



Carmichael Connection

July 2018

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CARMICHAEL ENTERPRISES RESIDENTIAL PROGRAMS LTD

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GLOBAL SPONSORSHIP~ CAMBODIA

Submitted by: Mike Taylor ~ Executive Director

Carmichael Enterprise's Global Sponsorship is expanding!

Sok's Children's Orphanage & Sok's School

The orphanage is located outside Siem Reap, capital of Siem Reap Province in the north western corner of Cambodia.

"We are a non-government organization established on December 7, 2007 (previously known as SCOA formed in 2006) as a non-profit organization to assist children in receiving their basic rights for food, shelter, protection and education".

Cambodia Lost and Found, the website of Sok's children orphanage!
<http://www.cambodialostandfound.com/>

YouTube Video
<https://youtu.be/zzv6NDbx6sQ>

It is managed by Chinsoka, known as Sok. This is his story.
http://www.cambodialostandfound.com/about_us.php



You cannot *drink* from an empty cup.

FILL YOURSELF UP. YOU'RE WORTH IT.

SELF CARE
MENTAL HEALTH

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ACTIVE THREAT
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STAFF SPOT LIGHTS



Birthdays ~ July 2018

Kevin N Sam Al Joelene
 Maureen Les Jennifer F
 Shalom Russ Shay C

Staff Draw Winners

June: Bah



Welcome New Staff & Returns

Adam Azeez Emma

RANDOM FAST FACTS



The average 4 year old asks over 400 questions a day.



Canadians say "sorry" so much that The Apology Act was passed in 2009, declaring that an apology can't be used as evidence of admission of guilt.

OOPS!

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



SELF CARE ~ MENTAL HEALTH

Submitted by: Carmela Taylor ~ Executive Administrator/Co-Owner

As we have been inundated lately with news of celebrities losing their lives from suicide and perhaps we know people who also lost their lives the same way, we are all becoming aware of how important mental health is in our overall wellbeing. Our brain is a complex system and I often wonder how some people are more susceptible to depression, anxiety, stress, etc. more than others. According to the Canadian Mental Health Association mental illness indirectly affects all Canadians at some time through a family member, friend or colleague. In any given year, 1 in 5 people in Canada will personally experience a mental health problem or illness. Approximately 8% of adults will experience major depression at some time in their lives. About 1% of Canadians will experience bipolar disorder (or "manic depression"). Anxiety disorders affect 5% of the household population, causing mild to severe impairment. Suicide accounts for 24% of all deaths among 15-24 year olds and 16% among 25-44 year olds. Suicide is one of the leading causes of death in both men and women from adolescence to middle age. These are staggering statistics and the fact is mental illness does not discriminate.

We might not understand how our brain works but we know that just as prevention works to support physical health, it also helps to protect mental well-being. According to LifeWorks Canada prevention is key.

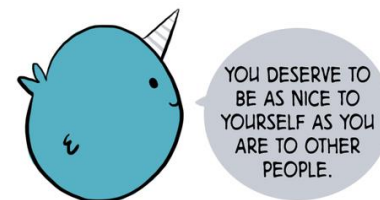
Here are 10 ways to put your mental health first:

- Be self-aware. Pay attention to how you're feeling and thinking and don't ignore signs or changes that concern you.
- Talk about issues that you find stressful. Confide in a trusted peer or loved one for support. And share your concerns early on: The act of venting releases stress and may even help you resolve the problem.
- Keep stress levels in check. Learn skills to combat stress like relaxation, deep breathing, resilience-building, and positive-thinking techniques. A short practice of only a few minutes each day can make a difference.
- Get moving. If you're feeling uninspired or unenergetic, the last thing you likely want to do is exercise. But physical activity can help boost your mood and release stress.
- Avoid overload. Feeling overwhelmed or overscheduled all the time? Prioritize and pick the commitments that matter to you most then learn to say "no" to the rest.

- Sleep. Long-term sleep deficiency causes irritability, lack of focus, accidents, and can even lead to the development of emotional problems like anxiety and depression. Improve your sleep and aim for 7 to 9 hours of restful ZZZZZs every night depending on your personal sleep need.
- Reach out if you're having trouble processing a loss. Seek out a support group, a grief counselor, or other therapy option if feelings of sadness or grief are overwhelming and preventing you from performing the activities of your daily life. Whether caused by a trauma, death of a loved one, illness, disability, or any other tough challenge you may face, difficult emotions sometimes demand qualified support for recovery and healing.
- Revel in "me" time. Indulge your hobbies and passions. Recharge and unwind by carving out personal time every day — take a walk, take a bath, take in a movie, or just take five! Fun personal pursuits can give you a mental break from stress.
- Avoid nicotine, alcohol & illegal drugs. You may even wish to avoid caffeine! Mood altering substances don't help your body and your brain function at their best. Drink plenty of water and eat nutritious foods to fuel your body and help keep you strong. According to CMHA, people with mental illness are twice as likely to have a substance use problem compared to the general population. At least 20% of people with a mental illness have a co-occurring substance use problem.
- Always consult your doctor if you're concerned about any aspect of your well-being. Don't be afraid to ask questions, or to ask for clarification if your healthcare provider tells you something you don't understand. Be honest about the symptoms you're experiencing to help your doctor assess you thoroughly and connect you to the right help. You may even want to write your experiences down in a journal so you don't need to rely on your memory.

These are all great ways to cultivate positive mental health but I also believe in positive thinking. If we want to stay positive in life, we have to realize that everything is not black or white. Life has some gray areas...there are always in-betweens. To stay positive, accept that we are not perfect and neither are the people or things around us. After all, we are just humans living in an imperfect world.

For more resources, connect online with <https://www.lifeworks.com>. Their Online Toolkits can help... whether you connect to their platform by browser or by free, user-friendly mobile app, you'll discover a wealth of toolkits to support you in managing issues you may be facing. If you haven't downloaded their app yet, go to the App Store or Google Play and simply search for LifeWorks. ~



HERES HERE'S HOW MUCH GENETICS PLAYS IN A ROLE IN AUTISM

Excerpts from: [Carmen Chai](https://globalnews.ca/news/3772280/heres-how-much-genetics-are-to-blame-for-autism/) Senior National Online Journalist, Health Global News
<https://globalnews.ca/news/3772280/heres-how-much-genetics-are-to-blame-for-autism/>

While scientists are still discovering more about autism spectrum disorder (ASD), new research in the field suggests that genes may explain most of the risk of an ASD diagnosis – to the tune of 83 per cent.

American scientists say they've calculated the most accurate figure to date for measuring the exact role genes play in autism cases. Turns out, inheriting certain genetics may explain "most" of the risk. The findings come from re-analyzing data on a group of children in Sweden – they included 37,570 twins, 2.6 million siblings, and 432,000 half-siblings whose health was tracked from 1982 through to 2006.

After scouring through their health records and susceptibility to ASD, the scientists found that the likelihood of being diagnosed with autism is largely based on inherited genes. "This estimate – 83 per cent – is slightly lower than the approximately 90 per cent estimate reported in earlier twin studies and higher than the 38 per cent estimate reported in a California twin study, but was estimated with higher precision. Like earlier twin studies, shared environmental factors contributed minimally to the risk of ASD," Dr. Sven Sandin, the study's lead author out of Mount Sinai Hospital in New York, wrote.

Autism was first described by scientists in the 1940's. Years later, critics pointed a finger at cold parenting – "refrigerator mothers" who were distant and didn't engage with their kids – as the culprit. While researchers still don't know what causes autism, they're certain parenting isn't a factor. They're zeroing in on genes instead.

Studies have suggested that parents who have a first child with autism have higher chances of having a second child with autism compared to the general population. The study took this into account: the scientists didn't consider a single moment in time for siblings but noted that one sibling could be diagnosed first, while the other would be diagnosed later.

Dr. Charis Eng, a Cleveland Clinic expert who wasn't involved in the study, said this doesn't mean one single gene can be altered to cause all autism. Instead, she said various genes could be at play, and that the environment is still a factor, too. But the findings are an important step in zeroing in on an important risk factor.

"Taking a family health history would be important, because if there's already someone with autism spectrum disorder, and the study is correct, then the likelihood of another person having it in the family is higher," Eng said. "It's not a lot higher, so people should not panic, but it just gives an indication. If people are unsure about their autism risk, they should not hesitate to ask to see an autism doctor or a genetics professional." She said she hopes more families with loved ones who have autism sign up for research.

Canadian scientists who studied siblings with autism and their parents found that even siblings can have different "forms" of autism. In this case, the siblings and their parents' genetic code were examined. Mutations present like typos in the human DNA code. While siblings shared autism spectrum disorder and the same parents, the typos in their DNA that led to the neurodevelopmental condition weren't the same. Autism is a neurological disorder marked by abnormalities in the brain.

While people believe that those with autism lack empathy and can't develop meaningful relationships, they can feel as much, if not more, than their peers. Children with autism may find it difficult or aren't sought out by others. They could have difficulty relating and building connections with their peers, Autism Canada says.

One in 68 children falls under the autism spectrum disorder, according to the Centers for Disease Control and Prevention (CDC). The U.S. federal agency says that's a 30 per cent jump from its last estimate of 1 in 88 children – the latest calculations mean autism is more than twice as common as officials said it was years ago.

The CDC says that autism affects 1.2 million U.S. children and teens. U.K. health officials say one in every 100 people is living with autism.

[Health Canada](#) points to global statistics – "an average prevalence" of about one per cent – but it's working on a national surveillance system for autism. The first collection of data is expected in 2015 with initial findings to be made available by 2016.

Autism affects one out of 42 boys and one in 189 girls, according to estimates.

UP COMING EVENTS



INTERNATIONAL SELF-CARE DAY

July 24, 2018

<http://isfglobal.org/international-self-care-day/>



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CANADA DAY

July 1, 2018

'Run, hide, fight': Vancouver police release video on how to deal with active deadly threat

Excerpts from: Amy Judd Online News Producer Global News

https://globalnews.ca/news/4226476/vancouver-police-video-active-deadly-threat/?utm_source=Article&utm_medium=MostPopular&utm_campaign=2014

Vancouver police have released a video showing residents what to do in the event they are faced with an active deadly threat.

"Active deadly threats are rare in Canada, but they do happen," says chief const. Adam Palmer. "The threat could be a gun, a knife or a vehicle. It takes time for first responders to arrive, and your safety may be in your hands."

"Gun violence in Vancouver is relatively low compared to other places, but with attacks increasing in frequency around the world, it's something we must prepare for as a community."

The video, which is eight minutes long, walks the viewer through a series of scenarios involving an active shooter in an office building and offers advice on what to do to survive.

Palmer says there are three things people can do. Viewers are encouraged to act quickly, and look for a safe way to escape. If that is impossible, they are advised to hide and prepare to fight. Ultimately, they may have to fight and defend themselves.

"These will be high-stress situations," says Palmer. "Get ready to fight, this is a last resort, but you have every right to defend yourself under high-risk situations. These are very dynamic situations that unfold quickly and are extremely dangerous."

Palmer says people can get ready for something like this by being aware – know where all the exits are and how to lock or secure an office, meeting room or building floor.

He says a realistic safety plan should be in place and practiced. Police are also advising businesses and buildings create a crisis response package for first responders, which will include building maps, an up-to-date employee roster, keys, pass cards, floor plans and contact numbers.

"Time will pass before first responders arrive to help, even if it's only minutes, and that's when the public or potential victims will need to act," says Palmer.

"Our officers train and are prepared — your preparation could be key to surviving an incident like this," he adds.

"Escape if you can, hide if you can't, fight if you must."

YouTube Video

<https://youtu.be/NpRRavbLvXg>

Carmichael Connection

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Martin Place ~ Outreach Home ~ Sherbourne Home ~ Nim Nim House ~