

Carmichael Connection

July 2015

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CARMICHAEL ENTERPRISES RESIDENTIAL PROGRAMS LTD

IN THIS ISSUE

RACE CAR DRIVER WITH AUTISM HELPING EDUCATE WHILE ON THE TRACK

Excerpts from: Global New June 12, 2015, [Holly Alexandruk](http://globalnews.ca/news/2051772/race-car-driver-with-autism-helping-educate-while-on-the-track/) reporter
<http://globalnews.ca/news/2051772/race-car-driver-with-autism-helping-educate-while-on-the-track/>

GIMLI – As a toddler, Austin Riley was shy, introverted and barely spoke, but when his dad put him in go-karting at the age of eight, everything changed.

“It’s the best moment of my life,” Austin told Global News Friday. His dad, Jason, still remembers that first ride on the track.

“They waved the checkered flag to come off, and he refused” Jason Riley said. “I noticed the smile on his helmet and I had never seen that smile before.” Austin was diagnosed with Attention Deficit Hyperactivity Disorder (ADHD) at a young age. When he was 13 he was re-diagnosed with autism. He is now 16 years old. “He had just won two championships, and finished second in Canada then we received that diagnosis.”

But Austin, who is from southern Ontario, kept racing and even became a certified go-kart racer. He has won three championships around North America.

When he gets into the driver’s seat, he says all signs of autism fade away. “I can do what I want, nobody has to give me instructions on how to do this, I can just do what I do,” Austin explained Friday.

“When he’s not in a go-kart he’s anxious, nervous, and antsy, he’s awkward, but all that disappears when he sits in this seat,” Jason Riley explained. Jason said he wanted to know why his son was so successful on the track, “I asked him, how come this is easier for you, he said the go kart is finally at the speed my mind is, for me that’s normal.”

The lingering effect Austin had on competitors in 2014, got Jason thinking what a difference Austin could make for Autism Awareness. That is what sparked “Racing with Autism.” A 12 week journey traveling to 12 different cities starting in Florida, ending this weekend in Gimli, Manitoba.

Between race days, Austin and the “Racing with Autism” team traveled to 20 schools across the US and Canada, educating others about the disorder.

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HEATSTROKE

Reduce Your Risk ~ Handy Tips

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AUTISM FINDINGS

Director of Public Health Research At Autism Speaks

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STAFF SPOT LIGHTS



Birthdays ~ July 2015

| | |
|---------|------------|
| William | Sam |
| Al | Ben |
| Joelene | Jonathan C |
| Jack | Russ |



Welcome New Staff & Returns

| | |
|----------|------------|
| Rana | Deneal |
| Brittany | Kevin |
| Isabell | Jean-Louis |

RANDOM FAST FACTS



Emus and kangaroos cannot walk backwards



Dolphins sleep with one eye open.

OOPS!

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

THANK YOU!



SUMMER'S INVISIBLE THREAT ~ HEATSTROKE

Excerpts from: Costco Connection May/June 2015

WHILE WE ALL APPRECIATE warmer temperatures, especially after a long winter, the heat can reach heights that pose some health risks. As our body heats up, it breaks a sweat, and the evaporation of these droplets on the skin helps to cool us down. When we exercise for a long period in high humidity and heat, our bodies become dehydrated, and it's harder for us to sweat adequately and cool ourselves down. This can lead to heat-related illnesses, including heat exhaustion, and heatstroke.

During heat exhaustion, our body is dehydrated and its temperature is normal or only slightly elevated. Heatstroke may develop following heat exhaustion if symptoms are not managed quickly. It occurs when the body's temperature rises to very high temperatures and it's unable to cool itself down through the normal mechanism of sweating. Heatstroke is an emergency situation, because if symptoms are not properly treated, it can result in death. The best strategy is to avoid heat illness in the first place. Here are some prevention tips to keep in mind.

STAY HYDRATED

Drink a glass of water before you hit the pavement, and take at least 250 mL (8 oz.) of water with you. Remember to drink after you exercise too. You can also carry a sports drink with you to help replenish electrolyte loss that occurs with sweating. Throughout the day, avoid alcoholic and caffeinated beverages as they will further dehydrate you.

EXERCISE SMART

Start out slowly, take breaks and don't over-exercise at peak times of the day. If you can't work out during the early morning or later in the evening; exercise indoors where it is air-conditioned.

WEAR LIGHT, LOOSE CLOTHING

Because what cools us is the evaporation of sweat droplets, it is important to let air reach our skin. Wear light colours to reflect the sun and don breathable fabrics, such as nylon or polyester, which are most recommended.

USE A BUDDY SYSTEM

Even if you are going for a walk, it's a good idea to have a companion in case you run into any difficulty.

CHECK OUT THE LOCAL WEATHER FORECASTS

Keep tabs on the weather so you can avoid exercising outdoors when the humidity and temperature are the highest.

TAKE PRECAUTIONS WITH CERTAIN MEDICATIONS

Some medications can make you more susceptible to heat exhaustion (such as certain allergy, blood pressure and antidepressant medications). Ask your doctor or pharmacist if your medication has this side effect.

At the first sign of heat exhaustion, take immediate measures to lower your body temperature so your symptoms don't develop into heatstroke. Drink plenty of water and get yourself to a cool place, such as a shaded spot or an air-conditioned building. If you or a friend might be experiencing heatstroke, call 911, and apply cold water to large areas of the body while fanning it in the meantime. If you follow these tips, you'll protect yourself from the hazards of summer and reap the most out of being outside while the tropical weather lasts.

AUTISM RISK HIGHER AMONG KIDS OF BOTH OLDER PARENTS AND TEEN MOMS, STUDY FINDS

Excerpts from: Angela Mulholland, staff writer

<http://www.ctvnews.ca/health/autism-risk-higher-among-kids-of-both-older-parents-and-teen-moms-study-finds-1.2413601>

Teen mothers, older parents, and so-called May-December couples appear to have a higher risk of having a child with autism, according to one of the largest studies ever conducted on parental age and the condition.

About 1 in 68 children has autism, a set of developmental brain disorders that are thought to be caused by both genes and other unknown factors.

Previous research has already noted a higher risk of autism among children of older parents. This study, which looked at more than 5 million children from five countries, found that risk as well: autism rates were 28 per cent higher when dads were in their 40s, versus dads in their 20s, and rates were 66 per cent higher among kids born to dads over 50 than among those born to dads in their 20s.

"We've seen this finding in the research before," said Michael Rosanoff, the director of public health research at Autism Speaks, the organization that funded the study.

"But this study really allowed us to see this in a higher resolution and show us that this is not just mothers or fathers; in fact, it's both," he told CTV News Channel Tuesday.

The study looked at autism rates among 5.7 million children in Denmark, Israel, Norway, Sweden and Western Australia, including more than 30,000 with autism. The children were born between 1985 and 2004, and the researchers followed up on their development until 2009, checking national health records for autism diagnoses.

By using information from five countries, the researchers were able to create the world's largest dataset examining parental age and autism risk.

"Because we had over 30,000 children with autism in this study we were able to look at some new factors," – including the parental age gap, says Rosanoff.

"And we were able to find that mothers and fathers who had a large gap in their ages – specifically those who were 10 years or more older than their counterpart -- those couples had a higher risk of having a child with autism," he said.

Autism rates were highest when dads were between 35 and 44 years old and their partners were 10 or more years younger. Rates were also high when moms were in their 30s and their partners were 10 or more years younger.

As well, autism rates were 18 per cent higher among children born to teen moms than among those born to moms in their 20s.

"We don't know why (this is), but it's an interesting finding and the first finding of its kind," Rosanoff said, adding that the link between teen mothers and autism was noted at every one of the five research sites.

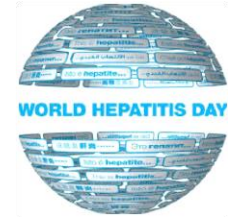
The study authors say their findings suggest there may be multiple mechanisms at play that contribute to the link between parental age and the risk for autism, and these mechanisms need further research.

"Unfortunately, there aren't any recommendations that can be made at this point based on these findings," said Rosanoff.

"... But this study really allows us now to understand a specific risk factor for autism, and that's parental age."

The full study results appear in the journal **Molecular Psychiatry**.
<http://www.nature.com/mp/journal/vaop/ncurrent/full/mp201570a.html>

UP COMING EVENTS



WORLD HEPATITIS DAY

July 2015

<http://www.worldhepatitisday.org/en/events>



CARF Canada

Aging Services/Continuing Care Accreditation Commission Webinar: Changes to CARF's Aging Services and CARF-CCAC Standards

Tuesday, July 14, 2015
1:00 PM - 2:00 PM
Eastern Time

<http://www.cvent.com/events/aging-services-continuing-care-accreditation-commission-webinar-changes-to-carf-s-aging-services-and/event-summary-b18adf507ec94984a5bf8b7af51e1d6f.aspx>



Canada Day

Wednesday

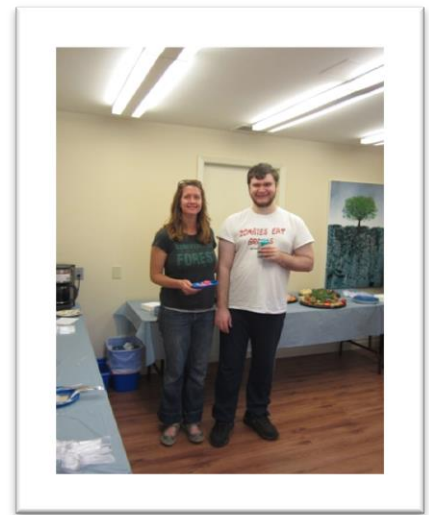
July 1, 2015

17th Anniversary Celebrations ~ Open House

On May 19, 2015 Carmichael Enterprises Residential Programs Ltd. celebrated 17 years in business and the Grand Opening of their new Head Office location.



Guests were treated to refreshments, snacks and great laughs!



Local Community Resources ~ Claro Centre

Claro offers a holistic program of support that includes a complete academic program (K-12) through partnerships with distributed learning schools, behaviour intervention, life skills training, therapeutic recreation, and opportunities to develop social and emotional awareness. Claro learning centres are devoted to the education of children and youth with Autism Spectrum Disorder (ASD), Fetal Alcohol Spectrum Disorder (FASD), and other neurological and developmental disabilities.

Claro Nanaimo's compassionate and skilled team customizes programs to meet the unique needs and abilities of each student. From life skills to upper level academics, our students are supported and challenged to work to their potential. We believe meaningful education extends beyond the classroom; students explore our community daily in activities such as hip hop, gymnastics, cooking, swimming, yoga, and visits to the

library. Claro Nanaimo's small student population, spacious new facility and sensory sensitive environment allow each student individualized support to learn, grow and shine.

Claro provides one-on-one and small group support for children and youth, fostering growth in the areas of academics, life skills, social skills, independence and self-regulation. Claro's team understands the unique needs of our students. We are committed to helping students reach their potential through enriching experiences at our centres and in the community. Students thrive in Claro's safe and nurturing environment, gaining confidence as each small step is celebrated.

Claro's relationship-based approach and sensory sensitive environment creates a culture of acceptance-- a place where there is always a friend to play with and

CONTACT US

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a spot at the lunch table. Claro's experienced and caring staff use creative strategies of support to engage students. Inspired by each student's unique interests, needs and abilities, we create an individualized program in which each child can learn, grow, and shine.



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