

Carmichael Connection

INSIDE THIS ISSUE:

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

How enterprising parents are creating jobs for their children with Autism

Excerpts From: <https://www.ctvnews.ca/health/how-enterprising-parents-are-creating-jobs-for-their-children-with-autism-1.4427956>

Shannon Hill started a business in Saskatoon in April with her teenage son in mind. She launched the gift-boxing business "4 U Box" in an effort to give 18-year-old Colby Hill, who has autism, meaningful employment.

"Ninety per cent of people with autism are unemployed or underemployed," Shannon Hill told CTV News. "That's an epidemic of people who not employed or not able to be supported in a workplace." She's among parents who are becoming entrepreneurs to create jobs for their children with autism because they say businesses aren't hiring them.

One in 66 children are diagnosed with an autism and one of the biggest worries for parents is what their kids will do for work when they grow up.

In Canada, the vast majority of people on the spectrum are unemployed, with workplaces afraid to hire them, unable or unwilling to accommodate the hours to provide the extra help they might need. Hill's business mails gift boxes for weddings and

baby showers and one of Colby's tasks is to help fill the boxes. The company is now taking orders and has already shipped out 20 boxes. The company is even listed on Shopify.

"This is something he can do and ... he can say, 'I can have a job,'" she said. Colby is being shadowed right now but the hope is that he'll be able to mail the products himself.

Then there's [Made by Brad](#), a furniture-assembly company in Edmonton created with the same idea in mind. The business enlists Brad Fremmerlid, 30, to quickly build IKEA furniture or BBQ appliances, his father said.

"It brought his level of interaction, communication and happiness way up," said his father, Mark Fremmerlid. "It gives him a place in society where he feels good." Over the past five years, he estimates his son has made about \$40,000 from his projects. Part of this money is used to pay some of the travel

expenses of Brad's support worker who drives him to each job.

Some studies suggest self-employment might be one of the few ways to tackle the dismal unemployment rate among developmentally-delayed young adults.

Another example is the non-profit gourmet popcorn business, [Popcorn for the People](#), started by Steven Bier from New Jersey. He felt his son Sam was being underutilized, simply pushing around empty shopping carts at his old job.

"No one is stepping up to help. The government means well but the government can only do so much," Bier said, praising some "kind-hearted" businesses that do hire those with intellectual differences.

The company has grown to where it sells the flavoured popcorn internationally, and it now employs several other adults with developmental disorders.

"It brought his level of interaction, communication and happiness way up,"

Mark Fremmerlid

Staff Spotlights

June Birthdays

- Kyle
- Carmen
- Bah
- Joseph
- Samantha Mc
- Larissa R
- Jason M

May Birthday Winner:

- Kevin BR
- Alexis C

New Staff ~ Returns

- Justin
- Aaron
- Maximilian
- Amanda
- Victor
- Ernest
- Faith



On Wellness

Submitted by: Carmela Taylor ~ Executive Administrator

I am pleased to announce that our yoga room is finished and I am offering a morning class on Monday and Wednesday beginning May 27, 2019 at 6am - 7am for those who are interested to share energy. These classes are by donation, proceeds will go to a cause of choice that week. Should you want to come please arrive 15 minutes before the class starts as the doors will be locked at 6 on the dot! Please bring a mat, a towel, a water bottle and your enthusiasm to class. See you on the mat.

Eight Limbs of Yoga

It is said that there are eight limbs or guidelines in yoga in which we should observe in our daily practice so we may connect to our inner wisdom and to be in unity with the divine or universal consciousness. With these limbs or values come the truth of how we view ourselves in relationship to the world at large, our awareness to our actions, our speech, our breath, and eventually that interconnection of our mind, body and spirit – that state of being.

Yamas and niyamas are the moral guidelines we ought to follow – compassion, integrity, generosity, moderation, gratitude, simplicity, contentment, physical strength, research and observance, and dedication to the divine. We cannot observe the other limbs if we do not build on these truths – do we practice moderation and self-discipline? How can we focus our minds when it is full of ego and negativity? The basis of the yamas and niyamas is love; love for ourselves and for others – love in action.

Asana and pranayama are the physical guidelines and the most accessible to most people. Asana is the practice of physical postures while pranayama is the practice of breathing/ accessing our life force. It's through asana that we cultivate ease and steadiness to our mind, body, and our breath. We practice asana to dissolve tensions, eliminate toxins, increase our mobility and circulation, and build on our physical strength. Practicing pranayama through regulation of our breath gives steadiness and calmness to our mind. It opens up the energy channels of our body. With asana and pranayama, we feel a sense of well-being; these practices improve our health and clarity of mind.

Pratyahara is the process of clearing or filtering our thought patterns and distractions. So often we are afraid of doing new things or having to get outside of our comfort zone because of our negativity. When we are doing a challenging asana or pose, most of the time we feel anxiety or even fear, we might even just come out of it altogether. Cultivating pratyahara means to move away from the anxious and fearful thoughts and move deeper into the asana using our breath and focus.

Dharana is a practice of concentration and focusing our attention to one single point may it be a mantra, manifestation or mudra. It is a concentration of sound and vibration emanating from our heart. With the practice of dharana we attain the state of spaciousness, serenity, peace and joy. Dhyana is the practice of meditation or contemplation. This is where our mind has gone quiet, we are very aware but there are few thoughts or no thoughts at all. This is the hardest practice in that it takes strength and stamina to reach the stillness of the mind.

When we practice dharana and dhyana, we attain Samadhi – oneness with the divine. According to Buddhist tradition, **upon development of Samadhi, a person's mind is believed to become pure from defilement, calm, tranquil, and luminous. Once the person achieves a strong and powerful concentration, his mind is at the threshold of seeing the ultimate nature of reality, eventually obtaining release from all suffering.** By practicing Samadhi, our individual consciousness is absorbed into the universal consciousness. Our perceptions and feelings cease, it just is. In stillness, there is only pure joy, inner peace and spaciousness.

These eight limbs of yoga lead to the attainment of physical, ethical, emotional, and psycho-spiritual health. Each one is important like a spoke in the wheel, if one is detached, the wheel cannot roll. When we cultivate dedication to practicing these limbs, life is calling for our full presence. As Patanjali said, **your entire life is being called to attention and intention.**

Carmela Taylor

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Carmela Taylor

Definition of Wellness

Excerpt from “Elder Jim Dumont, National Native Addictions Partnership Foundation



Definition of Wellness

Wellness from an Indigenous perspective is a whole and healthy person expressed through a sense of balance of spirit, emotion, mind and body. Central to wellness is belief in one’s connection to language, land, beings of creation, and ancestry, supported by a caring family and environment. The spirit causes us to live, gives us vitality, mobility, purpose and the desire to achieve the highest quality of living in the world. **Spiritual** wellbeing is the quality of being alive in a qualitative way. Spirit is central to the primary vision of life and worldview and thereby facilitates hope. Within an Indigenous worldview, being rooted in family, community and within creation as extended family is the foundation of belonging and relationships. At this heart level of one’s being, **emotional** and relational wellbeing is nurtured by one’s belonging within interdependent relationships with others and living in relation to creation, including beings in creation. The mind operates in both a rational and intuitive capacity. **Mental** wellbeing is the conscious and intelligent drive to know and activate one’s being and becoming. Having a reason for being gives meaning to life. The body is the most outer part of our being and is comprised of the most immediate behavioral aspects of our being. **Physical** wellbeing is that way of behaving and doing that actualizes the intention and desire of the spirit in the world. This and the knowledge that the spirit has something to do in the world generates a sense of purpose, conscious of being part of something that is much greater than they are as an individual.

“Wellness from an Indigenous perspective is a whole and healthy person expressed through a sense of balance of spirit, emotion, mind and body.”

**Elder Jim Dumont,
Definition of Wellness**



Elder Jim Dumont, National Native Addictions Partnership Foundation, Honouring Our Strengths: Indigenous Culture as Intervention in Addictions Treatment Project - University of Saskatchewan. (2014). *Definition of Wellness* ©.Muskoday, Saskatchewan: Author. Canadian Institutes of Health Research, Funding Reference Number AHI-120535.

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



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www.carmichaelenterprises.ca

Safety on the job!

Accidental Needlestick Injury

What to do in the event of an accidental community needlestick injury

001.



Allow it to bleed freely

Injuries are usually superficial

Do not squeeze where you were poked by the needle. This may damage the tissues and increase risk of infection.

002.

Wash the area

With soap and warm water



Do not apply bleach or alcohol to the area. This may damage the tissues and increase risk of infection.

003.



Stay Calm

And visit your local ER as soon as you can

- The care providers at the hospital will determine any follow-up care you may need based on your specific situation.
- Bloodwork will be done at this visit with follow-up over the next three months to monitor your health and provide you any necessary support.

www.towardtheheart.com

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