

# We're on a Mission!



Future Focus Program Services' mission is to make a positive growth oriented difference in the lives of the people it serves!

Submit your art to your Supervisor by November 15th. The winner's art will be featured on a poster to be displayed at all programs through out Future Focus!!

Go Team Go!!



## In Focus

Transition Edition



We join Gatehouse in thanking all the staff at Future Focus for your care in this season of Covid!

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## Executive's Corner

### Doris Wagner

Hello and welcome to our first edition of In Focus!

Why are we here? What is the purpose of Future Focus? What guides us? These are questions we should be asking ourselves frequently. If we believe in our Mission Statement, then we are to make a growth-oriented

difference in the lives of the people we support. What does that look like? For the last three years our agency has experienced several changes, small and large, that align with this statement.

Change. No one likes "change" it is uncomfortable and sometimes upsetting. But without change there is no movement. Things become stagnant and tired. But when we accept change and open ourselves to new ideas and ways, new possibilities form. And is that not the way to grow?

I believe not just in the statement, but also in you, the people who work for Future Focus. And I hope that you believe enough in my ability to move Future Focus forward in growth.

Thank you for all you do. We are in this together. Doris



## Program Director

### Bev Powell

Bev says she failed at retirement and returned to work as Program Director for Future Focus. She is a Registered Psychiatric Nurse with many years of experience working with seniors in residential care and assisted living. While not the same field, there are many similarities, and just enough differences to learn something new.

Bev brings with her several interests and hobbies that she shares with staff and clients like singing and playing ukulele, gardening, cooking, and doing crafts. Her sidekick, Mojo, makes everyone smile.

*"The best way to find yourself is to lose yourself in the service to*

*others."*

*Ghandi*

## Soderholm

Soderholm is located on a quiet suburban street in Campbell River, surrounded by family homes, close to the water.

Home to two people, Risto and Jennifer, Soderholm is the longest supported program of Future Focus opening in the Spring of 1998. There are eight staff that support Risto and Jennifer.

Soderholm has enjoyed a solid team of staff, some being the longest standing employees at Future Focus.

As Soderholm transitions staff want to help Risto and Jennifer become more involved with fitness and exploring adaptive equipment for strengthening and flexibility. Jennifer and Risto love



music and and are excited about exploring more recreational possibilities involving music and their own musical heritages through old pictures and stories. Everyone is eager for the pandemic to be over so that more community inclusion can be explored and entered into.

The team at Soderholm wants to celebrate Pearl for her enthusiasm and hard work, always willing to say yes to things like cutting the grass, attending special appointments and extending her shifts to cover special outings.

Pearl started working at Future Focus in the Fall of 2000, she started at Balmoral and Choquette and since then she has worked at Embleton, Gatehouse, Campbell River Day,

and Bridges. She began working at Soderholm permanently three years ago. Pearl likes working at Soderholm saying "it's a calm place to work!" As a nurturer it's important for her to make a very homey atmosphere. She loves to cook and make flavourful dinners for the people she supports and finds that the most exciting part of work is seeing people grow and learn, and reflecting she said how much they have taught her over the years.

Pearl is excited about helping the people she supports to build some stories so that they stay close to their families and their roots including family members who have passed or who are far away.



# Campbell River Day

Nine people attend Campbell River Day Program with a staff team of eight providing supports towards offering a wide variety of activities and diverse social opportunities for people to participate in. Michelle Ruck has been supervising the program for 1 1/2 years now and strives, with the team, to provide person-centered activities that are meaningful and engaging.



One of the exciting projects the participants have been enjoying is cooking foods that highlight different cultural and ethnic diversities while learning about other parts of the world.

In the heart of The Focus's Transition Edition, Michelle said that she "would like to transition to a culture that empowers the people we support to engage in a meaningful way with their peers or to

expand the support network they currently have. She suggested that "this could involve a platform such as zoom that connects people virtually, a music or cooking group (or both) that shops, researches and prepares food which could be sold or shared communally at a scheduled meeting time."

Campbell River Day's shining star in this edition is Shana Campbell who has been exploring art and music as a way of communicating and expressing her feelings even if things are challenging.

Shana says she really likes going to the gym, on the bike, going for walks with her friends, Hallowe'en, and doing crafts. We celebrate you Shana!

Let's Celebrate

**SHANA CAMPBELL**

Campbell River Day

# Meet the Staff!

We are strong only because of the quality of our staff and their dedication to the people supported by Future Focus! We have so many staff who have been with us for the long haul, we thought we would share the numbers with you! Here are the years of service:

- 1 – 3 years : 35 staff
- 3- 5 years : 1 staff
- 5 – 10 years : 5 staff
- 10-15 years : 3 staff
- 15 plus : 6 staff

HAPPY RETIREMENT  
JIM MURDOCH

After 17 years supporting clients at Balmoral, Gatehouse and Bridges, Jim is taking the plunge November 1, 2020! We thank him for his contributions and wish him all the best!



LET'S CELEBRATE MICHELLE RUCK!

Michelle is the Supervisor for Campbell River Day Program, and is currently also supervising Soderholm! What do we celebrate about Michelle? We celebrate her enthusiasm, knowledge, fun attitudes, she gets stuff done and is an all around great member of the team!



## Bridges

When you walk up to the Bridges Program you get a sense of home, set in a charming character home with a cozy backyard for gardening and peaceful chats, the program can support up to 20 people with four staff to provide supports that encourage empowerment and person-centered work and community integration. Patrick Turley has worked on the Bridges staff for 11 years and most recently stepped into the role of supervisor. In light of the Focus Transition Edition he says that his hope is to continue to provide person-centered supports and to empower people to realize their bridges to the future.

The shining star at Bridges this edition is Marie “as she has grown leaps and bounds in the past couple of years!” says Patrick Turley.

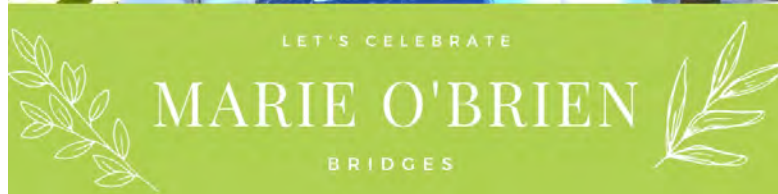
When I arrived to interview Marie, she was upstairs at Bridges neatly and meticulously entering numbers onto the Co-op’s ledger. She quietly closed the book when I introduced myself and confidently opened up about how she has been working with the co-op at Bridges since age 19, she’s now 31.

She’s done a number of jobs over the year and feels that she has blossomed, as she feels there isn’t a job she couldn’t do now at Bridges. “My favourite job is pulling invasive weeds, especially broom. When we do that, the native plants can grow.”

Marie says she is really proud of herself because she has learned over the years to be able to cope with sudden change, which she says was really hard in the past. She says when she first started at Bridges she was quiet and shy but now is more outgoing. “I get people’s jokes now, I like to laugh and like practical jokes best!” Marie talked about a practical joke she pulled at Bridges once. “I got the idea from

a TV show call Prank Patrol. They bought some filled donuts and sucked the filling out with a straw and then filled some of the donuts with gross things like ketchup and mustard.” Marie said that her friends at Bridges were really grossed out by the prank, but they all had a good laugh.

As Marie transitions into the future with Future Focus she hopes to take an aptitude test to see what type of other work she could do in the future. She also wants to continue taking her creative writing course at North Island College and begin writing stories. She says that would be a dream job for her, to write stories! Maybe Marie will help us with the newsletter next time!



**Bridges does Retail!**



They say “When life gives you lemons, make lemonade”. When 2020 became the year of the toilet roll, Bridges turned the toilet rolls into Christmas crackers! The crackers contain a specialty tea bag, a packet of seeds, a sweet treat, and a joke or fortune - all useable items.

If you'd like to pre-order some for your Christmas table, call Bridges. They sell for \$3 each. Like fresh bread, but don't have time for fussing? Try our easy beer bread mix or yogurt flat bread mix. Simply add one ingredient, mix, and bake. Mixes are \$5 per package and can be ordered from Bridges.



## Gatehouse



Nestled in the beautiful Comox Valley is the lovely Gatehouse, home to five people who are supported by seventeen staff. Carol Ann, who has been Supervisor since 2017 says about the program: “Our goal is to provide a home environment while at the same time give personal care and medical assistance to the best of our abilities for our clients. We offer community inclusion opportunities and in house activities like music, games, arts and crafts, singing, fun and games and lots of laughter. We are always looking to add to our Program and are always open to new ideas!”

Gatehouse’s Shining Star for this edition is Caron Janett. Carol Ann says “She is the epitome of Team Member, caring for the people she supports and her team, she works hard, has

impressive work ethics and has a very heart-warming love for the people who live at Gatehouse. She goes out of her way to support staff with the caring of our clients. Her enthusiasm in taking people out and making sure they have all their supplies is known by all. She acts with integrity so that all trust her and know she is true to her word.”

Caron has a twinkle in her eye, almost like a tear of love and compassion for the people she supports. “This is their home, I like to treat it as if it’s my home” Caron has been supporting the people at Gatehouse for about 2 1/2 years and emphatically states that she loves her job! Her motto is Love, honour and cherish. “I always ask myself, if I were the person that I’m helping, how would I want to be treated? I want my mouth to be wiped after a meal, I want to look my best, I want people to value me, everyone has value!”

Caron is invested in putting her all into the people she supports, she’s not afraid to stretch them, to help them to be the best they can be, live the best lives they can live, her excitement is evident, as she recalls things like dancing, music and art with people she supports or has helped in the past. A strong believer that honour and dignity are the best approach from start to finish.

Life-long learning is important to Caron, “The day I stop learning is the day I need to quit because I don’t do myself or the people I support any help when I feel I know everything.”

When asked about what she hopes as Future Focus transitions to the future, she says “I’d love to see agency wide celebrations, Christmas parties, barbecues and get together, it would be great to get to know other people within Future Focus!”

