



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

January 2024

Hello everyone,
Happy New Year! Welcome to the January issue of our newsletter! As we step into a new year, it's a time for fresh starts and coming together to reflect on important things.

Firstly, let's talk about the number 9-8-8. It's an easier-to-remember phone number in Canada for people going through tough times with their feelings. Similar to 9-1-1 for emergencies, 9-8-8 is super easy to remember. If you ever need someone to talk to or some help, you can call this number. You never have to face difficult times all alone.

We're also discussing Bell Let's Talk Day in January, a special day to remind everyone how important our feelings are. We'll talk about ways to be good friends, especially during the winter when some of us might feel a bit down. It's crucial to remember, for ourselves and our friends, that caring people are always ready to help.

In this newsletter, we've got an articles about why learning about the Holocaust is important and being made mandatory in British Columbia. Exploring history helps us understand why being kind and understanding matters so much in our world.

As we start the new year, we'll also discuss setting smart goals. These are like treasure maps for what we want to achieve. They're goals that are Specific, Measurable, Achievable, Relevant, and Time-bound. Having goals like these can make our whole year more exciting and focused.

And guess what? To keep warm in the winter, we've got a special treat for you: a yummy chili recipe! So, let's stick together, stay connected, and help each other as we navigate the highs and lows of the year ahead.

Always remember, you're not alone, and there's always help and hope.

Inside this issue

- Feature Articles
- Movie articles
- Celebrating Disability Awareness, 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?*

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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 KSA website:

ksanews.ca

Interactive flipbook/newsletters
issuu.com/thekamloopsselfadvocate



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





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

All Around Gamerz

The Vic Downtown

Kamloops Film society

Kamloops Art Party

New Horizons Professional Support Services Inc.

Our Footprints Eco Store

Krystian's corner

It's the new year and it's time to think about setting new year goals, including goals for businesses. My new year goals are: building more brand awareness for the newsletter and keeping with the focus of disability awareness, success stories and inclusion for all.

I will work on building more brand awareness. One way I am going to do that is by being interviewed on CFJC news about the Kamloops Self Advocate newsletter. It's going to give the newsletter more publicity and brand awareness starting in the new year. Thank you, James Peters news director, of CFJC.

Kamloops Film Society gave the newsletter a newsletter stand at Paramount Movie Theatre in their Moviemart area and it's visible for the public to see. Thank you, Kamloops Film Society, for giving the newsletter a nice-looking stand.

I will also work on interviewing more singers, songwriters and other wonderful people starting in the new year.

I went to the Teddy Bear Toss Night at the Blazer Hockey game in December. I watched some Christmas Movies and helped my mom with baking goodies, and it was a great Christmas Break.

I bought my best friend Ben a ticket and me to see a show called Boom YZ with Rick Miller for the 22nd of February at Sagebrush Theatre. The show is about the music, culture, and politics of the millennials and Gen Z. I am looking forward to going to the show with Ben. It will be fun, and it was a great Christmas gift from me. We will be sitting close to the stage.

I went to a few Christmas parties and went to the Paramount with the Buddy Up Group and other self-advocates to see a holiday movie. I also had company at my house to enjoy Christmas with and it was a great time. On Christmas Day I had Ben over and exchanged gifts with him and his parents. I listened to Christmas music and had fun with holiday entertainment.

When I went to a Christmas party and dinner with Kamloops Society for Community Inclusion, I won a gift basket, which had a gift card for \$100 for grocery shopping, as well as having snacks, movie passes for Kamloops Film Society, 2 DVD movies, and a 25-dollar gift card for Cineplex. On the ticket was a raffle number and they called my lucky number! I also danced at the Kamloops Society for Community Inclusion Christmas party, and they had a DJ. My community inclusion workers picked me up and drove me home. I enjoyed my time with them.

In January there is Bell Lets Talk Day, and we are also discussing 9-8-8 number in this newsletter. Remember we are in this together and you are not alone during the winter blues and throughout the whole year. I live with generalized anxiety disorder and ADHD and know from my personal experience that reaching out is a brave step and an important step to feeling well.

It's not a good thing to be left alone with your thoughts, so 9-8-8 is an important and easy number to call for help if you are in mental health crisis. People care about you and want you in this world, so please dial 9-8-8 if you are in mental health crisis. They have trained mental health responders on 9-8-8 and its like calling 9-1-1 for emergencies. 9-8-8 is for mental health emergencies. It's important to remember we are in this together and people including me want you to be safe.

I hope everyone had a great Christmas and Holiday Season.



Jolene sings BlueBerries

By Krystian

Meet Jolene Harnish, hailing from Nova Scotia, Canada and born into a family of musicians. Jolene is a country artist and songwriter who has been performing and

entertaining since she could walk. Jolene is an accomplished performer and songwriter with an ability to engage listeners and take them on a journey through her stories of identity, hope, and encouragement. She has written with some of Canada's top songwriters and is carving out a name for herself as one to keep an eye on.

How did you come up with the song called Blueberries and what does it mean to you? This song is so special. I've been carrying this idea around in my phone notes for a year or so. I wasn't exactly sure how or when it was going to get written in a song at the time. I just knew it was going to be special. When Roberta Michelle and I sat down to write I

started talking about my childhood and about this special code between my dad and I. The more we talked the more I could see how much my parents encouraged and supported me and from there the positive messaging of this song was born. I unfortunately lost my dad 7 years ago, it's another way I can keep a special memory alive.

Why did you want to become a country singer and songwriter? I love to sing and I love the story telling in Country Music. I love how music can touch on every emotion and can bring feelings of comfort and joy.

When did you start singing music?? I was about 7 – my brother was learning the guitar, so I started singing whatever he was learning. I would hear my mom singing Janie Frickie and Charlie pride, so I would join her!

What do you enjoy about being a singer and songwriter? I love to collaborate with other writers, I love to learn more about the craft of writing and it's my therapy .. when you write a song that affects someone else in a positive way that is really rewarding. I love the entire process of taking the idea to paper and then creating the track and watching the production come to life.

How can people find you online and where are you based?

You can find me on all the streaming services "Jolene Harnish" also on all Social Media pages FB- Jolene Harnish Music and IG , Tiktok and X – YouTube

All the links are attached above – I'm based out of Halifax NS - I have a new EP releasing early in the New Year.



New years and Mental Health

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A	C	A	L	E	N	D	A	R	U	L	S	A	A
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BUSINESS GOALS
EXCITED
SMART GOAL
ANXIETY
HAPPY NEW YEAR
AFTER CHRISTMAS
FRIEND
BEER
LISTEN
CRISIS HELP
CALENDAR
FIREWORKS
WINE
HELPLINE





Bell Lets Talk and Mental Health Awareness.

By Krystian

Bell Lets Talk Day will be on January 24, 2024.

This is an awareness movement for reducing stigma and discrimination around mental health in the Canadian Society.

People should not be ashamed of their mental health issues, for example: generalized anxiety disorder, bipolar disorder, depression, social anxiety, schizophrenia, mood

disorders, or having suicidal thoughts and ideas.

It's important to reach out for help and support. That's why movements like the 9-8-8 crisis line and Bell Lets Talk will help lots of people in Canada.

It's important to speak up and reach out to someone who is thinking of suicide or having a mental health crisis moment. Our thoughts go out to the families and friends of people who have died from suicide.

People can mourn when they lose someone to suicide, and it can take a long time to heal from that loss. Be a friend and listen closely without judging.

It's important to seek help from a crisis line like 9-8-8 in Canada or from a trained mental health professional. While the Kamloops Self Advocate Newsletter can be a support and spread awareness on mental health issues and how to listen closely, the newsletter should not replace seeking help from a health care or mental health professional or crisis line.

It's important to learn how to help those with mental health issues and learn about education around mental health. It's important to be an ally to those with mental health issues. Listen nonjudgmentally and be there for them, be a good listener and friend. It's also important to remember the person with mental health issues wants you to listen and be there for them, to be a friend to them.

For the person struggling with their mental health, it's important to understand that people want you in this world and to be safe. So, please dial 9-8-8 if you are in a mental health crisis, or call 9-1-1 and go to the hospital if needed.

It's sad to think of some people passing away from suicide but it's an important topic. It can be a sad moment for families and friends of those who died by suicide. We need to be there to support families and friends of people who died from suicide and it's also important to learn the warning signs of people who have thoughts of suicide. Suicide is never an answer to life's problems, and suicide is preventable.

It's important to remember you are cared about and people want you to be safe and to be on this planet earth. Mental Health is a part of health just like physical health, but in the brain.

B.C. to make Holocaust education mandatory for high school students.

Taken from <https://news.gov.bc.ca/releases/2023PREM0077-001688>

Premier David Eby and the B.C. government committed to make Holocaust education mandatory for high school students in British Columbia at an event at the Jewish Community Centre of Greater Vancouver.

"For our friends and neighbours in the Jewish community, this has been an incredibly frightening time. We have seen a rise in antisemitism in B.C. following the terrorist attacks in Israel, which evokes the history of persecution of Jews," said Premier Eby. "Combatting this kind of hate begins with learning from the darkest parts of our history, so the same horrors are never repeated. That's why we are working with the Jewish community to make sure learning about the Holocaust becomes a requirement for all high school students."

While many students learn about the Holocaust, there is more work to do to ensure all students graduate with an understanding about this topic. According to a study commissioned by the Canadian charity Liberation75 last year, a third of North American students surveyed believe the Holocaust was either exaggerated or fabricated. Incidents of antisemitism have been on the rise across B.C. in recent years, including a surge in violent incidents.

The provincial government is committed to broadening the scope of the required Grade 10 social studies curriculum. This will ensure that when learning about discriminatory policies and injustices in Canada and around the world, all students in B.C. will also learn about the Holocaust.

The changes will take effect in the 2025-26 school year to allow for consultation and development with the Vancouver Holocaust Education Centre, the Jewish community and education partners.

Conversations with stakeholders will happen over the next year to ensure the provincial government is moving forward together with partners and communities.

5 Ways to Manage the Winter Blues

By Barbara Greenberg Ph.D.

The Teen Doctor

Taken from <https://www.psychologytoday.com/us/blog/the-teen-doctor/202201/5-ways-manage-the-winter-blues>

Dealing with shorter and dark days is difficult. These tips could help.

Sadly, this is the time of year when patient after patient begins to speak about the winter blues. Certainly, there are those who experience full-blown Major Depression with Seasonal Pattern—and if you are experiencing suicidality, hopelessness, and difficulty functioning, then please seek help immediately.

But if you are simply under the weather and miss the long days with lots of light, then I can help you now. I'm speaking to people of all ages who start to feel blue when the sun begins to set earlier and days and nights begin to blend. We lose the ability to go for a run or even a walk after work because it gets dark so early. We are less likely to venture out after 4:30 PM because it is dark and it seems as if it is time to give up the day. We feel robbed of many hours of the day that were available to us just days or weeks earlier.

The coupling of the winter blues and Covid concerns is certainly not a happy one. So let's focus on what we can do during the coming months. Perhaps we can flip the script a bit and maybe even start to look forward to this time of year. Okay, that may be a stretch but I am trying hard to look at things in a positive manner and hope you will be inclined to do the same.

1. Be proactive. Set up daily activities to look forward to. We all need things to look forward to on a daily basis. Perhaps, you can consider waking up earlier and going for a walk while it is still light out. This can be both your private time and maybe even your escape time. You can listen to a podcast, an audiobook, or maybe just breathe and get ready for your day. If you are still working from home, you might even think about your walk as your daily commute to work. This is certainly a different and more uplifting way to think about things.

2. Develop a tight and very structured routine. Let's face it: We all do better with structure. It gives us a sense of control and during these times, we all need that, yes? Perhaps you might incorporate the Premak Principle into your daily routine. I use this all the time and it really helps. Reward yourself for getting an aversive task accomplished by rewarding yourself with a more desirable activity. I might, for example, repot my plants (an undesirable activity) and follow up by calling a fun friend (a more desirable activity). You might exercise for half an hour and then have a delicious cup of your favorite coffee. The list is endless. Be creative.

3. Consider this to be a time of year when you have more time for alternative activities. Exercise may look different during this time of the year. Instead of running, consider using indoor exercise equipment. Consider more weight training when you have less available time to run, walk, or go cycling outside. This may be a time of year to upload all of those books that you have been meaning to read, or catch up on all of those TV series that your friends are always talking about. I know at least one person who buys herself flowers every week only during the winter. Picking out flowers and displaying them is a source of joy for her. So, with this one small indulgence, this becomes a special time of year for her.

4. Save money. I hear this from so many: Winter is a time to put away money because people tend to go out less. Make a plan about what you are saving money for. I have my eye on a greenhouse. You may want to do home renovations after the winter. We all love accruing resources. If at all possible, consider this.

5. Take good care of your relationships. Use your time at home to stay in touch with friends. Reach out frequently and let people you care about know that you are thinking of them. Ask friends what they do during the winter that is uplifting for them. Your support system is so important. Take especially good care of it during this time of year. This is a win-win.

Awareness Days

Bell Let's Talk Day will be on January 24, 2024.

Welcome Riley!

By Krystian

Welcome our new delivery team member Riley. Before, he worked on articles, but now he is also working on delivering the KSA newsletters each month. I hope you will welcome him to the team!

Winter Jokes

How do snowmen read their texts?
With an icy stare.

What kind of ball doesn't bounce?
A snowball.

What bites but doesn't have teeth?
Frost.

What do snowmen eat for lunch?
Iceburgers.

How do snowmen buy birthday presents?
With cold, hard cash.



Canada's 9-8-8: Suicide Crisis Helpline launches today.

By Centre for Addiction and Mental Health

Taken from https://www.camh.ca/en/camh-news-and-stories/canada-988-suicide-crisis-helpline-launches-today?fbclid=IwAR0XxQntADpNRvWthyXjbvqMFAfMb6dnwCOX83DH7ILI1hqFdH6I_trRmEM

Canada's 9-8-8: Suicide Crisis Helpline launches today

November 30, 2023 (Toronto) – Starting today, people across Canada will have access to a new and important source of support: [9-8-8: Suicide Crisis Helpline](#) is now available nationwide in English and French, 24 hours a day, seven days a week.

Approximately 12 people die by suicide per day across Canada. Led and coordinated by the Centre for Addiction and Mental Health (CAMH) and funded by the Government of Canada, this simple three-digit number makes it easier for people to call or text to get the help they need, when they need it most. The service offers trauma-informed and culturally affirming support to anyone who is thinking of suicide, or who is worried about someone they know.

9-8-8 is made possible by a network of 39 experienced local, provincial and territorial, and national crisis lines and helplines across the country—including Kids Help Phone and Hope for Wellness—whose trained responders will answer calls and texts, while also connecting people to a responder in their community.

“Each life lost by suicide can have far-reaching effects, whether that's families grappling with the loss of a loved one or the ripple effects that are felt within their communities,” said the Honourable Ya'ara Saks, Minister of Mental Health and Addictions, and Associate Minister of Health. “We need to be there for Canadians by taking concrete steps to ensure they have access to the best possible mental health and crisis intervention supports and resources. With today's launch of the 9-8-8: Suicide Crisis Helpline, people across Canada have access to an important life-saving service no matter the time of day or where they live. Our message to anyone who is struggling across Canada: you are not alone, help is available.”

“9-8-8 is the result of collaboration across geographies, industries and cultures,” said CAMH CEO Sarah Downey. “CAMH is honoured to build this life-saving service that extends into every corner of our country. Today's launch is a crucial step in making sure that everyone in Canada has quick and easy access to suicide prevention support.”

Dr. Allison Crawford, CAMH psychiatrist and Suicide Crisis Helpline's Chief Medical Officer, added: “As a clinician, I've seen firsthand how even one conversation can begin a dialogue that allows someone to re-engage with their strengths and to hope. That sense of connection and belonging can be transformative. If you are thinking of suicide, our message to you is: you don't have to face your problems alone. 9-8-8 can offer you a non-judgmental space to talk – whatever you are going through, please know you can always reach out to us.”

While the focus of 9-8-8 is on suicide prevention, no one who reaches out to the service will be turned away. Whoever you are, wherever you are located in Canada, by calling or texting 9-8-8 you can connect with a trained responder who's ready to listen without judgement.

For more information about 9-8-8: Suicide Crisis Helpline, visit <https://988.ca>.

About the Centre for Addiction and Mental Health (CAMH)

CAMH is Canada's largest mental health and addiction teaching hospital and a world leading research centre in this field. CAMH combines clinical care, research, education, policy development and health promotion to help transform the lives of people affected by mental illness and addiction. CAMH is fully affiliated with the University of Toronto, and is a Pan American Health Organization/World Health Organization Collaborating Centre. For more information, please visit camh.ca or follow @CAMHnews on Twitter.

ABOUT 9-8-8: Suicide Crisis Helpline

9-8-8 is a new national helpline for anyone across Canada who is thinking about suicide, or who is worried about someone they know. Call or text 9-8-8 toll-free, anytime for support in English and French. 9-8-8 responders are here to listen and provide help without judgement. Led and coordinated by the Centre for Addiction and Mental Health and funded by the Government of Canada, 9-8-8 is made up of a growing network of nearly 40 experienced local, provincial and territorial, and national crisis lines across the country. Media Contact: CAMH Media Relations

media@camh.ca



Resources on the Ksanews.ca Website

By Krystian

The Kamloops Self Advocate Newsletter's official website is called

ksanews.ca. The website can be a support system in people's lives. It has different links for resources, for example links to different crisis lines. There is lots of educational content around disabilities and diverse abilities.

We have worked hard to include lots of information, including mental health information and resources. The site includes some local resources, like mental health counsellors who specialize in certain areas of counselling. There are also other specialized mental health resources, including crisis lines and support to let you know you are not alone with mental health issues.

There are some suggestions of mental health counsellors for specialized areas of mental health support and for being inclusive. There are a lot of different counsellors available in the community and it is important for you to do research to find one that is a good fit for you.

The newsletter website can be a great place to get you started on your search for information and resources about a lot of great topics, with everything from advocacy to health to entertainment. We hope you will check it out and let us know what you think!



THE KAMLOOPS SELFADVOCATE NEWSLETTER

Blazers Report

By Andrew

In the last month, the Blazers gathered 4 wins and 6 losses in their last 10 games, which included the start of their eastern road trip that began in Regina against the Pats, then in Brandon against the Wheat Kings. The Blazers had 3 final eastern road games in Prince Albert (Raiders), Saskatoon (Blades) and Moose Jaw (Warriors) before the Christmas Break. They returned home on December 27 to play the Kelowna Rockets, before they start the second half of the season. I look forward to seeing an improvement in the 2nd half of the season.



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WCTLIVE.CA | 250.374.5483

RELAXED PERFORMANCE: Saturday, February 03, 2024 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.

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for Each Individual**

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of BC Individuals for over 35 years.**

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Preventing suicide: When and how to help

Taken from <https://www.canada.ca/en/public-health/services/suicide-prevention/warning-signs.html>

If you or someone you know is in immediate danger, please call 9-1-1.

If you or someone you know is thinking about suicide, call or text 9-8-8. Support is available 24 hours a day, 7 days a week through [9-8-8: Suicide Crisis Helpline](#).

Help is also available through [Kids Help Phone](#) (1-800-668-6868) and the [Hope for Wellness Help Line](#) (1-855-242-3310).

When to get help

If someone is thinking or talking about suicide or death, or has a plan to end their life, it's important to seek help. It's important to know that asking someone if they're thinking about suicide won't increase the risk. Asking can lead to important conversations.

Suicide is the result of many complex factors and these may be different from person to person. Although it's very difficult to predict who might end their life, signs and behaviours that suggest someone may need help include:

Feeling:

- depressed
- that they are a burden
- like they have no purpose in life or reason for living
- trapped or that there's no other way out of a situation
- hopeless about the future or like life will never get better
- Behaviours such as:
 - being agitated
 - changing eating habits
 - changing sleeping habits
 - giving away their possessions
 - increasing substance use, like drugs, alcohol and inhalants
 - withdrawing from family, friends or activities they normally enjoy
 - saying goodbye or talking about what will happen after their death
 - anxiety or significant mood changes, such as anger, sadness or helplessness
 - talking about being a burden to someone or about being in unbearable pain
 - increasing high risk behaviours such as reckless driving, dangerous sports or activities



Getting help

There is help if you need to talk and you:

have emotional pain

are not feeling like yourself

know someone who needs help

are experiencing emotional distress

You can contact the following organizations:

9-8-8: Suicide Crisis Helpline

If you or someone you know is thinking about suicide, call or text 9-8-8. Help is available 24 hours a day, 7 days a week.

[9-8-8: Suicide Crisis Helpline](#) offers support that is:

bilingual

trauma-informed

culturally appropriate

available to anyone in Canada

Kids Help Phone

Call 1-800-668-6868 (toll-free) or text CONNECT to 686868.

Available 24 hours, 7 days a week a day to Canadians aged 5 to 29 who want confidential and anonymous care from professional counsellors.

Download the [Always There](#) app for additional support or access the [Kids Help Phone website](#).

Hope for Wellness Help Line

Call 1-855-242-3310 (toll-free), connect to the [online Hope for Wellness chat](#), or text WELLNESS to 741741. Support is available 24 hours a day, 7 days a week.

Available to all Indigenous peoples across Canada who need immediate crisis intervention. Experienced and culturally-sensitive help line counsellors can help if you want to talk or are distressed.

Telephone and online counselling are available in English and French. On request, telephone counselling is also available in Cree, Ojibway and Inuktitut.

Continued on next page



Preventing suicide: When and how to help continued

How to help someone in emotional distress

Talking honestly, responsibly, and safely about suicide can help you determine if someone needs help. If you want to help someone experiencing emotional distress, try: connecting them with a: crisis line counsellor trusted person letting them know you care. listening and showing concern talking with them and reassuring them that they're not alone.



Shrek The Musical

By Ben

Recently, Ben had the great experience of going to see Shrek The Musical. He really enjoyed it and wanted to let people know how much fun it can be to go and see live performances. He decided to reach out to Chelsea Isenor at the Western Canada Theatre Company to find out more about the show and what happens at WCT. Here is what Chelsea had to share.

We're always honoured to help build traditions in our community, and we know that it means so much to our patrons when Western Canada Theatre (WCT) puts on a family-oriented production for people to share with their loved ones during the holiday season.

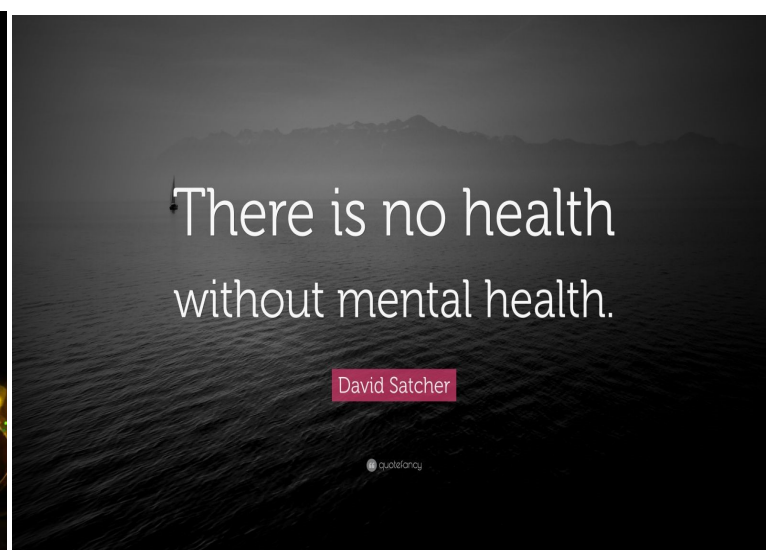
WCT began in 1974 as a youth theatre company, and our belief in supporting the creative development of young people continues to this day. We love involving young people in our productions and we had 10 local youth performing in *Shrek The Musical* as part of the Youth Ensemble. We hope seeing these talented young people onstage inspired the many kids who enjoyed this production as audience members.

It's so important to us that young people are able to enjoy our productions, with their families or at our school matinees. Seeing our shows at a young age engenders a lifelong appreciation for theatre and the arts, building the cultural supporters of the future. And they receive fantastic entertainment in an environment free of electronics or distractions, seeing a production that will tickle their funny bones while offering valuable lesson about inclusivity and acceptance.

Another reason we were excited to share *Shrek The Musical* this holiday season was to share the important message of inclusivity and acceptance that is at the core of this musical.

Here is a quote from James MacDonald, the Director of *Shrek* and WCT Artistic Director, about *Shrek The Musical*:

"Fairy tales bridge childhood and adulthood. They can be viewed many different ways, either as childhood adventures, or socially-aware parables for adults. *Shrek The Musical* threads together a timely message of acceptance and inclusivity with irreverent humour and smashingly catchy music, producing a show that both enlightens and entertains kids of all ages. And of course, at the heart is a story of romance and friendship shared by unlikely heroines and heroes. That they are "imperfect", and that they like to indulge in the silly joys of life more than the slickly superficial makes them all the more human."





Setting business goals: The first step to a successful business

By Sarah Laoyan • October 13th, 2022 5 min read

Taken from <https://asana.com/resources/business-goals-examples>

Summary

Business goals are a predetermined target that a business or individual plans to achieve in a set period of time. This article discusses the importance of business goals and reasons why you should set them for your team.

Establishing company goals is a common business practice—and for good reason. Setting clear business goals [influences motivation](#) and [increases performance](#). Whether you work at a small business, large enterprise company, or as an individual, you are [more likely to succeed](#) with strong business goals.

These are just a few benefits the goal setting process provides. Whether you're looking at the big picture or looking for small stepping stones, we'll explain everything you need to know to set goals for your business.

What are business goals?

Business goals are a predetermined target that a business or individual plans to achieve in a set period of time. These goals are often split into [short-term goals](#) and [long-term goals](#). Business goals can be general and high level, or they can focus on specific measurable actions.

A good example of a general business goal is a mission statement. Missions statements are a general goal because they don't have one metric that defines their success. They're more often used as a guiding North Star—something your team can strive for as opposed to hitting hard numbers.

Alternatively, you can set specific goals—measurable goals that are easy to track as your team progresses towards them. When someone talks about "setting goals" or the "goal setting process," they're talking about specific goals. A common goal setting process to use is the [SMART goals process](#).

Short-term goals

Short-term goals are often bound by a set period of time, usually ranging from a few hours to a full year. Long-term goals can also be time-bound, but if they are, they're typically set further into the future.

Short-term goals are often used as building blocks towards larger goals. A common strategy in business is to set multiple short-term goals to make the long-term goals more achievable.

Examples of short-term business goals:

Increase net promoter score by 10 points this quarter.

Hire 12 new support representatives by the end of the year.

Increase employee satisfaction by 20%.

Long-term goals

Long-term goals are bigger visions—goals you want to achieve further into the future. A common long-term goal is a 10-year goal. Think about where you want your business to be 10 years from now. What business objectives do you want to have achieved by then? What new businesses do you want to break into, if any?

Long-term goals are often used as [vision or mission statements](#)—these goals serve as a compass for your business to help you move in the right direction. Think of your goals as a map to get you where you want to go. Long-term goals may not tell you how to get there exactly, but they point you in the right direction. Short-term goals are like a GPS. They provide step-by-step directions on how to get where you want to go.

Examples of long-term business goals:

Nike: To bring inspiration and innovation to every athlete in the world.

Patagonia: We're in business to save our home planet.

Google: To organize the world's information and make it universally accessible and useful.

Why are business goals important?

Setting business goals is a best practice for a reason—goals help drive businesses in the right direction. Here are a few more reasons why companies take the time to establish strong goals.

Confidently define success

One of the easiest ways to know if your team is successful is by clearly outlining what success looks like. When you set your goals, take into consideration what you know your team is capable of, and push them slightly farther than expected. **Continued on next page**





Setting business goals: The first step to a successful business continued

Connect work to goals

A good business strategy to get into the habit of doing is connecting your business goals to the work your team is already doing. When you connect daily work to short- and long-term goals, individual team members have a clear sense of what they need to do, when they need to complete it, and the strategies they're doing to achieve those goals.

Keep teams aligned

A key benefit of using business goals is to align teams towards a common goal. Establishing clear business objectives allows team leaders to define which tactics their individual teams should use to achieve these goals.

Maintain accountability

Once you set business goals, you can then break them down to the individual level. Using a technique like this can help maintain accountability from the leadership level all the way down to individual team members. When individual team members are responsible for their individual goals, it's easy for managers to gauge how they're performing and when they might need more support.

Inform decision-making

If your company regularly tracks its business goals, you can use past goals as a way to inform your decision making process. For example, if your team sets up a new marketing strategy to track your goals and progress, you can use that information to set your business strategy for the next year based on performance.

Tips for setting clear business goals

Now that you know the reasons why business goals are important, here are a few tips on how to establish them.

Use a framework to set goals

If you're on the path to setting your first business goal, it can be challenging to figure out where to start. You want to make sure that your goal is achievable, but not so easy to achieve that it's not a challenge. Goal setting frameworks like [SMART goals](#) or [OKRs](#) are a good way to establish your first set of business goals.

Co-create with other business leaders

Your team doesn't work in a bubble. The work that your team does can affect other teams in your company and your business strategy as a whole. This is why co-creating with stakeholders is important. By working together, your team can utilize their unique knowledge and experience to set goals and create a sound business plan.

Start with the big picture

When you're establishing your goals, choosing numbers and tactics can feel overwhelming. To prevent that, start with the big picture first. Focus on answering the questions:

What do you want your company to stand for?

Why was your company created?

Where do you want to be in 10 years? What about 25 years?

Once you've defined a big picture mission, break it down into smaller, more actionable goals. What steps can you take to get there? What new products can you introduce to help achieve that overall, big picture mission?

With goal setting, there is no right or wrong answer. It's all about finding the strategies and methodologies that work best for your team.

Start setting—and achieving—business goals today

All businesses start small, and setting goals is how they grow into successful companies. If you're interested in learning more about different goal strategies, how to measure them, or where to start with planning, visit the [Asana goals resource page](#) for more information. Taken from <https://asana.com/resources/business-goals-examples>

2024
HAPPY NEW YEAR

SMART Goals

Taken from <https://corporatefinanceinstitute.com/resources/management/smart-goal/>

What are SMART Goals?

Goals are part of every aspect of business/life and provide a sense of direction, [motivation](#), a clear [focus](#), and clarify importance. By setting goals, you are providing yourself with a target to aim for. A SMART goal is used to help guide goal setting. SMART is an acronym that stands for Specific, Measurable, Achievable, Realistic, and Timely. Therefore, a SMART goal incorporates all of these criteria to help focus your efforts and increase the chances of achieving your goal.

SMART goals are:

Specific: Well defined, clear, and unambiguous

Measurable: With specific criteria that measure your progress toward the accomplishment of the goal

Achievable: Attainable and not impossible to achieve

Realistic: Within reach, realistic, and relevant to your [life purpose](#)

Timely: With a clearly defined timeline, including a starting date and a target date. The purpose is to create urgency.

Specific SMART Goals

Goals that are specific have a significantly greater chance of being accomplished. To make a goal specific, the five “W” questions must be considered:

Who: Who is involved in this goal?

What: What do I want to accomplish?

Where: Where is this goal to be achieved?

When: When do I want to achieve this goal?

Why: Why do I want to achieve this goal?

For example, a general goal would be “I want to get in shape.” A more specific goal would be “I want to obtain a gym membership at my local community center and work out four days a week to be healthier.”

Measurable SMART Goals

A SMART goal must have criteria for measuring progress. If there are no criteria, you will not be able to determine your progress and if you are on track to reach your goal. To make a goal measurable, ask yourself:

How many/much?

How do I know if I have reached my goal?

What is my indicator of progress?

For example, building on the specific goal above: I want to obtain a gym membership at my local community center and work out four days a week to be healthier. Every week, I will aim to lose one pound of body fat.

Achievable SMART Goals

A SMART goal must be achievable and attainable. This will help you figure out ways you can realize that goal and work towards it. The achievability of the goal should be stretched to make you feel challenged, but defined well enough that you can actually achieve it. Ask yourself:

Do I have the resources and capabilities to achieve the goal? If not, what am I missing?

Have others done it successfully before?

Realistic SMART Goals

A SMART goal must be realistic in that the goal can be realistically achieved given the available resources and time.

A SMART goal is likely realistic if you believe that it can be accomplished. Ask yourself:

Is the goal realistic and within reach?

Is the goal reachable, given the time and resources?

Are you able to commit to achieving the goal?

Timely SMART Goals

A SMART goal must be time-bound in that it has a start and finish date. If the goal is not time-constrained, there will be no sense of urgency and, therefore, less motivation to achieve the goal. Ask yourself:

Does my goal have a deadline?

By when do you want to achieve your goal?

For example, building on the goal above: On August 1, I will obtain a gym membership at my local community center. In order to be healthier, I will work out four days a week. Every week, I will aim to lose one pound of body fat.

By the end of August, I will have realized my goal if I lose four pounds of fat over the course of the month.

The Importance of SMART Goal Setting

Often, individuals or businesses will set themselves up for failure by setting general and unrealistic goals such as “I want to be the best at X.” This goal is vague, with no sense of direction.

SMART goals set you up for success by making goals specific, measurable, achievable, realistic, and timely. The SMART method helps push you further, gives you a sense of direction, and helps you organize and reach your goals.



How to Make (and Keep) Your New Year's Resolutions

Let this year be the one you finally follow through.

By [Kelly Mickle](#) and [Amy Marturana Winderl, C.P.T.](#)

Taken from <https://www.self.com/story/new-year-resolution-handbook>

Yup, the time has come to talk about New Year's resolution(s)...again. [In a time of such, well, pandemonium](#), creating these types of goals for yourself can feel like a way to stabilize your personal growth and center your happiness at a time when pretty much everything else feels off-kilter. Or it can feel like a completely overwhelming way to put pressure on yourself and feel like a failure before spring. Thankfully, there are quite a few ways to set actually realistic New Year's resolutions you can follow through on over the course of the year (and after, if you like).



When done in a realistic way, creating resolutions can be a good, productive way to set goals and intentions for the new year and beyond. Deciding to make positive changes, like ditching a bad habit and adopting a healthier one, is always a good idea—one you should see through to the end.

Often, what we don't realize is that the problem isn't that we aren't capable of sticking to our resolutions. The problem is that we need to do a better job making new year goals that are actionable and achievable. Otherwise, it's almost like setting yourself up to fall short.

"Change is hard. We are creatures of habit," [June Kloubec, Ph.D.](#), a professor in the department of nutrition and exercise science at Bastyr University, tells SELF. "Unless you are very motivated, have good social support, and have the right environment, it is difficult to make lasting behavior changes."

Experts like Dr. Kloubec, who works with people to get past barriers and make lasting changes, know that there are all sorts of things that can hold people back from reaching their goals. They also know that some small mindset shifts and behavior changes can actually make a big difference in whether or not you're able to stick with a resolution or goal.

How to set achievable new year goals

Ever heard of a SMART goal? SMART stands for specific, measurable, attainable, relevant, and timely. It's an acronym used a lot in business, and also one that fitness professionals rely on to [help clients set doable goals](#). It's also pretty handy for any New Year's resolutions you're mulling over right now.

Making a goal SMART is a great tactic to increase your chances of actually sticking with it. For many common New Year's resolutions—like exercising more, changing eating habits, and [saving money](#)—implementing this method can really help.

How to set achievable new year goals

Here's an example of a SMART goal: "I will exercise for 30 minutes two times a week." The non-SMART version of that: "I will finally start exercising regularly." The first one lays out a goal that's specific, measurable, attainable, relevant, and timely. The second one is vague and provides no clear direction for how you're going to do it. Of course, you'll also want to think about details, like when this workout will fit best into your schedule, what activity you will actually look forward to doing, and more. But thinking within the SMART framework first is a great way to get started formulating your goals.

13 additional tips for making New Year's resolutions stick

If you want to set yourself up for the best chance of success, start with these helpful tips for making better resolutions you can actually stick to. They all keep the tenets of SMART goal-setting in mind but take them one step further to give you even more detailed and specific advice.

Need some New Year's resolution ideas? Check out these [15 excellent resolution ideas](#) that focus on your health, relationships, and making the world a better place.

1. Make smaller resolutions.

You think, I'm going to spend less, work out more, and get promoted. All great aspirations, but creating a resolution that's too big sets you up for failure. The first key to success is zeroing in on one goal, not three. Then do a quick reality check.

"Look at the level of commitment it will require to achieve, and consider if you'll be able to match it," [Larry Kubiak, Ph.D.](#), director of psychological services at Tallahassee Memorial Hospital, tells SELF. Are you really going to be able to [read a book](#) a week if your busy schedule currently makes it hard to fit in one a month? Unlikely. And that's fine! But committing to reading two books a month instead of four could be a good place to start.

2. Seriously, get specific with your goals.

We mentioned this tactic above, but it's worth emphasizing. "Save money" is a good goal. But...how? And how much?

Continued on next page

How to Make (and Keep) Your New Year's Resolutions continued

Without some definable parameters, your best intentions can get lost in the shuffle. “The more detailed you can be—‘I’m going to save \$30 a week by eating out one fewer meal’—the [easier] it is to stay focused on what you have to do to succeed,” Dr. Kubiak says. Setting small, specific goals also keeps you encouraged along the way—each time you meet one, you have reason to [celebrate your progress](#).

3. Write down your goals.

People who write down their goals feel a greater sense of accountability and have a much higher chance of accomplishing them, [Elizabeth Ward, Ph.D.](#), psychologist and performance coach and consultant in Boston, tells SELF. Post your goals on your fridge, write them in dry-erase marker on the bathroom mirror, or [write them down in a journal](#).

Journaling can also help you reflect on your progress, Dr. Kloubec says.

4. Enlist some help from technology.

A lot of mental health apps out there can help guide you through goal-setting and forming new habits. For example, as [SELF has previously reported](#), there’s [MindShift](#), which teaches you therapy skills to tackle [negative thought patterns](#) and also has tools for setting goals and forming habits. Other goal-setting apps to check out: [Strides](#), [Streaks](#), and [Productive](#). There are even [journaling apps](#) out there that you can use instead of a physical paper journal if that works better for you.

5. Make your resolutions public.

You might be more likely to achieve your resolutions if you make them public. “Sharing our goals holds us accountable, so it’s harder to back out,” [John Norcross, Ph.D.](#), professor and chair of psychology at the University of Scranton and clinical professor of psychiatry at SUNY Upstate Medical University, tells SELF. Obviously, it’s okay to change your mind after making a resolution public and realizing it’s not sustainable, or it’s actually making you unhappy or more stressed in a way that really doesn’t feel worth it or productive. But if you’re really hoping to change certain habits in the long-term, going public might be a good idea.

6. Plan your follow-through.

Your resolution should never just be another item on your to-do list. At first, your goal was new and exciting, so you were inspired to make time for it; three weeks in, the novelty may wear off, [Emanuel Maidenberg, Ph.D.](#), clinical professor of psychiatry at the University of California in Los Angeles, tells SELF. “If each morning you have to find a way to make your goal happen, you’re more likely to decide based on whether you feel like doing it, which we rarely do,” Dr. Maidenberg says.

Instead of relying on pure desire or willpower each day, plan ahead. Plot out a monthly budget or schedule [a week’s worth of workouts](#) each Sunday so you don’t have to think about how to fit it all in.

7. Stack your habits.

Attaching your goal to another activity that you do every day—a tactic called habit stacking—can also make it easier to stick with a new endeavor. For instance, if you want to meditate more, plan a nightly session for right after brushing your teeth. The term “habit stacking” was coined by writer S.J. Scott in his e-book [Habit Stacking: 97 Small Life Changes That Take Five Minutes or Less](#).

8. Check in with yourself regularly.

Reassessing your goal throughout the weeks and months it takes to get there is essential. Once you start making changes, you may find your original goal was a little unrealistic. Instead of sticking with it once you find it’s probably not possible, feel free to tweak the goal as you see fit.

9. Celebrate small successes.

If your focus is just on the endgame, it’s easy to feel discouraged when progress plateaus around the one-month mark, Dr. Kubiak says. That’s why it’s crucial to recognize and reward the smaller successes along the way. If your goal is to [run](#) a half-marathon, don’t save the party for the finish line. After each long run, reward yourself with a good book, new music, or fancy latte from your favorite coffee shop. To help you track important milestones and stay motivated along the way, use your journal or goal-tracking app.

10. Remember that it’s okay to slip up (then get back on track!).

If you’ve faltered, know that you’re in good company: “Having a lapse is common,” Dr. Norcross says. What really matters is how you handle it: There are those who spend several days feeling guilty over their misstep, and then those who acknowledge the screwup but get right back on track.

11. Don’t rely on others to get you where you’re going.

Asking people for support is smart, but to make your resolution stick, now is the time to learn how to be your own cheerleader. In fact, relying too heavily on a pal or family member to get you to do something might actually decrease your motivation to work toward your goals, a 2011 study published in [Psychological Science](#) found.

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How to Make (and Keep) Your New Year's Resolutions continued

12. Stick with what works.

"Once your behavior starts to feel routine, it's easy to assume you have this in the bag and can let down your guard," Dr. Norcross says. "But that's when you become vulnerable to missteps." You may think that because you haven't smoked in more than two months, you can lift your ban on meeting up with friends who do, or that you can stop scheduling

workouts because you'll just naturally make time for them now. But those techniques were crucial to your success up to this point and taking them away can dissolve your resolve. As Dr. Norcross urges, "Whatever you're doing is working, so don't stop!"

13. Believe in yourself.

"People say that they want to make a resolution, but they don't believe that they can actually accomplish it," Dr. Kloubec says. If you know you're capable of making your desired change, then believe it wholeheartedly. "If not, re-think how you can phrase or re-format your resolution" to be something that you're confident you can achieve, Dr. Kloubec adds.

When you reach your goal, it's time to celebrate, of course. But it's also time to plan how you'll stick with it moving forward. Making a budget, eating for better heart health, or getting into a regular fitness routine are all positive life-style changes that are worth sticking with for more than just the year. Use your sense of accomplishment to further fuel your healthy habits so that you can keep feeling good—and proud of how you've bettered yourself—for years to come.

Taken from <https://www.self.com/story/new-year-resolution-handbook>

“ Mental Health Quotes

"There is hope, even when your brain tells you there isn't." John Green, 2019

"The true definition of mental illness is when the majority of your time is spent in the past or future, but rarely living in the realism of NOW."

Shannon L. Alder, n.d.

"No one would ever say that someone with a broken arm or a broken leg is less than a whole person, but people say that or imply that all the time about people with mental illness."

Elyn R. Saks, 2007

"Things not to say to someone with mental illness: Ignore it. Forget about it. Fight it. You are better than this. You are over thinking."

Nitya Prakash, 2019

"Being able to be your true self is one of the strongest components of good mental health."

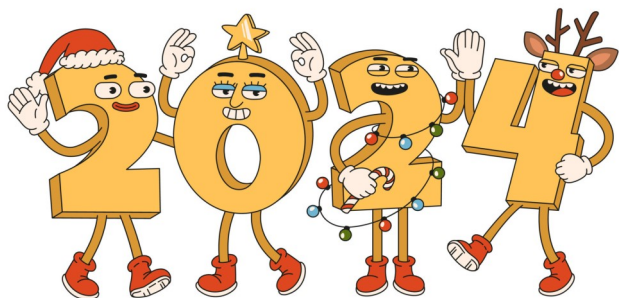
Lauren Fogel Mersy, n.d.

"All stress, anxiety, depression, is caused when we ignore who we are, and start living to please others."

Paulo Coelho, 2014

"Embrace the winter blues as a reminder that even the darkest nights pave the way for brighter days."

"Winter blues are but temporary clouds; your spirit shines eternal."



Watching the Christmas Parade

By Riley

I ended up going to the Christmas parade. Even though I wasn't in the parade, I was there dressed up as Jack Skellington from the movie 'The Nightmare Before Christmas'. The funny thing is, some people thought I was part of parade so they took some pictures of me! It was a magical night.





Advocating for Mental Health Through Music

By Krystian

Sarah Lightman is a singer and songwriter who advocates for mental health through music. She is a great advocate for mental health and lives in Nashville, TN.

Who are you?

I'm a human that identifies as female she/her. I'm also a Nashville based soulful pop singer-songwriter/recording artist that advocates for mental health through music.

Why did you want to sing music?

I pursue a music career in hopes to help others and myself feel a little more loved, healed, heard, and connected in this world. My hope is to help make the world a little better with my art.

Why did you want to advocate for people with mental health through music? What are your mental health issues?

There are moments in my life where I have struggled and wished I felt less alone, to suffer just a little less. My hope is to create the outlet I wish I had through those moments. Maybe if we connect together through music, we'll all be in a better place. I deal with anxiety and depression like all humans from time to time, but because I have been through a considerable amount of childhood and adult trauma, I have been treated for C-PTSD, and with the lack of healthy examples of relationships in this world, I have also done a good deal of work to heal codependent habits.

What is your song 'Silence' about?

Silence originally was written about developing a minor vocal injury just before the pandemic, and not knowing how my voice would recover, should I choose to go through with vocal surgery and rehabilitation. The song's meaning for me has evolved to much more than that over time. In particular, it's about no longer silencing myself and my truth, and overcoming incredible adversity. It's saying I'm going to be here as I am whether you like it or not. If you don't, that's fine. I don't need you to like me, and I'm not going to let you control and shape me. I'll keep fighting for myself and stand strong. It's saying I don't know where my music career will take me, and the industry is a lot harder and less glamorous than people are shown by the media. The overnight success is a facade, but I'm going to keep going because I believe in my voice and my message. I'm going to live my life authentically even if I don't know where I will end up.

Why did you want to create this song?

At the time I was challenging myself to write more, and it was one of the first timely ideas that came to mind. I write from a place of emotion and feeling, and I was feeling it strongly enough to write about it. I wanted to write at least one song a week, and invest more into just creating. I had just put out the Interlude album, and I felt that I didn't find enough time to write, and so I wanted to do better this time. I was happy with the songs I did write for it, but there's always room for improvement. Silence was the first song that came from writing one song a week in 2020.

What do you enjoy about this song?

I enjoy the melody and phrasing that I put into it. I actually originally wrote it in a different key, but it didn't feel right so I flipped the melody, so it would sound less in a major scale. I never created in that way before, so I'm proud of myself for doing things differently and running with it openly. I also really love the bridge and how it goes back into the last chorus in a very vulnerable raw way.

What do people enjoy about your song?

People have told me that they love the message of the song overall and that it's a very human song to them. Meaning they believe it's very relatable for them and most anyone who hears it. I've also been told it sounds epic in the production, very vulnerable delivery, empowering, and catchy.

What did you enjoy about living in Los Angeles and performing at Universal CityWalk?

I love the friends and the professional connections I made out there. The nature, the culture and the food never fails, and I miss it sometimes, but I'm very happy about relocating to Nashville, TN. Universal CityWalk is always home for me as a creative and street performer. When I visit, I still meet up with the team and sometimes perform there. It's a special kind of industry family, and I've met some of the most incredible musicians through their community. I also love that even though the world changed drastically after the pandemic, CityWalk is one of the few places that maintained its magical aesthetic.

What is Universal CityWalk?

Universal CityWalk is a shopping entity next to the Universal Theme Park. They have multiple locations. The one I'm affiliated with is in Los Angeles, California. People there can enjoy concerts, movies, go shopping, and go to dinner. It brings in people from all over the world. They also host all kinds of entertainment there! Halloween Horror Nights, shows on the mainstage. Some of the biggest artists have performed there.

Continued on next page



Advocating for Mental Health Through Music continued

What do you enjoy about singing music?

The thing I enjoy most about singing music is it brings me joy, and helps me through hard times. Singing naturally boosts your mood, and sharing it with others to bring them joy amplifies that feeling. I also like the way it feels in my voice, exploring different ways of communicating melodies and using different vocal textures is really fun.

How did you get into the music business?

I got in officially after deciding to street perform on the streets of Los Angeles. I had done music in the past, but something about the experience of street performing inspired me to quit my other aspirations, my day job, and fully invest myself.

What else would you like to add? Where can people find you online?

Check out my new song Silence on your favorite music platform, and watch the music video through this link: <https://listen.sarah-lightman.com/willistaysilent>

You can find me on Instagram, TikTok, Twitter, Twitch, Discord, Youtube @SarahLightman and Facebook @SarahLightmanSings.

Official Site: <https://Sarah-Lightman.com>

Chili

by Betty Crocker Kitchens

Taken from <https://www.bettycrocker.com/recipes/chili/c7df2894-907a-4309-a7f9-6e6f5a6c730d>

The beans! The spices! The meat! When it comes to homemade Chili, what's not to love? With a myriad of flavorful ingredients and just four simple steps, it's no wonder this is known as our best Chili recipe. This homemade Chili recipe pairs perfectly with a crisp fall day, but we've been known to cook up a tasty batch even in warmer weather. So do what feels right—warm up after a little Sunday football or cozy up to a weekday meal your family will love. And if you're like us, just keep in mind that one bowl of this savory Chili with beans is never enough, especially when piled high with all our favorite toppings!

Ingredients

- 1 lb ground beef (at least 80% lean)
- 1 cup chopped onions
- 2 cloves garlic, finely chopped, or 1/4 teaspoon garlic powder
- 1 tablespoon chili powder
- 2 teaspoons chopped fresh or 1 teaspoon dried oregano leaves
- 1 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/2 teaspoon red pepper sauce
- 1 can (14.5 oz) Muir Glen™ organic diced tomatoes, undrained
- 1 can (19 oz) Progresso™ red kidney beans, undrained

Steps

1

In 3-quart saucepan, cook beef, onions and garlic over medium heat 8 to 10 minutes, stirring occasionally, until beef is thoroughly cooked; drain.

2

Stir in chili powder, oregano, cumin, salt, pepper sauce and tomatoes.

3

Heat to boiling over high heat. Reduce heat just enough so mixture bubbles gently. Cover; cook 1 hour, stirring occasionally.

4

Stir in kidney beans. Heat to boiling over high heat. Reduce heat just enough so mixture bubbles gently. Cook uncovered about 20 minutes, stirring occasionally, until desired thickness. **Tips from the Betty Crocker Kitchens**

tip 1 Spoon the hot Chili over baked russet or sweet potatoes for a big one-dish meal. Sour cream, chopped chives and crumbled bacon all add up to a loaded chili baked potato supper.

tip 2 Use this Chili recipe to make Chili Macaroni: spoon the homemade Chili over hot cooked macaroni or fusilli. Top with lots of finely chopped red onion, shredded Colby-Jack cheese and fresh cilantro leaves.

tip 3 Try swapping the ground beef in this classic Chili for some ground pork, chicken or turkey.

tip 4 Looking for ways to enhance the basic chili powder? Add a healthy shake of chipotle chili powder (smoked ripe jalapeños). For a smokier edge, try a generous pinch of ground coriander, cinnamon or allspice.



Ollie's Telescope

By Ben

Let's meet Ollie & the therapeutic recreation students, Sam & Kaitlyn, authors of this inspiring book, which is available in paperback and on audiobook.

Writing and illustrating a children's book was never a fated endeavor for Samantha Smadella and Kaitlyn Blanchard but when they stumbled upon a story that needed to be told, the pair immediately put pen to paper to take on the challenge.

Smadella and Blanchard are both students of the Therapeutic Recreation program, a healthcare profession that deals with five domains of recreation and leisure: physical, emotional, cognitive, social and spiritual. Smadella explains that recreation therapy takes shape in a variety of ways in different spaces — from children's palliative care to long-term care for the elderly. Therapeutic recreation helps provide meaning to peoples' lives," says Smadella. "It touches on all the things that make us human outside of the menial day to day tasks."

In keeping with her caring nature, Smadella launched Localove, a product subscription box that would supplement the income of local businesses and raise funds for non-profits and individuals in need during the pandemic. "One month I worked with the Snow Angels for CHEO, a fundraiser that supports children's oncology at the Children's Hospital of Eastern Ontario (CHEO)," says Smadella. "Roland Ten Holden, the fundraiser's Director, connected me with Dawn Pickering — whose son had been diagnosed with Lymphoma — and she asked if I could create a special box for children fighting cancer." Smadella quickly learnt about Pickering's son, Ollie, who would become the namesake and inspiration for *Ollie's Telescope*. Unfortunately, Ollie's cancer had metastasized to his brain, causing severe vision loss. But Ollie's mom was adamant that anything he wanted to do, she'd find a way for him to do it — which Smadella explains is the ethos of recreation therapy. Ollie has been involved in everything from skateboarding to karate.

"I was exploring options for my term project, and after speaking with Pickering and hearing Ollie's story, I knew that I wanted to do something to honour this amazing kid," says Smadella. "Ollie's enthusiasm, adaptability and perseverance is what Therapeutic Recreation is all about." Smadella casually told Pickering that Ollie should have a book or movie written about him and then it dawned on her that she could in fact make that happen. Some preliminary research revealed that there wasn't much in the way of similar children's books, so with the green light from her professors and input from Ollie's mother, Smadella quickly got to work compiling their story.

"Once I started writing, I reached out to Blanchard — we'd been really good friends throughout the Therapeutic Recreation program and I knew that she was an amazing artist," says Smadella. Blanchard immediately took to the idea as well and began putting pen to paper to help Smadella communicate Ollie's story through beautiful illustrations. Each page has these brilliant illustrations with image descriptions so that children who are visually impaired can enjoy the book as well," says Smadella.

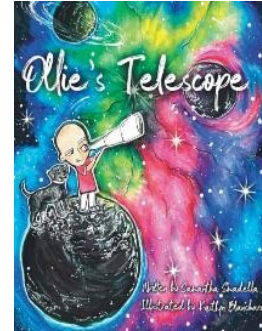
"I brought a copy of the book into Roger Neilson House, where I do my student placement, and the children are drawn toward the designs on the cover — I love that it can be read to children of all abilities" *Ollie's Telescope* follows a boy who loses his sight while undergoing cancer treatments and tackles his new obstacles with courage and resilience, learning new ways to accomplish his goals.

Like the real Ollie, the character mourns the loss of his passion, astronomy, but rediscovers the world through music. With a friend from the oncology unit, he realizes that he can accomplish his passions by changing his approach. The heartwarming story encourages children experiencing life-altering injury or illness by introducing them to accessible recreation"

You don't really see a lot of books about people with disabilities in general so we hope that this can provide a bit more representation for adults and children alike," says Blanchard. "Hopefully this book can also shed light on recreation therapy and its benefits."

For Blanchard, her work on this book was therapeutic as well. Art is my de-stress — it's the first thing I do when I'm feeling overwhelmed," says Blanchard. "I've done it my entire life and I know I want to be able to include art in the therapeutic recreation services I provide in the future because it's helped me so much, especially with my mental health and self-expression."

To date, roughly 100 copies of *Ollie's Telescope* have been sold with a goal to sell 200 books for the first release. All proceeds from the book will be donated to CHEO oncology (formerly Candlelighters Childhood Cancer Support Programs, which amalgamated with CHEO in June). If you're interested in supporting Smadella, Blanchard and of course Ollie, you can purchase the book through Amazon & Indigo.



Kindness and Compassion with Penni Vanjoff

By Lisa Coriale

As self advocates, we teach those around us how to look at life from our perspective. Kindness and compassion change our interactions from strained, stressful, unpleasant, and hurtful to easy, peaceful, joyful, and healthy. There are many simple ways to express and offer kindness and compassion each day. This feature shows us how many different individuals use kindness and compassion to improve their daily lives and the lives of those around them.

Please tell me about yourself.

My name is Penni Vanjoff. I am married with 2 kids.

What do you do for a living?

I have been a receptionist at Kamloops Active Health for the last seven years.

What does kindness and compassion mean to you?

It means being respectful, polite, and taking the time to get to know people.

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

You never know how someone's day is going. By showing a bit of compassion you might turn that person's day around.

How do you show kindness and compassion to others?

I talk to people, try to get on a personal level with them, just listen.

How can people show compassion when they are in community?

Take time out of your day to give someone a moment.

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

The same way I would show kindness and compassion to people without diverse abilities! Listen, and talk.

Being kind to ourselves improves our mental health. In what ways are you kind to yourself?

I make sure I set aside time for my hobbies. I love to find a corner somewhere and just get lost in my book.

People sometimes have negative views and/or attitudes towards people with diverse abilities. What do you do, or can you do, to increase kindness and compassion for those who are diversely abled?

I try to be more accommodating. When a patient with limited mobility comes to the office I get up from the desk to offer my services.

Lisa's Thoughts – Throughout the process of doing these kindness and compassion interviews, I have learned that I believe it is important to feature everyday people. Different people have different perspectives and I enjoy hearing from those who are not well known in our community. I think that they are people many others can relate to.

Penni relates to people on a personal level by talking with them and finding out what it is that they need. She makes time for moments with people. I've found that all people are more likely to open up and express their needs when they feel seen and heard. This can be difficult when we are interacting with someone different from ourselves, but it is worth it because we need to develop relationships with people around us even when it is awkward. It only takes a little bit of time and effort and the awkwardness quickly fades.

I also appreciate Penni's no-nonsense approach to how to treat those with diverse abilities with kindness and compassion. Simply treat them the same as you treat everyone.

She is right!!!! It's not complicated. Everyone wants to be seen and treated with respect and kindness. Penni does this naturally and she is ready and willing to accommodate people. She

provides us with a great example. Physically putting yourself on the same level as someone else is a very powerful way to demonstrate kindness and compassion.





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Blatantly Honest

By Krystian

Meet Makaila Nichols, the President and Founder of the Blatantly Honest Foundation. When she is not focused on philanthropy, she is CEO of a media group called Sofila Radio & Television Productions, where she hosts two television shows in the state of Florida. She began her career when she was just 14 years old. It started in the fashion industry, where she was model. She had the privilege of living in New York City and Los Angeles as she pursued her dreams. As exciting as that may sound, it was not an easy road. That's what compelled her to write what would soon be a best-selling book about her life experiences. Her book is called "Blatantly Honest: Normal Teen, Abnormal Life."

How did you come up with the book called Blatantly Honest?

I was dealing with many challenges and I felt alone. I going to the bookstore, desperate to find a book that would help me, and I could not find one, so I decided to write one for myself.

What is your book about?

Blatantly Honest is about the struggles of being a teenager, it was about my struggles with issues like: bullying, body image, mental health and more. The purpose of the book is to make others feel like they aren't alone when it comes to dealing with trials and tribulations of being young. I thought my story may inspire someone and let them know that they are not alone.

Can people buy your book in Canada? I am not sure, I don't see why not!

How can teens deal with bullying in today's world?

Unfortunately, bullying is never going to go away. Life is not what happens to us, what is said to us, etc. it is how we respond to it. Believe it or not I still get bullied to this day and I have learned to not let it get the best of me. It can be so incredibly easy to feel like the world is against you and to take things to heart, don't let it get to you. Bullies hate seeing their target win, they hate seeing it not impact them, let it drive them crazy... not you. Life is always going to be full of hurt and angry people, but you don't have to be hurt and angry too. If you are struggling with bullying, tell a loved one and more importantly know you will get through it.

How can people prevent bullying?

Bullying is unfortunately hard to prevent. At the end of the day, we are only in control of our actions, with that being said, if you see someone being bullied, stand up for them. The bystander effect is a real thing, we need to do our part to stand up for others. Be kind to EVERYONE for you never know what battles they are facing.

How can people raise awareness about bullying?

I think social media is the perfect tool to raise awareness about bullying. When we share our own stories about some of the struggles that we have experienced, not only is it therapeutic, but it might be able to help someone else. If you witness any type of bullying, whether it be online or in person, don't be afraid to stand up for that person and let the bully know that what they're doing is wrong and you don't condone it.

What is the moon mission is about? How did you come up with the idea to send photos to the moon?

The moon mission actually came up during the peak of Covid. I had an incredible opportunity to have a rocket contract donated to me from a former board member. The contract actually does not include any humans going on this mission, but instead, a microSD card. And I thought to myself, "What am I going to do with this?" I found myself outside a lot and I kept looking up at the moon at night, and I thought I had this incredible opportunity in front of me. What if, victims of bullying could never be looked down on again? This very thought inspired me for #OperationInclusion. We are sending photos of people to the moon, some of which are victims of bullying so no one can look down at them again. Now, they have to be looked up to constantly (as it should be). This way, when someone is having a "down day" they can look up to themselves knowing their photo is straight above their head. I think the symbolism is incredible behind this particular mission.

How can people send their photo to the moon?

Additional photo [entries] for the moon mission is currently closed. The rocket itself is scheduled to depart in December of 2023. Stay tuned on mission updates by following us on social media @blatantlyhonestfoundation or on our website: www.blatantlyhonest.org

What else would you like to add? How can people find you online?

I have a podcast series called "Blatantly Honest with Makaila Nichols" that is streamed pretty much wherever you download from which are stories from celebrities, experts and the typical person about overcoming adversity.

Foundation website: www.blatantlyhonest.org

My own socials: www.makailanichols.com or @makailanichols on anything

<https://www.amazon.ca/Blatantly-Honest-Normal-Teen-Abnormal/dp/1612549187>

Thank you,





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