



EFAN

FASD - Frontline

April 2016 Issue

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Photo Source: quotesgram.com

Spring Cleaning Checklist—Martha Stewart

The tips below outline basic techniques that will help you clean almost every surface (or object) in any room.

Wipe Walls and Ceilings:

Use a vacuum to remove dust. Tackle stubborn surface grime, especially prevalent in kitchens, with a solvent-free **degreaser** (test it first in an inconspicuous area to ensure it won't mar the surface).

Vacuum and Shampoo Rugs:

Synthetic carpets and rugs with wa- terproof backings can be deep-cleaned with a rotary shampoo machine and a hot-water extraction machine. Rugs without backings, including Orientals, require professional cleaning.

Clean Upholstered Furnishings:

Take cushions outside and gently beat them by hand to remove dust. If there are stains, check the pieces for care labels. Use a vacuum's upholstery and crevice tools to clean under seat cushions.

Dust Home Thoroughly:

This includes hard-to-reach places, such as the tops of ceiling fans and window casings. Always work from the top of a room down, vacuuming the dust that settles on the floor. Avoid using dusting sprays.

Source: <http://www.marthastewart.com/267295/spring-cleaning-checklist>

Edmonton and Area Fetal Alcohol Network (EFAN) Frontline Newsletter contains information regarding resources, services, articles, research and any other materials that might inform and provide support to frontline workers and caregivers. If you wish to share information or to be added to our e-list subscription, please contact edmontonefan@gmail.com

How the Brain Works

By Paul Pringle—Bissell Centre



Last night I watched the Nature of Things, My Brain Made Me Do It. It was fascinating research on the brain and how neuroscience is making new discoveries. It really is worth a look at, it will certainly give new meaning to rehabilitation and how much the brain effects behaviour. It certainly shows the impact on behaviour when the brain has been compromised and how decisions are not really decisions.

Alcohol affects brain cells by interfering with the communication of brain cells and can damage those connections that we have already made. In other words the connection that was already established can be closed, it's like walking to work the same route every day to find out that street has been closed. It is easy to see negative behaviour in relation to the brain but what about positive influences. The brain has the ability to change which is called plasticity this means that we can introduce activities to help strengthen connections and influence behaviour. It is said that when we learn something new, it changes brain cells and when we exercise we actually create new brain cells. What are the things we can do, to support brain health.

- | | |
|-----------------------------------|--|
| 1. Eat Dark Chocolate | 8. Learn to Juggle |
| 2. Visit a Museum | 9. Try something you know how to do in a new environment |
| 3. Memorize a Song | 10. Learn to use the other hand |
| 4. Exercise Peripheral Vision | 11. Eat Fish |
| 5. Learn to play a new instrument | 12. Get Exercise |
| 6. Do a Jigsaw Puzzle | 13. Choose the rocky road (not ice cream!!) |
| 7. Turn down the Television | 14. Catch some zzzzs (sleep) |

The following is a link with more explanation of the 14 tips.

<http://www.brainhq.com/brain-resources/everyday-brain-fitness/brain-fitness-tips>

The following is the link for the Nature of Things.

<http://www.cbc.ca/natureofthings/episodes/my-brain-made-me-do-it>

Tips for Roommates
by Patricia Ellison-Travers—Bissell Centre

How to Create a Roommate Agreement



Picture Source: mclife.com

Living with a roommate is a solution for many people to save money when the economy is struggling in Alberta and elsewhere. Also, living with a roommate prevents isolation and alienation from the community. We all need to be connected in some way and to feel a sense of belonging. Living with a roommate is a safe way to do that.

Yet, when some people become roommates they forget an important detail. What happens when something unforeseen happens? What if your roommate loses a job? Who pays the rent? Who buys the food? Who pays for the utilities? When emergencies occur, all roommates need to be in a position to be able to address these challenges without conflict and stress. The best approach is to make a roommate agreement. Roommate agreements are simply written agreements delegating tasks as ordinary as garbage removal to the more complicated questions of rent responsibility and notices to move. An agreement in writing removes the stress of day-to-day living and also those times of emergency and crisis.

The internet has a multitude of roommate agreements that can be downloaded, but the best ones are simple and to the point. Also, the best roommate agreements include items that are unique to your particular situation. An example, if a roommate is a night shift worker and likes to sleep during the day, noise levels may become an issue. Both roommates would agree to adjust the noise levels during the day; maybe the other roommate would wear ear plugs! The key is to have this written down so you can refer to it when required.

One place to download a Roommate Agreement is www.landlordandtenant.org, but there are many more.

SPRING FORWARD WITH FIVE “Ss”

Spring has nearly sprung, so that means it's time to dive in and give your home some much needed TLC. But before you tackle those bursting cabinets and closets, check out our five “Ss” to make sure you've thought of everything:



1

Pull out old clothes, and get children to clean out toys. Then donate them to a local charity accepting gently used items. While you're on a roll, properly dispose of expired items in your fridge, pantry, medicine cabinet and cleaning supply closets.



2

STORE

After sorting, store clean off-season clothing and seasonal items in plastic totes. Don't forget to put away the snow shovels and salt.

3

SANITIZE

Dust, salt residue and grime tend to accumulate during winter months. Give your home a good spring scrub-down. Don't forget to clean ceiling fans and furnace filter. Then tackle your garage and vehicles.



4

SYSTEMIZE

The first week of daylight saving time is the perfect time to replace batteries in your smoke and carbon monoxide alarms. Don't forget to set up mobile weather alerts for tornado season, and create family safety plans for emergencies.



5

SAVOR

Start opening windows and enjoying the breezes. But use caution. Consider only opening windows small children can't reach – screens don't always prevent falls.



First Steps (PCAP) Program

This program caters to women who are at risk of giving birth to a child with FASD
 The First Steps Program is under the PCAP (Parent Child Assistance Program) model
 Identify personal goals

- Identify personal goals
- Access parenting information
- Balance income, finances, budgeting
- Explore educational opportunities
- Access alcohol or alcohol/drug treatment
- Access health care and immunizations
- Access counselling services
- Address housing, domestic violence, and child custody issues
- Connect with other community resources.

If you or someone you know is need of this kind of supports, please call their
 Intake at **780-477-1999 ext 3202**

Upcoming Calendar Events

- EFAN Monthly Meeting— DECSA—April 05, 2016
- Frontline Monthly Meeting—Parkdale School—April 12, 2016
- Coaching Families—Support Group—JAC—April 12, 2015
- McDaniel Youth—Boost —East Office— Apr 5, May 3rd, June 7
- McDaniel Youth—Gear Up—East Office—April 12/26, May 10/24, June 14/28
- McDaniel Youth—Momentum—East Office—April 19, May 17, June 21

EFAN

Educating and supporting communities

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Edmonton and Area
Fetal Alcohol Network

A future free of Fetal Alcohol Spectrum Disorder.