



Carmichael Connection

November 2015

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CARMICHAEL ENTERPRISES RESIDENTIAL PROGRAMS LTD

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GLOBAL SPONSORSHIP UPDATES

Submitted by: Mike & Carmela Taylor, Owners

Sep 10, 2015

Hi Carmela,

I just want you to know how blessed we are to have known you and your husband, Mike.

The kids were so happy to receive the toys and such from the boxes, it's like Christmas!

The photos are of the shelter kids receiving some of the stuff from the boxes, and of the children with disabilities. Some of the toys for motor skills therapy have been placed at the LCP play-based therapy area for children with disabilities to put to good use. The clothing items will be given to them as their Christmas presents come December.

Thank you so much for all you and your staff, as well as other people in your community, do for the kids.

Sincerely,

Carmenia J. Benosa
Executive Director

Little Children of the Philippines
Foundation, Inc.



SELF-CARE ACTIVITIES

Coping with stress!

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MEMORY BOXES

Carmichael/MCFD

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STAFF SPOTLIGHTS

happy
birthday
to you!

Birthdays ~ November 2015

Scott G	Melody
Carmela	Alicia
Miranda	Justin



Welcome New Staff & Returns

Robert	Patricia
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RANDOM FAST FACTS



Al Capone's business card described him as a used furniture dealer



Every day more money is printed for monopoly than the US Treasury

OOPS!

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

THANK YOU!



How you treat
yourself is how you
are inviting the
world to treat you.

Seven Types of Self-Care Activities for Coping with Stress

Excerpts from: *Psychology Today* ~ Posted Mar 16, 2014 by: [Barbara Markway Ph.D.](https://www.psychologytoday.com/blog/shyness-is-nice/2014/03/seven-types-self-care-activities-coping-)
<https://www.psychologytoday.com/blog/shyness-is-nice/2014/03/seven-types-self-care-activities-coping->

Fortunately, there are several pathways to self-care, and none of them need be difficult or take a lot of planning:

SENSORY

When you feel stressed and need a calm mind, try focusing on the sensations around you—sights, smells, sounds, tastes, touch... This will help you focus on the present moment, giving you a break from your worries.

- ✓ Breathe in fresh air.
- ✓ Snuggle under a cozy blanket.
- ✓ Listen to running water.
- ✓ Sit outdoors by a fire-pit, watching the flames and listening to the night sounds.
- ✓ Take a hot shower or a warm bath.
- ✓ Get a massage.
- ✓ Cuddle with a pet.
- ✓ Pay attention to your breathing
- ✓ Burn a scented candle.
- ✓ Wiggle your bare feet in overgrown grass.
- ✓ Stare up at the sky.
- ✓ Lie down where the afternoon sun streams in a window.
- ✓ Listen to music.

PLEASURE

A great way to take care of yourself when you're coping with stress is to engage in a pleasurable activity. Try one of these ideas.

- ✓ Take yourself out to eat.
- ✓ Be a tourist in your own city.
- ✓ Garden.
- ✓ Watch a movie.
- ✓ Make art. Do a craft project.
- ✓ Journal.
- ✓ Walk your dogs.
- ✓ Go for a photo walk.

MENTAL/MASTERY

You can also give yourself a boost by doing a task that you've been avoiding or challenging your brain in a novel way.

- Clean out a junk drawer or a closet.
- ✓ Take action (one small step) on something you've been avoiding.
 - ✓ Try a new activity.
 - ✓ Drive to a new place.
 - ✓ Make a list.
 - ✓ Immerse yourself in a crossword puzzle.
 - ✓ Do a word search
 - ✓ Read something on a topic you wouldn't normally.

SPIRITUAL

Getting in touch with your values—what really matters—is a sure way to cope with stress and foster a calm mind. Activities that people define as spiritual are very personal. Here are a few ideas:

- ✓ Attend church.
- ✓ Read poetry or inspiring quotes.
- ✓ Light a candle.
- ✓ Meditate
- ✓ Write in a journal.
- ✓ Spend time in nature.
- ✓ Pray.
- ✓ List five things you're grateful for.

EMOTIONAL

Dealing with our emotions can be challenging when we're coping with stress. We tend to label emotions as "good" or "bad," but this isn't helpful. Instead:

- ✓ Accept your feelings. They're all ok. Really.
- ✓ Write your feelings down. Here's a list of feeling words.
- ✓ Cry when you need to.
- ✓ Laugh when you can. (Try laughter yoga.)
- ✓ Practice self-compassion

PHYSICAL

Coping with stress by engaging the body is great because you can bypass a lot of unhelpful mental chatter. It's hard to feel stressed when you're doing one of these self-care activities:

- ✓ Try yoga.
- ✓ Go for a walk or a run.
- ✓ Dance.
- ✓ Stretch.
- ✓ Go for a bike ride.
- ✓ Don't skip sleep to get things done.
- ✓ Take a nap.

SOCIAL

Connecting with others is an important part of self-care. This can mean activities such as:

- ✓ Go on a lunch date with a good friend.
- ✓ Calling a friend on the phone.
- ✓ Participating in a book club.
- ✓ Joining a support group.
- ✓ It can also mean remembering that others go through similar experiences and difficulties as we do.
- ✓ We're not alone.

LIFE BOOKS, MEMORY BOOKS AND MEMORY BOXES

Excerpts from: MCFD

MCFD has found this to be valuable asset to a person's wellbeing and feeling connected.

Carmichael Enterprises has purchased the necessary boxes for all of our persons in care.



Available for pick up at Head Office!

Many of us take great pleasure and enjoyments opening up an old photo album from years past or looking at memorabilia that we've collected from childhood. For many of our children in care the need is a great if not greater. Regardless of the length of their stay with us, it's important that we make every effort to save and preserve a record of this time. The reason we do so is because it can help the children understand where they've been, where they are and it tells the child that others have cared for them.

The Lifebook or the items in the Memory Box is the story of the child's journey; always meaningful and very important. For the child/youth, no detail is too small; nothing should be overlooked or left out.

This record can either be in the form of a picture album, a scrapbook or a binder. It should be bright, warm, friendly and colourful. Some of the information you can collect for the children may include but not restricted to:

- Developmental Milestones
- Favourite activities
- Favourite Birthday or Christmas gifts
- Pictures of foster family and pets
- Special trips or vacations with family
- Any special extended family members
- Report Cards

- Special activities such as scouting, clubs or camping experiences
- Hobbies and interests
- Daycare, preschools, schools
- Teachers and classmates
- Birthdays
- Samples of schoolwork
- List of accomplishments and things that that child has been involved in
- Cultural celebrations or special events
- Social and cultural heritage
- Family of origin information including the family's good qualities and interests
- A list full of names and birthdays
- Teams or groups belonged to and positions held
- Pictures and details about their siblings
- Include pictures and information about visits with siblings

The Lifebook and contents of the Memory Box belongs to the child and goes with him/her/them wherever they go. It's a good idea to keep a copy or get it scanned and give a disk to the child's Social Worker to be kept. That way, if the child loses, misplaces or destroys the book, then a copy of it is always available.

Remember a Lifebook never stops. It just keeps collecting more information, memories and caring. Your involvement is most appreciated! **MCFD**

UP COMING EVENTS



RVSP DEADLINE

NOVEMBER 6, 2015

melody.carmichael@shaw.ca



DAYLIGHT SAVING TIME ENDS

November 1, 2015

<http://www.timeanddate.com/time/change/canada/vancouver?year=2015>



REMEMBRANCE DAY

Wednesday

November 11, 2015

Staff Announcements

Mike Taylor would like to congratulate our latest addition(s) to the management team!

Ahmad Briz

Assistant Manager

Oceanside Place



LIFESTYLE HEALTH & FITNESS CENTRE

<http://www.lifestylehealthandfitness.com/>

Carmichael Enterprises employees can obtain special corporate pricing at Lifestyle Fitness & Health Centre.

Just show your staff ID to access these great services!

- 19 meter swimming pool
- Tanning Salon
- Saunas and Steam Room
- Co-ed Fitness
- Ladies Only Body Masters
- 20 minute fitness circuit (Total Body)
- Cardio Theatre (over 50 machines!)
- Hammerstrength Professional
- NEW Iron-Plated Free Weights
- Childminding
- Personal Training
- 2 ACRES of free parking
- NEW Towel Service



3255 Stephenson Point Rd.
Nanaimo BC V9T 1K3
Front Desk: **751-2348**



FREE Initial Fitness Consultation with a Certified Personal Trainer

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