



# Carmichael Connection

## September 2015

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**CARMICHAEL ENTERPRISES RESIDENTIAL PROGRAMS LTD**

**IN THIS ISSUE**

**MAN WITH CEREBRAL PALSY GETTING FRUITFUL EXPERIENCE IN OKANAGAN**

Excerpts from: <http://globalnews.ca/news/2159707/man-with-cerebral-palsy-getting-fruitful-experience-in-okanagan/>

SUMMERLAND — Malcolm Tietjen, 24, has come to the Okanagan to discover his passion. From picking, packing and selling, the 24-year-old man is learning what it takes to be a farmer.

At first glance it's hard to tell that Tietjen is living with cerebral palsy since he doesn't need walking aids.

Cerebral palsy is a life-long condition that's caused by brain damage during pregnancy or shortly after birth, affecting a person's mobility.

Tietjen wants to showcase his abilities rather than disabilities.

"It's a little bit hard balancing, but I can do most stuff," says Tietjen.

He's found work at a farm called Carajou, where the owners have encouraged him to find his strengths.

His dad, Gordon Tietjen, is thankful his son is getting this experience but believes there needs to be more opportunities for others like his son.

"I'd just like to see more programming available for individuals leading towards meaningful employment. Actual vocational skills training opportunities for these people so they can learn what they can do," says the dad.

Penticton and District Society for Community Living (PDSCL) does just that. The organization helps people with physical and developmental disabilities find employment and housing.

"People with disabilities generally make good employees: they contribute to the workforce, they contribute to the owner's profit. They're not a drain on resources, that's a stigma that needs to be overcome," says PDSCL executive director Tony Laing.

Laing believes the public may perceive people with disabilities as requiring assistance but says the stereotype is simply not true.

"I think our generation is trying to claim their place in society that we are citizens and we are people who want to contribute," he says.

That's exactly what Tietjen is striving to doing: contributing.

With his green thumb, he knows he enjoys farming and is grateful he's getting the chance to try things out.

**EVERY 7 MINUTES  
 SOMEONE IN CANADA  
 DIES FROM HEART DISEASE OR STROKE.**

**STROKE!!!!**

Signs to look for

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**COMMUNICATION BARRIERS**

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STAFF SPOTLIGHTS



Birthdays ~ September 2015

|         |          |           |
|---------|----------|-----------|
| Ryan D. | Stacey   | Chris     |
| Helen   | Pam L.   | Gabriella |
| Isabell | Cathy    | Hope      |
| Jasmine | Kristine | Greg      |
| Nicole  | Vaughn   |           |



Welcome New Staff & Returns

|         |          |
|---------|----------|
| Noel    | Caroline |
| Adeebah |          |

RANDOM FAST FACTS



Mel Blanc (the voice of Bugs Bunny) was allergic to carrots



The brain operates on the same amount of power as 10-watt light bulb.

OOPS!

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

THANK YOU!



LEARN THE SIGNS OF STROKE

Excerpts from: Heart & Stroke Foundation  
[http://www.heartandstroke.com/site/c.ikIQLcMWJtE/b.3483935/k.736A/Stroke\\_What\\_is\\_Stroke.htm](http://www.heartandstroke.com/site/c.ikIQLcMWJtE/b.3483935/k.736A/Stroke_What_is_Stroke.htm)

What is a stroke?

A stroke is a sudden loss of brain function. It is caused by the interruption of flow of blood to the brain (ischemic stroke) or the rupture of blood vessels in the brain (hemorrhagic stroke). The interruption of blood flow or the rupture of blood vessels causes brain cells (neurons) in the affected area to die.

The effects of a stroke depend on where the brain was injured, as well as how much damage occurred. A stroke can impact any number of areas including your ability to move, see, remember, speak, reason and read and write.

Stroke is a medical emergency.

Recognizing and responding immediately to the stroke signs by calling 9-1-1 or your local emergency number can significantly improve survival and recovery.

What causes brain damage from stroke?

Blood vessels called arteries carry blood that is rich in oxygen and nutrients through the body. When an artery to the brain becomes blocked or bursts, the blood supply to a part of the brain is cut off. The longer the brain goes without oxygen and nutrients supplied by blood flow, the greater the risk of permanent brain damage. Brain injuries can also result in uncontrolled bleeding and permanent brain damage. This is usually referred to as an Acquired Brain Injury.

What are the types of stroke?

There are two main types of stroke: those caused by blood clots (ischemic stroke) and

those caused by bleeding (hemorrhagic stroke). When clots stop blood from flowing to the brain for a short time, a TIA (transient ischemic attack) or "mini-stroke" can happen. Stroke can happen to anyone including babies and children (pediatric stroke).

Understanding the brain and the effects of stroke

Your brain is the most complex organ in your body. It consists of more than 100 billion specialized nerve cells called neurons and it acts as a command centre for everything you do, think, sense and say. These neurons depend on the blood vessels in your brain for oxygen and nutrients. Neurons cannot duplicate or repair themselves.

Different parts of the brain control different functions. Learning what the parts of the brain do can help you understand why stroke can affect people so differently.

LEARN THE SIGNS OF STROKE

- F**ACE is it drooping?
- A**RRMS can you raise both?
- S**PEECH is it slurred or jumbled?
- T**IME to call 9-1-1 right away.

## Community Spotlight ~ Nanaimo Youth Services

Excerpts from: <http://www.nysa.bc.ca/index.html>

**NYSA Vision:** Creating a respectful atmosphere of possibility for youth by providing them with skills to achieve their goals.

**NYSA Mission:** To provide opportunities for youth to gain knowledge, life and employment skills to allow them to reach their full potential as productive citizens of their community.

**Purposes of the Society:** to operate on a not-for-profit basis to provide services and programs to young people principally in the Nanaimo Regional district of the province of British Columbia to assist youth and young adults to reach their full potential by establishing an environment and developing programs to:

- Support, promote and encourage youth to become productive citizens
- Build self-esteem and confidence
- Encourage the development of respectful relationships
- Foster the safety and stability of "at risk" youth

**NOTE:** Services are free and available to all youth within the age cohort of 13 to 30 years that NYSA's mission serves.

### WHO WE ARE:

Nanaimo Youth Services Association (NYSA) is a community based, not for profit, charitable society. We have provided a range of residential and non-residential services to vulnerable youth in the Nanaimo Regional District since our incorporation in 1969.

Over the last 42 year period the Association has grown into being a multi-purpose but singularly integrated serving youth organization under the governance of our volunteer board members who represent and are recruited from the broad cross-section of our community residents.

### WHO WE SERVE:

NYSA's organizational mission target population is Youth between the ages of 13 to 30 years. Approximately 45% of the youth population that NYSA serves is off reserve Aboriginal young people.

In 2009 NYSA was honored to be cited as an "exemplary organization", and one of the ten best managed charitable organizations in the BC Non Profit sector. We have also been recognized with a number of community service awards.

### WHAT WE DO:

An overriding purpose of NYSA services is to provide social support to vulnerable, 'at risk' youth for the challenges they face on a day to day basis. Every program service offered is free and incorporates an effective element of basic life skills, practical employment readiness training and health education features that assist in equipping youth to participate and be fully included in the life of community.

Direct services to 'at risk youth' has become more sophisticated over time due to new research and evidence carried out on youth as a Population Health group from a Resilience and 'Successful Transitions to Adulthood', literature perspective.

NYSA's 'Philosophy of Care' adheres to the notions that:

- If it would not be good enough for our own children why would we offer it to other people's children?
- We will not offer services to youth that promote or result in 'learned dependency';
- 'The best social program and long term income security in a market based society for 'at risk' youth is a meaningful job.'

**Nanaimo Youth Services Association**  
290 Bastion Street  
Nanaimo, British Columbia  
V9R 3A4  
8:30 am - 4:30pm Monday to Friday

Tel: 250.754.1989  
Fax: 250.754.8661  
Toll Free: 1-855-922-0220  
Email: [nysa@nysa.bc.ca](mailto:nysa@nysa.bc.ca)



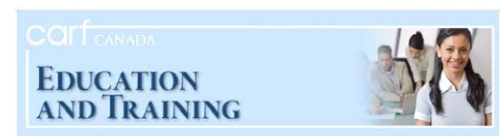
### UP COMING EVENTS



### NATIONAL FASD AWARENESS

September 9, 2015

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



### CARF Canada

**Achieving and Maintaining CARF Accreditation in Employment & Community Services, Behavioural Health, and Child & Youth Services**

September 28 & 29, 2015

Simon Fraser University at Harbour Centre  
515 West Hastings, Room 700  
Vancouver, BC

<http://www.cvent.com/events/achieving-and-maintaining-carf-accreditation-in-employment-and-community-services-behavioural-health/event-summary-a372ee4989c84759ba950600c4b4abc2.aspx>



### Labour Day

Monday

September 7, 2015

# Communication Barriers

Excerpts from:

[http://www.mcass.gov.on.ca/en/mcass/programs/accessibility/understanding\\_accessibility/documents/Communication\\_Access\\_ENG.pdf](http://www.mcass.gov.on.ca/en/mcass/programs/accessibility/understanding_accessibility/documents/Communication_Access_ENG.pdf)

## Communication Disabilities

When someone has a communication disability, there are four main areas that can be affected. Depending on the nature of the disability, one or more of these areas can be involved. They include a person's ability to:

- Speak
- Understand what others are saying
- Read
- Write

Some of the main types of communication disabilities affect the following:

### Hearing

For people who are deaf or have a hearing loss it can be difficult or impossible to hear what a person is saying and sometimes their own speech may not be easily understood.

### Movement

People who have disabilities such as cerebral palsy, multiple sclerosis or amyotrophic lateral sclerosis may have difficulty moving their muscles to speak, using gestures, turning pages in a book and writing.

### Cognition

People who have intellectual disabilities from birth, or acquire Alzheimer's disease later in life, can have problems remembering, learning, understanding, or problem-solving which can make communication challenging.

### Language

People who have aphasia after a stroke or accident may have difficulty understanding others, speaking, reading and writing. The experience of aphasia is similar to being in a foreign country where you know what you want but you have problems understanding others or expressing yourself.

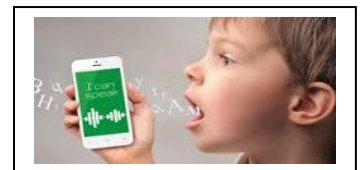
In addition to having communication challenges, many people have multiple disabilities. People who are deafblind have limited hearing and vision. They are unable to use these senses to receive communication. People who have cerebral palsy may be unable to speak, walk or physically manipulate objects. People who have autism may experience challenges learning and using language, as well as interacting with other people.

## Communicating with a Person who has a Communication Disability

- ✓ Remember everyone communicates in different ways. Do not assume you know how the person communicates. Many people have prepared instructions and can tell you what you can do to make communication go smoothly.
- ✓ Be patient. Do not rush the conversation.
- ✓ Ask one question at a time and wait for a reply.
- ✓ Wait for the person to finish his/her message. Do not guess unless the person has given you permission to do so.
- ✓ Face the person so that you can pick up on visual clues like the person's body language, facial expressions and gestures.
- ✓ Talk directly to the individual, not to the person who may be accompanying him/her.
- ✓ Do not speak about the person or refer to the person in the third person when in his/her presence.
- ✓ Speak naturally and clearly, using your normal tone, volume and rate.



Accessibility includes  
communication



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