



Carmichael Connection

June 2016

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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 Ltd.

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 as well as a Youth Centre for the 45 children and youth in the village.

Currently the property has decent size store that sells a variety of different items that are affordable to the whole village, groceries, and cold drinks,

snacks, and 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 January we purchased some sporting goods for the children and the Youth Centre is now currently under construction.

See photos on Page 4 of the store and new youth centre under construction!



BENEFITS OF GIVING

PSYCHOLOGICAL

Page 2



ISAAN THAILAND

NEW YOUTH CENTRE

Page 4

STAFF SPOTLIGHTS



Birthdays ~ June 2016

Jason Bah
 Will Samantha
 Melanie



PSYCHOLOGICAL BENEFITS OF GIVING

Excerpts from:
<http://www.telegram.com/assets/static/massmoms/givingback2012/article0018.html>



Welcome New Staff & Returns

Mallory Shawn

RANDOM FAST FACTS



One in three dog owners say they have talked to their pets on the phone



35% of people watching T.V. yell at it

OOPS!

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

Charities often benefit significantly from the generosity of donors and volunteers. But the person providing the philanthropy also takes away something from the experience, and there actually may be measurable emotional advantages to being charitable.

Helping others not only makes a person feel good, but it may also increase physical and emotional well-being. Several studies have indicated that being generous has profound effects on how a person thinks and feels. One such study from researchers at Cornell University uncovered that volunteering increases one's energy, sense of mastery over life and self-esteem. It also promotes feelings of positivity, which may strengthen and enhance the immune system.

In 2008, Dr. Ellen Langer, a professor of psychology at Harvard University, advocated for giving gifts and being generous -- even in tough financial times.

"When you give a gift it makes you feel generous, it makes you feel in control, it's good for your self-esteem, and it's good for the relationship," says Langer.

According to psychologist Robert Ornstein and physician David Sobel, authors of "Healthy Pleasures," they talk about a "helper's high." This is a

sense of euphoria that volunteers experience when helping others. It can be described as a sense of vitality and a warm glow. It has been compared to a runner's high and may be attributed to a release of endorphins.

Various studies have found that donors and volunteers gain the most from a charitable encounter. Here are a few more health benefits that may result from being altruistic:

- * an activation of emotions that are key to good health,
- * lower stress levels,
- * longer periods of calm after the generous act,
- * improved mood, and
- * a potentially longer life span.

There are many ways to give back and experience these physical and psychological benefits, including:

- * sharing experiences at a school,
- * volunteering at a hospital,
- * volunteering at a national or local park,
- * donating unused items, like clothes or cars,
- * reading to children at a library,
- * helping to care for animals at shelters,
- * volunteering at a hospice and comforting those at the end of their lives,
- * donating supplies to a new teacher and
- * becoming a companion to a senior citizen.

Carmichael Enterprises Celebrates 18th Anniversary

Hello all,

Time flies fast, May 1st 2016 marked our 18th year!

What a blessing to have the longevity in this service and along with your passion and commitment for our persons served, we are hoping for many more years to come!

Carmela Taylor

Executive Administrator/
Co-owner



The Cake!!!!



Oceanside Place



Hammond Place



Bronte's Home



Carmela Taylor

UP COMING EVENTS



Brain Injury Awareness Month

June, 2016

<http://biac-aclc.ca/2011/05/20/june-is-brain-injury-awareness-month-2/>



CARF Canada

Achieving and Maintaining CARF Accreditation in Aging Services

Dates: June 21 -22, 2016

Hilton Garden Inn Toronto Airport West/Mississauga
1870 Matheson Boulevard
Mississauga, ON L4W 0B3

<http://www.cvent.com/events/achieving-and-maintaining-carf-accreditation-in-aging-services/event-summary-e54df79f0f394fb97e9a31c382beb3d.aspx>



Father's Day

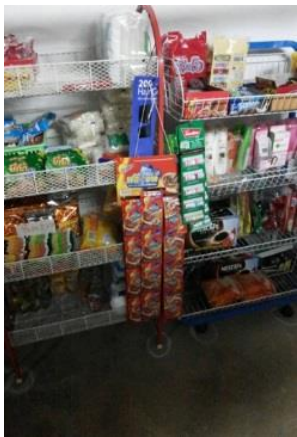
Sunday, June 19, 2016



NEW PROJECT OF MIKE TAYLOR CONSULTING/RURAL ISAAN THAILAND CONT'D

Submitted by: Mike Taylor ~ Executive Director

STORE



YOUTH CENTRE



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