

UPCOMING DATES TO REMEMBER!

Apr to May - **Resilient Kids** every Tuesday at the Caring Place from 3:30pm - 5pm.

Apr to May - **Resilient Older Youth** every Tuesday at RASS from 3:30pm - 5:30pm.

May 3rd to 31st - **FREE Community Education Workshops** every Tuesday at the Brighthouse Library from 7pm - 8:30pm.

April 21st - **Successfully Navigating Adolescence** at McNair Secondary from 6:30pm - 9pm. Free Parking; light refreshments provided.

Ongoing - **Richmond Recovery Program** is still accepting referrals!

# RASS NEWSLETTER

VOLUME VI, ISSUE I

MARCH 2016

## Cannabis & Teens



We often comment that teenagers "grow like weeds." At the forefront of public discussion there is a growing conversation about a different type of "weed," namely cannabis, or marijuana. RASS recently had opportunity to observe a panel on the effects of cannabis use during adolescence put on by the Canadian Centre on Substance Abuse (CCSA).

Did you know that Canadian youth use marijuana more than any other illicit drug? Increased social normalization of recreational marijuana use has resulted in Canadian youth being the highest active users in the developed world. Approximately 25% of Canadian 15-24 year olds report past-year use, a 1 in 4

ratio. Many of our youth also continue to view marijuana to be harmless. The ongoing public debate in society has made it difficult to see truth from myths on the harm marijuana can cause, particularly to adolescents and their developing brains!

CCSA addresses many of these concerns and questions in their recent report ***The Effects of Cannabis Use during Adolescence***. Please take a moment and check out the report on the RASS website, and explore what we can convincingly know, what is still not known, and where the research evidence is emerging in relation to the effects of regular cannabis use on adolescent "growing-like-weeds" brains!

## Celebrating over 20 years of Carol!

RASS is both excited, and sad, to see Carol heading off into retirement on June 24th! We wanted to give Carol an opportunity to share her most intimate confessions through a series of Q&A.

**Q: If you could be any animal, what would it be and why?**

**A:** A horse that is free. Horses symbolize freedom.

**Q: If you could travel anywhere in the world, where would it be and why?**

**A:** Ireland, because of the mythology, poetry, and folktales.

**Q: What's something people might be surprised to learn about you?**

**A:** That I like to write stories

about unicorns.

**Q: If you could eat only one meal for the rest of your life, what would it be?**

**A:** Chana masala with rice, veggie pakoras, naan bread, and chai tea.

**Q: If you could trade places with any person for a week, famous or not famous, living or dead, real or fictional, with whom would it be?**

**A:** Jody Bergsma.

**Q: What is one thing you will never do again?**

**A:** Give up on my dreams.

**Q: What 3 things would you take with you on a deserted island?**

**A:** Coffee, kayak, and a journal that has a pen.



We can't thank Carol enough for her many years of service and dedication to RASS! We hope Carol dreams big and enjoys many days of sleeping in, late morning coffees in her unicorn onesie, and endless moments of not thinking about work (and the long commute)!

## Richmond Addiction Services

200-7900 Alderbridge Way

Richmond, BC V6X 2A5

Phone: 604.270.9220

Fax: 604.270.9245

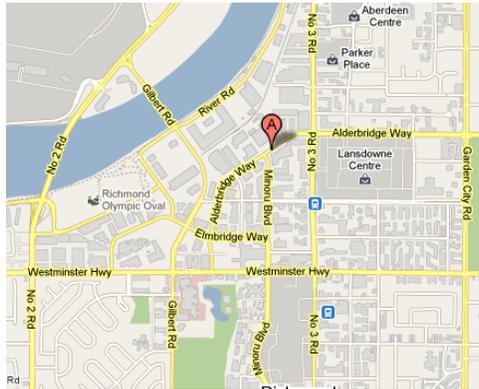
E-mail: [info@richmondaddictions.ca](mailto:info@richmondaddictions.ca)

# RASS

Richmond  
Addiction  
Services  
Society

Richmond Addiction Services is a non-profit, charitable society aimed at providing expertise in preventing and treating addictions in our community. RASS provides a wide range of services to residents of all ages in the City of Richmond and has been in the community for over 40 years.

*Excellence in Addiction Prevention—Education,  
Engagement, Treatment*



## GET INVOLVED!

**Donate:** Make a financial or in-kind contribution

**Join:** Become a Member of RASS

**Volunteer:** Email [info@richmondaddictions.ca](mailto:info@richmondaddictions.ca)



# On How to Be a Young Senior

In the last newsletter, one of RASS' Aging Well clients shared a little bit of his story about his journey through recovery. We are excited to hear he is making much progress and even has a few tips to share on how to "age well."

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My counsellor told me to take advantage of all the things that are offered to seniors these days. I'd always thought that you had to be 65 to be considered a senior, but as it turns out, I've been one since I turned 55. That's funny because I don't think of anyone as a senior at that age with the exception of Keith Richards. He was a senior at 45 (sorry Keith)!

I hate the term senior, so I think us as seniors should change the terminology so that:

*55 to 65 are young seniors;  
65 to 80 are medium seniors, and;*

*80 to forever are mature seniors.*

I get inspired by those mature seniors that keep going and going and keep enjoying life. One of my friend's mothers just turned 96 and still goes to Palm Springs every year for a month and plays 18 holes of golf every day that she's there.

Another one of my friends is 92, is CEO of an air conditioning company and has 400 people working for him. I guess he'll never quit, he loves it too much.

Anyway, I'm not the type of person to give advice but seeing as I am a young senior, I guess I have the honor to do so. So here are a few of the things I thought of:

*Never worry about things you can't fix.*

*Eat healthy.*

*Exercise.*

*Keep busy doing what you like to do.*

*Enjoy the little things.*

*Never lose your sense of humour.  
And always try to be positive.*

I try to do all those things, but there are some things that I would never do, and I don't think anyone should, senior or not. So here's a short list of don'ts:

*Don't ever say I'm getting old.  
Instead say I'm getting a little older.  
Don't wear your pants up to your chest.*

*Don't ever hog the whole conversation by talking about glory days.*

*Don't ever wear polyester anywhere.*

*Don't ever wear socks with sandals when you're wearing shorts.  
And don't ever wear a thong or a speedo to a public beach.*

Anyway, see you at the gym.

Thanks, a young senior.