



Carmichael Connection

December 2018

HEAD OFFICE
 2221C McGarrigle Road
 Nanaimo, BC V9S 4M4
 Tel: (250) 585-2889
 Fax: (250) 585-2861

CARMICHAEL ENTERPRISES RESIDENTIAL PROGRAMS LTD

IN THIS ISSUE

BE THANKFUL

Submitted by: Cathy Bontogon, Author Unknown

Be thankful that you don't already have everything you desire.
 If you did, what would there be to look forward to?
 Be thankful when you don't know something.
 For it gives you the opportunity to learn.
 Be thankful for the difficult times.
 During those times you grow.
 Be thankful for your limitations.
 Because they give you opportunities for improvement.
 Be thankful for each new challenge.
 Because it will build your strength and character.
 Be thankful for your mistakes.
 They will teach you valuable lessons.
 Be thankful when you're tired and weary.
 Because it means you've made a difference.
 It is easy to be thankful for the good things.
 A life of rich fulfillment comes to those who are
 also thankful for the setbacks.
 GRATITUDE can turn a negative into a positive.
 Find a way to be thankful for your troubles
 and they can become your blessings.

Author Unknown



HOLIDAY = STRESS

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STAFF SPOT LIGHTS



Birthdays ~ December 2018

Anesu	Frank	Ekansha	Peter N
Mary	Derwin	Alfredo	Christie B
Nitish	Shauna	Derrick	Steven
Ron	Success	Muchengeti	

Staff Draw Winners

November: Christine S.



Welcome New Staff & Returns

Melvinder	Kehinde	Alaoti	Clara
Kyle	Christie	Zoey	

RANDOM FAST FACTS



The "Urn of Fate" is part of the Christmas celebrations in many Italian households. The Urn of Fate is brought out on Christmas Eve. It holds a wrapped present for everyone. The mother tries her luck first, then the others in turn. If you get a present with your name on it, you keep it; otherwise, you put it back and try again.



In Sweden, a common Christmas decoration is the Julbukk, a small figurine of a goat. It is usually made of straw. Scandinavian Christmas festivities feature a variety of straw decorations in the form of stars, angels, hearts and other shapes, as well as the Julbukk.

OOPS!

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

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Tame holiday stress ~ staying merry in a season of flurry!

Excerpts from: November/December 2018 THECOSTCOCONNECTION
Jane Langille (janelangille.com) is a Toronto-area health and medical writer.

EVERY HOLIDAY season, stress is a force to be reckoned with. Time is short, yet we want to find perfect gifts, host an ideal gathering or prepare a perfect meal. The Canadian Psychological Association defines stress as the result of demands and expectations exceeding our ability to cope. Dr. Marilee Zaharia, a registered psychologist in private practice in Saskatoon, Saskatchewan, says, "Holiday stress affects everyone, even if they aren't stressed at other times of the year."

The Connection rounded up recommendations by Zaharia, the Canadian Psychological Association, the Canadian Mental Health Association and Health Canada on the best ways to beat holiday stress and help you make the most of this year's celebrations.

Make a plan in advance. Review your expectations for the holiday season. Are those your expectations or someone else's? Are they realistic? Consider what you really can and can't do. Think about your emotional and financial goals and include others to manage their expectations too. Plan how you will handle activities, meals and gift-giving: Identify action items, decide who's responsible and make a schedule on a calendar, so nothing important is lost in the shuffle. Avoid scheduling busy times back to back.

Communicate and delegate. Let go of doing everything yourself. Ask others to pitch in—whether that's bringing a favourite dish, leading activities or helping out with shopping, decorating and cleaning. If family members who don't get along will be attending, strategize in advance to separate and divide—adjust the seating plan or keep one of them busy helping out.



Pace yourself. It's ideal to shop all year, not at the last minute. But if you've already missed that boat, try to finish shopping a couple of weeks before seasonal events. Set a budget in advance and spend only what you can afford. Older kids can participate in budget discussions and help with shopping.

Make yourself a priority. Over-indulging in food may feel good in the short term, but extra pounds can lead to long-term distress. Keep holiday-related weight gain and January regret in check with these tips: Eat a healthy snack before going to a party, so you don't overeat; indulge but take small portions; start dessert with a piece of fruit, leaving room for just a few bites of something decadent. Keep up your gym routine, or at least go for walks to reap the stress-busting benefits of exercise. Schedule some quiet time for relaxation.

Focus on what really matters. Spend quality time together; sharing kindness and listening has much more value than a perfect gift or meal. Host a technology-free event by collecting mobile devices in a basket until it's time for guests to go home. Set new traditions like taking a sleigh ride together, trading stories or playing games.

Stick to normal routines to ease grief. Holidays can resurface strong feelings about the loss of loved ones. Recognize that people experience grief differently. Plan ahead and think about new traditions or celebrations that could provide helpful support. Share feelings in healthy ways, like writing in a journal or talking with friends. If you or your loved ones still feel overwhelmed with feelings of sadness or anxiety, consider professional help. All of these ideas revolve around setting boundaries, getting organized and making time for yourself; they are the cornerstones to keeping stress at bay.

GIFT WRAP STYLE QUIZ: WHAT KIND OF WRAPPER ARE YOU?

Excerpts From: Hallmark.com ~ Trish Berrong on December 15, 2017

<https://ideas.hallmark.com/articles/gift-wrapping-ideas/gift-wrap-style-quiz-what-kind-of-wrapper-are-you/>

Note: The research is super-scientific. This quiz is... not.

QUIZ

I like my gift wrap like I like my wardrobe...

- A. Fabulous and beautifully accessorized.
- B. A perfect expression of creativity and personality.
- C. Simple and practical.
- D. As long as everything is covered up, we're good, right?

My favorite place to get gift wrap is...

- A. Well-stocked gift-wrap aisles, party and card specialty stores, and adorable boutiques.
- B. Craft stores, card and paper shops, and thrift or vintage stores.
- C. From people thoughtful enough to open their presents without tearing the paper.
- D. Um...in the same place I stop on the way to the party to get the gift.

My favorite presents to wrap are...

- A. Wedding and baby shower gifts. I love making sure they stand out on the gift table.
- B. Simple gifts with stories behind them. I turn opening the present into part of the experience.
- C. The ones that fit in bags. Fluff some tissue paper and done.
- D. The ones that come with a bow already on top.

When there are gifts to wrap, you'll find me...

- A. At a dining room table piled high with coordinating paper, ribbons, bows, and attachments.
- B. In my craft room, surrounded by stacks of kraft paper and art supplies.
- C. Digging through my stash for occasion-appropriate wrap and not-too-wrinkled tissue paper.
- D. In the car, peeling the stickers off a just-purchased gift bag.

When wrapping presents, my philosophy is...

- A. Presentation is everything: It's the way you make a great first impression with your gift!
- B. Gift wrap is the pre-show. It should be fun and get someone excited about opening their present.
- C. Wrapping is a necessary part of the gift—it's there to protect the present or the surprise.
- D. I'm supposed to have a philosophy about gift wrap?

I get inspiration for wrapping gifts from...

- A. YouTube videos on "how to tie a fancy bow" and "how to wrap like a pro."
- B. Everywhere. Art is all around us.
- C. The size of the gift, the wrap I have handy, and the time I have until the party.
- D. An overwhelming sense of urgency and panic.

Scoring & Recommendations

Total the number of answers you had for each letter, and find your gift wrap style below. Please note that many people exhibit traits of more than one style, depending on the occasion, recipient, and other contextual cues. It is not unusual to present with more than one gift wrap style.

PREDOMINANTLY A: Perfect Presenter

For you, finding just the right present is only part of the fun. You get giddy about coordinating your wrap with the bride's colors, the baby shower theme, the birthday kiddo's favorite super hero, or the hostess's kitchen décor. You can do totally tasteful or all the way over the top—or anything in between—depending on the occasion. You may or may not have a selection of different kinds of tape to use on different types of paper.

MOSTLY B: Gift Wrap Artist

When it comes to gift giving, you always think outside the box. Maybe you'll decorate your own paper. Or DIY some tassels or pompoms. Or incorporate a little add-on gift into the wrap. Or you might create a complex, clue-filled quest to build excitement for the lucky recipient. Whether you go trendy and minimalist or decorated to the max, wrapping presents is one big happy creative exercise for you.

SERIOUSLY C: Thrifty Gifter

Your gift closet is as well-equipped as any wrapping paper section in a store, and it's the first place you "shop" when there's a party. Your senses tingle when there's a stock-up sale. And there's no shame in your re-gift-bagging game. But that doesn't mean you're less thoughtful—in fact, you're a very generous gift giver. And your practical approach means you've always got the right wrap on hand for any present and every occasion.

PRETTY MUCH ALL D: Rushed Wrapper

You're a kind, thoughtful friend. You know your mom's favorite perfume, the artist your sister likes, and your best friend's preferred adult beverage. But you've got a lot going on. This thing about getting a gift and making it fancy? What are you, an elf? It's not that you're against wrapping presents—you've just got too many thumbs and too little time.

**UP COMING EVENTS****STAFF CHRISTMAS PARTY**

December 8th

**CARF Canada**

Webinars ~ CARF is committed to providing the highest quality education and training opportunities in a format that promotes ease of access and participation. Our web-based trainings offer you the following:

- Training in the comfort of your own office or home.
- No travel-related costs.
- An engaging and interactive format.
- Multiple participants in the training for one connection price.

<http://www.carf.org/Events/Webinars/>

**CHILDRENS CHRISTMAS PARTY**

December 15th

What is Snoezelen?

Excerpts from: <https://www.snoezelen.info/>

The Beginning

During the late 1970s two Dutch therapists; Jan Hulsegge and Ad Verheul experimented with a sensory tent at the DeHartenburg Institute. The goal was to increase enjoyment and sensory experience for those with intellectual disabilities. The result of a one-weekend fair was overwhelmingly positive for both verbal and non-verbal patients. The term Snoezelen® was coined soon after, which is a contraction of the Dutch verbs “snuffelen” (to seek and explore) and “doezelen” (to relax).

The Early Years – Whittington Hall – First Snoezelen Multi-Sensory Environment in the UK

After an intensive fund-raising effort, Joe Kewin, a senior manager and his team worked with Rompa in the UK to design a multi-faceted Snoezelen Center at Whittington Hall. Whittington Hall was a large institution dedicated to serving adults with intellectual disabilities and opened its Snoezelen room in 1987. With this, Whittington Hall became the premier Snoezelen environment in the UK and the pioneer in early research.

Growth of Snoezelen – Beyond Holland and the UK

1992 – First installation of a Snoezelen room opened in Canada at Bloorview Kids Rehab (now known as Holland Bloorview) in Toronto, Ontario.

1992 – First installation of a Snoezelen room opened in the United States courtesy of Lifespire in New York City.

Snoezelen has experienced incredible growth, year over year and can be found in over 40 countries around the world!

Snoezelen in New Settings

Since its conception Snoezelen has evolved and has been proven useful in a multitude of settings. What was once a specialist niche therapy is now commonplace in schools, hospitals, long term care facilities, dementia care units, mental health facilities, churches, community centers, community pools, rehabilitation facilities, and in many households.

Snoezelen can aid learning/development, help to relax an agitated person or stimulate and raise alertness levels of someone who has sensory processing disorders. It is helping to improve the quality of life of thousands of people around the world.

THE SENSES

The world is full of sensory stimuli. Some individuals are not able to organize and respond appropriately to this stimuli, others have lost skills due to accident or illness, and some others lack the ability or freedom to make choices to balance their sensory lives. For these individuals the world may be a confusing and frightening place, full of over- or under-stimulation. They may behave inappropriately and act or respond in ways others do not understand.

The five senses with which we are most familiar are:

Vision (Visual) — Provides us with details about what we see and helps us to define boundaries as our brain processes color, contrast, shape, and movement.

Touch (Tactile) —Keeps us in contact with our surroundings. Touch is vital to our survival and is one of our modes of communication. From head to toe, our skin helps us feel temperature, light touch, deep pressure, vibration, pain, and so much more.

Smell (Olfactory) —We use the sense of smell all the time. Flowery, pungent, musty, acrid, and putrid—we identify many things by their smells. Strong memories can also be tied to smells.

Hearing (Auditory) —Provides us with details about the sounds we hear such as volume, pitch, rhythm, tone, and sequence.

Two senses with which we may not be as familiar are:

Vestibular —This sense puts balance into our lives. It provides information about movement, gravity, and changing head positions. It tells whether we’re moving or still, as well as the direction and speed of our movement. We may even tell whether we are vertically or horizontally positioned—even with our eyes closed.

Proprioception —This sense processes information from our muscles, joints, and other body parts to provide us with an unconscious awareness of the position of our body parts in relation to each other—and their relation to other people and objects.

A Snoezelen® Multi-Sensory Environment may be used to educate, stimulate, relax, calm, or energize, as a multi-sensory experience or single sensory focus, simply by adapting the lighting, atmosphere, sounds, and textures to the needs of the client at the time of use. These environments transcend populations with its extraordinary flexibility, wide application, and positive outcomes. Moreover, a Snoezelen MSE offers a highly motivating environment for users to enjoy sensory activities that are meaningful and appropriate, facilitated and shared by a therapist, teacher, or caregiver.

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 -
Martin Place - Outreach Home - Sherbourne Home - Nim Nim House -