

Carmichael Connection

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“Love is not patronizing and charity isn't about pity, it is about love. Charity and love are the same -- with charity you give love, so don't just give money but reach out your hand instead.”

Mother Teresa

Global Sponsorship 2019

Submitted by: Carmela Taylor ~ Executive Administrator

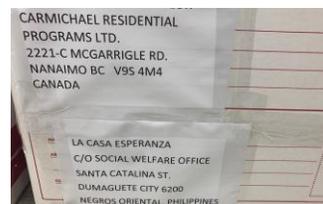
This is an ongoing initiative and big thanks to Melody Kozoris and her daughter Amber Kozoris-Couturier, we were able to send three boxes full of gently-used books, toys and children’s clothing in May 2019 to La Casa Esperanza in Dumaguete City, Philippines.

La Casa Esperanza (The House of Hope) is a residential care facility providing temporary shelter to individuals in crisis situations throughout the province of Negros Oriental, mostly women and children.

They are fully supported by the Local Government Unit (LGU) through the City Social Welfare Development Office. The

majority of those who access their shelter include physically abused women and children, rape victims, and incestuous victims. They also assist runaway/lost children, stranded persons, and witnesses in court.

Should you happen to clean your closets and play areas, please consider dropping off gently-used toys and books, and clothing (tropical-weather appropriate) to head office. We sure appreciate it.



Carmela and Mike Taylor

Staff Spotlights

August Birthdays

- | | |
|---------|-----------|
| Aquila | Yuko |
| Fred | Heather G |
| Bryan | Brandie |
| Mark D. | Charles |
| Annette | Kelsey |
| Faith M | |

July Birthday Winners:

- Charles I
- Shalom D

New Staff ~ Returns

- | | |
|-----------|---------|
| Ananya | David |
| Shiva | Sarah D |
| Amanda SH | |



Positive Observances for Wellbeing Part 1

Submitted by: Carmela Taylor ~ Executive Administrator

“Hatha Yoga by Donation is ongoing Monday, Wednesday and Friday mornings (6am-7am) in our Yoga Room at Head Office”

Carmela Taylor
Executive Administrator
/Co-Owner

In the last newsletter I briefly mentioned yamas and niyamas, values that we can cull from practicing yoga. Niyamas are positive tools for cultivating happiness and self-confidence. The opportunities to practice them arise every day.

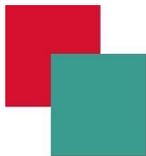
1. Saucha (cleanliness/purity) is the recognition of how we treat ourselves physically, mentally and spiritually, as well as how we apply this to our physical environment. Do we manifest joy? Do we energetically give good vibes to people? Do we show kindness? Do we do things or say things out of respect to others or the environment? Are we aware of what we do inside and outside our home that impacts the environment? “Our bodies, our thoughts and emotions become clear reflections of self through continual refinement” (Nischala Joy Devi). Actions speak louder than words as the famous adage goes but if our words and actions don’t go together then we are not being true to ourselves.
2. Svadhaya (self-inquiry) is the study of self – It involves reading, research, meditation, prayer, stillness – these are ways to guide us in finding our true self, to self-love. In yoga, how we observe our bodies when we are doing the asanas (poses) or how we listen to our breath is part of svadhaya. As a woman, this practice of svadhaya would have been hard to accomplish especially in male-dominated societies. A patriarchal society relegated women as second-class citizens; women were supposed to be docile and subservient to the male. Historically, women have no opinion or if they did, they were beheaded or burnt at the stakes. Fast forward to now, women are bombarded with unrealistic images in print, TV, and social media. We are supposed to have big breasts, small waists, flat abs, and all the facial enhancements we could possibly muster. How can we reach self-love, self-worth, self-identity? Knowing our truth, discovering our self, believing our worth – knowing we are fine the way we are equal to self-love. When we practice to focus on ourselves and recognize how each one of us is different from one another but somehow we are connected as one, we breathe the same life force and we inhabit the same world, this is self-love and love of others.
3. Ishvara Pranidhana (surrender/devotion) – this niyama encourages us to live with wholehearted devotion to the divine and the divine creation. Devotion is delighting oneself in prayer. Whether we pray to Jesus Christ, Buddha, Mohammed or Yahweh...we are cultivating our heart, our faith, our trust. It is hard for some people to let go of their control thus the concept of devotion and surrendering to the divine denote weakness. It is not weakness however when we yield to a divine power, it only softens our hearts when we make choices. We become better people when we choose to let go instead of hold on to our prejudices, our judgments, our doubts, our crazy-making and our shadows. In yoga, this surrender translates in that instead of resisting what we think is a hard asana (pose) we yield to it and open ourselves to that pose.

Hatha Yoga by Donation is ongoing Monday, Wednesday and Friday mornings (6am-7am) in our Yoga Room at head office. This is offered to all interested employees whether you are a beginner or a serious yogi, and want to have fun. Contact carmelataylor@carmichaelenterprises.ca for details.

Cultural Competence Self-Assessment Checklist ~ Introduction

Excerpts from: Greater Vancouver Island Multicultural Society

Over the next 3 issues (September, October & November) we will post the categories discussed below.



Cultural Competence Self-assessment Checklist

Adapted from the [Greater Vancouver Island Multicultural Society](#) Cultural Competence Self-assessment Checklist. That checklist was created with funding from the Government of Canada and the Province of British Columbia.

This self-assessment tool is designed to explore individual cultural competence. Its purpose is to help you to consider your skills, knowledge, and awareness of yourself in your interactions with others. Its goal is to assist you to recognize what you can do to become more effective in working and living in a diverse environment.

The term 'culture' includes not only culture related to race, ethnicity and ancestry, but also the culture (e.g. beliefs, common experiences and ways of being in the world) shared by people with characteristics in common, such as people with disabilities, people who are Lesbian Bisexual, Gay and Transgender (LGBT), people who are deaf, members of faith and spiritual communities, people of various socio- economic classes, etc.) In this tool, we are focusing on race, ethnicity and ancestry. However, remember that much of the awareness, knowledge and skills which you have gained from past relationships with people who are different from you are transferable and can help you in your future relationships across difference.

Read each entry in the Awareness, Knowledge and Skills sections Place a check mark in the appropriate column which follows. At the end of each section add up the number of times you have checked that column. Multiple the number of times you have checked "Never" by 1, "Sometimes/Occasionally" by 2, "Fairly Often/Pretty well" by 3 and "Always/Very Well" by 4. The more points you have, the more culturally competent you are becoming.

This is simply a tool. This is not a test. The rating scale is there to help you identify areas of strength and areas that need further development in order to help you reach your goal of cultural competence.

Remember that cultural competence is a process, and that learning occurs on a continuum and over a life time.

While you complete this assessment, stay in touch with your emotions and remind yourself that learning is a journey.



“Remember that cultural competence is a process, and that learning occurs on a continuum and over a life time.”



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“Carmichael Enterprises is committed to meeting the needs of individuals with disabilities”



We're on the Web!
www.carmichaelenterprises.ca

Safety on the job!

Self-Care

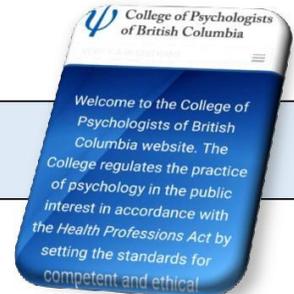
Being a support person can be incredibly rewarding, but it also puts us in a position where we are vulnerable to psychological and emotional exhaustion. This vulnerability can lead to low tolerance for distress, depression, and an erosion of compassion for others.

Take the time to utilize your Wellness Inventory provided through the 2-Day SIVA training. Work through the exercises to build resilience through self-awareness. Remember: if we are asking people to connect to us for support and direction, then we need to know what grounds us to our sense of self.

Need someone to talk to?

The Carmichael Enterprises benefits plan offered through Group Health covers the cost of receiving services from psychologists, counsellors and social workers. To ensure you are covered and accessing qualified professionals, verify that your service provider is recognized by the following associate or colleges.

College of Psychologists of British Columbia
<https://collegeofpsychologists.bc.ca/>
1-800-665-0979



BC Association of Clinical Counsellors
<https://bc-counsellors.org/>
1.800.909.6303



British Columbia College of Social Workers
<http://www.bccollegeofsocialworkers.ca/>
1-877-576-6740

