



FREE! TAKE ONE! Serving people since September of 2013.

DEC 2022

In this month’s newsletter we are celebrating the holiday season. People celebrate in many different ways at this time of year. We have lots of great articles and ideas to help you get into the spirit of the season.

This time of the year can also bring a lot of stress for people. With all of the extra goodies, late nights, high expectations and excitement of the season, it can be easy to start feeling overwhelmed. We’ve got articles that can help with that, too, including ideas for people with sensory challenges. We hope that you will find some healthy ways to take care of yourself. That might include some outdoor activities, like skiing & snowshoeing, or maybe it will include going for an evening walk to enjoy the pretty Christmas lights. On the colder days, finding some relaxing indoor activities can also be a great way to unwind.

The biggest thing for everyone is to find connection, whether that is with family or friends. Simple celebrations with loved ones can do us so much good. The gift of time with our friends and family at this time of year is invaluable. Maybe that is one of the gifts we have learned from Covid. Not being able to be together has reminded us that togetherness is more important than material gifts.

From everyone at the KSA, we wish you a very happy holiday season and all of the best for 2023!

“No one should be alone on Christmas.” —*How the Grinch Stole Christmas (2000)*.

Inside this issue

- Feature Articles
- Movie articles
- Celebrating Disability Awareness and success stories and inclusion for all ! Written by people with Diverse Abilities.

Do you have a story idea or an event you think would be interesting for our readers?

Contact us at:

thekampoosselfadvocate@yahoo.com
113-540 Seymour St.,
Kamloops, BC V2C 2G9
Office phone: 250-828-1344

We always look for writers and people to interview.

Please subscribe!

Each month you will receive a newsletter with interesting and inspiring content. Be sure to check out our online newsletter for bonus stories and articles!

KSA Facebook page: **The Kamloops Self Advocate Newsletter**
On the Self-Advocate Net site: <https://selfadvocatenet.com>

Imagine a future where everyone belongs

Did you know that we have funds that address equity and inclusion? Your gift, large or small, can help provide opportunities for people in our community .

Support the Foundation, support your community.





The KSA has created a program to recognize and promote local businesses that are accessible and supportive of all members of the community. The businesses listed here are friendly, accessible, and great to deal with.

Ability Friendly Accessible Business Program

- Horizon Dental Clinic
- 5 Bean Brewbar & Café
- Brownstone Restaurant
- All Around Gamerz
- The Vic Downtown
- Kamloops Film society
- Kamloops Art Party
- New Horizons Professional Support Services Inc.



Krystian's Corner

In this month's newsletter, we are focusing on Christmas and the Holiday Season. We have a fun recipe, making coal cookies. There is an article about autism-friendly tips for Christmas and how to make the holiday season go smoothly for people with autism spectrum disorder. Find out how to have fun this holiday season and how to have a stress-free holiday, managing your stress.

We have listings of Christmas movies to stream online and Christmas music to listen to on YouTube and get us in the holiday mood. There are also TV special listings for the holiday season.

There is also a movie review on a movie called Falling for Christmas and lots of exciting things related to the Holiday Season.

There are also other holidays too like Hanukkah, Kwanzaa, New Year's and winter solstice.

There are lots of ways that people can spend time over the holidays. Some people like to bake Christmas goodies or cook certain foods, like turkey. Others enjoy having eggnog and other seasonal drinks. For some people, it is all about watching holiday movies or playing games with family & friends.

For people who like to get outside, they can build snowmen or go skiing if there is enough snow. Some people really enjoy going shopping or going to parties.

There are lots of opportunities to volunteer, like at Operation Red Nose, where people can get a safe ride home after enjoying holiday celebrations.

If you need some suggestions for what to watch when you are getting cozy and settling in for a relaxing holiday, you can watch Christmas shows like: CMA Country Christmas, Disney's Christmas Day Parade, or Dick Clark's New Year's Rockin' Eve.

Don't forget that you can also try some new experiences like going to a concert, a play, or a movie at the theatre. Those can be great gift ideas as well. People can also buy sensory toys for people with autism, like fidget toys.

As 2022 is coming to an end, I am feeling very proud of the KSA Newsletter. The newsletter is doing very well. I would like to give a big thank you to all the advertisers, people who bought an 'Ability Friendly Accessible Business' certificate, readers, contributors and The Printing Place for your continued support. Merry Christmas and a happy New Year everyone!

7 Christmas Gift ideas

Here are some ideas of what you can get people for Christmas.

1. Restaurant gift card
2. Movie theatre tickets
3. Fidget toys for those with autism
4. Starbucks gift card
5. Soap
6. Bath bombs
7. Gift card to shop



Special thanks to The Printing Place for your continued support of the Kamloops Self-Advocate Newsletter.

Holiday Season TV Specials

SUNDAY, DEC. 25

"Disney Parks Magical Christmas Day Parade" - Disney's annual Christmas celebration returns Christmas morning with heartwarming stories, dazzling celebrity performances and of course, the Christmas Day Parade.

The holiday special is executive produced by Disney Parks along with Film 45 Live. (10:00 a.m.-12:00 p.m. EST/7:00-9:00 a.m. PST) on ABC



SATURDAY, DEC. 31

"Dick Clark New Year's Rockin' Eve with Ryan Seacrest 2023" - ABC's Dick Clark's New Year's Rockin' Eve with Ryan Seacrest is the preeminent destination for viewers to ring in the New Year. Hosted by Ryan Seacrest live from Times Square, the show celebrates the year's very best in music featuring a night superstar performances. The nation's most-watched New Year's Eve celebration, which gives viewers a look at New Year's celebrations from around the globe, will wrap up the holiday season and kick off Disney's 100 Years of Wonder celebration. Details around co-hosts, performers in Times Square and additional locations will be announced closer to show night. (8:00 p.m.-2:13 am. PST. on ABC

taken from <https://www.broadwayworld.com/bwwtv/article/ABC-Announces-2022-Holiday-Programming-Schedule-20221024>

tcs
Enhancing Each
Day for Each
Individual.

Committed to improving lives
of BC individuals for 30 years.

☎ : 250-828-1508

info@TCSinfo.ca
102-1450 Pearson Place
Kamloops, BC. V1S1J9
www.TCSinfo.ca

**FLUTTER
BUYS**
Thrift Store

Seniors Appreciation Day
Join us The FIRST Monday of Every Month
25% off
on Regular priced items / exception on collectibles / furniture

#14 - 1800 Tranquille Road, Brock Shopping Center
250.376.1335

Kamloops Hospice Association

MINECRAFT COAL COOKIES

Taken from <https://rosannapansino.com/blogs/recipes/minecraft-coal-cookies>

Take a break from building cities and build your own coal cookies! Bring those pixels to life with this scrumptious chocolate coal cookie recipe!

Yield varies upon preference

THINGS YOU'LL NEED

Ingredients

2 packages chocolate sandwich cookies (Oreos)

1 stick butter

2 bags marshmallows

Equipment

Blender

Large mixing bowl

Sauce pot

Wooden spoon

Baking spray

9 by 13 cake pan lined with parchment

LET'S GET STARTED!

1. Remove cream from chocolate sandwich cookies and then blend cookies to crumble.

2. Melt butter in a sauce pot on medium low and then add marshmallows. Mix until well combined and then remove it from heat. Mix in the cookie crumbles.

3. Pour the mixture evenly into a greased and lined cake pan and let it sit for 30 minutes.

4. Cut the brownie mix into small squares and then pinch them into the shape of lumpy coal (PICTURE at 3:36).

5. TaDa! Minecraft Coal Cookies are an 8 bit hit!



Holidays

Christmas December 25th

Kwanzaa Monday, December 26 ends Sunday, January 1

Hanukkah begins Sunday, December 18 ends

Monday, December 26

Winter Solstice December 21st

New Years January 1st





Interactive Science:
Touch and TRY all the fun science activities.
Visit Tuesday to Saturday, 9:30 to 5:00.

For ages 2 and up.

Memberships available (they include free entry to Science World).

Easily accessible @ 458 Seymour Street, Kamloops. 250-554-2572 BLSCS.org



Overcoming Your Fear

By Ben

Since I was born, I have had a fear. My fear is needles. Why do people have a fear? You can have a fear of anything. Here is a list of things people can do when they are overcoming their fears. Please try these ideas and see if they might work for you.

Take time out. It's impossible to think clearly when you're flooded with fear or anxiety.

Breathe through panic.

Face your fears.

Imagine the worst.

Look at the evidence.

Don't try to be perfect.

Visualise a happy place.

Talk about it with someone you trust.

Another thing you can try is doing is a 3x3 – to do this, you look at or pick up an item, state the name of the item, then take a deep breath and let that go. Repeat this step 2 more times with different items. For example, pick up a pen, say 'this is a pen', then breathe in and out. Pick up a cell phone. Say 'this is a cell phone', then breathe in and out. Pick up a tooth brush. Say, 'this is a tooth brush', then breathe in and out. Don't judge the item and say it is good or bad. Just name it. You will feel more relaxed & calm. If you still have some anxiety, you can repeat the 3x3 one more time.



Blazers Report

By Andrew

In mid-November, the Blazers were in the second spot of the B.C. Division after the first month and a half of play. They had a 7-3-1-1 for 16 points after playing 12 games. Their November was busy with 9 games, 4 games at home and 5 games on the road.



There are some great things to look forward to in December, starting with the Teddy Bear Toss, which is on December 10th. This is always a fun event for the whole family. The Blazers play a total of 8 games before the Christmas break (Dec. 17th – 27th), 3 at home and 5 on the road.

Some of the Kamloops Blazers players will be part of the 2023 World Juniors on Boxing Day. Team Canada's first game will be against the Czech Republic. All of the games will be on TSN, so make sure to check that out!

Christmas Movies to Stream Online

On Disney Plus

Disney's A Christmas Carol

Noelle

The nightmare before Christmas

I'll be home for Christmas

Home Alone

Home Alone 2

Home Alone 3

Home Alone 4

Home Sweet Home Alone

Home Alone the Holiday Heist

The Hip Hop Nutcracker

Best in Snow

Pentatonix: Around the World for the Holidays

The Guardians of the Galaxy: Holiday Special

The Santa Clauses



On Netflix

A Bad Moms Christmas

DreamWorks Happy Holidays from Madagascar

DreamWorks Holiday Classics

Deck the Halls

Lovehard

Arthur Christmas

The Christmas Chronicles

The Christmas Chronicles: Part Two

Single All the Way

DreamWorks Shrek the Halls

Dolly Parton's Christmas on the Square

A Cinderella Story: Christmas Wish

Mariah Carey's Merriest Christmas

Falling for Christmas

Written, Directed, and Performed by
RICK MILLER
A Kidsons and WYRD Production, in association
with Theatre Calgary and the 20K Collective

BOOMX

WCT WESTERN CANADA THEATRE
PRESENTING PARTNER
K NELSON GROUP
PROPERTY MANAGEMENT
ART & SPA DESIGN

THE MUSIC, POLITICS, AND
CULTURE OF GENERATION X
Jan 19 - 28 | Sagebrush Theatre

TICKETS FROM \$22 AT
WCTLIVE.CA | 250.374.5483

RELAXED PERFORMANCE: Saturday, January 28, 2023 at 2pm
A relaxed performance is adapted to suit people who might require a more relaxed environment when going to the theatre—such as people with autism, anxiety, and sensory sensitivities.



People
in
Motion

January PROGRAM REGISTRATION NOW OPEN

250-376-7878 ext 2
programs@peopleinmotion.org

PEOPLEINMOTION.ORG



Life Skills

Life Skills program focuses on expanding the range of typical day to day activities for adults living with disabilities.

Diverse Designs

This fine arts based program allows students to explore their creativity by making a variety of projects using different materials.

Life Skills - Thompson Rivers University

TRU Life Skills program is for students to maximize their full potential and personal development

IMOVE - Inclusive

Health & Wellness
Must be a client of CLBC. This program offers the opportunity to move and shake, with a certified health and wellness instructor in partnership with The Tournament Capital Centre (TCC).

Learn 2 Cook

Students become more confident in the kitchen environment, gain independence, and learn how to make healthy food choices.

We need amazing volunteers just like *You!*



PERFORMANCE SPONSOR
bclbc

Christmas with the KSO

FEATURING
Tony Delgado Guest Conductor
Naomi Cloutier Harp

DECEMBER 17&18
SATURDAY 2 & 7:30PM | SUNDAY 2PM
Sagebrush Theatre



KAMLOOPS SYMPHONY
kamloopssymphony.com
Tickets: 250.374.5483

Christmas Jokes

Why does Santa have three gardens?

So he can 'ho ho ho'!

What is the best Christmas present in the world?

A broken drum, you just can't beat it!

How did the ornament get addicted to Christmas?

He was hooked on trees his whole life.

What do you call a kid who doesn't believe in Santa?

A rebel without a Claus.

Where do polar bears vote?

The North Poll!

Why did Frosty ask for a divorce?

His wife was a total flake.

What's Santa's favorite snack food?

Crisp Pringles.

What do snowmen eat for breakfast?

Snowflakes. (Or Frosted Flakes!)

Why do mummies like Christmas so much?

Because of all the wrapping!



Christmas Music

There are wonderful Christmas music videos on YouTube. Check out these music video ideas. You might enjoy listening to these. Have fun.



- Mariah Carey - Oh Santa!
- Backstreet Boys - Last Christmas
- Justin Bieber - Mistletoe
- Megan Nicole - Santa Baby, Let it Snow, & All I Want for Christmas
- Meghan Trainor - Holidays & I Believe in Santa
- Connie Talbot - The Christmas Song (Chestnuts Roasting)
- Kelly Clarkson - Underneath the Tree
- Teigen Gayse - Hey Christmas
- Train - Shake Up Christmas
- Ariana Grande - Santa Tell Me
- JoJo Siwa - It's Christmas Now!
- Gavin Magnus, Coco Quinn - Drummer Boy & All I Want for Christmas
- Ava Max - Christmas Without You
- Cambree Lovesy - My Grown Up Christmas List

Christmas Entertainment

G	C	I	S	N	N	S	F	C	C	T	S	F	Y
A	H	R	V	S	E	N	N	H	I	V	T	I	T
S	R	P	I	N	N	O	U	R	S	S	O	I	R
E	I	A	S	O	T	W	F	I	U	P	C	A	A
K	S	R	I	W	E	M	S	S	M	E	K	H	P
A	T	A	T	I	R	E	A	T	S	C	I	O	S
L	M	D	I	N	T	N	M	M	A	I	N	C	A
F	A	E	N	G	A	S	T	A	M	A	G	K	M
W	S	G	G	S	I	I	S	S	T	L	S	E	T
O	J	N	S	H	N	N	I	G	S	S	E	Y	S
N	O	I	A	R	M	G	R	I	I	Y	T	R	I
S	K	I	N	A	E	E	H	F	R	I	Y	S	R
E	E	K	T	I	N	R	C	T	H	S	T	Y	H
P	S	S	A	N	T	S	T	S	C	T	S	I	C

ENTERTAINMENT
 CHRISTMAS PARTY
 HOCKEY
 PARADE
 CHRISTMAS GIFTS
 SNOWFLAKES
 SNOWING
 STOCKINGS
 CHRISTMAS MUSIC
 VISITING SANTA
 TV SPECIALS
 CHRISTMAS JOKES
 SNOWMEN
 CHRISTMAS FUN
 SINGERS
 SKIING



Play this puzzle online at : <https://thewordsearch.com/puzzle/4304355/>

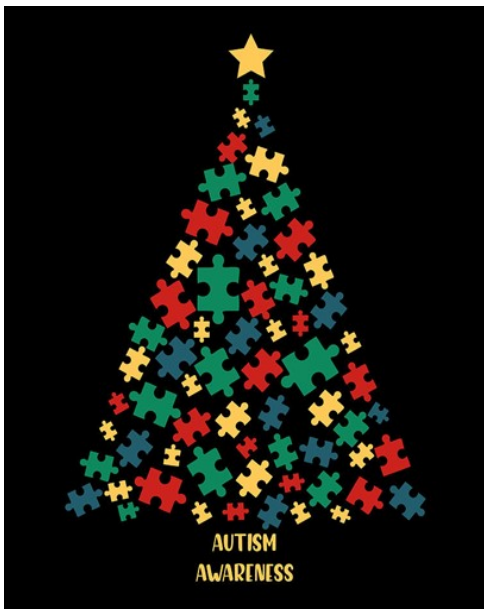
KSA at The Big Little Science Centre

In October, I did a presentation at the Big Little Science Centre to celebrate the newsletters 9th year. I talked about what the KSA stands for and where people can get the newsletters. I shared what the newsletter does and talked about being involved in the Dear Everybody campaign agreement. I want people to know that we increase disability representation in the newsletter and that's why we signed the agreement with Dear Everybody, which focuses on disability representation in movies, shows, commercials and in the media.

If you missed the presentation, it was filmed by Shaw TV and you can watch it here:
<https://www.youtube.com/watch?v=4WEsk96GNvU>



**THE KAMLOOPS SELF-ADVOCATE
 NEWSLETTER**



Tips for having an Autism-Friendly Christmas

Taken from: <https://spectrumdisorder.com/article/tips-having-autism-friendly-christmas>

Christmas is the most beautiful time of the year—and everyone loves this holiday season. The colored lights everywhere, the Christmas carols, families are coming together to celebrate, and the overall cheer...

What's there not to like? Sometimes, all we want is to have Christmas as an all-year-round celebration. Unfortunately, not all of us can have a great time during Christmas. For people with autism, it can cause high anxiety and sensory overload. The bright lights, the crowded places, and all the smells we love about this holiday can be overwhelming for someone who struggles with sensory processing disorders. Even something as simple as family dinner can be overstimulating for autistic kids.

When the 25th comes around, you feel that you need to walk on eggshells to enjoy this wonderful time. So, what can you do? Hiding away until January ends is no option, but there are many options for letting your kid participate in the joy of celebration.

Don't worry; we are here to help. In this article, you will find practical steps to make this festive period more bearable for children with autism spectrum disorder. These autism-friendly tips will bring a bit of comfort to your life. Be mindful that these tips might not work for every autistic person, but hopefully, they will make things go smoothly this year.

Preparing Your Child for the Event

Change is difficult for many autistic children. It's important to plan and prepare ahead of time to make the Christmas dinner a success.

Explain Christmas

Your child with autism might not understand what Christmas is and why you celebrate it. However, he's bound to see a lot of references, from nativity scenes to symbolism everywhere. It can get a bit confusing, and your child might wonder what's going on. A [social story](#) is a valuable instrument in helping autistic children learn about what they can expect during Christmas.

It's also essential to answer all your child's questions. The little one might wonder why there is a giant green tree in the house and why we put lights on it. You can find many resources that explain the origins of this holiday, so take the time to explain, read stories, or show your child videos on Christmas.

Plan in Advanced

If possible, it's best to plan your Christmas if you call over family members or friends. Ensure that ALL know about the plan: when, where, and who will be there. A visual schedule (such as a calendar) is beneficial to help plan and remind your child what to expect on that day. You can plan for the whole Christmas season and take a deserving break.

Please note that you can find other ways to enjoy the festive season without feeling pressured. You don't have to do things like other families; find something that works for your family and create new traditions.

Do Not Have Expectations

It's most likely not going to work the first time. You have to go with the flow. Don't stress out if something doesn't go as planned. It's not the end of the world; you can always take a break if your child gets tired or has a meltdown. An autistic child should set the pace if you want fewer meltdowns and headaches. Maybe your child likes hugs, or perhaps he wants some space. Understand what your child likes and try to be patient. An autistic person shows affection in other meaningful ways than expected.

Coping with Extended Family

Maybe Christmas is the only time of the year when your whole family reunites. Then your child is not familiar with all the aunts, uncles, grandparents, or cousins. It can even confuse and upset your baby. On the other hand, your family members don't understand what it's like to have autism and will not understand why your child doesn't like hugs. Overall, a family event can cause a significant disruption in the usual routine. How can you cope with these challenges?

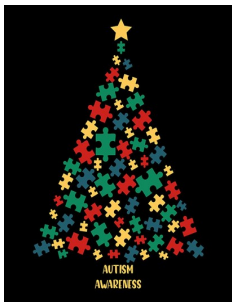
Preparing for a Family Gathering

You can do the following:

1. Pin up pictures with your family members. You can familiarize your child with your family members or explain who these people are and how they are related to the child and each other.

2. Create a countdown. Do a daily countdown (visual, if possible) until your family is expected to arrive. This will prepare them for unfamiliarity.

Continued on next page



Tips for having an Autism-Friendly Christmas continued

3. Make a reward system. You can tell your child that he can take a break for an hour if he spends quality time with the family (and is on his best behavior).

4. Pre-plan. Planning, again, is critical. You know what your child likes and how he'll react to certain situations, so share the plan with your family. Stick to your schedule even if your family members say otherwise.

5. Bring your own calming items. Don't assume anyone else will have what your child needs to be calm during stressful times. Pack your child's favorite food, blankets, pillows, clothes, and toys if you leave home for the holidays.

6. Explain your child's needs. Your family needs to understand that if your child won't eat new foods, it's not because he's trying to hurt them. Teach them how to reach out to your child without causing harm, like turning off Christmas lights. Sometimes, your family wants to help but in the wrong ways. Let your family members know what your child likes and dislikes.

7. Have an escape route. If the family fun gets too much, you need to escape. Have a plan in case that happens. Think where you can go: is there a quiet room available, or can you head home?

8. Plan a virtual meeting. Nowadays, there are many ways to reach out to your family without making it overwhelming. It might work well for you.

9. Dealing with Sensory Issues

Many kids with autism have strong negative reactions to bright lights, loud noises, and intense flavors. That's why, sometimes, the holidays feel like a sensory assault. Check out the web-page to get some great suggestions that you can try for everything from decorations & presents to food & weather. There are ideas for schedules and practicing, too.



In the Guardians of the Galaxy Holiday Special, the Guardians, who are on a mission to make Christmas unforgettable for Quill, head to Earth in search of the perfect present. The Marvel Studios' Special Presentation stars Chris Pratt, Dave Bautista, Karen Gillan, and Pom Klementieff, featuring Vin Diesel, Bradley Cooper, Sean Gunn and more.

Now playing on Disney plus

Taken from <https://www.marvel.com/tv-shows/guardians-of-the-galaxy-holiday-special/1>

NEW HORIZONS

Professional Support Services Inc.

Promoting happiness through positive behaviour supports

We have moved!

460 Victoria Street

PH: (250) 434-2729

Email: support@nhclss.ca

Web: www.nhclss.ca

Social: @NewHorizonsPSS

Kamloops
Hearing Aid
Centre

Canadian. Hearing. Excellence.

Jan & Blaine Alexandre RHIP

jan@kamloopshearingaidcentre.ca

blaine@kamloopshearingaidcentre.ca

414 Arrowstone Drive Kamloops, BC

250.372.3090

1.877.718.2211



HOLIDAY
STRESS?

Stress, Depression and the Holidays: Tips for Coping

Taken from:

[Stress, depression and the holidays: Tips for coping - Mayo Clinic](#)

Stress and depression can ruin your holidays and hurt your health. Being realistic, planning ahead and seeking support can help ward off stress and depression.

[By Mayo Clinic Staff](#)

The holiday season often brings unwelcome guests — stress and depression. And it's no wonder. The holidays often present a dizzying array of demands — cooking meals, shopping, baking, cleaning and entertaining, to name just a few. And if coronavirus disease 2019 (COVID-19) is spreading in your community, you may be feeling additional stress, or you may be worrying about your and your loved ones' health. You may also feel stressed, sad or anxious because your

holiday plans may look different during the COVID-19 pandemic.

But with some practical tips, you can minimize the stress that accompanies the holidays. You may even end up enjoying the holidays more than you thought you would.

Tips to prevent holiday stress and depression

When stress is at its peak, it's hard to stop and regroup. Try to prevent stress and depression in the first place, especially if the holidays have taken an emotional toll on you in the past.

Acknowledge your feelings. If someone close to you has recently died or you can't be with loved ones for other reasons, realize that it's normal to feel sadness and grief. It's OK to take time to cry or express your feelings. You can't force yourself to be happy just because it's the holiday season.

Reach out. If you feel lonely or isolated, seek out community, religious or other social events or communities. Many may have websites, online support groups, social media sites or virtual events. They can offer support and companionship.

If you're feeling stress during the holidays, it also may help to talk to a friend or family member about your concerns. Try reaching out with a text, a call or a video chat.

Volunteering your time or doing something to help others also is a good way to lift your spirits and broaden your friendships. For example, consider dropping off a meal and dessert at a friend's home during the holidays.

Be realistic. The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. For example, if your adult children or other relatives can't come to your home, find new ways to celebrate together, such as sharing pictures, emails or videos. Or meet virtually on a video call. Even though your holiday plans may look different this year, you can find ways to celebrate.

Set aside differences. Try to accept family members and friends as they are, even if they don't live up to all of your expectations. Set aside grievances until a more appropriate time for discussion. And be understanding if others get upset or distressed when something goes awry. Chances are they're feeling the effects of holiday stress and depression, too.

Stick to a budget. Before you do your gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts.

Try these alternatives:

Donate to a charity in someone's name.

Give homemade gifts.

Start a family gift exchange.

Plan ahead. Set aside specific days for shopping, baking, connecting with friends and other activities. Consider whether you can shop online for any of your items. Plan your menus and then make your shopping list. That'll help prevent last-minute scrambling to buy forgotten ingredients. And make sure to line up help for meal prep and clean-up.

Learn to say no. Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity. If it's not possible to say no when your boss asks you to work overtime, try to remove something else from your agenda to make up for the lost time.

Don't abandon healthy habits. Don't let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt.

Continued on next page

HOLIDAY STRESS?



Stress, Depression and the Holidays: Tips for Coping continued

Try these suggestions:

- Have a healthy snack before holiday meals so that you don't go overboard on sweets, cheese or drinks.
- Eat healthy meals.
- Get plenty of sleep.
- Include regular physical activity in your daily routine.
- Try deep-breathing exercises, meditation or yoga.
- Avoid excessive tobacco, alcohol and drug use.

Be aware of how the information culture can produce undue stress, and adjust the time you spend reading news and social media as you see fit.

Take a breather. Make some time for yourself. Find an activity you enjoy. Take a break by yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Find something that reduces stress by clearing your mind, slowing your breathing and restoring inner calm.

Some options may include:

- Taking a walk at night and stargazing
- Listening to soothing music
- Reading a book

Seek professional help if you need it. Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and unable to face routine chores. If these feelings last for a while, talk to your doctor or a mental health professional.

Take control of the holidays

Don't let the holidays become something you dread. Instead, take steps to prevent the stress and depression that can descend during the holidays. Learn to recognize your holiday triggers, such as financial pressures or personal demands, so you can combat them before they lead to a meltdown. With a little planning and some positive thinking, you can find peace and joy during the holidays.

Bring Joy to a Lonely Senior this Christmas



OPERATION: SECRET SANTA

Sponsor a Senior

For only \$25 you can sponsor a special gift for a senior this holiday season.

Your contribution will ensure a lonely senior receives a gift over the holidays. Most of the seniors we deliver to have no family in town and spend the holidays alone. The last few years have been hard on us all but for seniors who are already isolated it has been exceptionally hard.

Brandi Allen, Executive Director
 Phone: 778-470-6000
 Email: brandi@csikamloops.ca
 Address: 9A 1800 Tranquille Rd (Brock Activity Centre)

* Etransfer * Debit * Credit * Cash *

Happy Hanukkah



The beauty of Christmas lies not just in the date, but in the feeling it gives.



FOR IMMEDIATE RELEASE
Tuesday November 8, 2022

Operation Red Nose Looking for Volunteers to Keep Streets Safe This Holiday Season

Kamloops, B.C. – The holiday season is fast approaching, which means it is time for Operation Red Nose, a designated driving service that gets you and your vehicle home safely. The service is by donation and is available to any person operating a motor vehicle who does not wish to drive their car for any reason. A person does not have to be drinking to use the service.

PacificSport Interior BC is hosting the 26th Annual Operation Red Nose Campaign in Kamloops and the service will run over 16 nights of service. The dates of operation are November 25, 26, December 1, 2, 3, 8, 9, 10, 15, 16, 17, 22, 23, 29, 30 & 31 and running 8:00pm to 2:00am.

“PacificSport Interior BC, the host of Operation Red Nose is thrilled to be back in full force this year as last year we were dealing with a number of COVID19 restrictions.” said Executive Director and Founder of Kamloops ORN,Carolynn Boomer. “We are also excited to have our Coordinator, Elsa Poppleton, from the Kamloops Sports Council back with us this year,” said Boomer. “I am very happy to continue to be involved with ORN this year! The fundraiser is such a valuable service to have in Kamloops and I am proud to be involved. We know that this Christmas season there will be even more house parties and gatherings than ever, and we are determined to keep impaired drivers off the roads.” said Poppleton.

This year Operation Red Nose hopes to recruit 250 volunteers for this year’s campaign. Kamloops is very grateful for those volunteers who come out every year as well as the new volunteers. We know we need to continue to bring our volunteer base to build capacity and Poppleton encourages recruits to come out and give it a try.

Volunteer positions include Designated Driver, Escort Driver, Navigator, Phone Operator and Dispatcher. Volunteers can team up with their friends, family, or coworkers to form a road team of three or they can volunteer on their own and be paired with other volunteers to form a team. Volunteers can commit to 1 night or all 16 nights and the shifts are around 4- 6 hours long.

New volunteers must complete the Operation Red Nose Volunteer Application Form and have a Police Information Check completed by the RCMP with an accompanied letter. Visit <https://pacificsportinteriorbc.com/2022orn/> . For those who volunteered in 2019 & 2021 only need to fill out the Operation Red Nose Volunteer Application Form. The volunteer application forms are also available at the Tournament Capital Centre, Kamloops Sports Council, or available at www.operationrednose.com.

For more information call 250-320-0650 or email kamloops@operationrednose.com.

For a safe ride home, call the Operation Red Nose service line at 250-372-5110.

Media Contacts:

Elsa Poppleton, Coordinator
Operation Red Nose Kamloops
kamloops@operationrednose.com
250-320-0650

Carolynn Boomer, Executive Director
PacificSport & Founder of ORN Kamloops
cboomer@pacificsport.com
250-828-3344



Holiday Events

Sun Peaks

Dec 10, 2022, 1:00pm to 4:00pm

Sun Peaks presents the 10th annual Holiday Kick-Off featuring the big man himself. The village will be alive with lights and sounds of the holiday season.

*Seating not provided, feel free to bring your own lawn chair. Entertainment and locations are subject to change.



Sun Peaks will continue to follow provincial health guidelines and update operating procedures as needed. To check out the entertainment go here <https://www.sunpeaksresort.com/events-things-to-do/events/holiday-kick-off>

Brian Doerksen presents The Heart of Christmas - Kamloops, BC

A night of Christmas favourites and Brian's classic worship songs!

Date and time Fri, December 16, 2022, 7:00 PM – 9:00 PM PST Location Kamloops Alliance Church 200 Leigh Road Kamloops, BC V2B 2L6

Juno award winner Brian Doerksen kicks off your 2022 Christmas season with a brand new tour celebrating his first Christmas recording. Come enjoy the Christmas season at The Heart of Christmas with Brian Doerksen. Just added - Special Guest Tim Neufeld! (of STARFIELD and Tim & the Glory Boys) to check out more info and get tickets go here

<https://www.eventbrite.ca/e/brian-doerksen-presents-the-heart-of-christmas-kamloops-bc-tickets-440532995047?aff=ALLEVENTS>

Wild lights at BC Wildlife Park December to January

It's a Wonderful Life: A Live Radio Play November 24th to December 10th, 2022, location Sagebrush Theatre



Falling for Christmas Movie Review

By Krystian and Ben

Falling for Christmas is a good movie on Netflix because it is a holiday romantic comedy. It came out this year for the holiday season. It stars Lindsay Lohan and Chord Overstreet. It's a feel-good story with wonderful actors. It is a must-see film because it's brand new.

Krystian liked the Christmas music and the skiing in the film.

Ben, I give this film 10 out of 10 because of the acting and singing. I liked it because the actors and actresses did inspiring roles. Please watch this exciting film for the Christmas season.



Winter Craft

By Tami

Are you trying to get into Christmas spirit? This is one way to get you in the mood. This is a simple craft idea, but you can get as creative as you want as you decorate it. You can make this block tree into a Christmas tree or a winter wonderland tree using paint and bling, if you have it. You can make one or you can create a whole forest! Have fun making your creation.

Christmas Tumbler Block Tree

Supplies

1 package of Jenga or Tumbler Blocks

Wood glue or a glue gun with wood glue sticks

Acrylic paint: red, green, white, or colours of your choice

Glue the Jenga blocks together as seen in this picture

Idea taken from:

<https://www.youtube.com/watch?v=c3BgyC123hI>





CANADA

B.C. receives exemption to decriminalize possession of some illegal drugs for personal use

Taken from <https://www.canada.ca/en/health-canada/news/2022/05/bc-receives-exemption-to-decriminalize-possession-of-some-illegal-drugs-for-personal-use.html>
News release

VANCOUVER - British Columbia is taking a critical step toward reducing the shame and fear associated with substance use as the federal Minister of Mental Health and Addictions and Associate Minister of Health announced the granting of a three-year exemption under the Controlled Drugs and Substances Act (CDSA) to remove criminal penalties for people who possess a small amount of certain illicit substances for

personal use.

This exemption will be in effect from Jan. 31, 2023, to Jan. 31, 2026, throughout British Columbia. The province will work with a broad range of partners to implement this policy change, including the federal government, health authorities, law enforcement, people with lived and living experience, Indigenous partners, and community organizations to establish the public health and public safety indicators in order to monitor and evaluate the outcomes of this exemption in real time.

"The shocking number of lives lost to the overdose crisis requires bold actions and significant policy change. I have thoroughly reviewed and carefully considered both the public health and public safety impacts of this request," said Carolyn Bennett, federal Minister of Mental Health and Addictions and Associate Minister of Health. "Eliminating criminal penalties for those carrying small amounts of illicit drugs for personal use will reduce stigma and harm and provide another tool for British Columbia to end the overdose crisis."

This exemption is not legalization. These substances remain illegal, but adults who have 2.5 grams or less of the certain illicit substances for personal use will no longer be arrested, charged, or have their drugs seized. Instead, police will offer information on available health and social supports and will help with referrals when requested.

"Substance use is a public health issue, not a criminal one," said Sheila Malcolmson, B.C.'s Minister of Mental Health and Addictions. "By decriminalizing people who use drugs, we will break down the stigma that stops people from accessing life-saving support and services."

Over the last five years, British Columbia and the federal government have been building a continuum of care for mental health and substance use for people throughout the province and Canada. Increasing access to harm-reduction programs, such as safe consumption sites, safer supply and naloxone have been essential in saving lives. Implementing this exemption and reducing stigma around drug use is a vital part of the work toward decreasing barriers to this critical system of care.

"This exemption is a vital step to keeping people alive and help connect them with the health and social support they need," said Dr. Bonnie Henry, B.C.'s provincial health officer. "By removing the fear and shame of drug use, we will be able to remove barriers that prevent people from accessing harm reduction services and treatment programs."

"Decriminalizing possession of drugs is an historic, brave, and ground-breaking step in the fight to save lives from the poison drug crisis. Today marks a fundamental rethinking of drug policy that favours healthcare over handcuffs and I could not be more proud of the leadership shown here by the Governments of Canada and British Columbia", said Mayor Kennedy Stewart, City of Vancouver.

Together, the federal and provincial governments will work closely to evaluate and monitor the implementation of this exemption, to address any unintended consequences and to ensure that this exemption continues to be the right decision for the people of B.C.

Quick Facts:

B.C. is the first province in Canada to receive an exemption from Health Canada under subsection 56(1) of the Controlled Drugs and Substances Act so that adults are not subject to criminal charges for the personal possession of certain illegal drugs

The B.C. government is transforming mental health and substance use services in the province as outlined in A Pathway to Hope, the Province's mental health and addictions roadmap.

Through historic investments, the province is doubling the number of youth treatment and recovery beds, adding hundreds of adult treatment beds, increasing access to harm reduction supports like safe supply, and more.

Since 2017, the Government of Canada has committed more than \$800 million to address the opioid overdose crisis and responded quickly to implement a wide range of measures to help save lives and meet the diverse needs of people who use drugs.

Harm Reduction & Safe Spaces for Addicts to Use, a Controversary

By Krystian

I watched Dr. Phil discuss about having safe havens for drugs. During the show, there were two sides to this issue. Some people believed it would work to get people in recovery and save lives, but many people seemed to think it was enabling people to keep using. Never reward bad behavior, Dr. Phil said.

Everyone is concerned with the lives lost over the last few years with many deaths being caused by Fentanyl. There is an outcry that something has to be done to save lives, but will anyone have the incentive to want to stop using drugs if they know for sure they won't die and are given clean drugs? It will save lives, but will it really tackle the addiction problem many people face? I read some posts that people commented to Dr. Phil after the show and one person said she got into rehab when using a safe haven. Others said they are recovering addicts but, if they had a safe haven to do drugs, they would not have had the incentive to quit.

Here is a video link that talks about this topic:

[\(2\) Harm Reduction: Safe Space for Addicts to Use - YouTube](#) What do you think?

One positive thing about this is they are decriminalizing drug use, so people won't be afraid to seek out help. I think this is a long time coming because those addicted are not defying the law and government rules. They are addicted. But those selling drugs are defying the law and should be punished. So, is enabling the right move to save lives? The debate still continues about that.



Hey Christmas

By Krystian

Krystian took some time to reach out to Teigen Gayse for a follow-up interview. This time they talked about how she celebrates Christmas and about her song called Hey Christmas. Teigen is a BC-born producer/singer/songwriter.

How do you celebrate Christmas?

Getting together with my friends and family. Enjoying good food and drinks. Watching all the best Christmas movies and I'm always the present wrapper of the family

What is your song 'Hey Christmas' about?

Hey Christmas is a song about how much I love Christmas and how magical it is and the feeling it gives me every year it comes around

What do you enjoy about Christmas and the Holiday Season?

I love that it brings me and so many others so much joy. I love the pretty lights and the Christmas music and how it brings everyone together.

Do you have a real Christmas tree or a fake one?

Always a fake one. I love real ones, but my grandma had a real one and her tree lit on fire one year and burned down her house :/

What Christmas food do you like and enjoy?

I love Christmas cookies hehe (shortbread are sugar cookies (are my fav. Also, Baileys in my coffee like everyday because it's socially acceptable to do that when it's Christmas haha

Do you like eggnog? LOVE IT

What seasonal drink do you enjoy?

Baileys and coffee with whipped cream and rum and eggnog

What is your best memory of Christmas and what holiday movie do you enjoy?

My best memory of Christmas was when I was little, and my grandparents were still alive. We would always go to their places every Christmas Eve and open presents and I miss them and those times so much. I'd give anything to go back.

Me and my mom watch The Santa Clause every Christmas Eve, it's a classic for us!

Official website <https://teigengayse.com/>



Kindness and Compassion with Kyle

By Lisa Coriale

Can you tell me a little bit about yourself?

My name is Kyle and I grew up in a small town in Ontario. I moved to BC over 4 years ago and absolutely love it here. In my spare time I enjoy getting outside with activities such as kayaking, biking, and skiing.

What do you do for a living?

I just started my career as a teacher. I'm currently working as a teacher on call and mostly cover high school classes. During the summers, I work as a kayak guide on the coast.

What does kindness and compassion for yourself and others mean to you?

I think it's important to be kind and compassionate to both ourselves and others. I even wonder if treating ourselves that way helps us to be better prepared to be compassionate to others. Compassion to others often means looking for opportunities to serve others and to put myself into their shoes to try to understand how it would feel to be in that situation. This helps me to show kindness and compassion.

Why is it important to show kindness and compassion to others?

I think it's important because we all want and need it. It makes society better and it's living out the way Jesus called us to live.

How do you show kindness and compassion to others?

As a teacher, I sometimes get annoyed and a little upset at the way students act out in class through challenging attitudes and behaviours. I try to exhibit compassion by thinking about the potentially difficult circumstances that the students might be facing in their lives that could be causing this behaviour. Sometimes it is even a cry for help. So I guess it means caring less about how something affects me and thinking more about what is going on in other people's lives.

How can people show compassion when they are in community?

Spend time getting to know those around you and ask lots of questions to gain insights into their lives and really listen. As you do this, you will likely find yourself being more compassionate.

What are some ways people can show kindness and compassion to people with diverse abilities?

We could try to put ourselves into their shoes and think about what life might be like for that person and some of the challenges they face. We can try to find ways that each person excels and aim to find a way for them to utilize their gifts.

When we think about being kind to ourselves, it involves all areas of our lives, including the physical, emotional, and mental pieces. How can people keep their mental health in shape?

This is a big question. I think it's important to be easy on ourselves. Give yourself a day of rest at least once/week to step back from your work and just be. Invest in relationships and try your best to have good people around you that care for you. Additionally, find things that you love to do that aren't necessarily productive and give yourself time for that. For me, it often involves exercise, especially outdoor pursuits. We're meant to enjoy life not just be productive at a certain calling or job.

What does being kind to yourself look like?

Give myself time to rest. Sometimes I just need to step back and binge Netflix for a few hours. Personally, I'm like a border collie and need to exercise pretty much every day to feel well. It's okay to spend money on myself sometimes. Speak positively about myself and realize that where I want to be in life takes time.

What would you say to those people who have negative views or attitude towards people with diverse abilities?

I would say that they need to spend time around those people to learn more about their lives. I'm speaking to myself here too - there's always lots to learn.



Awareness Days

Dec. 3rd International Day of Persons with Disabilities

Dec. 10th World Human Rights Day





Mayday Club Youth Choir



Date: December 12, 2022
Time: 11am - 12pm PST
12pm - 1pm MST

For inquiries, please call
(250) 572-6009 or please
email: speakupkamloops@gmail.com

Mayday Youth Choir Presentation

The Kamloops Self-Advocate in partnership with the Speak Up Self-Advocacy Awareness Society is proud to present another great Zoom event.

Let's get into the holiday spirit! Join Nicole and Krystian for an hour of holiday music and conversation. Nicole is the leader of the Mayday Youth Choir. She will be sharing some of the group's music as well as answering questions about the choir, which is for youth with neurodiversities.

Contact the KSA for more information or join the event on Zoom:

Meeting ID: 840 7106 1883
Passcode: 429317

Dec. 12, 2022
11 a.m. – 12 p.m., PST
2 p.m. – 3 p.m., EST

