

## Getting Involved with the Jo Dickey Foundation - An Interview with Nina Pickburn

Nina Pickburn is the mother of Manuel Pickburn who has been supported through CLS for many years. Nina also served as a Director for the Jo Dickey Foundation and is currently a contact for donations and grant applications at the Foundation. Nina shares with us about how she became involved with the Jo Dickey Foundation, the importance of creating family connections, and how to contribute to the Foundation.

CLS: What is your connection to CLS?

**Nina:** About 11 years ago my son started utilizing CLS's residential services. His prior home did not provide him with the attention he needed, and with help from CLS, we moved him to a CLS home. After researching other possibilities CLS seemed to be the best option available.

CLS: How did you become involved with the Jo Dickey Foundation and what were your roles?

**Nina:** The first time I heard about the Jo Dickey Foundation was through one of Manuel's caregivers, who had requested a grant for one of the residents at Manuel's house. When I became aware of the wonderful services they provide, I wrote them a letter to request to become a volunteer. I served on the Board of Directors for five years. After my time serving on the Board, I volunteered to remain a contact person for the Foundation. I basically answer questions regarding inquiries about grants and other information.

CLS: How has your involvement with the Jo Dickey Foundation enhanced your outlook on community living and inclusion?

**Nina:** I always had the philosophy that mentally and physically challenged individuals were a vital part of our community. The Jo Dickey Foundation has helped me realize this

philosophy. The primary function of the Foundation is to provide items that will be a direct tangible benefit to those in need. In other words, funds will be used for items that will provide enjoyment for individuals to improve their quality of life such as holidays, personal computers, entertainment events, and horseback riding lessons for instance. These are primarily funded through donations.

CLS: How has your involvement with the Jo Dickey Foundation benefited you as a parent?

**Nina:** The greatest enjoyment that I got out of this was to be able to support family members and care givers who are requesting help for supported individuals. I also enjoyed creating connections and talking with family members who face similar challenges to me. We were able to support each other in valuable ways and create meaningful contacts.

CLS: What does the Jo Dickey Foundation need to continue providing such valuable supports?

**Nina:** As mentioned earlier, the Foundation primarily relies on donations. The Lions Club has made wonderful contributions in the past for example. We strongly rely on everyone, from large organizations to smaller associations, families and individuals for donations. Fund raising opportunities include golf tournaments, raffles, church groups, bake sales, and personal donations for instance.

CLS: How can people contact the Jo Dickey Foundation for more information on grant applications and donations?

**Nina:** The best way to receive information is to go on to our website. You can also write us a message via email or mail and we'd be happy to answer any questions

### Jo Dickey Foundation

The Jo Dickey Foundation was established to help mentally and physically challenged members of the community in improving their quality of life. It is the mission of the Jo Dickey Foundation to help provide the funds necessary to afford these unique individuals a chance to live in respect and harmony with the rest of society. We welcome grant requests all year round; however, the best time is September to May as the Foundation is off June to August and grants requested during that time will be delayed. To find out more about the Foundation, donate, or apply for assistance, contact:

#310 - 800 West Pender Street  
Vancouver B.C. V6C 2V6

[www.jodickeyfoundation.ca](http://www.jodickeyfoundation.ca)



### Are You a CLS Family Member?

Feel free to connect with the CLS Family Support Worker, Azadeh (As-a-day) Miley by phone at 778-989-3144 or by email [amiley@communitylivingsociety.ca](mailto:amiley@communitylivingsociety.ca).

*"don't be ruled by the routine"*

— Phil L family presenter at a day one Way of Thinking session with staff.

## Requested by you!

Watch for our November workshop focusing on Self Care – caring for your loved ones and others can give you great joy; it can also come with challenges and be a great deal of hard work. In this workshop you will learn relaxation and stress reduction techniques to help bring calmness and a sense of peace to your busy life. This workshop is FREE for Families, Network members, Caregivers and Supported Individuals

Date: TBD

Time: 6pm to 8pm

Where: CLS Administrative Centre, New Westminster

## When do I have time to.... Ease my Stress

Taking care of our loved ones with special needs, as much as we love them, can be stressful. Family members of persons with special needs can feel more isolated and experience more pressures. Stressful situations come up that the average person can't even comprehend and circumstances arise that wouldn't occur to most people. Just finding a caregiver for the night can be a complicated process. In many cases caregivers need specialized training. As family members, we are used to putting our loved ones first. We do what we need to do for them and it's easy to forget about ourselves. We are not always alert to the stress and fatigue that can slowly surface in our own lives, and we need to be reminded and made aware of normal stresses that may affect us before we hit the proverbial wall. Stress affects the mind, body and behaviors. We all experience stress in different ways. Physical signs of stress include: fatigue; loss of appetite; restlessness; difficulty falling asleep; illnesses; and changes in eating, smoking, alcohol and drug consumption. It's easy to write off being sick as "just a bug". Sometimes that is what it is, but if one or more of the above symptoms persist, it could be stress related. Emotional signs of stress could be feeling helpless, overwhelmed or inadequate, mood swings, loss of motivation, isolation and withdrawing from friends and family. Cognitive reactions to stress could be confusion, difficulty with decisions or problems, memory loss, ambiguousness, and difficulty concentrating or paying attention. I typically felt the need to be able to handle everything but we need to remind ourselves that these are normal human responses to stressful circumstances. Although many of the underlying stresses cannot be prevented, you can increase your resistance by taking care of yourself and staying healthy. It is important to pace yourself and know your limits so you can continue to be available to your family and your community.

### Here are some stress-relieving activities:

- Go for a 15-minute walk
- Eat sensibly
- Know and respect your limits
- Spend time with family and friends
- Let go and say no
- Get organized
- Set goals
- Get informed
- Communicate
- Acknowledge your stress
- Laugh or cry
- Breathe
- Get some rest
- Share your own reactions
- Include yourself on the list of people you are taking care of
- Don't judge

to get the full stress-relieving activity list, [click here](#)

If these tips aren't working for you or if the stress lasts for an extended period of time and you feel overwhelmed and unable to cope, it is important to seek out additional assistance. Here are some circumstances, which indicate that it is time to get help by speaking to a health professional such as a psychologist, nurse, family doctor, psychiatrist, or social worker: if you can't return to a normal routine; if you are feeling extremely helpless; if you are having thoughts of hurting yourself or others; or if you are using alcohol, drugs, food or smoking excessively.

The above is an excerpt from the Family Support Institute Wellness Booklet "When Do I Have Time...? For Wellness". You can access the complete booklet here <http://www.familysupportbc.com/resources/fsi-wellness-booklet>. Please note that the article has been slightly modified to better reflect the audience of our CLS families

Thank you to Hallodor K. Bjarnson - Wills, Trusts and Estates Lawyer who specializes in working with persons with disability who generously presented to 25 family / network members at the CLS Administrative Centre on Wednesday May 13th.

Hallodor focused his presentation on Wills (why you need a will), Trusts (what is a trust, what are the different types of trusts and how they may benefit your family member with a disability) and Alternate decision-making (including information on each Representation Agreements, Enduring Power of Attorney, and Committeeship).

Hallodor believes that "Proper planning will ensure that your child will remain eligible to receive disability assistance."

Hallodor is open to families contacting him directly if you have questions stating that "It is crucial to find a lawyer who understands disability issues as they relate to your estate. A small mistake now can be very costly later on."

Hallodor's presentation is available to view here.

Hallodor K. Bjarnason – Access Law Group  
Phone: 604-697-0231  
Email: [Hallodor@trustlawyers.ca](mailto:Hallodor@trustlawyers.ca)

## What is a Representation Agreement and Why is it Important | Oct 7th 2015

Time : 6.00- 8.00pm  
Location : Community Living Society

### What is a Representation Agreement and Why is it Important?

Once a child with a developmental disability becomes as adult at age 19, parents no longer have the legal authority to make decisions on their behalf. A Representation Agreement is a legal document for personal planning in British Columbia. It is a way to authorize your personal supporters to help you manage your affairs or make decisions on your behalf if you need assistance due to illness, injury or disability. This 2 hour workshop will introduce families to what the representation agreement is and where to find helpful resources on-line and help in your community.

Presented by Si Stainton, Family Services Manager,  
Delta Community Living Society



Annual Summer Picnic - July 4th

RSVP to [clsevents@communitylivingsociety.ca](mailto:clsevents@communitylivingsociety.ca)

## Contact Us

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You can find current and back dated copies of the Family Matters Newsletter on our web-site, go to About-Us, Publications and choose the newsletter you'd like to read

Disclaimer: The views expressed in this newsletter are of the individual writers and do not necessarily reflect the views of the CLS as a society.