



CARMICHAEL ENTERPRISES RESIDENTIAL PROGRAMS LTD

Carmichael Connection

February 2016

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IN THIS ISSUE

MOTHERS OF AUTISTIC SONS SELLING NECKLACES TO SUPPORT AUTISM CENTRE

Excerpts from: [Catherine Urquhart](http://globalnews.ca/news/2465020/mothers-of-autistic-sons-selling-necklaces-to-support-autism-centre/) Reporter, Global News January 19, 2016

Three mothers, all with children who have autism, have launched a special fundraiser. They are three moms who share a deep bond, each with a little boy who has autism.

Now Debbie Siu, Keri Kennett and Patricia James are linked together as fundraiser. When not managing busy careers and juggling autism therapies, they're making necklaces.

"I've had a lot of friends email photos of them wearing them," said Kennett. "I've so much family I haven't talked with in a while and friends I haven't seen. And social media, I can't believe how much of a part it's played in this."

Proceeds are going to the \$28 million Pacific Autism Family Centre. The Richmond centre is being built as a hub for research, assessment, intervention and support.

"When we learned of the centre and started to become part of that, we realized we wanted to help, and create some awareness – not only about autism itself, but also awareness about the centre," said James.

At \$25, the sterling silver necklaces are being sold at 73 London Drugs locations in B.C. and Alberta.

"I think autism affects many, many people either directly or indirectly with family members. It's important to take a leadership role within the community," said Dave Woogman, store manager.



Did You Know?

- In BC, there are currently an estimated 56,000 people with autism
- There are 8,500 children and youth in the province diagnosed
- Provincial Wait Lists for diagnosis can run 9 to 12 months
- Estimates of a standard ABA autism Intervention Program can cost \$60,000 per year

<http://blog.londondrugs.com/puzzled-jewelry-raises-awareness-of-autism-spectrum-disorder>



KIM BARTHEL

Trauma Informed Practice

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KEEPING SAFE

Home is where the fire is!

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STAFF SPOTLIGHTS

happy
birthday
to you!

Birthdays - February 2016

Ronald W	Glen M
Katelynne	Jennifer D
Michael H	Pamela
Tanisha	Amanda
Jennifer C	



Welcome New Staff & Returns

Katelynne

RANDOM FAST FACTS



The "Hanging Garden Tree" on Meares Island near Tofino is one of the world's oldest known western red cedars, estimated to be anywhere between 1,500 to 2,000 years old.



The S.S. Minnow from TV's Gilligan's Island resides in B.C. and is owned by Vancouver Island-based supermarket chain Quality Foods

OOPS!

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



Break a goal into steps and you are more likely to succeed. Small successes fuel big change!

THIS YEAR I WILL.....

Excerpts from: Nanaimo Magazine January 2016, Virginia Brucker

Each year brings new opportunities to embrace experiences that give us joy and to try and jettison the habits or attitudes that we know are unhealthy or unhelpful. January is a great time to review our past year and set goals for the next twelve months. Life goes by quickly—it helps to have a "road map" that helps us decide how we want to spend our time.

This year I want to:

- Put things in their proper place because clutter causes stress.
- Call friends more often.
- Have friends over for lunch or a potluck dinner regularly.
- Use the good dishes stored in the cupboard.
- Treat myself to flowers once a month.
- Give myself more loving messages.
- Laugh more.
- Be less judgmental.
- Learn one new thing every day.
- Listen to more classical music and the great soul singers of the 60s.
- Spend more time with people who I respect and admire and less time with people who are negative.

- Lend a hand when I can, but say no when I need to.
- Read books about inspirational people who have made a difference.
- Try a new recipe every week.
- Perform one small act of kindness every day for a stranger.
- Be more frugal in order to donate more money to important causes.
- Practice patience and remind myself that most people are doing the best they can with what they know.

"This year believe that anything is possible. Start each day with goals. Eat more real food. Buy good books and make time to read them. Drink water. Exercise daily even when it sounds like a terrible idea. Shop for quality not quantity. Purge the unnecessary and decrease clutter. Hug the ones I love. Find the best in others. Show others the best in me."

–Unknown

COMMUNITY SPOTLIGHT ~ KIM BARTHEL BMR, OTR

Excerpts from: <http://kimbarthel.ca/about-kim/>

Kim integrates the science of occupational therapy and neurobiology with cutting edge practice to support the conscious evolution of the human spirit. With 30 years of experience in the field of occupational therapy, Kim's approach to serving clients is visionary and eclectic yet grounded and easy to integrate into your daily life.

Kim began her career as a pediatric occupational therapist serving children and adolescents with a broad spectrum of neurological and developmental disabilities. As the owner of Labyrinth Therapies in Winnipeg, Manitoba, Kim developed the first free-standing occupational therapy clinic outside of socialized medicine in Western Canada in 1989. This pioneering centre provided therapy services for children and developmentally disabled adults servicing Manitoba, Saskatchewan and Northwestern Ontario.

Kim has extensive post-graduate education. She is a Neuro-Developmental Treatment OT Instructor with the NDTA, teaching therapists worldwide the facilitation of movement skills for children and adults who experience challenges moving their bodies. Kim has also completed many clinical intensives and certifications in Myofascial Release, Craniosacral Therapy and developmental biomechanics. Post-graduate study in anatomy and neurobiology has further strengthened Kim's knowledge and understanding of movement.

Sensory processing and the neurobiology of attachment, abuse and addiction are the emphasis of Kim's current practice, writing and teaching. Certified in the S.I.P.T. and extensive clinical experience mentored by master clinicians has lead Kim to develop expertise in Sensory Integration Therapy and what she calls "Sensory Processing Intervention". Kim began studying sensory processing in 1982 while in university and has relentlessly researched, practiced and expanded her ideas in this field since those early days. Kim has brought the concepts of sensory processing to diverse populations, including children and adults with autism, attention deficit disorder, and fetal alcohol spectrum disorder, but more profoundly to populations with complex disorders combining psychiatric etiology and attachment based challenges.

Kim is now world-renowned teacher and therapist, most active in the fields of relational trauma and sensory processing. Her revolutionary process reinforces the importance of relationship in therapy; blending the art of intuitive inquiry with cutting edge developments in neuroscience.

Highly sought after as a facilitator and speaker, she collaborates with many different cultures, age-groups and nationalities including Keynote Speaking at the International Association for Study of Attachment in Cambridge, England and Bertinoro, Italy and presenting at the Science of Compassion Conference and Delegate at His Holiness the Dalai Lama's teachings in Mundgod, India. She travels extensively around the world developing services for children with developmental disabilities and trauma throughout India, Singapore, China, Indonesia, Malaysia and Hong Kong and supported non-partisan caregiver agencies dealing with child trauma based in Israel.

In her own country of Canada, she has developed a mental health system for children in the Kivalliq Region of Nunavut, expanded services supporting high-risk youth in Winnipeg and was the keynote speaker at the Conference of Resilience for First Nations Healing, to name a few. Kim was the instructor in attachment theory and treatment through the Aulneau Centre in Winnipeg, the Canadian Restitution Centre for healing residential school trauma. She is the Author of "Evidence and Art" as well as contributing many chapters in different textbooks related to Occupational Therapy.

Currently, Kim is collaborating with former NHL hockey legend, Theo Fleury in the writing of their book "Conversations with a Rattlesnake", released in 2014.



UP COMING EVENTS



INTERNATIONAL CHILDHOOD CANCER DAY

February 15, 2016

<http://abclifeliteracy.ca/family-literacy>



CARF Canada

British Columbia's Ministry of Children and Family Development (MCFD) and Community Living British Columbia (CLBC) have approved CARF accreditation for both contracted community living agencies and child, youth, and family services

<http://www.carf.org/Programs/CARFCanada/>



Family Day

Monday

February 8, 2016

HOME IS WHERE THE FIRE IS ~ ARE YOU PREPARED?

Excerpts from: **The Costco Connection ~ September/October 2015 ~ Penny Musco**

IT'S AN UNFORTUNATE fact that stories about tragic fires, from large ones involving several buildings to smaller fires in homes, appear regularly in the news. Statistics bear out this sad and sobering truth: The place where we feel the safest is where we're most likely to die in a fire.

EARLY WARNING

While Canada has no national standard for the number of smoke alarms in a home, the usual recommendation is one in every dwelling. Many experts advocate adding one outside each sleeping area and, if you keep your bedroom door closed, another inside.

We know early activation contributes to safely exiting a home in the event of fire. If you create your own standards that are safer than what legislation provides, then you're doing your family justice.

Carbon monoxide detectors also are required in many regions, with Ontario the latest to mandate one in each residence. But again, more is better. The Safe at Home website (safeathome.ca) has easy-to-read, practical advice on the purchase, installation and maintenance of each kind.

AND IF THERE IS A FIRE ...

Alarms are the first line of defense—but they're not much good without a strategy in place if they do go off. Fire ladders and extinguishers can be effective tools. What's needed most is a fire escape plan:

- Identify two ways out of each room.
- Ensure children know how to exit by themselves, if necessary.
- Provide for those who require extra help (e.g., the elderly and disabled).
- Agree on an outdoor meeting place.
- Phone the fire department from outside.
- Don't go back in.

KEEPING SAFE AWAY FROM HOME

WHILE TRAVELLING

- Review the escape plan posted on your hotel/motel door, then count the number of doors between your room and the nearest exit.
- Keep your room key next to your bed and take it if you have to leave—you may need to return if the smoke and fire are too intense.

IN PUBLIC BUILDINGS

- Study the evacuation plan (often posted near the elevators) at your office.
- Know the location of all exits in stores, restaurants, etc.

ANYWHERE

- When an alarm sounds, leave immediately, closing doors behind you.
- Use the stairs, never the elevators.
- If there's smoke, crawl below it.
- If you can't escape, shut off heating/ cooling systems, stuff wet towels around the door, let the fire department know where you are!



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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