of Giving

We've all heard it – blaring out at us from the television, headlines vying for our attention, pundits and politicians alike are telling us: times are tough. While this may be true, we can see that times are also very, very good. All it takes is a little elbow grease, determination and the sort of heart that understands that love and kindness are things which must be given away in order for us to keep them close.

The Vitals Wreath Project funds have been allocated towards a fairy tale adventure for the people we serve – a trip to the big city! We'll have a sumptuous meal and then it's off for a tour of the Butchart Gardens' Christmas Spectacular light up and fabulous botanical displays. We are SO excited!

Nobody likes to ask for help but we all need it from time to time. We could use yours – your ideas, your energy, your creative zest – and yes, your donations. Please give. It will be appreciated.

Giving comes in many forms. Below you will see what one staff family member accomplished with four hours of hard work for our residents at Stamps House. Thank you, Peter Kallos! We love what you've done – and turning our well worn table into a gleaming backdrop for the food lovingly prepared for the people who live at Stamps is very, very appreciated.

**And now we present....THE BEFORE AND AFTER!**



**Here is the table before Peter rolled up his sleeves...**



**And here it is four hours later...**

*"If you can't feed a hundred people, then feed just one".*  
**~Mother Theresa**

## Vital Society Family Survey 2011

Name \_\_\_\_\_

1. How satisfied are you with the services provided to your family member by the VITAL Society?
  
2. What do you like about our services?
  
3. In what area(s) do you feel we could use improvement?
  
4. Have you been treated respectfully by staff?
  
5. Do the Program Coordinators respond to your Inquiries?
  
6. Are you aware of Vital Society's Website and Newsletter?
  
7. Did you attend our social functions? Do you have suggestions for future events?
  
8. If you have a concern do you know how to reach the Program Coordinators or the Executive Director?
  
9. Would you like to participate in a Family Council?

## Vital Society Order Form

<p style="text-align: center;"><b>Colours</b></p> <p><input type="checkbox"/> Red And Gold</p> <p><input type="checkbox"/> Blue and Silver</p> <p><input type="checkbox"/> Multi Coloured</p> <p><input type="checkbox"/> Green and Blue</p> <p><input type="checkbox"/> Purple and silver</p>	<p style="text-align: center;"><b>WREATHS</b></p> <table style="width: 100%; border: none;"> <tr> <td style="text-align: center; width: 50%;"> <p><b>Size</b></p> <p><input type="checkbox"/> Small (\$30)</p> <p><input type="checkbox"/> Large (\$35)</p> <p><input style="width: 30px; height: 20px;" type="text"/> Quantity</p> </td> <td style="text-align: center; width: 50%;"> <p><b>Type</b></p> <p><input type="checkbox"/> Fir</p> <p><input type="checkbox"/> Cedar</p> </td> </tr> </table>	<p><b>Size</b></p> <p><input type="checkbox"/> Small (\$30)</p> <p><input type="checkbox"/> Large (\$35)</p> <p><input style="width: 30px; height: 20px;" type="text"/> Quantity</p>	<p><b>Type</b></p> <p><input type="checkbox"/> Fir</p> <p><input type="checkbox"/> Cedar</p>	<p style="text-align: center;"><b>Table Centre Pieces</b></p> <p><input type="checkbox"/> Small (\$15)</p> <p><input type="checkbox"/> Large (\$20)</p> <p><input style="width: 30px; height: 20px;" type="text"/> Quantity</p>
<p><b>Size</b></p> <p><input type="checkbox"/> Small (\$30)</p> <p><input type="checkbox"/> Large (\$35)</p> <p><input style="width: 30px; height: 20px;" type="text"/> Quantity</p>	<p><b>Type</b></p> <p><input type="checkbox"/> Fir</p> <p><input type="checkbox"/> Cedar</p>			

Name: .....

Address: .....

Phone No: .....

Email: .....

**Delivery \$5:00 :**       Yes       No

**Total ordered Items**

Amount Received: .....       Full Payment      or       Deposit (\$10)

Date: .....

Signed: .....


**Customer Receipt:**

Received: .....

Date: .....

Signed: .....

If you wish to Recycle your decorations for next year please return your decorations and we will credit \$10 towards your next order

	<p><b>VALLEY INTEGRATION TO ACTIVE LIVING SOCIETY</b></p> <p>156 D GOVERNMENT STREET, DUNCAN, BC V9L 1A2. Telephone: 250-748-5899</p> <p><b>VITALS WOOD PROJECT : 1 CORD PLUS - \$165 LOCAL DELIVERY</b></p> <p><b>Please call Neil 250-701-3686 or 250-746-9805</b></p>
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