



Dale - Creekside Place

Carmichael Connection

May 2018

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CARMICHAEL ENTERPRISES RESIDENTIAL PROGRAMS LTD

IN THIS ISSUE

IN MEMORIAM ~ DALE R. 1960-2018 CREEKSIDE PLACE

Submitted by: Ian Semple ~ Senior Manager, Carmichael Enterprises

Dale and I had a very unique relationship, one that is impossible to label, but it worked well for him and me, He was a very special man, a man with a huge heart, a man that always put a smile on my face.

When he first arrived at Creekside, I soon realized that Dale was a huge martial arts, he loved Bruce Lee, and he loved to act and role play. His first favourite game was home invasion. I would have to sit on the couch with my back to him. My role was the unsuspecting home owner. Dale would then sneak up behind me and jump on me, and we would roll around on the floor and wrestle. Then he would have me sit in the kitchen and do the same thing. Then I would have to stand on the deck, having a smoke, and he would tackle me to the ground, and we would wrestle some more. We played this game about 6 hours every day for 2 to 3 years. Then I said Dale this getting a little boring, I think we have done this long enough, could we maybe play another game, is there something I could get you to occupy your time. Dale responded that he would like a stationary bike. So I thought great he wants to exercise, without me being involved. So I found him an exercise bike and gave it to him and Dale was very happy. The next morning I came in to work, I found the bike totally taken apart, a thousand pieces. There was Dale standing, arms crossed, then pointing, saving the bike parts. So began our quest for bike parts. Over the years we collected thousands of used bike parts from shops all over Nanaimo. The owners of which got to know Dale, and would leave used parts outside their shop for us to pick up.

As we drove around town, we would listen to classic rock on the radio. 2 of his favourite songs, were "We are the champions", by Queen, and "Hit me with your best shot" by Pat Benetar. During which, in good humour, we would punch other, the martial arts thing coming out again haha. Dale also loved to sing the National Anthem, many times he would wake up in the morning, and burst into a rousing rendition. His version always ended with the words, pension cheque, GST, tax forms. For those of us who knew, this was quite funny. A couple of weeks ago we were at Rona, standing in line waiting to pay, when Dale started to sing the Anthem. When he finished, all the cashiers, started applauding and cheering. They all had huge smiles on their faces. That was the affect Dale had on people, he made people smile.

Dale was also great at Math, he would always assist cashiers counting out change at the checkout, this was also funny, but sometimes confusing to them. A couple of weeks ago on a Friday we were talking about how long we had been together, and Dale started counting hours. When I came back on Monday morning, he was awake and still counting 20,001, 20,002, 20,007, 9, 5, 8, 2, 3, and on and on. He was so funny. But seriously we spent over twenty thousand hours together. We laughed and we cried together. But what makes me happy, is that Dale was happy at Creekside. He loved it here, and he will always be remembered here.

Goodbye my friend, I will miss you. Ian



ANNUAL VACATION

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**SINGING BARBER
 SENSORY NEEDS**

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STAFF SPOT LIGHTS



Birthdays ~ May 2018

Willow	Susan	Shaiann
Ted	Sharron	Heather Mc
Nicole	Leslie	Jonathan C
Kara	Kevin	Denise
Shauna B.	Lara	Simeon

Staff Draw Winners

April:	Patricia Jaimee	Richard J.
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Welcome New Staff & Returns

Simeon Kylie

RANDOM FAST FACTS



NASA put a man on the moon with less computer memory than you use when taking a picture on your iPhone.



The word "gorilla" is derived from a Greek word meaning, "A tribe of hairy women."

OOPS!

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



WHY ANNUAL VACATION IS IMPORTANT?

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

According to Forbes Magazine, not taking vacation is a bad idea as it harms productivity and the economy. Despite the many benefits of taking time off some employees succumb to various pressures, some self-imposed and some from management – to not take the time off to which they are entitled, whether they accrue vacation money or not.

In BC, an employee is entitled to two weeks' vacation after completion of their first year of employment. The vacation time is to be taken during the second year of employment, with the vacation pay calculated as 4% of total wages earned in the first year. After the employee completes five years of employment, vacation pay is at six per cent of all wages earned in the previous year. Paid vacation pay becomes part of total wages for the year it is paid.

Some employees have misconception about not taking vacation as they think they are looked at by their employers as someone reliable when in fact not taking vacation time is detrimental to their work performance and over-all wellbeing. It is also bad for employers' purses – carrying too much accrued vacation money is a liability.

Policy and labour standards aside, the benefits of going away on vacation outweigh everything else.

- Vacations make us happier - we are less tense and less stressed out when we come back from vacation, and our energy levels are high.
- Vacations are good for our health - a vacation offers a chance for our body to turn off the stress systems, to recuperate and to repair. Research has shown that people on holiday immediately feel healthier, have less physical complaints and even have a reduction in cholesterol levels on their return.

- Vacations increase productivity - employees who take vacation have lower levels of job stress and burnout. Researchers also showed that at a company level there were lower levels of absenteeism for reasons other than ill health after employees had taken a vacation compared to before.

Remember to just not take a vacation, but time off work as well; researchers find that people still work while on vacation which negates the positive effects of a vacation. Studies have shown that people who spend a lot of time thinking negatively about work while on vacation actually had higher levels of exhaustion and disengagement from work when they returned. People who felt that their holiday was highly recuperative, meanwhile, experienced enhanced effects when they went back to work. They were happier and more satisfied with their lives even in the face of a heavy workload on their return.

This shows that it's not enough just to leave the workplace you also need to switch off when you take time off. Try not to think about all of the things that annoy you at work, don't log into your email unless absolutely necessary and limit your use of electronic devices.

So don't feel guilty about taking the time off you're entitled to. Vacations are important for a healthier and happier you, and a happier and a more productive workplace.

Have a great time!

Carmela Taylor

HIGH-TECH BOTTLE DEPOT HELPS CALGARIANS WITH DISABILITIES: 'IT'S GOING TO WORK WONDERS'

Excerpts from: Gil Tucker, Global News

<https://globalnews.ca/news/4158212/high-tech-bottle-depot-helps-calgarians-with-disabilities-its-going-to-work-wonders/>

Jason Barefoot has been working at the Vecova bottle depot in northwest Calgary for the past 23 years, enjoying the steady employment it has provided.

"I've had a learning disability all my life," Barefoot said, adding that working at the depot has been a big boost.

"It's been a challenge. It took a long time," he said. "I've overcome the majority of my disability and I'm very, very proud of myself for doing that that."

Now, Barefoot is hoping something new at the Vecova Centre for Disability Services and Research will help the non-profit organization help more people with disabilities.

It's one of the first bottle depots in Calgary to bring in an automated sorting system.

"It'll process everything," Barefoot said. "It counts it up, sends it to the proper bags. It automatically knows where it's supposed to go, 'cause it's so high-tech."

Vecova director of employment Matthew Nomura said the new system is going to make a big difference.

"This will be eliminating more barriers to employment," Nomura said. "It allows individuals that may have a barrier with counting just to be more employable."

The organization is hoping quicker service and consistently accurate counting will bring in more customers. It's planning on using any extra revenue to expand services to its clients.

Vecova operates homes for people with disabilities and runs programs to help them take part in community events.

Barefoot is looking forward to seeing the benefits the new sorting system will bring.

"It's going to work wonders for us," Barefoot said. "There are other people here who have way harder disabilities than mine and they need constant help every single day. And that's what we're here for."



UP COMING EVENTS



MENTAL HEALTH WEEK

May 7-13, 2018

<https://mentalhealthweek.ca/>



CARF Canada

Advanced Performance Measures

Dates: April 30 – May 2, 2018

Simon Fraser University at Harbour Centre
515 West Hastings Street
Room 7000
Vancouver, BC

<http://www.cvent.com/events/carf-canada-advanced-performance-measurement/event-summary-f33f35767dbc46fe8f56e35acb658e01.aspx>



VICTORIA DAY

May 21, 2018

A BARBER SOOTHES A CHILD WITH AUTISM BY SINGING -- AND FINDS A NEW PURPOSE

Excerpts from: [Ashley Vaughan, CNN](#)

<https://www.cnn.com/2018/03/30/health/iyw-barber-nursery-rhymes-trnd/index.html>

Clippers buzzing, scissors clinking, men talking loudly in the talcum-scented air. It's a comforting barbershop cacophony for most of the clients.

But for Jordie Rowland, it's an assault on the senses. He has autism and his cries pierced through the other noises in the Brisbane, Australia, barbershop. "You could hear his distress before you saw him," barber Lisa Ann McKenzie told CNN.

Then, after two hard years of trying, the flailing child who couldn't sit through a haircut calmed down when the barber sang his favorite song -- "The Wheels on the Bus."

With that breakthrough earlier this month, McKenzie emerged with a new purpose: a day at her shop reserved just for kids with special needs. Jordie Rowland, 11, has a severe form of autism. He is nonverbal and prone to sensory overload. "At the very start, we would be lucky to get a half haircut done," McKenzie said.

She felt helpless against a condition she didn't understand. "It was so disheartening. It was just pulling my heart out," she said. McKenzie, herself a mother of four, read up on sensory sensitivity and autism. She learned how important routine is for many people with autism and she set up a plan.

Every two weeks, Jordie and his parents arrived at the barbershop near closing time when things were quieter. McKenzie dimmed the lights and turned down the music.

"We weren't sure what would work but I felt it would decrease the sensory issues," she said. McKenzie attempted to cut Jordie's hair for as long as he allowed it. "We would do a quarter," she said. "It was four weeks before it looked like a normal haircut."

The new routine was a slight improvement for Jordie, but not for McKenzie's bosses. They reprimanded her for spending too much time on the boy, she said. "They wanted us to stick with five haircuts an hour." They also rebuked her for not charging Jordie's parents, she said. "I wouldn't charge because it wasn't a haircut," she said.

Three weeks later, the persistent barber opened her very own barber shop with plans for Jordie to be one of her first clients. She says the first time he arrived, she allowed him to walk around and explore, which made him more comfortable. This time when Jordie approached his haircut, he was calmer. "We got three-quarters of the way through," McKenzie said.

One day as McKenzie attempted to cut Jordie's hair, she sensed he was becoming anxious. Without thinking, she started singing, "The Wheels on the Bus." "I sing to all the kids when using the clippers so the noise of the clippers doesn't scare them," McKenzie said.

But she had never sang that song to Jordie. "He looked straight at me. It's hard to describe but I felt like my heart exploded," she said. Jordie allowed her to finish the haircut, complete with styling gel. "I even got a big hug."

That day McKenzie left her shop with a new goal: to make families like the Rowlands feel safe and understood. "She has been a great support to us in our journey with his haircuts," Jordie's mother told CNN

One Sunday a month, McKenzie offers "Sensory Sensitive Sunday Sessions" for children with special needs. "You don't have to force the customers to sit in the chair -- it doesn't matter," McKenzie said.

She, and the five other barbers in her shop, are willing to cut hair on the floor or while the child is playing with toys. She encourages barbers to make a connection with their clients before beginning the cut. "The haircut will get better once the connection is stronger," McKenzie said.

Some of McKenzie's customers travel hours to experience her special touch. The barber, who's also known as the "child whisperer," tries to make every one of them feel at home. "We are a family," she said.

Carmichael Connection

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