

# Carmichael Connection

**INSIDE THIS ISSUE:**

- Self-Care** 2
- Cultural Competency** 3
- Health & Safety** 4

*“You are braver than you believe, and stronger than you seem, and smarter than you think”*

Christopher Robin

## IN MEMORIAM ~ Kyle Noble

Submitted by: Mike Taylor, Executive Director

It brings great sadness to announce that the community of Nanaimo and our lacrosse family has lost a legend.

Kyle Noble passed peacefully this morning surrounded by his family.

If you had attended a Sr. B. Timbermen game over the last 20 years, you know who he was. He started out with the team in around the year 2000, a 12-year-old kid who used to write letters to the players telling them how much they meant to him.

He never missed a home game and as he got older, he never missed an away game traveling with the team to almost every game.

He even traveled with the team to the 2014 & 2015 Presidents Cups in Coquitlam and St. Catherines and was there for every minute of the 2018 Nanaimo tournament.

Before games, Kyle would enter the dressing room and read out words of encouragement, something no player over the last 20 years will ever forget.

And if we weren't playing well he let us know it, we would get an earful in between periods. Kyle's passion for the game and team even got him kicked out of a few games, lol.

Fortunately, many past and current players were able to visit Kyle in hospital last week, and hopefully, we were able to show him and his family what he meant to us.

Our condolences go out to Kyle's extended family and especially his Dad, Randy, who was always by his side.

As one player noted.....He'll forever be giving us a "Hey Boyzzz" from above.

What a legend.

**Mike Taylor**  
Executive Director



## Staff Spotlights

### New Staff ~ Returns

- |                               |                          |
|-------------------------------|--------------------------|
| <b>Braeden Michael M. (1)</b> | <b>Celena Vamsi</b>      |
| <b>Satvir Collins</b>         | <b>Mubetseri Jocelyn</b> |
| <b>Raylene Laura</b>          | <b>Bill Mariama</b>      |
| <b>Michael M. (2)</b>         |                          |
| <b>Jessica</b>                |                          |



## Prevent Flu This Fall & Winter

Submitted by: Cathy Bontogon ~ Residential Coordinator



It's likely that flu viruses and the virus that causes COVID-19 will both spread this fall and winter. Healthcare systems could be overwhelmed treating both patients with flu and patients with COVID-19. This means getting a flu vaccine during 2020-2021 is more important than ever.

While getting a flu vaccine will not protect against COVID-19, there are many important benefits, such as:

1. Flu vaccines have been shown to reduce the risk of flu illness, hospitalization, and death.
2. Getting a flu vaccine can also save healthcare resources for the care of patients with COVID-19

Flu vaccine prevents millions of illnesses and flu-related doctor's visits each year. For example, during 2018-2019, flu vaccination prevented an estimated 4.4 million influenza illnesses, 2.3 million influenza-associated medical visits, 58,000 influenza-associated hospitalizations, and 3,500 influenza-associated deaths.

During seasons when the flu vaccine viruses are similar to circulating flu viruses, flu vaccine has been shown to reduce the risk of having to go to the doctor with flu by 40 percent to 60 percent.

Flu vaccination:

- Can reduce the risk of flu-associated hospitalization for children, working age adults, and older adults
- Is an important preventive tool for people with chronic health conditions
- Has been shown in several studies to reduce severity of illness in people who get vaccinated but still get sick

Getting vaccinated yourself may also protect people around you, including those who are more vulnerable to serious flu illness, like babies and young children, older people, and people with certain chronic health conditions.

### **Why Is It Important for Influenza (Flu) Vaccines to be given during the pandemic?**

Efforts to reduce the spread of COVID-19, such as stay-at-home and shelter-in-place orders, have led to decreased use of routine preventive medical services, including immunization services. Ensuring that people continue or start getting routine vaccinations during the COVID-19 pandemic is essential for protecting people and communities from vaccine-preventable diseases and outbreaks, including flu. Routine vaccination prevents illnesses that lead to unnecessary medical visits and hospitalizations, which further strain the healthcare system.

For the upcoming flu season, flu vaccination will be very important to reduce flu because it can help reduce the overall impact of respiratory illnesses on the population and thus lessen the resulting burden on the healthcare system during the COVID-19 pandemic.

### **Flu shots are free for health care workers**

For more information please contact your local pharmacy, most are booking online. You can also contact your local Health Unit.

---

## Positivity in a World Gone Mad!

Submitted by: Cathy Bontogon ~ Residential Coordinator

---

2020 has been a year filled with times of struggle and isolation.

The challenges of a pandemic and our community's adjustments, continued racial divides, and news of challenges faced in our closest neighbouring country can add to our day-to-day stress.

More than ever it is essential to celebrate the simple joys in your life.

Connect safely in your bubble or through virtual means, with your family and friends who uplift and re-energize you, and help them when they need to see some positives.

If you see injustices or biases, look for a way to change those practices or enlighten those who develop them, so that those within these systems can respond in an informed way. Information and the greater understanding of all perspectives will be key to this.

Don't get lost in the swamp. If the news is making you crazy, take a break from the news. Once a week is likely more than enough to keep you updated, and endless debate about news topics on social media may also be adding to your stress.

FIND YOUR JOY! Try something new. You could learn to bake (apparently bread baking became a real thing during the COVID shut down), pick up a new hobby, sign up for an online course, check out new parks. And if any of you are Marie Kondo fans, decluttering and organizing your home can also bring joy. It is a space you are spending more time in now so you want it to be your comfortable space. If what you used to do for fun isn't available right now, this is a great opportunity to experiment with new activities to add your self-care tool box.

Find those roses!



*"Don't look back, you're not going that way!"*

Mary Engelbreit

---

## Carmichael Enterprises Residential Programs

2221C McGarrigle Road  
Nanaimo, BC  
V9S 4M4

**Phone:** (250) 585-2889

**Fax:** (250) 585-2861

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



**We're on the Web!**

[www.carmichaelenterprises.ca](http://www.carmichaelenterprises.ca)

## Cloth Masks

**Scott Hartnett ~ Health & Safety Coordinator**

It is now known from recent studies that a significant portion of individuals with coronavirus lack symptoms and that even those who eventually develop symptoms can transmit the virus to others before showing symptoms. This means the virus can spread between people interacting in close proximity – for example, speaking, cough, or sneezing – even if those people are not exhibiting symptoms. In light of this, Health Canada and the CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain.

Homemade masks are not medical devices, and consequently, are not regulated like medical masks and respirators. Their use poses a number of limitations:

- They have not been tested to recognized standards
- They may not provide complete protection against virus sized particles
- The edges are not designed to form a seal around the nose and mouth
- The fabrics are not the same as used in surgical masks or respirators

The Public Health Agency of Canada has guidance on wearing these masks to prevent COVID-19 that includes the following:

- Wearing a non-medical mask is an additional measure you can take to protect others around you
- Wearing a non-medical mask is another way to cover your mouth and nose to prevent your respiratory droplets from contaminating other or landing on surfaces. Just like the recommendation not to cough into your hands (instead, cover your cough with tissues or your sleeve) a mask can reduce the chance that others are coming into contact with your respiratory droplets
- Cloth masks can become contaminated on the outside, or when touched by your hands. When wearing a cloth mask, take the following precautions to protect yourself:
  - You must wash your hands immediately before putting it on and immediately after taking it off (in addition to practicing good hand hygiene while wearing it)
  - You should not share it with others
  - Avoid touching your face mask while using it, wash your hands if you do
  - When finished with your mask put it directly into the washing machine

Wearing a cloth mask has not been proven to protect the person wearing it and is not a substitute for public health measures (you must consistently and strictly adhere to good hygiene including frequent hand washing and social distancing). However, it can be an additional measure you can take to protect others around you, even if you have no symptoms.