



# Carmichael Connection

## August 2015

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### CARMICHAEL ENTERPRISES RESIDENTIAL PROGRAMS LTD

### IN THIS ISSUE

#### EXECUTIVE DIRECTOR IS SET TO SPEAK AT A ROUND TABLE PRESENTATION ON SAFETY MANAGEMENT IN RELATION TO CHILD & YOUTH CARE

Submitted by: Mike Taylor, Executive Director

Mike Taylor has been invited by Dr. Benjamin S. Malayang III, president of Silliman University in Dumaguete City, Philippines to speak at a round table of university deans and counsellors in the field of Education, Psychology, Social Work, and Child & Youth Care between August 17 and 21, 2015.

USAID as a Center of Excellence in Coastal Resources Management. Mike is excited to share his practical knowledge and experience in the field of child and youth care with emphasis on residential programs wherein there should be a safe environment for both staff and individuals in care. According to Dr. Malayang, this is an opportunity for the professionals to learn practical skills on top of theoretical practices.

Silliman University (also referred to as Silliman or SU) is a private research university in the Philippines. Established in 1901 as Silliman Institute by the Presbyterian Board of Foreign Missions, it is the first American university in the Philippines and the entire Asian continent. In terms of accreditation, Silliman is one of only five universities in the Philippines with "Institutional Accreditation" by the Federation of Accrediting Agencies of the Philippines (FAAP). In addition to its academic undertakings, the university is involved in research and community extension projects. Silliman's stature in the fields of environmental and marine sciences has led to its being designated by the



Silliman University  
Philippines



#### WHAT DIET?

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## STAFF SPOTLIGHTS

happy  
birthday  
to you!

## Birthdays ~ August 2015

Brandie                      Lindsay  
Nicole  
Pam M.



## Welcome New Staff &amp; Returns

Shelly                      Stacey

## RANDOM FAST FACTS



There are as many hairs per square inch on your body as a chimpanzee. Humans are not quite the naked apes that we're made out to be. We have lots of hair, but on most of us it's not obvious as a majority of the hairs are too fine or light to be seen



The acid in your stomach is strong enough to dissolve razorblades. Hydrochloric acid, the type found in your stomach, is not only good at dissolving the pizza you had for dinner but can also eat through many types of metal.

## OOPS!

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

Thank you!



## WHAT DIET!

From: Carmela Taylor, Executive Administrator/Co-owner

Our culture in the last ten years has been obsessed with this and that kind of diet, and we're bombarded with body images in the media that are really not realistic for everyone. We are different individuals, and we are wonderfully made. So what diet really works? Is it South Beach, Atkins, etc.? Should we deprive ourselves so we can get into that dress on the mannequin or that skimpy bikini? Should we just drink protein shakes all the time?

There is a book called *Un-junk your Diet* by Desiree Neilson that simplifies what our diet should look like without the crazy regime. Her concepts promote overall wellness. Here are the 10 steps she suggested to help transform our health without deprivation:

1. Un-junk your diet – choose foods with ingredients that you can read. Can't pronounce it? Move on.
2. Eat your greens – from kale to broccoli, eat greens daily.
3. Eat beans – beans are blood sugar balancing, economical and convenient.
4. Stop drinking your calories – sweetened beverages lead to inflammation, weight gain and diabetes. Get cultured – eat fermented foods daily such as yogurt, tofu, kimchi, kombucha, and miso.

5. Think slow carbs, not no carbs – keep grains whole and intact like steel cut oats and quinoa.
6. Get an oil change – make olive oil your daily staple and avoid omega-6 fats like soy and corn oils.
7. Put animal food in their place – keep portions of meat and dairy small, focusing on fish and poultry instead.
8. Supplement strategically – Consider omega-3, vitamin D and probiotics.
9. Enjoy your food – don't eat foods you hate, have fun cooking and eating.

We need to go back to our basics and eat moderately from the five food groups that we learned when we were school children – vegetables and fruit, grain products, milk & alternatives, meat & alternatives, and oils & fats. This approach is the only way to become healthier. And of course, let us not forget exercise, I'm not talking about hard-core fitness (good on people who do this) but I'm talking about just plain get off your butt and move kind of exercise. We live in the most beautiful part of the country, enjoy it...go for a walk, a swim, a stretch. Feel fantastic and feel energetic!

## GARDENING & DISABILITIES ~ THE BENEFITS

**Excerpts from:** Better Health Channel, Australia

[http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Gardening\\_-\\_people\\_with\\_disabilities?open](http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Gardening_-_people_with_disabilities?open)

People with disabilities can learn new skills, increase their social interaction and develop self-confidence by spending time in the garden.

Equipment and garden structures need to be carefully designed and selected to accommodate people with disabilities. Vertical gardens (which make use of walls and fences) and raised containers can help make a garden accessible to people with disabilities.

For people with disabilities, gardening may help to improve:

- Communication and social skills – from being involved in groups and community activities
- Fitness – gardening is a great physical activity
- Confidence – gardening helps to develop a range of new skills
- Wellbeing – gardening is a great way to relax and reduce stress levels
- Physical ability – through improved motor skills
- Nutrition – gardening provides an opportunity to learn about healthy food
- Knowledge – it's a chance to learn about the environment and nature
- Enjoyment of life – gardening is a wonderful leisure activity where tasks and routines can be varied and shared.

To provide easy and safe access; accommodate people with a range of disabilities, you may need to make some modifications including:

- Raise garden beds to help people with physical restrictions, and to avoid bending and stooping.
- Provide tables that are wheelchair accessible where people can do potting and planting together.
- Use pots, window boxes, wheelbarrows and raised containers to make gardening more accessible.
- Provide retractable hanging baskets that can be pulled up and down so they are within easy reach.
- Use containers with wheels, which can be moved around easily to accessible positions and to catch the sunlight.
- Keep paths smooth, non-slip, accessible and level.
- Have a water supply handy and place plants together according to their water needs.
- Have an equipment storage area or shed nearby.
- Provide shade for working in the garden in summer (remember to use hats, sunscreen and other sun protection).



Creekside Place proudly shows off their garden and chicken coop!

Garden equipment can be adapted in many ways to suit people with varying disabilities:

- Use tape, foam padding, bicycle grips and PVC pipe to improve grip and handle length on tools.
- Find specific ergonomic (designed to reduce discomfort) and enabling tools – these are available at some hardware shops.
- Use gloves that have a sticky surface or gloves with gripper dots.
- Look for lightweight tools that are easier to handle.

Consider using sensory plants that have special sound, smell, taste, touch and visual qualities:

- Touch – woolly lamb's ear, succulents (such as aloe vera), bottlebrush species, snapdragons
- Taste – basil, strawberries, peas, rosemary, carrots, cherry tomatoes
- Smell – jasmine, sweet peas, lavender, pelargoniums, native mint bush, lemon balm
- Bright colour – daffodils, rainbow chard, marigolds, pansies, sunflowers
- Sound – corn, bamboo and grasses rustle against each other when the wind blows.

People with disabilities can be involved in many gardening activities, including:

- Watering
- Digging, planting and sowing
- Pruning and clipping
- Weeding and mulching
- Flower picking and arranging
- Harvesting garden produce
- Cooking food from the garden



### UP COMING EVENTS



### WORLD HUMANITARIAN DAY

August 19, 2015

<http://www.worldhumanitarianaday.org/>



### CARF Canada

**Achieving and Maintaining CARF Accreditation in Employment & Community Services, Behavioural Health, and Child & Youth Services**

September 28 & 29, 2015

1:00 PM - 2:00 PM

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

<http://www.cvent.com/events/achieving-and-maintaining-carf-accreditation-in-employment-and-community-services-behavioural-health/event-summary-a372ee4989c84759ba950600c4b4abc2.aspx>



BC Day

Monday  
August 3, 2015

## Ride Don't Hide

Ride Don't Hide is known to be one of the largest mental health participatory fundraising events in Canada.

On June 21, 2015, Nanaimo participated with an overwhelming turn out.

Our staff member Dwayne and his family members devoted their time to this great cause. Their team called Tai Chi Riders alone collected nearly \$5000.00.

Dwayne is constantly giving back to his community and supporting mental health issues.

He is now is taking a positive outlook on his own personal health while starting chemotherapy the very next day.

You will always find him with a smile on his face and his famous peace sign.

He's a hard act to follow!

We at Carmichael Enterprises wish him a speedy recovery during this long process.



## Ride Don't Hide ~ Thank you

Hi Carmela

Thank you for joining the Shoppers Drug Mart Ride Don't Hide movement to end the stigma surrounding mental illness.

It is thanks to you and the thousands of Canadians across the country that Shoppers Drug Mart Ride Don't Hide is the success that it is today.

Together we raised over \$500,000 in BC and \$1.1 Million for Canadian Mental Health Association programs and services that support not only the 1 in 5 experiencing a mental illness, but all Canadians working to improve mental health for themselves, their loved ones and their communities.

Together we showed that it's ok to talk about mental health, that we are here to help, and that there is hope.

Thank you to all our riders, volunteers, donors and sponsors. Thank you to Shoppers Drug Mart for their continued title sponsorship and for raising over \$110,000 in support of women and girls mental health. Ride Don't Hide is possible because of all of YOU!

Thank you and see you next year at Ride Don't Hide 2016.



Carmichael Connection

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