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Carmichael Connection

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CARMICHAEL ENTERPRISES RESIDENTIAL PROGRAMS LTD

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MORE B.C. COMPANIES HIRING PEOPLE WITH DISABILITIES

Excerpts from: Global News. March 4, 2016
<http://globalnews.ca/news/2559508/more-b-c-companies-hiring-people-with-disabilities/>

An estimated 3.8 million Canadians have a disability, and increasingly, more of those individuals are employed. At London Drugs, they have dozens of people with disabilities on the payroll.

Among them is 22-year-old "Michael", who has autism. One of his responsibilities at the store is managing the battery recycling bins.

In his words his job is "pretty good", because "you help a lot of customers that need help". For his boss Dave Woogman, having employees like Michael is a win-win.

"I think it's really important for London drugs as a company to be reflective of the community at large," he says. "It's important to have people of all facets working here."

Michael's employment at London Drugs was facilitated by PosAbilities, a non-profit organization the helps people with disabilities find paid jobs.

"When employers have a diverse team it really raises the level of everybody Involved. I think there has been a big shift towards understanding the benefits of hiring a diverse workforce," when James Miller of PosAbilities.

Hiring people with disabilities is expected to be even more commonplace in years to come, as the mutual benefits are realized.

"If you're willing to put the effort into these individuals," says Woogman, "you will be rewarded."



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STAFF SPOTLIGHTS

happy
birthday
to you!

Birthdays ~ April 2016

Anthony C	Cameron
Masja	Glen
Scott	July
Jessica	Joe
Della	Tony
Jonathan I	Dwayne
Victory	Jaimee



Welcome New Staff & Returns

Jaimee	Victory
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RANDOM FAST FACTS



The Million Dollar Coin

There's the Loonie. And there's the Toonie. But did you know that there's a \$1 million gold coin? It was introduced in 2007. The coin weighs 100 kg and is .99999 per cent pure. The face value is \$1 million, but the street value of the jumbo coin is closer to \$5 million these days



Leonardo da Vinci could write with one hand and draw with the other at the same time

OOPS!

If we have missed anyone off the Staff Spotlights please contact the office so we may correct in the next issue. Thank you!



Sleep Hygiene

Excerpts from: <http://www.cci.health.wa.gov.au/>

What is Sleep Hygiene?

'Sleep hygiene' is the term used to describe good sleep habits. Considerable research has gone into developing a set of guidelines and tips which are designed to enhance good sleeping, and there is much evidence to suggest that these strategies can provide long-term solutions to sleep difficulties.

Sleep Hygiene Tips

- 1) **Get regular.** One of the best ways to train your body to sleep well is to go to bed and get up at more or less the same
- 2) **Sleep when sleepy.** Only try to sleep when you actually feel tired or sleepy, rather than spending too much time awake in bed.
- 3) **Get up & try again.** If you haven't been able to get to sleep after about 20 minutes or more, get up and do something calming or boring until you feel sleepy, then return to bed and try again. Sit quietly on the couch with the lights off (bright light will tell your brain that it is time to wake up), or read something boring like the phone book.
- 4) **Avoid caffeine & nicotine.** It is best to avoid consuming any caffeine (in coffee, tea, cola drinks, chocolate, and some medications) or nicotine (cigarettes) for at least 4-6 hours before going to bed. These substances act as stimulants and interfere with the ability to fall asleep
- 5) **Avoid alcohol.** It is also best to avoid alcohol for at least 4-6 hours before going to bed.
- 6) **Bed is for sleeping.** Try not to use your bed for anything other than sleeping so that your body comes to associate bed with sleep.
- 7) **No naps.** It is best to avoid taking naps during the day, to make sure that you are tired at bedtime.
- 8) **Sleep rituals.** You can develop your own rituals of things to remind your body that it is time to sleep - some people find it useful to do relaxing stretches or breathing exercises for 15 minutes before bed each night, or sit calmly with a cup of caffeine-free tea.
- 9) **Bath time.** Having a hot bath 1-2 hours before bedtime can be useful.
- 10) **No clock-watching.** Frequently checking the clock during the night can wake you up
- 11) **Use a sleep diary.** This worksheet can be a useful way of making sure you have the right facts about your sleep, rather than making assumptions.
- 12) **Exercise.** Regular exercise is a good idea to help with good sleep, but try not to do strenuous exercise in the 4 hours before bedtime.
- 13) **Eat right.** A healthy, balanced diet will help you to sleep well, but timing is important. Some people recommend a warm glass of milk, which contains tryptophan, which acts as a natural sleep inducer.
- 14) **The right space.** It is very important that your bed and bedroom are quiet and comfortable for sleeping. A cooler room with enough blankets and make sure you have curtains or an eye mask to block out early morning light.
- 15) **Keep daytime routine the same.** Even if you have a bad night sleep and are tired it is important that you try to keep your daytime activities the same as you had planned.



Misuse of the Internet ~ Consequences and the Law

Excerpts from: <http://bc.rcmp-grc.gc.ca/ViewPage.action?siteNodeId=2077&languageId=1&contentId=-1>

The following Criminal Code Offenses apply if the Internet is used in a negative way:

Luring a Child

- Using the Internet to entice youth (anyone under the age of 18) to meet for sexual acts or to help arrange sexual encounters is a crime under the Criminal Code of Canada.

Child Pornography & Making sexually explicit material available to a child

- There can be serious consequences for a person who sends sexually explicit photos or videos of someone under the age of 18, even if the sender knows the individual. For example, if a young person were to share a sexual photo or video from a boyfriend or girlfriend who is under the age of 18, it could be considered distribution of child pornography.
- Anyone communicating with a child in a sexual manner can be very dangerous and needs to be reported. Tell your child they must alert you if someone asks him/her to make or share sexual images or videos.

Criminal Harassment & Uttering Threats

- Using the Internet to threaten or bully is a crime that can lead to criminal charges, even if a child thinks it's in good fun.
- Cellphones can be used for cyberbullying too. Harassing text messages or unwanted images sent from cellphones count as cyberbullying.

Underage Online Gambling

- Sites such as e-casinos, card games, live bets and poker are popular among teens. These sites require you to be 18 or 19 years of age. Youth from 13 to 19 years of age can be held criminally responsible for activities related to online gambling.

For more info or to get help:

www.rcmp-grc.gc.ca/cycp-cpcj

- Centre For Youth Crime Prevention - Resources and tools such as Ask an Expert. Wondering about an issue that's affecting youth in your community, ask your question to a police officer.

www.getcybersafe.ca

- provides a broad range of information for parents and youth to help them stay safe in the cyber world

www.needhelpnow.ca

- Provides information to youth who have been impacted by a sexual picture/video being shared online, by email or by text

- ❖ Online harassment and 'Sexting' is a serious offence and can result in criminal charges.
- ❖ Don't talk about sex online or share images you wouldn't want the world to see.
- ❖ It's difficult to remove information once it's shared. Even though a smartphone App may advertise what you send will 'disappear' in a few seconds, you can still take screen captures of that photo making it last forever.
- ❖ Your online reputation is public and will follow you for life.
- ❖ If you see something you don't agree with, like cyberbullying, harassment or threats, tell a trusted adult for advice and/or help.
- ❖ Don't say anything online that you wouldn't say to someone's face
- ❖ Post wisely and keep personal details to a minimum. Use privacy settings on social media sites to limit who can see your personal information.
- ❖ Turn off location services. Share your location with only those you know and trust.
- ❖ Only accept friend requests from people you know.
- ❖ Only share images you'd be okay with the world seeing. Once something has been shared, you can't control where it will go next.
- ❖ Online shopping is convenient and fun, but be careful about providing personal information.



UP COMING EVENTS



Earth Day[®]
CANADA

Earth Day

Friday
April 22, 2016

<https://earthday.ca/>



CARF Canada

CARF Canada Advanced Performance Measurement

Dates: May 4-6, 2016

Simon Fraser University at Harbour Centre
515 West Hastings Street
Room 7000

Vancouver, BC V6B 5K3

<http://www.cvent.com/events/carf-canada-advanced-performance-measurement/event-summary-85e51d5fa35c423c9991f9867d45a784.aspx>



Oral Health Month

April 2016

http://www.cda-adc.ca/en/oral_health/health_month/

TYPES OF ASSISTIVE TECHNOLOGY PRODUCTS

Excerpts from: <https://www.microsoft.com/enable/at/types.aspx>

Assistive technology products are designed to provide additional accessibility to individuals who have physical or cognitive difficulties, impairments, and disabilities. When selecting assistive technology products, it is crucial to find products that are compatible with the computer operating system and programs on the particular computer being used.

Descriptions of Assistive Technology Products

Alternative input devices allow individuals to control their computers through means other than a standard keyboard or pointing device. Examples include:

- **Alternative keyboards**—featuring larger- or smaller-than-standard keys or keyboards, alternative key configurations, and keyboards for use with one hand.
- **Electronic pointing devices**—used to control the cursor on the screen without use of hands. Devices used include ultrasound, infrared beams, eye movements, nerve signals, or brain waves.
- **Sip-and-puff systems**—activated by inhaling or exhaling.
- **Wands and sticks**—worn on the head, held in the mouth or strapped to the chin and used to press keys on the keyboard
- **Joysticks**—manipulated by hand, feet, chin, etc. and used to control the cursor on screen.
- **Trackballs**—movable balls on top of a base that can be used to move the cursor on screen.
- **Touch screens**—allow direct selection or activation of the computer by touching the screen, making it easier to select an option directly rather than through a mouse movement or keyboard. Touch screens are either built into the computer monitor or can be added onto a computer monitor.

Braille embossers transfer computer generated text into embossed Braille output. Braille translation programs convert text scanned-in or generated via standard word processing programs into Braille, which can be printed on the embosser.

Keyboard filters are typing aids such as word prediction utilities and add-on spelling checkers that reduce the required number of keystrokes. Keyboard filters enable users to quickly access the letters they need and to avoid inadvertently selecting keys they don't want.

Light signaler alerts monitor computer sounds and alert the computer user with light signals. This is useful when a computer user cannot hear computer sounds or is not directly in front of the computer screen. As an example, a light can flash alerting the user when a new e-mail message has arrived or a computer command has completed.

On-screen keyboards provide an image of a standard or modified keyboard on the computer screen that allows the user to select keys with a mouse, touch screen, trackball, joystick, switch, or electronic pointing device. On-screen keyboards often have a scanning option that highlights individual keys that can be selected by the user. On-screen keyboards are helpful for individuals who are not able to use a standard keyboard due to dexterity or mobility difficulties.

Reading tools and learning disabilities programs include software and hardware designed to make text-based materials more accessible for people who have difficulty with reading. Options can include scanning, reformatting, navigating, or speaking text out loud. These programs are helpful for those who have difficulty seeing or manipulating conventional print materials; people who are developing new literacy skills or who are learning English as a foreign language; and people who comprehend better when they hear and see text highlighted simultaneously.

Refreshable Braille displays provide tactile output of information represented on the computer screen. A Braille "cell" is composed of a series of dots. The pattern of the dots and various combinations of the cells are used in place of letters. Refreshable Braille displays mechanically lift small rounded plastic or metal pins as needed to form Braille characters. The user reads the Braille letters with his or her fingers, and then, after a line is read, can refresh the display to read the next line.

Screen enlargers, or screen magnifiers, work like a magnifying glass for the computer by enlarging a portion of the screen which can increase legibility and make it easier to see items on the computer. Some screen enlargers allow a person to zoom in and out on a particular area of the screen.

Screen readers are used to verbalize, or "speak," everything on the screen including text, graphics, control buttons, and menus into a computerized voice that is spoken aloud. In essence, a screen reader transforms a graphic user interface (GUI) into an audio interface. Screen readers are essential for computer users who are blind.

Speech recognition or voice recognition programs, allow people to give commands and enter data using their voices rather than a mouse or keyboard. Voice recognition systems use a microphone attached to the computer, which can be used to create text documents such as letters or e-mail messages, browse the Internet, and navigate among applications and menus by voice.

Text-to-Speech (TTS) or speech synthesizers receive information going to the screen in the form of letters, numbers, and punctuation marks, and then "speak" it out loud in a computerized voice. Using speech synthesizers allows computer users who are blind or who have learning difficulties to hear what they are typing and also provide a spoken voice for individuals who cannot communicate orally, but can communicate their thoughts through typing.

Talking and large-print word processors are software programs that use speech synthesizers to provide auditory feedback of what is typed. Large-print word processors allow the user to view everything in large text without added screen enlargement.

TTY/TDD conversion modems are connected between computers and telephones to allow an individual to type a message on a computer and send it to a TTY/TDD telephone or other Baudot equipped device.

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Serving Nanaimo to Campbell River

Randi's Place ~ Wellington Place ~ Oceanside Place ~ Creekside Place ~ Shamrock Home ~ Hammond Place ~ Uplands Home ~
Harbourview Place ~ Matt & Dan's Home ~ Buckley Bay Home ~ Bronte's Home ~ Outreach Home ~ Lost Lake Home