



August 2 2019

REALM

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REALM 4th Biennial Picnic

REALM'S PICNIC was a wonderful success!



Singing O'CANADA alongside Wayne Stetski was a highlight. Truly a proud Canadian moment!



We would like to thank all our community supporters along with everyone in our community who joined us in our fun filled day at the park!

We look forward to the next PICNIC!



ACCESS

It's time for our monthly discussion on the word of the year "Access" and this month we have had the opportunity to talk to Jonathan about what the word means to him. Here is what he had to say about access and what it means for him as an employee of REALM. The group started out by asking Jon. How has realm been accessible to you?



Here is his answer: Realm has been accessible to me on quite a few levels. On an employment level they are my employer for almost 10 years now. On a personal level they have always been here for me to be able to reach out to in many ways from venting, to solving all kinds of problems with.

Starting with employment. How have they reached your employment goals? They have surpassed my employment goals by providing many opportunities for my role as office assistant. One of the top things would be a trusting work relationship, counting on me to be able to file important information appropriately.

Have they made your community accessible to you? Yes, they have. They have helped me get my photography out in the community, especially allowing me to display my work around Java Creek has been wonderful!

I'm truly grateful on all accounts to the REALM community!

Let's Talk Health

With the days staying lighter longer and the evenings being warmer it is very easy to stay up late into the night. Resist the urge to stay up later during long summer days. Instead pay attention to good sleep hygiene by keeping the same bedtime and wake-up schedule.

- Here is one we might not think of:

Be good to your Eyes.

Wear protective eye wear that block ultraviolet rays. Your eyes need protection even on cloudy days because the sun's damaging UV rays can penetrate cloud cover, as well as wrinkles around your eyes.

- **Get outside to Exercise:**
 - Go on a hike.
 - Take a nature walk.
 - Swim.
- **Give your diet a berry boost:**



If you do one thing this summer to improve your diet, have a cup of mixed fresh berries such as blackberries, blueberries, or strawberries every day. Blueberries and blackberries are especially antioxidant-rich.



Donna's Recipe of the Month

Crab and Strawberry Salad with Lime

Ingredients

- Flesh of 2 avocados, cut in 1-inch (2,5 cm) cubes
- 1 English cucumber, peeled, seeded and cut in 1-inch (2,5 cm) cubes
- 1 1/2 cups (375 ml) fresh strawberries, quartered
- 3/4 lb (350 g) snow crab meat
- Juice of 2 limes
- 3 tablespoons (45 ml) olive oil
- Salt and pepper



Preparation

1. In a bowl, gently toss all the ingredients. Season with salt and pepper.
2. Serve immediately.

Note

Spring is snow crab season in the Gaspé and the Lower St. Lawrence in Quebec. The rest of the year, you can buy it in frozen pieces. For a change of pace, you can also make this recipe with lobster or fresh shrimp. The key is the subtle flavour of the sea.

AUGUST IS THE MONTH OF LEO

- 2019 HOROSCOPE SAYS THERE IS A HIGH CHANCE THAT YOU WILL GROW IMMENSELY IN THE WORKPLACE. YOU ARE AN INDEPENDENT INDIVIDUAL; THEREFORE, YOU WILL BE ABLE TO ACHIEVE MOST OF YOUR GOALS ON YOUR OWN.

Erin's Corner

Relaxing de-stress summer

Don't go into a meltdown over stress take a de-stress summer & try some yoga or journal writing. Any sort of change can cause added stress. Stress over long period of time can have a serious effect on your health and immune. If you feel stressed out & tension building up, here are some tips to help you rid yourself of that unwanted extra stress.

1. Go for a 10-minute walk
2. Breathe deeply
3. Eat a healthy snack
4. Step away from the screen
5. Try the Naam Yoga hand trick ...

Applying pressure to the space between your second and third knuckle (the joint at the base of your pointer and middle finger) can help create a sense of instant calm.



YOGA
Shunya mudra
Heaven hand gesture

6. Turn off your phone and step away. Enjoy the beautiful day and the environment around you!

Mind & body peace

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The newsletter crew would like to challenge our Realm community to learning this month the days of the week in sign.

Have fun guys and let's see how many you can learn!

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Realize Empowerment

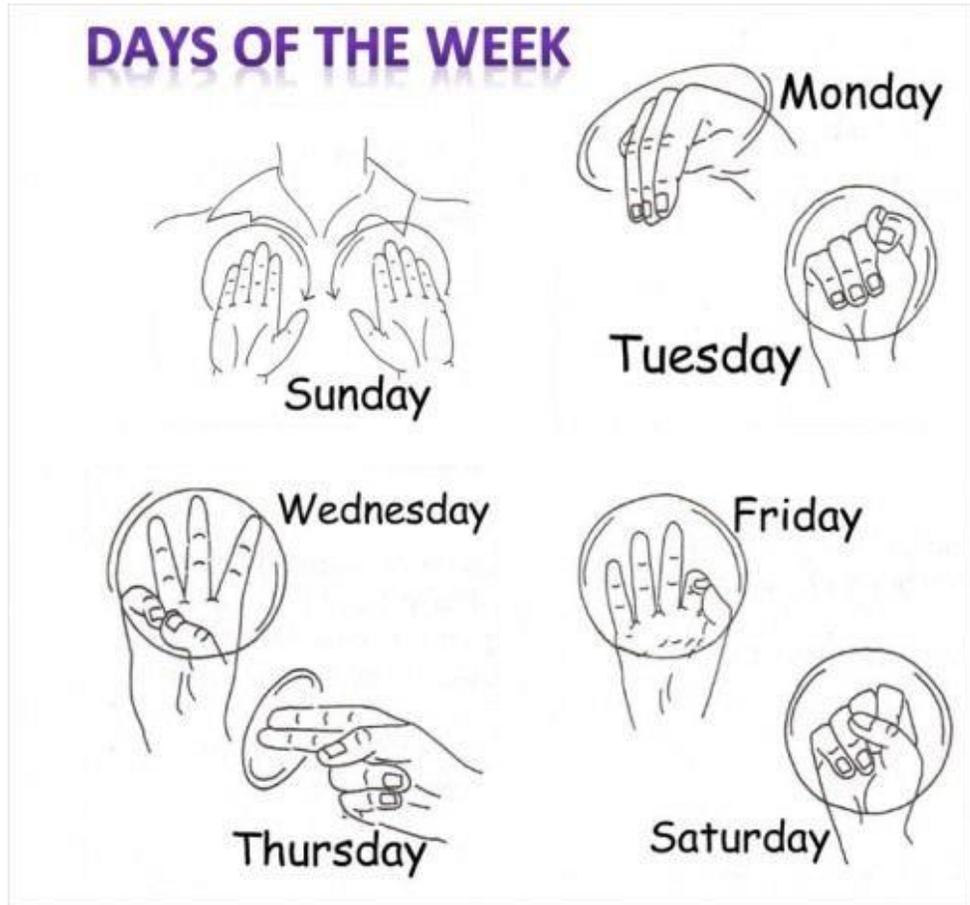
Access Life to the
Maximum

We're on the Web!

realmbc.ca

facebook.com/realmbc.ca/

[c.ca/](https://facebook.com/realmbc.ca/)



Fundraising News & Events

REALM EVENTS

Realm Closed dates

AUGUST 2nd, 3rd, 4th, 5th

September 1st, 2nd

Fundraising events

Breakfast August 21st – 8:30 to
9:30

Pancakes with fruit & whipped
cream \$7.00



Sign up at Realm or phone

Breakfast starts @ 8:30

View all events on our website at Realmbc.ca/events

Upcoming Birthdays

Norman 6th

Kelly O 10th

Joyce 12th

Barb S 14th

Theresa 16th

Daniel 20th

Brooklyn 22nd

Colin 24th



HAPPY BIRTHDAY TO ALL OF OUR JULY BABIES

Upcoming Community Events

Cranbrook Summer Market:

Every Sat. 9 – 1 pm June 22 – Oct. 12th Rotary Park
Summer Sounds has started!

Free – Every Saturday starting July 6th – Aug 24th Rotary park will
have live music from 6pm – 10pm



FOCUS ON EMPLOYMENT

Lynnetta is the eldest of 4 kids who were transplanted from a family farm in Saskatchewan to Edgewater, BC in order for her parents to find work to support their brood. Lynnetta is now in her early fifties and as you may know support for any special needs kid was nonexistent back when she was in school. To say that school was a frustration for Lynnetta would be a vast understatement. She feels she was just "passed along" in school because they didn't know what else to do with her up until Grade 8 when her parents were told not to send her anymore - there was nothing more they could do for her. Lynnetta's family did find a boarding home in Kamloops so she could attend- Overlander Secondary School for special needs kids.

Lynnetta moved back home with her parents after "graduating" but she was bored and all she wanted was a normal life meaning a job and friends. To that end she moved into Invermere into an apartment. She did manage to find some jobs with help there, but they were most often volunteer positions which she views as not real

jobs. She moved to Cranbrook eight years ago and sees her friends and boyfriend, Norman, all the time.

As she lives on a PWD pension Lynnetta said she feels valued when she is earning real pay for real work and the extra money makes a huge difference in the quality of her life.

For Lynnetta a regular job means one where she can be challenged and accepted for her diverse abilities. She has worked at REALM as a receptionist for the past seven years. She works Tuesdays thru Fridays from 9 AM – 12 pm answering phones, taking messages, supporting guests at REALM and other office tasks as assigned. For 4 years Lynnetta also served for and was a member of two CLBC committees Kootenay Community Council and the Provincial Advisory Committee working with the CLBC Board of Directors sharing information about her region and advice to assist with its governance and decision making. As a peer and self-advocate and she, gets to attend meetings and conferences as well as supporting younger individuals who may need help figuring out the system and/or asserting themselves. In the fall of 2018 hired as an employee of CLBC to work with the Welcoming Workshops in the East Kootenay

Lynette loves her jobs most days although as she says, “everyone has bad days but once in a while”. She feels she has gained a lot of self-esteem thru working not to mention the extra income which allows her to finally have a savings account and make plans for her life. She sees her extended family often and is Aunt Lynnetta to lots of nieces and nephews.

