



May 5 2019

# REALM

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## May Access with Kerry

Access can be defined as being active, being in the community, being seen, and having the ability to contribute. There is a bill being discussed called c-81 about access for all people, that involves plain language for people with developmental diversabilities. Furthermore, sometimes people consider access as just for mobility, but part of accessibility is making sure everyone has access to knowledge and information.

Plain language can be defined as a movement that takes adult language and turns it into something everyone can understand. For example, sometimes filling out forms can be difficult because of complex language and simplifying those forms can help people with diversabilities.

### How do we access our goals? Asked Donna.

Suzy says "Networking! Talking about what our goals are then connecting the right community partners to them. How we get access to our community can be done in all kinds of ways, such as: Facebook, our community picnic, handing out our cards. These are some of the ways we can connect in our community. – Suzy

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## Erin's Distress Therapy

Journaling is the ultimate tool for stress management. Consider the benefits of stress management that have been the big highlight.

Think about the ways in which you have been dealing with stress. If you feel overwhelmed with everyday stress, then it's time to consider a change. Even if you do not think you are a writer, just think about a getting a journal because it's worth it and make journaling a habit. Writing doesn't always come easy, but it can be beneficial to you. When you feel stuck, take a break and do some meditating, yoga, or colouring therapy. Journaling will enhance your stress management results.



## Recipe of the Month

May 31st Newsletter will have a lunch sale featuring this months recipe, all proceeds go to the Relay for Life team.

### Jo Ann's recipe of Tuna Mac and Cheese

2 cups of water

2 cups of elbow macaroni, uncooked

$\frac{3}{4}$  a pound of Velveeta pasteurized prepared cheese product, cut up

1 package (16 ounces) frozen vegetable blend, thawed, drained, flaked

2 tablespoons of milk



1. Bring water to a boil in a saucepan, stir in macaroni. Reduce heat to medium-low and cover. Let Simmer 8-10 minutes or until macaroni is tender.
2. Add Velveeta, vegetables, tuna and milk. Stir until Velveeta is melted.

Makes: 4 to 6 servings.

## MAY IS THE MONTH OF TAURUS

GOOD TIMES ARE AHEAD FOR THE **TAURUS** ZODIAC SIGN IN 2019

## & GEMINI

PREPARE YOURSELF FOR AN EXCELLENT YEAR IN EVERY AREA OF YOUR LIFE

## Fundraising News & Events

- **May 1<sup>st</sup> Grand opening of Java Creek**  
-Where: Joseph's Creek main street
- May 2<sup>nd</sup> Relay Bake sale
- May 6<sup>th</sup> Mental Health Week
- May 6<sup>th</sup> Nurses week
- May 8<sup>th</sup> Bra's on Dude's
- May 12<sup>th</sup> Mother's Day
- May 20<sup>th</sup> Victoria Day
- May 22<sup>nd</sup> Relay Breakfast
- May 23<sup>rd</sup> World Turtle Day
- May 28<sup>th</sup> Nat'l. Hamburger Day
- May 31<sup>st</sup> Newsletters First Lunch Sale

## REALM CLOSED

May 17<sup>th</sup>, 18<sup>th</sup>, 19<sup>th</sup>, 20<sup>th</sup>



CMHA Mental Health Week

# #GetLoud

May 6-12, 2019



View all events on our website at [Realmbc.ca/events](http://Realmbc.ca/events)

## Upcoming Birthdays

- A Jeremiah – May 3<sup>rd</sup>
- Kerry – May 4<sup>th</sup>
- Sam F – May 5<sup>th</sup>
- Donald B – May 6<sup>th</sup>
- Joanne “50” – May 8<sup>th</sup>
- Jennifer K – May 15<sup>th</sup>
- Donna – May 20<sup>th</sup>
- Violet – May 23<sup>rd</sup>
- Lorill – May 26<sup>th</sup>
- Jeremy
- Chris



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## Brett's report on the Bras on Dudes May the 8th Event.



Visit YouTube to watch the video at the following link; <https://youtu.be/kifzd41N6lk>

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