



Carmichael Connection

May 2017

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CARMICHAEL ENTERPRISES RESIDENTIAL PROGRAMS LTD

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Kraft Dinner kid' chooses company's newest noodle shape: Minions

Excerpts from: Jeff Lawrence, Digital Content Producer CTV News Thursday, April 6, 2017
<http://vancouverisland.ctvnews.ca/kraft-dinner-kid-chooses-company-s-newest-noodle-shape-minions-1.3356638>

Move over Star Wars, here come the Minions.

A Nanaimo boy whose love of a specific kind of Kraft Dinner sparked international headlines – and even a shout-out from William Shatner – has chosen the company’s next macaroni shape.

Everett Botwright, who has autism, first made the news when his parents issued a plea for help with his unique food fixation.

The seven year old would only eat Star Wars-branded Kraft Dinner and nothing else, but the limited-time-only pasta had already been cleared out from local supermarkets.

Help immediately poured in from strangers, grocery stores and Kraft, which donated entire bins of the product. Captain Kirk himself even got involved, tweeting the family’s plea to his more than 2.5-million followers.

As it turns out, it wasn’t just boxes of macaroni that the company donated to the youngster.

Kraft Dinner posted a video to its Facebook page Wednesday of Everett carefully selecting the newest special-edition pasta shape.

“Minions!” Everett yells with glee when presented with the lovable yellow characters.

He chose them over other animated characters like Spongebob Squarepants, Cars, Dory and Trolls.

“Thanks for letting us be a part of this, Kraft Foods!” Everett’s dad, Reed Botwright, commented on the video.

"KD has always been a family favourite. We're so proud to have Everett Botwright help us choose a new noodle shape that he and other kids will love," Kraft-Heinz spokesman Av Maharaj said in a statement.

The company said it would roll out the limited-edition Minions boxes later this year or in early 2018.



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STAFF SPOT LIGHTS

happy
birthday
to you!

Birthdays ~ May 2017

Willow	Shaiann
Ted	Duff
Sharron	Bryan
Lenore	Baz
Heather	Leslie
Lisa	Jonathan
Kara	Kevin B
Jordan	

Staff Draw Winners

APRIL: Tony Victory Glenn



Welcome New Staff & Returns

Temidayo

RANDOM FAST FACTS



Average person walks the equivalent of three times around the world in a life time.



The DNA of humans is closer to a rat than a cat

OOPS!

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

“STRENGTH LIES IN DIFFERENCES, NOT IN SIMILARITIES”

“PRIVILEGE IS WHEN YOU THINK SOMETHING IS NOT A PROBLEM BECAUSE IT'S NOT A PROBLEM TO YOU PERSONALLY.”

POWER AND PRIVILEGE

Submitted by: Cathy Bontogon, Residential Coordinator

FAQs

1. What do you mean by dominant groups and non-dominant groups?

Dominant refers to groups that have greater access to decision-making and face less barriers to participating in Canadian society. Non-dominant refers to groups that do not have this advantage.

2. Aren't women statistically the majority?

Yes, women statistically outnumber the population of men. However, women are still paid less than men overall, and don't have as easy access to management positions. Thus, minority doesn't refer to numbers, but to the lack of power and advantage.

3. What do you mean by power and privilege?

The terms power and privilege refer to advantages dominant groups have whether they want it or not. It is difficult for people in dominant groups to see their power and privilege even though they may benefit daily from it. Sometimes these privileges are mistakenly viewed as being rights.

Remember that everyone around the world has the same rights, but not everyone has the same privileges.

4. Am I at fault for having power and privilege?

No. It is something that most of us do not have control over. It is important that we acknowledge when we have power and privilege over someone else. It helps us make sure that everyone has an equal opportunity, voice and participation. When we acknowledge our own power and privilege, we can then use it for in a positive way. We all have a responsibility to recognize how power and privilege are embedded in our social system and give unfair advantage to some over others.

5. Can I be discriminated against by my own culture?

Yes. Anyone can discriminate and anyone can be discriminated against. Discrimination by members of a non-dominant group towards members of a dominant group may not look or feel different and may have the same immediate effect as discriminatory actions or remarks from a member of a dominant group towards a member of a non-dominant group, but they are different because the fact remains that non-dominant groups do not have power and privilege within our society.

6. Is it my fault if interacting with another culture or a different person was a bad experience? Is it my responsibility to make each experience a good one?

We all have a responsibility to make our interactions with anyone better. Sometime this may mean we might have to try a little harder - talk slower, be respectful of people's personal space, etc. We should also realize that if we are in a position of power, we have more ability to include others.

7. Sometimes I feel like my group is always getting in trouble for doing something to another cultural group - and most of us within our group had nothing to do with the problem! What is that all about?

You may not realize that you are part of the dominant group in a particular situation. Remember that each person has their own culture, which may be made up of many different aspects and may place the same person into some dominant cultural groups and some non-dominant cultural groups at the same time. For example, you may be male, which places you in a dominant group in our society, but you may also be a youth and a Buddhist, which places you into two different non-dominant groups.

6 Ways to Stop Overthinking

Submitted by: Carmela Taylor, Executive Administrator/Co-Owner

(An article by Amy Morin, psychotherapist and author of "13 Things Mentally Strong People Don't Do" from Forbes Magazine, February 12, 2017)

Whether they're beating themselves up over a mistake they made yesterday, or they're fretting about how they're going to succeed tomorrow, over-thinkers are plagued by distressing thoughts. Their inability to get out of their own heads leaves them in a state of constant anguish.

While everyone over-thinks things once in a while, some people just can't ever seem to quiet the constant barrage of thoughts. Their inner monologue includes two destructive thought patterns -- ruminating and worrying.

Ruminating involves rehashing the past. Thoughts may include things like:

- I shouldn't have spoken up in the meeting today. Everyone looked at me like I was an idiot.
- I could have stuck it out at my old job. I would be happier if I would have just stayed there.
- My parents always said I wouldn't amount to anything. And they were right.

Worrying involves negative--often catastrophic--predictions about the future. They may think things like:

- I'm going to embarrass myself tomorrow when I give that presentation. My hands will shake, my face will turn red, and everyone will see that I'm incompetent.
- I'll never get promoted. It doesn't matter what I do. It's not going to happen.
- My spouse is going to find someone better than I am. I'm going to end up divorced and alone.

Over-thinkers don't just use words to contemplate their lives. Sometimes, they conjure up images too. They may envision their car going off the road or they might replay a distressing event in their minds like a movie. Either way, their tendency to overthink everything holds them back from doing something productive.

The Dangers of Overthinking

Thinking too much about things isn't just a nuisance. It can take a serious toll on your well-being. Research says dwelling on your shortcomings, mistakes, and problems increases your risk of mental health problems. And as your mental health declines, your tendency to ruminate increases, which can lead to a vicious cycle that is hard to break. Studies also show that overthinking leads to serious emotional distress. To escape that distress, many over-thinkers resort to unhealthy coping strategies, such as alcohol or food. If you're an over-thinker you likely already know you can't sleep when your mind won't shut off. Studies confirm this, finding that rumination and worry lead to fewer hours of sleep and poorer sleep quality.

How to Stop Overthinking

Putting an end to rehashing, second-guessing, and catastrophic predictions is easier said than done. But with consistent practice, you can limit your negative thinking patterns. Here are six ways to stop overthinking everything:

1. Notice When You're Thinking Too Much

Awareness is the first step in putting an end to overthinking. Start paying attention to the way you think. When you notice you're re-playing events in your mind over and over, or worrying about things you can't control, acknowledge that your thoughts aren't productive.

2. Challenge Your Thoughts

It's easy to get carried away with negative thoughts. So before you conclude that calling in sick is going to get you fired, or that forgetting one deadline is going to cause you to become homeless, acknowledge that your thoughts may be exaggeratedly negative. Learn to recognize and replace thinking errors, before they work you up into a complete frenzy.

3. Keep the Focus on Active Problem-Solving

Dwelling on your problems isn't helpful--but looking for solutions is. Ask yourself what steps you can take to learn from a mistake or to avoid a future problem. Instead of asking why did this happen? Ask yourself what can I do about it?

4. Schedule Time for Reflection

Stewing on your problems for long periods of time isn't productive, but brief reflection can be helpful. Thinking about how you could do things differently or recognizing potential pitfalls to your plan, for example, can help you do better in the future. Incorporate 20 minutes of "thinking time" into your daily schedule. During that time, let yourself worry, ruminate, or mull over whatever you want. Then, when your time is up, move onto something more productive. When you notice yourself overthinking things outside of your scheduled time, remind yourself that you'll think about that later.

5. Practice Mindfulness

It's impossible to rehash yesterday or worry about tomorrow when you're living in the present. Commit to becoming more aware of the here and now. Just like any other skill, mindfulness takes practice, but over time, it can decrease overthinking.

6. Change the Channel

Telling yourself to stop thinking about something can backfire. The more you try to avoid the thought from entering your brain, the more likely it is to keep popping up. Bussing yourself with an activity is the best way to change the channel. Exercise, engage in conversation on a completely different subject, or get working on a project that will distract your mind from the barrage of negative thoughts

UP COMING EVENTS



NATIONAL CHILD & YOUTH MENTAL HEALTH DAY

May 7, 2017

<http://www.familysmart.ca/programs/may-7th>



CARF Canada

Advanced Performance Measures

Dates: May 8-10, 2017

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

<http://www.cvent.com/events/carf-canada-advanced-performance-measurement/event-summary-c14a277b1ce44be587df193d0b074e17d.aspx>



VICTORIA DAY

Friday
May 22, 2017

Serving self-esteem: Bakery with unique twist opens in Duncan

Excerpts from: CTV Vancouver Island, March 22, 2017

<http://vancouverisland.ctvnews.ca/serving-self-esteem-bakery-with-unique-twist-opens-in-duncan-1.3336989>

A unique bakery on Vancouver Island is dishing out delicious pastries, with a side of confidence to boot.

The Mindful Mouthful Bakery in Duncan, run by the non-profit Clements Centre Society, employs 20 cooks with developmental disabilities who bake tasty treats like cookies, squares and meat pies.

Organizers say it's an opportunity for the cooks to build their skills and self-esteem.

"It's a training kitchen for adults with developmentally disabilities to teach them life skills, cooking skills," said Dominic Rockall of the Ed Clements Centre Society.

But what's unique about the kitchen, once run by volunteers, is that it's now dishing out paycheques to the staff who work there.

"Yes, we get paycheques and we bring them into our banks," said baker Alyssa Harrison Cook.

Rockall said the bakery's goal is to be self-sustaining within three years.

"At the moment, we have a wage subsidy from the Vancouver Foundation to make this possible," he said. The kitchen has 20 cooks earning a little more than minimum wage and three full-time support staff.

"It improves their self-esteem, their self-worth," said Rockall. "People feel like, 'I'm worthy of being paid now for my work.'"

"It kind of teaches you how to make your own kind of cookies, and teaches you how to do your own ways," said Cook.

Not only is it a great cause, but staff say they've been told the bakery's cookies are the best in the Cowichan Valley. Staff at the bakery have also designed labels for their products, which they hope to have on store shelves and in restaurants this spring.

"As an added benefit, when they buy products from us with our name on it, they know that they're supporting a great cause," said Rockall.

The bakery is located on Clements Street in Duncan and also offers a catering menu on its website.

<http://www.themindfulmouthful.ca/wp/>



"The Mindful Mouthful Bakery in Duncan employs 20 cooks with developmental disabilities who bake tasty treats like cookies, squares and meat pies. March 22, 2017. (CTV Vancouver Island)"

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 ~ Sherbourne Home ~ Nim Nim House ~