



Carmichael Connection

September 2017

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CARMICHAEL ENTERPRISES RESIDENTIAL PROGRAMS LTD






IN THIS ISSUE

8 Areas of Preparedness

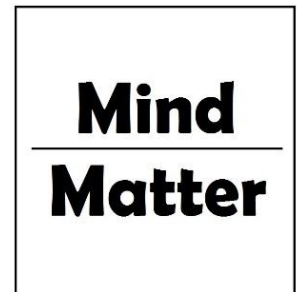
Excerpts from: Briden Solutions www.BridenSolutions.ca



8 AREAS OF PREPAREDNESS

<p>WATER Vital for life </p> <p>Safe ratios per person per day are: 2 litres of drinking water and 2 litres for other purposes (cooking, cleaning) for a total of 4 litres per person per day</p>	<p>FOOD Sustain your health </p> <p>Store 2000 or more calories per person per day in a wide variety of food groups, tastes and types. Store what you normally eat, considering the extra's - pass the salt anyone?</p>
<p>SHELTER Protect from the elements </p> <p>You need the ability to quickly create a stable, dry, warm environment. Pick up a tent, then add to that items to enhance that shelter like tarps and cord.</p>	<p>HEALTH & FIRST AID Saves lives </p> <p>Don't let a tiny cut turn into an infected ER room run. A basic first aid kit works wonders. And for those with the skills, a trauma kit can change bad to good in a hurry.</p>
<p>LIGHT Diversification is key </p> <p>Keep 2 - 3 different types on hand. One that is solar charging, another with batteries, and a third dynamic crank style. Then add in some candles and light sticks.</p>	<p>HEAT & ENERGY Maintain core temp. </p> <p>Start simple with some hand warmers. Then go longer term with a camp stove or other way to heat/cook. Then you can heat your body and cook and put fuel into it.</p>
<p>COMMUNICATION Stay in touch </p> <p>Both inbound and outbound are important. You want to be able to signal others if you are lost (mirror), and be able to hear what's happening if you are stuck indoors (radio).</p>	<p>SANITATION Often overlooked </p> <p>Keep it clean. Keep it portable and simple. A portable loo, garbage bag and some soap go a long way to stop disease and keep you healthier for the long term.</p>

Start Preparing Today at www.BridenSolutions.ca



ITS ALL IN YOUR HEAD?

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DRUG CRISIS
LETTER TO PARENTS & GUARDIANS

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STAFF SPOT LIGHTS



Birthdays - September 2017

- Helen Pam Kip Isabell
- Stacey Sofia Kristine
- Chris J Hope Pam Greg
- Richard Greg Vaughn
- Richard Faqirullah

Staff Draw Winners

AUGUST: Aquila



Welcome New Staff & Returns

Demilola Patricia

RANDOM FAST FACTS



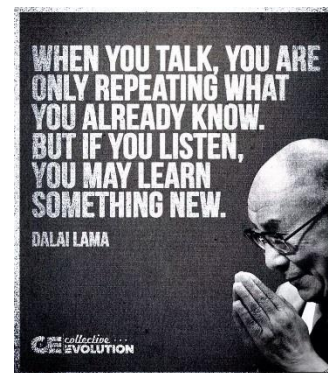
A crocodile can't move its tongue cannot chew. Its digestive juices are so strong that it can digest a steel nail.



Men can read smaller print than women; women can hear better than men.

OOPS!

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



HUGE AND HAPPY CROWDS TURN OUT FOR 39TH VANCOUVER PRIDE PARADE

Submitted by: Cathy Bontogon, Residential Coordinator
 Excerpts from: from Global News by Simon Little, Photo from CBC News

The 39th annual Pride Parade kicked off Sunday in downtown Vancouver. Equality, diversity and inclusion were centre stage at one of Vancouver's happiest events.

Downtown Vancouver was transformed into a sea of sound and colour Sunday afternoon, as the city played host to its 39th annual Pride Parade.

Organizers estimated between 500,000 and 650,000 people packed the downtown core for the parade, Sunset Beach festival and associated events.

The parade kicked off at noon at Robson and Thurlow Streets, winding its way down to Denman Street and Beach Avenue and finishing at the Sunset Beach festival site. It featured approximately 150 floats from community groups and businesses.

The event brings together members of the LGBTQ community, along with friends and supporters to celebrate equality and inclusivity. The parade caps a week of events including the Trans and Dyke marches, East Side Pride, Davie Street Party, speaking events, cruises and parties.



Vancouver Police Department



Global BC



Premier John Horgan

It's Ok to Be a Head Case

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

Have you ever heard the phrase "mind over matter"? How about "it's all in your head"? Or "meditation is good for your health"? Well, maybe that last one is not an actual saying, but many sources believe this to be true.

If practiced effectively and consistently, meditation can enhance your mood, reduce stress or anxiety, and even improve immune system functionality.

Does this mean you should trade in your summer dress and heels; suit and tie; or jeans and tee for a Buddhist robe? Well, if you'd like! But if you happen to love those heels, tie or dungarees; feel free to keep 'em! Yes, meditation can be a way of life, or simply a part of your life.

BREATHE

The first stage of meditation is to stop distractions and make your mind clearer and more lucid. This can be accomplished by practicing a simple breathing meditation. Choose a quiet place to meditate and sit in a comfortable position. You can sit in the traditional cross-legged posture or in any other position that is comfortable. If you wish, you can sit in a chair. The most important thing is to keep your back straight to prevent your mind from becoming sluggish or sleepy.

At first, your mind will be very busy, and you might even feel that the meditation is making your mind busier; but in reality you are just becoming more aware of how busy your mind actually is. There will be a great temptation to follow the different thoughts as they arise, but try to resist this and remain focused single-pointedly on the sensation of the breath. If you discover that your mind has wandered and is following your thoughts, you should immediately return it to the breath. Repeat this as many times as necessary until the mind settles on the breath.

PRACTICE MAKES BETTER

If we practice patiently in this way, gradually our distracting thoughts will subside and we will experience a sense of inner peace and relaxation. Our mind will feel lucid and spacious and we will feel refreshed. When the sea is rough, sediment is churned up and the water becomes murky, but when the wind dies down the mud gradually settles and the water becomes clear. In a similar way, when the otherwise incessant flow of

our distracting thoughts is calmed through concentrating on the breath, our mind becomes unusually lucid and clear. We should stay with this state of mental calm for a while.

Even though breathing meditation is only a preliminary stage of meditation, it can be quite powerful. We can see from this practice that it is possible to experience inner peace and contentment just by controlling the mind, without having to depend at all upon external conditions.

When the turbulence of distracting thoughts subsides and our mind becomes still, a deep happiness and contentment naturally arises from within. This feeling of contentment and well-being helps us to cope with the busyness and difficulties of daily life. So much of the stress and tension we normally experience comes from our mind, and many of the problems we experience, including ill health, are caused or aggravated by this stress.

Just by doing breathing meditation for ten or fifteen minutes each day, we will be able to reduce this stress. We will experience a calm, spacious feeling in the mind, and many of our usual problems will fall away. Difficult situations will become easier to deal with; we will naturally feel warm and well disposed towards other people.

Source: <http://how-to-meditate.org/breathing-meditations>

From the Dupuis Langen Wellness Summer Report



UP COMING EVENTS



WORLD SUICIDE PREVENTION DAY

September 10, 2017

<https://suicideprevention.ca/wspd/>



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/>



LABOUR DAY

September 4, 2017

Ministry of Health Letter dated June 15, 2017

Submitted: Carmela Taylor – Executive Administrator Co-owner,

<https://www.google.ca/search?q=ministry+of+health+letter+1086299&og=MIN&ags=chrome.1.6915913j6916512j69157.3860jo7&sourceid=chrome&ie=UTF-8>



June 15, 2017

1086299

Dear parents and guardians:

As you are likely aware, British Columbia is currently experiencing an illegal drug overdose crisis. Since January 2016, more than 1,400 people have lost their lives. While youth aged 14-18 are not considered high risk for an overdose death, school-aged youth are not untouched by tragedy, either directly or through family and friends and media awareness. Nineteen youth between the ages of 14 and 18 years old were reported by the Coroner's Office to have died from an illicit drug overdose since January 2016.

We hope that with your help in speaking to the youth in your life as they go into year-end celebrations and new activities in the summer months, we can avoid preventable tragedies.

What you need to know to keep your kids safe

I strongly encourage you to talk about substance use with the youth in your lives. Non-judgmental and supportive conversations about substance use and overdose risks can save lives. Obviously the best way to stay safe is to avoid drugs altogether, but we know that many of our youth will experiment and so it is important to share that:

- The greatest risk for overdose death is when someone uses drugs alone – because no one is there to call 9-1-1 if they overdose.
- Opioids are a type of medication which includes heroin, morphine, fentanyl, methadone and codeine. Fentanyl is around 50 to 100 times more toxic than morphine, which makes the risk of accidental overdose from illegal fentanyl very high. Other opioid compounds are being found now that are even more toxic, such as carfentanil. About two-thirds of overdoses occurring in B.C. are due to lethal fentanyl and compounds like it.
- A very high percentage of illegal, street opioid drugs like heroin and fake Oxycontin contain fentanyl – *but you also should know* that fentanyl is being found in street drugs that are not sold as opioids, including drugs like cocaine, ecstasy (MDMA) and methamphetamines. The dealer may not know fentanyl is in them.
- Anyone who does not regularly use opioid substances is at very high-risk for overdose if substances like fentanyl contaminate their drugs, because they have no tolerance built up for opioids. People who have used drugs containing opioids and then stopped for a time are also at risk for this reason.
- Contrary to some reports, fentanyl has not been found in marijuana.
- You can talk to your older children about being the responsible one at parties where drugs may be available – encourage them to call 9-1-1 in an emergency and assure them they will not face criminal consequences for overdose-related calls, provide naloxone if available and perform rescue breathing.

Visit [gov.bc.ca/overdose](http://www.gov.bc.ca/overdose) to learn more about reducing harm and preventing overdose.

It can be a challenge to talk to teens and young adults about drugs, but help and resources are available. Reach out and start the conversation. You are the most important source of information for your children. Be non-judgmental, respectful and ask teens what they know. Please take some time to go online and learn more about how to speak honestly with your kids about this important topic:

- Articles about how to talk to kids, teens and adult children are available on HealthLinkBC at healthlinkbc.ca/substance-use/parenting-articles.
- Leslie McBain lost her only son Jordan to overdose. Listen to her story at youtu.be/pGv_jFhHnJQ.

What you can do to help save a life

If you have a youth or adult in your life who uses illegal drugs regularly or occasionally – *or you use illegal drugs yourself* – here are some important actions to take:

- Carry a naloxone kit and learn how to properly use it. Visit www.gov.bc.ca/overdose to find where you can get a kit and training.
- Be prepared to give rescue breaths in case someone overdoses; giving rescue breaths before help arrives can save a life and prevent brain damage.
- Anyone using drugs should do a small test amount first. Don't mix drugs (including with alcohol).
- Anyone using drugs should do so with someone who will check on them and call 9-1-1 in case of overdose, or use an overdose prevention site if there is one in the area.
- **Call 9-1-1 in a health emergency** – a new Good Samaritan law protects people from charges of possession in the case of an overdose and you will save a life.
- If you think someone you love may be using, or at risk, begin a **non-judgmental conversation** about how to stay safe. Know that addiction is a chronic health condition and relapses happen.

Help is available

If someone you know is using drugs, there are treatment and support options available. Visit www.gov.bc.ca/overdose or call HealthLink BC at 8-1-1 to speak to a health navigator about treatment options and services in your area.

Each of us can make a difference by starting a dialogue with the youth in our lives. Together we can begin to turn the tide on this crisis happening in our communities.

Sincerely,
P.R.W. Kendall
OBC, MBBS, MHSc, FRCPC
Provincial Health Officer

Carmichael Connection

Serving Nanaimo to Campbell River

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 ~