

Issue No. 3

August, 2005



Cameray Newsletter

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Back to School - Managing Morning Madness



It's just about time for kids to settle back into their old routines again. Mornings can be particularly stressful if they are rushed, chaotic and disorganized. When your morning activities run smoothly, and you're out the door on time it can make your whole day feel better. To create a peaceful morning routine, follow these steps:

Start your morning — at night!

A real key to smoothing out your morning is to prepare as much as you can the night before. This means choosing the day's clothing, packing lunches, gathering homework, signing permission slips and setting the table for breakfast.

Post a calendar.

Buy the biggest wall calendar you can find and hang it in a central location. Write down events and appointments for everyone. Use different color marking pens to code items for easy reading. (As an example: ball practice in red, carpool in green, doctors/dentists in purple.) Keep the calendar up to date and you'll be more organized!

Create a drop box

Have a labeled box for each family member by the door. Use this to store shoes, keys, backpacks, coats and anything else that goes out the door with you in the morning. Plastic tubs or decorated crates make great drop boxes!

Use a morning list.

Sit down and analyze a typical morning. Make a list of everything that needs to be done. Create a poster-sized list of the standard morning activities listed in order to be done.

If you have a child who gets easily distracted and ignores the morning chart - don't give up! Just make a small mini-size chart, laminate it, put it on a chain and let your child wear it as his "morning necklace"! *Your* part is to make a few gentle reminders, "How are you doing on your chart this morning?"

Check out sleep time.

If your child has trouble getting up in the morning and sticking to his schedule take a look at what time he or she goes to bed. Without adequate sleep a child won't

be able to follow a morning routine successfully.

Fix problems with a family meeting.

If problems persist take the time to sit down with your children and talk about it. Let everyone have a turn talking, and then work to arrive at solutions that will benefit everyone.

Get up fifteen minutes earlier.

You'd be amazed at the difference fifteen minutes can make to your morning. It can mean a peaceful pace instead of a rushed frenzy. Try it!

Praise successes.

Remember, your words of praise will encourage your children to continue to meet their goals!

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Beyond the Blues



More than one in ten British Columbians will experience a major depression in their lifetime.

For more than 20 years, Robbie (not her real name) lived in the shadow of an invisible adversary that weighed heavily on her happiness. "I didn't see it happening," she said, looking back on the earliest days of her illness. Gradually, a fog settled over her life, covering her with fear, fatigue, unhappiness and unsettling mood swings. "I knew what I was feeling was not normal, but it became my normal—the highs and lows became a part of my life." Eventually, Robbie was diagnosed with clinical depression. That diagnosis started her journey towards well-being.

She's certainly not alone in her suffering or in her reluctance to seek help: more than one in ten British Columbians will experience a major depression in their lifetime, yet less than a third will seek help.

The stresses of family and work can sometimes get in the way of enjoying life, resulting in poor coping, anxiety, depression and substance misuse. A group of health care professionals hope to shine the spotlight on depression and other mental health issues, including workplace stress or the stresses of having a family member with a mental illness, at a free Mental Health Education Day on October 6, 2005.

The Douglas College Health and Safety Committee and Psychology Department, the Canadian Mental Health Association, Simon Fraser Branch, BC Schizophrenia Society and Fraser Health, Fraser North, along with the Psychiatric Department of Royal Columbian Hospital are partnering in this event in celebration of Mental Illness Awareness Week and National De-

pression Screening Day.

"Our goal is to enhance recognition of the signs and symptoms of stresses related to family and work issues, de-stigmatize mental illness, and emphasize the importance of support and treatment options," said Dr. Terry Isomura, Chief of Psychiatry at Royal Columbian Hospital and chair of the event committee.

The event will be held at Douglas College, David Lam Campus. The day is made up of free, confidential depression screening, presentations in the auditorium and various information booths. For information on scheduled events, you may call 604-520-4662 or 604-527-5508. The funding for this event has been provided by the Eagle Ridge Hospital Foundation.

Fraserhealth Newsroom

Music for the Mind and Soul



Music is not only fun, but it has been proven to be beneficial to a child's development in many ways.

Merely listening to music sparks activity in all areas of the brain and actually playing it exercises the complex communication between the hemispheres, something which is crucial in all of our daily activities. Add to this the sheer fun involved in performing together with others to make music happen, and it's a potent mix.

Music programs in the schools are constantly in danger of being cut back or cut out altogether, in spite of all the signs pointing to the fact that giving extra musical training to children increases their test scores and improves their behaviour in the classroom. What's a parent to do? How can you make sure that music is part of your children's lives and part of their future?

If you have sung a simple lullaby or recited a silly finger game to your baby you have already started the process. For the majority of children, their first

exposure to music is through the sound of their mother's voice. Don't be afraid to sing those old nursery songs and play your favorite recordings for your child.

Courses are available which are designed to introduce your children to basic musical concepts through songs, movement, and rhyming games. These can be started as early as three months of age and are a great opportunity for bonding with the participating parent.

Between three and five years of age, children can begin formal instruction on many instruments. At this age, musical ability is in its most fertile stage for growth, and your young one is eager for new experiences. Through the work of such music educators as Shinichi Suzuki, we have realized that the complex skills involved in playing an instrument can be broken down into small steps accessible

even to very young children. At this age parental involvement in lessons and practice at home is crucial; establishing a regular practice "habit" is important for progress, and they will need you to remind them and assist them for the first few years.

As children mature, the social aspects of music making will become more important; participating in school band, a pop group, or a symphony orchestra will give them a chance to interact positively with their peers and create something much larger than the sum of its parts.

No matter what avenue your children choose to pursue in the future, the study of music will enrich their lives, expand their intellectual and social horizons and give them lasting, happy experiences to remember.

This article, printed as "The Joy of Music" was written by Jennifer Gray Bmus., BCRMTA, SAA Member. Reprinted from BC Parent Magazine with permission of Jennifer Gray & Amati String Studio.

Corner

Here are a couple of quick and easy, healthy recipes you can pack into your child's lunchbox:

Mexican Bean Dip

Kids will love this as a filling for celery, as a dip with vegetables, or as a sandwich spread along with lettuce, sliced tomato or cucumber inside pita rounds. It is also very tasty simply as a dip for tortilla chips or pita bread.

1 can (14 oz) refried beans

(with Chilies)

1/3 cup low-fat yogurt
2 green onions, chopped
1 clove garlic, minced
1 tsp each ground cumin and chili powder
2 tbsp chopped fresh coriander or parsley

In bowl, combine beans, yogurt, onions, garlic, cumin and chili powder; mix well. Cover and refrigerate for up to 2 days. Just before serving, sprinkle with parsley or coriander.

Crunchy Yogurt

Start with your child's favorite yogurt. Stir in half a cup of low-fat granola or another good-munching cereal. Add a tablespoon or two of chopped fresh melon, a sliced banana, or whatever fruit you have on hand. This snack is sure to become a hit!



Camaray On-Line - A New Look

Camaray Centre is excited to launch its new website at <http://www.camaray.ca>.

The goal of our website overhaul was to provide everyone interested in Camaray an easy, convenient, user friendly online experience that showcases everything Camaray has to offer. Our website is an extension of the Camaray experience and will aid in creating a safe and accessible place on the Web for the community.

Community members can

now easily find out about the programs we offer, when we have new programs emerging, find out how to contact us and access other online resources.

Our partners and colleagues will have easy access to learn more about our organization. You'll find our referral guidelines and referral forms are readily available in a variety of formats. Employment opportunities will be available as they emerge and if you are reading this in a paper newsletter, you'll be pleased to know you can now read our newsletters

online!

Did you also know that you can support Camaray online? We have partnered with Canada-Helps, a registered charity created to accept charitable donations online for the country's 80,000 charitable organizations. It is completely secure and private and allows you to show your support conveniently and easily.

We will continue to update and improve our website. Check us out!

Marlas Silvestrone

Camaray staff would like to extend a special thank-you to Marlas for volunteering her time for the creation of our new website. She has done a wonderful job and we are very happy with the new look!

The Healthy Lunchbox

While families shop for school supplies and prepare for the busy schedule of Fall, the Heart and Stroke Foundation of Canada is urging people to make healthy eating part of their routine.

Studies show that Canadians know the benefits of eating well. Still it can be challenging to turn this knowledge into action. In our hectic culture, some children do not always get the daily nutrients they need. Thinking about lunches for kids on the move is a great place to begin.

"It's not hard to make quick healthful foods," says Registered Dietitian Carol Dombrow of the Heart and Stroke Foundation of Canada's Health Check Program. "All it takes is a little planning."

She suggests that families make a master list of lunch ideas they enjoy, based on Canada's Food Guide to Healthy Eating.

"Keep your list handy on the fridge. A little thought now will save you time when you prepare your grocery list each

week." Carol recommends buying fresh produce in season, and selecting a variety of foods from the four food groups.

"The ingredients of a great lunch should be on-hand and ready to assemble in ten minutes." Children are encouraged to get involved by adding their own suggestions to the list and helping in the kitchen. "The more they know about healthy eating the better equipped they will be when it comes to making their own choices later on," says Carol.





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MISSION STATEMENT:

Cameray Centre is a community-based agency committed to the strengthening of individuals and families through support, counselling, education, outreach, and advocacy.

We are a non-profit agency serving Burnaby and New Westminster residents since 1972.

FUNDED BY:

Ministry of Child & Family Development

Fraser Health

Ministry of Public Safety & Solicitor General

United Way - Success By Six

WITH DONATIONS FROM:

BC Gas Warm Hearts Fund;

CKNW Orphans Fund;

J. B. Orr;

Stan Milacek;

Calkins & Burke

Coast Capital Foundation

Telus

Sears

The Healthy Lunchbox (cont'd)

Beat the Trend

Prepackaged convenience lunches are the latest trend in school. The bite-size portions and treats appeal to young children, but some may not provide the best nutrition as a daily meal. Make your own using a divided reusable container. Include a selection of favorite foods cut into small portions. Pick from pita triangles, crackers, bread sticks, hummus, cheese cubes or yogurt dip, sliced vegetables, and fruit such as orange slices, strawberries or melon balls.

Add in a Treat

Keep a batch of small muffins or oatmeal cookies in the freezer for a quick addition to any lunch. Add raisins and dried fruits for snacking, or include a few chocolate chips or crunchy cereal for kids to sprinkle on yogurt and pudding.

Drinks

Pack milk in an insulated lunch bag with an ice pack. Other options are water, chocolate milk, yogurt drinks and a variety of 100% fruit or vegetable juices. You can store some drinks in the freezer overnight and add them to the lunch box in the morning. They will have thawed by lunch-time, but still be cold.

Liven up Tired Sandwiches

Use interesting breads such as soft round tortillas to create your own sandwich wraps. Add crunch with a cucumber or crisp lettuce. Children enjoy mini-sub on whole grain buns. Easy fillings include tuna, salmon, lean cooked meats or vegetable combinations. Hummus and pita is also a favorite. The possibilities are endless.

For your copy of Canada's Food Guide to Healthy Eating, you can visit Health Canada's website at

www.hc-sc.gc.ca/hppb/nutrition.

*Heart & Stroke Foundation,
Health Check Program*

Funder Highlight

Coast Capital Savings Foundation

We were delighted to receive a grant from Coast Capital Savings Foundation for our program "Assisting the Community with Transitioning Students" (ACTS) which will provide much needed programming to the students.

This donation will enable more students to participate and have more creative programming possibilities.

This school program was developed by Beverly Ogilvie and Joanna Doonan and is funded by the Ministry of Children and Family Development.