

Christmas Newsletter

Merry Christmas

Soon it will be Christmas with lights, guests and time off of school.

Physical environments can be stimulating during the Christmas season with lights, songs, company & baking. It is an exciting time for everyone. It is also an exciting time for those in our families living with FASD, however, the extra sounds, smells, sights, textures & tastes could also be overwhelming for individuals who process sensory information differently. Remember that many individuals with FASD cannot ignore sights & sounds, so the extra activity & interpretation needed by the sensory system can overload the individual & they may become agitated or angry.

Plan for quiet time or create a "safe place" for the individual to go during gatherings when they feel they need to be alone. Provide an opt out from group activities for the individual.

Reminder: routines, structure, front loading & a safe quiet place might be the perfect gift for you & your loved ones this Christmas.



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Brain Function continued...

Occipital lobe found in the back of the cerebrum (the large portion of the brain) which processes visual information.

If this area of the brain is affected, what a person sees and interprets it to be may not be what others see.

Also an individual with dysfunction in processing visual information may only be able to see and interpret one thing at the time. For example, walking in the forest, an individual may only be able to focus and see only one tree. Or looking at a drawing or picture, they only can see the face but not the body.

When the Occipital Lobe, which processes visual information, is not able to fully operate, behaviours happen because of this.

A person who cannot visualize more than one object or being at the time may become overwhelmed or overstimulated in a crowd of people.

Does your individual have Visual Processing or Visio spatial areas of weakness identified in their assessments?

Christmas Community Events

Paddle Prairie Metis Settlement

Community Christmas Breakfast is December 11, 9:30-11:30 at the arena

Community Christmas Dinner is December 18, 2018 at 4:00pm at the Arena

Fort Vermilion Support Services & Family & Community Support Services are holding a Christmas Breakfast on December 15, 2018 at the Community Complex from 10:00 am—1:00 pm

Beaver First Nation's Annual Christmas Round Dance

Held December 8, 2018 at the Rocky Lane School at 4:00 pm

High Level Schools Christmas Basket Campaign

Application deadline is December 7, 2018

High Level Food Bank Christmas Hamper

Deadline for application is December 13, 2018 & tentative pick-up date/drop off dates are December 18 & 19, 2018

High Level Food Bank can only help individuals residing within town limits of High Level

Annual Christmas Dinner is December 13, 2018 from 5:00 pm—9:00 pm

Dene Tha First Nation has community Dinners on the following dates times have not been set yet:)

Chateh is December 10, 2018 held at the community school

Bushie is December 11, 2018 held at the Four Chiefs Complex

Meander is December 12, 2018 held at the band office

Little Red River Cree Nation has no community events yet to be posted

Tips for Self Care

Give yourself permission

You need to give yourself permission to take time for self-care. Take a walk, go visit someone you haven't talk to in a while, watch a Christmas movie, if at all possible get a sitter so you can have time to do something without worrying about anyone else, stop by the office & have a cup of tea or coffee.

Involve all of your senses

Put a pot of water on the stove & add cinnamon (or another spice), bake cookies, have one of the children give you a foot massage.

May peace, joy, love and happiness be yours today and throughout the year!

SUPPORT GROUPS FOR DECEMBER

High Level group will only be in the evening on December 5, from 7:00-9:00 pm

Fort Vermilion group is cancelled for December

Chateh support group will be held in Chateh at the health clinic December 12, 2018, luncheon from 12:00-2:00 pm

La Crete support group is cancelled for December

If there is a need, please do not hesitate to call the office and I or one of the other staff will be here for you:)

THE OFFICE WILL BE CLOSED FROM DECEMBER 22, 2018 & RE-OPENED JANUARY 2, 2018

