



Carmichael Connection

January 2018

HEAD OFFICE
 2219D McGarrigle Road
 Nanaimo, BC V9S 4M4
 Tel: (250) 585-2889
 Fax: (250) 585-2861

CARMICHAEL ENTERPRISES RESIDENTIAL PROGRAMS LTD

IN THIS ISSUE

Update on Lamwas Elementary School

Submitted by: Mike & Carmela Taylor

The supervisor for the school, Ramir Tanedo informed me on December 9, 2017 that the four boxes we sent out to the children of Lamwas Elementary School in October were received in time for the yuletide season.

He has conveyed that all our efforts and contributions are such a welcome development in the lives of these children and their parents. It is exciting for them to receive gifts especially from outside of the Philippines and they have included Carmichael Enterprises in their daily prayers...how awesome is that!

I am still counting on your generous spirit to join me in my Hatha yoga by donation classes in January 2018 so we can start planning building the school library. The schedule is January 7 and 14, 2018 at The Market Studio, 10 -11 am.

Carmela Taylor



**APPS FOR AUTISM
NEW TECHNOLOGY**

Page 3



**WORKPLACE
MENTAL HEALTH**

Page 4

STAFF SPOT LIGHTS



Birthdays ~ January 2018

Amy	William Mc
Clementina	Amy
Dayo	Damilola

Staff Draw Winners

DECEMBER: Rhiana C.



Welcome New Staff & Returns

Heather	Savannah	Katt
Shauna	Samantha	

RANDOM FAST FACTS



The Kraft Company produces enough Cool Whip in one year to fill the entire Grand Canyon!



A colony of bees have to fly 55,000 miles and tap 2 million flowers to make one pound of honey!

OOPS!

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



B.C. PHARMACIES HANDING OUT FREE NALOXONE KITS TO HELP COMBAT OVERDOSE CRISIS

Excerpts from: CHEK News, Andy Neal

<https://www.cheknews.ca/b-c-pharmacies-handing-out-free-naloxone-kits-to-help-combat-overdose-crisis-400020/>

Free take-home naloxone kits are now available at community pharmacies throughout B.C., according to the province.

The kits are used to reverse the effects of an overdose and around 1,900 have been given to 220 pharmacies in the province.

Pharmacies in London Drugs and the Save-on-Foods chains, as well as some independent pharmacies, are participating in the new program.

“Our most urgent priority is to keep people alive, so we’re dramatically expanding easy access to naloxone,” Minister of Mental Health and Addictions Judy Darcy said in a release.

“Bringing a friend or a loved one back from the brink of death can hinge on people knowing how to use a naloxone kit and having access to one – and making them available at local pharmacies makes them more accessible than ever.”

The province adds that to ensure privacy, no identifying information about the person that is receiving the kit will be tracked.

The move is part of a new \$322-million provincial investment over the next three years to address the opioid crisis. About \$2 million per year has been allocated to increase access to naloxone, including through the new partnership between the BC Pharmacy Association and the BC Centre for Disease Control.

All of the province’s pharmacies are being encouraged to participate. Pharmacists will provide the kits for free and will also give training on how to identify and treat an overdose. Anyone who uses opioids or

is likely to witness an overdose are eligible for a kit.

To find a pharmacy in a community offering the kits visit towardtheheart.com/site-finder.

No-charge naloxone kits will also continue to be available at harm-reduction sites, local health units, hospital emergency departments, corrections facilities and First Nations sites.

The BC Coroners Service says more than 1,200 people died of illicit drug overdoses between January and October of this year.

NANAIMO

LONDON DRUGS
#2 – 650 South Terminal

LONDON DRUGS
Unit #175, 4750 Rutherford Rd
SAVE-ON-FOODS PHARMACY
#103 - 2000 Island Highway

SAVE-ON-FOODS PHARMACY
6901 Island Highway North
SAVE-ON-FOODS PHARMACY
3200 N. Island Hwy

CENTRAL DRUG STORE (BOWEN)
16 - 2220 BOWEN RD

CENTRAL DRUG STORE (DUFFERIN)
101 - 1125 DUFFERIN CRES

CENTRAL DRUG STORE (DUNSMUIR)
495 A DUNSMUIR ST

COURTENAY

LONDON DRUGS
#4000 – 2751 Cliffe Avenue

LONDON DRUGS
#150 - 351 Abbott Street

APPS FOR AUTISM: SILKEN LAUMANN CAMPAIGNS FOR NEW TECHNOLOGY

Excerpts from Clare Hennig, CBC News Posted: Oct 24, 2017

<http://www.cbc.ca/news/canada/british-columbia/look-at-me-app-for-autism-1.4368466>

App helps children with autism make eye contact, recognize facial expressions

Victoria-based Olympic rowing legend Silken Laumann knows firsthand the role technology can play in the lives of children with autism and is bringing attention to an app that helps build communication skills.

Laumann is part of a campaign for Look At Me, an app that helps children living with autism to improve eye contact and interpret facial expressions.

Her stepdaughter, Kilee, 21, has autism and struggles to communicate. Her family uses technology, including tablets and apps, to help overcome some of these challenges, Laumann told CBC guest host of On The Coast Gloria Macarenko.

"One of the things that is really hard for our daughter, and I think it's true for a lot of children with autism, is those social connections," Laumann said.

"Technology has actually played a pretty big role in her life for that." "She wants to connect"

Laumann said the family has been told Kilee has the mental capacity of a two-year-old, but she loves to engage with others by sharing toys or giving hugs and smiles.

"She wants to connect with others, she wants to feel useful and valued," Laumann said.

One of the tasks she struggles with though, Laumann said, is making eye contact and reading social cues.

"Eye contact is a really important way we show that we are listening and that we care about one another," she said.

"Basically, the Look At Me app teaches kids with autism how to make eye contact."

The app was developed with a team of psychologists. The users look at the camera and it tracks their eye movement, rewarding them with a point system as well as visual and sound effects when they maintain eye contact with the face on the screen.

"It's very translatable," Laumann said.

"We do it of course in real life every time Kilee walks in the door, we're like 'Hey Kilee, how was your day?' If she doesn't look at us we say 'Hey Kilee, look at us in the eye.'"

Laumann said technology has a bad reputation for disconnecting people but, when it's used as a tool, can actually help create connections.

"It's a story I've heard over and over again with families who have children who have autism about the power of those phones and the tablets in helping kids to connect," she said.

'Just another kid'

When Kilee is interacting with her three other siblings, Laumann said, it's clear technology is helping build a bridge between them.

"When they connect through their phones or their tablets or computers and they are showing each other things, for that time she's with them, she's just another kid," Laumann said.

The 2017 Look at Me Project, a partnership with Samsung Canada and Autism Speaks Canada, is providing 500 Samsung tablets, pre-loaded with the app, to organizations and families with children living with autism.



Silken Laumann with her stepdaughter Kilee

UP COMING EVENTS



BELL LET'S TALK DAY

January 31, 2018

<https://letstalk.bell.ca/en/>



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/>



NEW YEARS DAY

January 1, 2018

MENTAL HEALTH IN THE WORKPLACE

Excerpts from: Bell Canada ~ Let's Talk
<https://letstalk.bell.ca/en/>

MENTAL HEALTH IN THE WORKPLACE

Half a **million Canadians missed work** because of a mental health problem or illness. Just as many will miss work next week.

Mental health **is the number one cause of disability claims** in Canada.

The personal toll on employees, and the financial costs to their employers, is enormous.

Many of these **costs can be avoided** by ensuring a mentally healthy workplace.

The **Mental Health Commission of Canada** has the tools and resources to help businesses do that.

By The Numbers

1 in 5 - number of Canadians who will experience a mental health problem or illness this year

30 - percentage of disability claims related to mental health

10 - 25 - percentage of disability costs employers could avoid by taking action

198 billion - amount of money lost productivity could cost Canadians businesses over the next 30 years

"Our main focus is Canada's competitiveness... However, when we talk about skills and human resources we don't often talk about the importance of a psychologically healthy workplace. We take it for granted. This is a mistake. A mistake that too many businesses tend to make."

The Honourable Perrin Beatty, President and CEO of the Canadian Chamber of Commerce (Media Release, January 16, 2013)

HERE'S WHAT YOU CAN DO:

Download and adopt the **National Standard of Canada for Psychological Health and Safety in the Workplace** at www.csa.ca/z1003 to help safeguard employees' mental health.

Use the **Action Guide for Employers** to help put the Standard into action and encourage executive leadership to make mental health a workplace priority.

Train managers and employees in **Mental Health First Aid** so they can spot problems early and provide initial help (visit www.mhfa.ca or Email mhfa@mentalhealthcommission.ca)

Support Canadians with mental illness who would like to enter, or re-enter, the workforce by championing the changes recommended in the **Aspiring Workforce** report.

Listen to other business leaders who are creating healthier workplaces by visiting the Leadership Framework for Advancing Workplace Mental Health online at <http://www.mhccleadership.ca/>

For more information on these programs and initiatives, visit www.mentalhealthcommission.ca

Additional Resource: Changing Directions, Changing Lives: The Mental Health Strategy for Canada (This document can be accessed to address a range of issues related to workplace mental health.)

CALGARY OFFICE

Suite 320, 110 Quarry Park Blvd SE
 Calgary, Alberta T2C 3G3

Tel: 403-255-5808
 Fax: 403-385-4044

www.mentalhealthcommission.ca

@MHCC_



OTTAWA OFFICE

Suite 600, 100 Sparks Street
 Ottawa, Ontario K1P 5B7

Tel: 613-683-3755
 Fax: 613-798-2989



**Mental Health
 Commission
 of Canada**

**Commission de
 la santé mentale
 du Canada**

Carmichael Connection

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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 ~