



Carmichael Connection

December 2015

HEAD OFFICE
2219D McGarrigle Road
Nanaimo, BC V9S 4M4
Tel: (250) 585-2889 Fax: (250) 585-2861

CARMICHAEL ENTERPRISES RESIDENTIAL PROGRAMS LTD

IN THIS ISSUE

NEW PROJECT OF MIKE TAYLOR CONSULTING/RURAL ISAAN THAILAND

Submitted by: Mike Taylor, Executive Director

A new project has been embarked upon in South East Asia, this time by Mike Taylor Consulting L.T.D. I have recently purchased a piece of property for a family in Thailand in rural Isaan that is approximately 2 hours from the city of Khon Kaen. The main goal of this venture was to provide a family a major change in their lives and an opportunity to also set up a convenience store to provide for the entire village. Currently the property has decent size store that sells a variety of different items that are affordable to the whole village, groceries, cold drinks, snacks, prepared lunches for the village children on their way to school and also a slushie bar for the kids on those really hot days. The property now has a large garden and the family makes hot lunches on the weekends for the local kids that now also have a place to come to and simply just meet and hangout at. Purchasing this property and creating this opportunity for the family and village has removed significant barriers for the entire village and everyone benefits. In 2016 we will also be purchasing basic sporting goods for the children and also outdoor cooking equipment.



MEET JULIA

Sesame Street – Autistic Character

Page 3



**10 TIPS TO GET
THROUGH XMAS
Parent/Caregiver Ideas**

Page 4

STAFF SPOT LIGHTS

happy
birthday
to you!

Birthdays ~ December 2015

Frank	Derwin
Rhianna	Rana
Mary	Cassandra
Steven	Tanner
Ron	



Welcome New Staff & Returns

Amanda	Heather
Kevin B	Leanne
Brittany L	

RANDOM FAST FACTS



Gingerbread dates back to the 15th century, and figural biscuit-making was practiced in the 16th century. The first documented instance of figure-shaped gingerbread biscuits was at the court of Elizabeth I of England. She had the gingerbread figures made and presented in the likeness of some of her important guests.



The poinsettia is native to Mexico and was cultivated by the Aztecs, who called the plant Cuetlaxochitl ("flower which wilts"). For the Aztecs, the plant's brilliant red color symbolized purity, and they often used it medicinally to reduce fever. Contrary to popular belief, the poinsettia is not poisonous, but holly berries are!

OOPS!

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



GLUTEN FREE HOLIDAY COOKIE RECIPIES

Excerpts from: <http://www.food.com/slideshow/gluten-free-holiday-cookies-269>

NO BAKE COOKIES



Photos by Delicious as it Looks

Ingredients

- 2 cups sugar
- 1/2 cup milk
- 1/4 cup cocoa
- 2 tablespoons butter
- 1/2 cup crunchy peanut butter or 1/2 cup smooth peanut butter
- 1 teaspoon vanilla
- 3 cups quick-cooking oats

Directions

1. Mix sugar, milk and cocoa, together, on medium heat.
2. Stir often, (I use a whisk).
3. Once the mixture starts boiling keep stirring and let boil for 2 to 3 min.
4. Then remove from heat add butter, and peanut butter, mix well add vanilla and oats stir and drop by spoon full on waxed paper.

GLUTEN FREE DUTCH SUGAR COOKIES

Ingredients

- 1 cup rice flour
- 1/2 cup tapioca flour
- 1 cup cornstarch
- 1 teaspoon baking powder
- 2 1/2 teaspoons xanthan gum
- 1 teaspoon salt
- 1 cup sugar
- 1 cup Butter Flavor Crisco
- 1 eggs or 1/4 cup liquid egg substitute
- 2 teaspoons vanilla
- 1/4 cup potato starch, for kneading

Directions

1. Preheat oven to 350 degrees. Have on hand 2 ungreased cookie sheets.
2. In a small bowl, whisk together the flour mix, baking powder, xanthan gum, and salt. Set aside.
3. In the bowl of your mixer, cream sugar and Crisco. Beat in the egg and vanilla. Add the dry ingredients, mixing enough to combine. The dough will be a soft ball. With your hands, knead in enough of the potato starch to make the dough easy to handle and roll out.
4. Using about half at a time, place a piece of plastic wrap over the ball and roll out to about 1/8 inch thickness.
5. Cut into desired shapes and place on pan.
6. Decorate with coloured sugars before baking or use frosting to decorate after baking.
7. (With this dough, you can use all the scraps.) Just scrape them together and roll out again. They will not get tough.
8. Bake for about 13 minutes. Cool very slightly before removing from the pan.

SESAME STREET INTRODUCES AUTISTIC CHARACTER AS PART OF INITIATIVE TO REDUCE STIGMA

Excerpts from: <http://globalnews.ca/news/2290799/sesame-street-introduces-autistic->

Sesame Street fans are being introduced to a new character named Julia; she has orange hair, green eyes, and autism.

It's part of Sesame Street's See Amazing in All Children initiative, which aims to break down barriers and reduce the stigma surrounding the increasingly prevalent condition.

"With the introduction of Julia, what we're doing is introducing children to autism earlier," said Laurie Mawlam, executive director of Autism Canada.

"I think this helps reduce the stigma of autism, and its promoting inclusion and acceptance."

For now, Julia is part of an online initiative aimed at helping children between the ages of two and five better understand the condition. She is in a new storybook for kids, which can be found online and in a free app alongside other interactive tools and resources.

Mawlam said the character will help children recognize autism in others around them.

"Instead of being afraid or confused, they'll have an example through Sesame Street on how to engage people on the spectrum," said Mawlam.

"How to show acceptance, and initiate them to be involved in play, which leads to more inclusion."

The rate of Autism spectrum disorder (ASD) in Canada is largely estimated, with many studies identifying average prevalence in North America around one per cent; some recent U.S. figures found that 1 in 68 eight-year-old children have been identified with ASD.

A neurodevelopmental condition, ASD can present itself in a number of ways — avoiding eye contact, limited speech or none at all, not smiling, lack of interest in playing or interacting with others are just a few of the signs.

ASD is often first exhibited between 12-24 months, with boys as much as five times more likely to be diagnosed than girls.

A new initiative by Sesame Street aims to help children understand autism.

Lucie Stephens, who also works with Autism Canada, was overjoyed when she heard about the new character.

"I have an 11-year-old son who is on the spectrum, and we watch Sesame Street every day," said Stephens.

She said it would be "incredible" for him to hear the word autism on TV, "and be able to relate to that on some level."

"He also has a little sister who loves Sesame Street; for her to see a character on TV who might be somewhat like her brother is incredible."

"I love the wording, because truly our children are amazing, whether they are on the spectrum or not. And I like that they don't differentiate that," said Stephens.

"The fact that some children can't speak, or choose not to speak or are different is just another way that makes them amazing."

Stephens grew up with Sesame Street and said that as a parent she now realizes that the program has "always been teaching sociability, and how we relate to others" in subtle ways, not so obvious to young minds being impacted.

"You know, 'one of these things is not like the other' relates to not just shapes and objects, but it relates to people too. This has been going on for decades and we never even realized," said Stephens.

On the initiative's official website it says while almost all schools and universities have students with autism, public understanding needs vast improvement.

"The lack of understanding around the condition contributes to discrimination, verbal abuse, even physical violence," the website states.

"See Amazing in All Children offers families ways to overcome common challenges and simplify everyday activities. At the same time, the project fosters an affirming narrative around autism for all families and kids."



<http://autism.sesamestreet.org/>

<https://www.youtube.com/watch?v=RuV8AdDbXIs>

UP COMING EVENTS



INTERNATIONAL DAY OF PEOPLE WITH DISABILITIES

December 3, 2015

<http://www.un.org/disabilities/>



CARF Canada

CARF Canada Employment and Community Services, Behavioural Health, and Child and Youth Services 202 Webinar

Wednesday, December 2, 2015
12:00 PM - 5:00 PM
Eastern Time

<http://www.cvent.com/events/carf-canada-employment-and-community-services-behavioural-health-and-child-and-youth-services-202-we/event-summary-86726336959d4886be89c4b491fb63af.aspx>



Christmas Day

Friday

December 25, 2015

10 TIPS FOR PARENTS AND CARERGIVERS THIS CHRISTMAS

Excerpts from: Scope about Disability UK <http://blog.scope.org.uk/2013/12/20/10-tips-for-parents-and-carers-this-christmas/>

Guest post by Emma from Netbuddy.

The festive season can be a stressful time, especially if someone in your family has **learning difficulties or autism**. So, to help you put the fun back into Christmas, we've pulled together these [tips from parents and caregivers](#).

1. A few of my favourite things – Wrap up some old favourite toys as Christmas presents if your child is not keen on opening presents as they have new and unfamiliar things in them. You can secretly hide some favourite things in the weeks leading up to Christmas – sometimes unwrapping something familiar is very reassuring!

2. Use foil – Foil is an excellent wrapping paper. It is very sensory and makes for an easy to open present!

3. Ribbon for wrapping paper – Instead of using wrapping paper, I wrapped a present in a piece of material and tied with a ribbon. Once the ribbon was in person's hand she pulled and hey presto, she had unwrapped it herself!

CHRISTMAS DECORATIONS

4. Decorations outside of the house – If your child can't cope with decorations being on the outside of the house, try telling them that the house is getting dressed up for Christmas!

5. A sensory tree – We have sensory items on our Christmas tree. Different textures, smells and things that make sounds – so the little girl I look after with a visual impairment can enjoy it too!

CHRISTMAS VISITORS

6. Preparing for a crowded house – I've started to prepare my son for a crowded house at Christmas by inviting his friends around for Sunday Club and making a party for the family to have dinner or a disco. Announce visitors on your child's visual timetable. Allow quiet time if he/she needs to step out.

7. Talk to family members – Talk to family members ahead of time. Discuss your child's specific needs, and gently but firmly tell them what your plans are. Be sure to let them know that this will make the whole experience better for everyone. Ask for their support.

8. Prepare a calm place – I used to worry about Dan's behaviour when spending time at family member's homes over the festive season. Basically, I'd take him and hope for the best! However, I've found that planning and preparation in advance hugely helps. I work with my family and we make sure we have a calm room or a space he can go to for when it all gets too much. I put his favourite blanket in there. Having some time alone, or just with me keeps meltdowns to a minimum.

THE EXCITEMENT

9. Spread out the presents – Don't feel that all the presents have to be opened on Christmas morning in the traditional way. Our son would get so overwhelmed he couldn't cope so it was much easier to allow him a few gifts at a time throughout Christmas Day and Boxing Day. He opened them all in the end without any tantrums and was much calmer and happier, meaning we all had a far more enjoyable time!

10. Stay Calm! – If your child reacts badly to stress, staying relaxed and low-key over the Christmas period is one of the best things you can do to keep your child's behavior in line. Save the tantrum (yours) for when you get home.

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 ~ Lost Lake Home