

# Beacon News

FOR BEACON COMMUNITY SERVICES  
HOME SUPPORT CLIENTS

Winter 2010  
Volume 2, Issue 1  
www.beaconcs.ca

Beacon  
Community  
Services

## Beacon Community Services Earns Accreditation with Rave Reviews from Accreditation Canada

Once again, Beacon Community Services has come through the intensive Accreditation Canada process with flying colours. Surveyors did an intensive review of all aspects of our procedures and practices. Here is what they had to say:

“Beacon Community Services has strong roots in the service area and is highly regarded for their dedication to those in most need.

In 2008 the organizations' staff doubled ... Reports from key stakeholders highlight the dedication and effort undertaken to successfully manage a change of such magnitude.

The community looks to Beacon Community Services for leadership and advocacy. ”

 ACCREDITATION CANADA  
AGRÈMENT CANADA  
Driving Quality Health Services  
Force motrice de la qualité des services de santé

## Fostering Strong Connections in the New Year

from Isobel Mackenzie,  
Executive Director

As we begin a new year and reflect on the year that's past, our resolutions often involve staying in touch with friends and loved ones. Keeping those connections strong is vital for our health and happiness. In this issue you will read about several innovative ways Beacon Community Services is working to foster connections with you, our clients, as well as our volunteers, community and partner agencies.

Our Community Partners Forum in February will bring government and community agencies from throughout the Capital Region together to discuss the needs of our region and to brainstorm solutions. Read more about the Forum and some of our new partnership projects on page 2.

**The enclosed Client Satisfaction Survey** is just one way we stay in touch with you, our valued home support clients. We're continually working to improve the service we provide. You can help by completing the survey and using the postage paid envelope to let us know what aspects of our service work and what could be better. We look forward to hearing from you!



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## Showing Our Appreciation for Community Health Workers and Staff

This November, Beacon Community Services held its Annual Staff Appreciation Dinner to recognize the important contributions our staff make in the lives of people in our community on a daily basis. Staff were treated to a buffet dinner at SHOAL Centre in Sidney and an inspiring presentation by our CEO, Isobel Mackenzie, who handed out awards to staff who have reached a milestone of 5, 10, 15, 20, 25 or 30 years in their work with Beacon Community Services.

One hundred and fifty-one staff members were honoured for their years of service, including:

- 1 staff member honoured for 30 years of service
- 2 staff members honoured for 25 years of service
- 23 staff members honoured for 20 years of service
- 25 staff members honoured for 15 years of service
- 64 staff members honoured for 10 years of service
- 36 staff members honoured for 5 years of service.

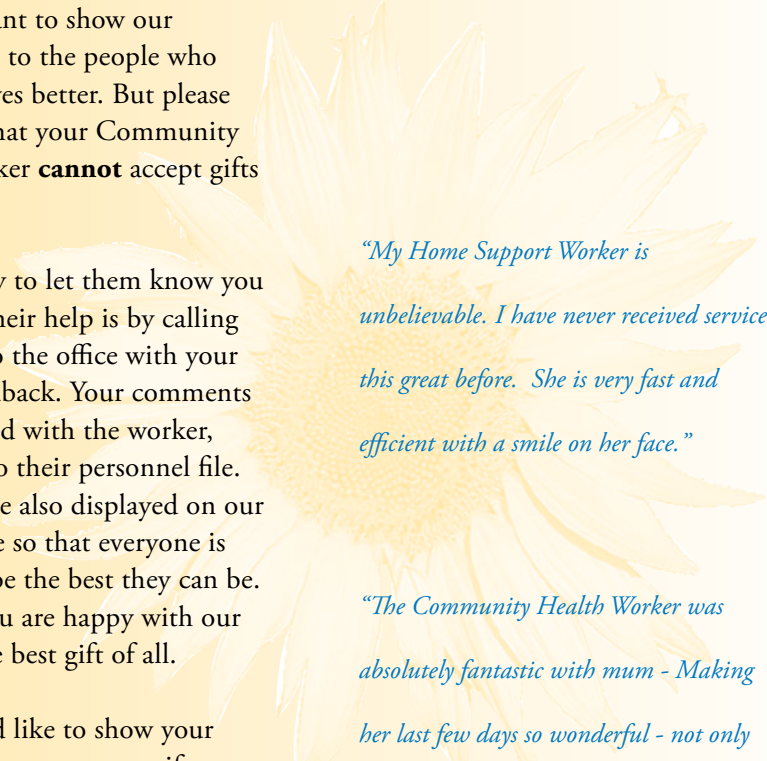
We are so grateful to all our exceptional and loyal employees for the outstanding work they do in our community.

### No Gifts Please

We often want to show our appreciation to the people who make our lives better. But please remember that your Community Health Worker **cannot** accept gifts or money.

The best way to let them know you appreciate their help is by calling or writing to the office with your positive feedback. Your comments will be shared with the worker, and added to their personnel file. Accolades are also displayed on our staff web site so that everyone is inspired to be the best they can be. Knowing you are happy with our service is the best gift of all.

If you would like to show your support with a monetary gift, one easy way is to use the Donate Now button on our website at [www.beaconcs.ca](http://www.beaconcs.ca).



*"My Home Support Worker is unbelievable. I have never received service this great before. She is very fast and efficient with a smile on her face."*

*"The Community Health Worker was absolutely fantastic with mum - Making her last few days so wonderful - not only for Mum but the whole family as well. The Worker did an absolutely fantastic job."*



### Maintaining a Professional Boundary between Client and Community Health Worker

Part of the training for Community Health Workers is understanding professional boundaries. They learn to focus on their client's health and avoid getting involved in personal or financial matters.

You can help by being aware of some common areas where professional boundaries can become blurred. Here is a list of things to consider:

1. Avoid engaging in discussion or decisions about your finances, and don't offer gifts;
2. Consider whether you are sharing too much about your own personal life or getting too attached to your worker;
3. Contact the home support office if you feel your worker is disclosing too much about their personal life or neglecting your needs.

# Beacon Highlights

## CHIP Program Promotes Heart Health

The Saanich Peninsula has been chosen as the pilot site in BC for a new program that provides free clinics to promote cardiovascular health awareness including blood pressure monitoring and education.



CHIP is a community-based program that brings together local family physicians, public health representatives, volunteers, and community organizations to work as partners to promote and actively participate in the prevention of cardiovascular disease and stroke. The program is a joint initiative of Beacon Community Services, the Heart and Stroke Foundation of BC & Yukon and the Vancouver Island Health Authority.

CHIP is available, free of charge, to all those over 40 years of age in the community. From January to June, 2010, community residents can attend sessions for blood pressure monitoring and heart and stroke risk assessment.

Trained volunteers will help participants to measure their blood pressure using a portable, automated device. Educational materials and information about community resources will also be available.

The clinics will be held once a week in each of Brentwood Bay, Saanichton and Sidney. Check the Beacon Community Services website for clinic times and locations:

<http://www.beaconcs.ca/pages/chip.html>

For more information or to become a trained volunteer, call Caroline Macey-Brown at 250-861-8792.

## Taking the Lead on Affordable Housing for the Disabled

Beacon Community Services is working to ensure that appropriate and affordable housing is available for people living with disabilities.

The proof: A new condominium being built at 834 Johnson Street in Victoria will have a whole floor designed for and dedicated to the disabled. Beacon Community Services provided partial funding and worked tirelessly to coordinate the support and funding of BC Housing, the City of Victoria, and the CRD, along with the developer, Chard Development.

"I applaud this developer and Beacon Community Services for providing this housing that is really needed." said Victoria Councillor Lynn Hunter.

Mayor Dean Fortin agreed, "It's one of those wonderful partnerships between a developer, B.C. Housing, a non-profit - in this case, Beacon Community Services - and the City of Victoria."

## Beacon Invites Community Partners to Brainstorm Solutions

This February, Beacon Community Services will be hosting a forum with our partner agencies within the Capital Regional District to generate new ideas about how health and social service agencies can work together to best serve those most in need in our community.

We'll be discussing issues related to housing, mental health, employment and training, aging and supports for children and youth. We're working to join forces and create connections that make a difference in people's lives!

## Hearts of the Community Volunteer Awards

Wednesday, Feb. 17, 2010 at Mary Winspear Centre in Sidney

Nominate an outstanding Saanich Peninsula volunteer!

Each year, Beacon Community Services and the Peninsula News Review honour outstanding volunteers in the Saanich Peninsula community. Nominations are gathered from the community and six outstanding volunteers are named Hearts of the Community in each of the following categories:

- Service to Seniors
- Service to Families and Children
- Overall Service to the Community
- Outstanding Youth Volunteer
- Community Service or Project by a Group
- Lifetime Service Award



Join us for this free event that features the awards ceremony honouring all nominees as well as musical entertainment and a light luncheon. Nomination forms and tickets are available at SHOAL Centre, Beacon Community Services Third Street office, the Peninsula News Review office and Beacon Community Services Thrift Shops on the Saanich Peninsula.

For more information, visit [www.beaconcs.ca/pages/heartwards](http://www.beaconcs.ca/pages/heartwards).

## Chef's Korner

This month's recipe is as good for you as it tastes. Quick and easy to prepare on a cold winter's day, it will warm you, body and soul. Enjoy!

### Quick and Healthy Salmon Chowder

#### Ingredients

Butter	2 tablespoons (1/4 stick) butter
Onion	1 medium yellow onion, chopped
Potato	1 large unpeeled, scrubbed and diced
Salt	1/2 teaspoon
Pepper	1/4 teaspoon
Salmon	454 g skinned, boned
Milk	2 cups
Dill	2 tsp
Fresh Parsley	2 tsp

#### Directions

In a large saucepan, melt butter over medium heat. Add chopped onions and sauté 5 minutes or until soft.

Add 1 1/2 cups water, diced potato, salt and pepper. Bring to boil, reduce heat and simmer, covered, 10 minutes or until potato slices are fork-tender.

Bring chowder to boil. Cut salmon into 1-inch chunks and stir into chowder, reduce heat and simmer 3 minutes or until fish flakes easily when tested with fork.

Stir in milk and simmer until fish chowder is heated through (do not boil).

Sprinkle with dill and parsley and serve.

#### HOME SUPPORT

##### MAIN OFFICE

2723 Quadra Street  
 Victoria, BC V8T 4E5  
 Phone: 250-658-6407  
 Toll-free: 1-877-658-6003  
 Fax: 250-658-6417

##### ESQUIMALT/WESTSHORE

#205 - 791 Goldstream Avenue  
 Victoria, BC V9B 2X5  
 Phone: 250-658-6003  
 Fax: 250-478-6551

#### PENINSULA

9860 Third Street  
 Sidney, BC V8L 4R2  
 Phone: 250-656-0134  
 Fax: 250-655-4357

#### SOUTHERN GULF ISLANDS

#2 - 137 Crofton Road (Annex)  
 Salt Spring Island, BC V8K 2R8  
 Phone: 250-537-9955  
 Fax: 250-537-9969

*Thank you to all  
 the businesses who  
 helped make our  
 special events  
 possible in 2009*

- 5th St Bar & Grill
- Adriana's Mexican Food
- Art Gallery of Greater Victoria
- Belfry Theatre
- Butchart Gardens
- Coast Capital Savings
- Continental Kitchen of Mattick's Farm
- Cougar's Crag Extreme B&B
- Cowichan Golf & Country Club
- Damali Lavender Farm
- Delta Hotel
- Dockside Grill
- Emerald Sea Adventures
- Ergo Rehabilitation
- Esquimalt Legion
- Fish on Fifth
- Fitness World
- Future Shop
- Good Fortune Chinese Restaurant
- Hillary's Cheese
- Homefront Ideas Interior & Exterior Design
- Jazzercise
- L.A. Limousines
- Merridale Cider
- Metro Massage Therapy Clinic
- Muse Winery
- Optimal Health
- Outlook for Men
- Passion for Cakes
- Peninsula Gallery
- Peninsula News Review
- Prestige Picture Framing
- Sabhai Thai Restaurant
- Stonestreet Café
- Strathcona Hotel
- The Royal & McPherson Theatres Society
- Thrifty Foods
- Uplands Golf Club
- Usana Health Science Products
- Victoria Costumes
- Villages Pizza
- Western Speedway