



Wellness Center Central Community Newsletter

AUGUST 2018

INSIDE:

| | |
|----------------------------------|----|
| My Recovery | 2 |
| Finding Success | 3 |
| Members Appreciation Day | 4 |
| Art Fair 2018 | 5 |
| Zumba | 6 |
| Mental Health Myths and Facts | 7 |
| Comedy Corner | 8 |
| Did You Know? | 8 |
| Member Showcase | 9 |
| Vision and Values | 10 |
| Sudoku Challenge | 10 |

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Susan McCoy

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Wellness Center Central Mission Statement: Our goals are to provide a safe and nurturing environment for each individual to achieve their vision of recovery while promoting acceptance, dignity and social inclusion.

Community News Flash!



- ◇ **Multicultural Celebration** on Wednesday, August 22, 2018 at 1 - 4 pm
- ◇ **Hispanic Heritage** Celebration on Friday, September 14, 2018 at 1 - 4 pm
- ◇ **NAMI Walk** on Saturday, September 29, 2018 at 9 - 1 pm

WELLNESS CENTER CENTRAL
401 South Tustin Street, Building C
Orange, CA 92866
Phone: 714-361-4860 Fax: 714-361-4861

Hours:
Monday—Thursday 9 a.m.—5 p.m.
Friday 9 a.m. - 8:00 p.m.
Saturday 9 a.m.—5 p.m.

Published by: William Be

“The Wellness Center gave me the opportunity to be myself again”

My Recovery

Written by: Kimberly Johnson

Hi, I am Kim,

I came to the Wellness Center Central in October, 2017. Within a few months, I became an ambassador. I love being an ambassador. I love helping out wherever needed. Soon after that I started co-facilitating in Jewelry Design, Water Colors, and Coping Skills. Now, it is every week. I finished all four DBSA courses online and got my certificates. I have co-facilitated in that group as well. I look forward to coming to the Wellness Center Central everyday. It is a very positive place to come to. I have made a lot of new friends. My recovery has been wonderful.

Inspirational Quotes

“It always seem impossible until it is done.” - **Nelson Mandela**

“Problems are not stop signs, they are guidelines.” - **Robert H. Shuller**

“If you can dream it, you can do it.” - **Walt Disney**

“The secret of getting ahead is getting started.” - **Mark Twain**

“Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time.” - **Thomas A. Edison**

“You are never too old to set another goal or to dream a new dream.” - **Les Brown**



Finding Success

In falling, we learn
where our true self,
with all our strengths,
lies.

In falling, we waken
to our true self,
to cast aside
that which caused us
to fall.

In falling, we see
the goodness
of who we are
as the only armor we need
to meet each challenge
that lies ahead.

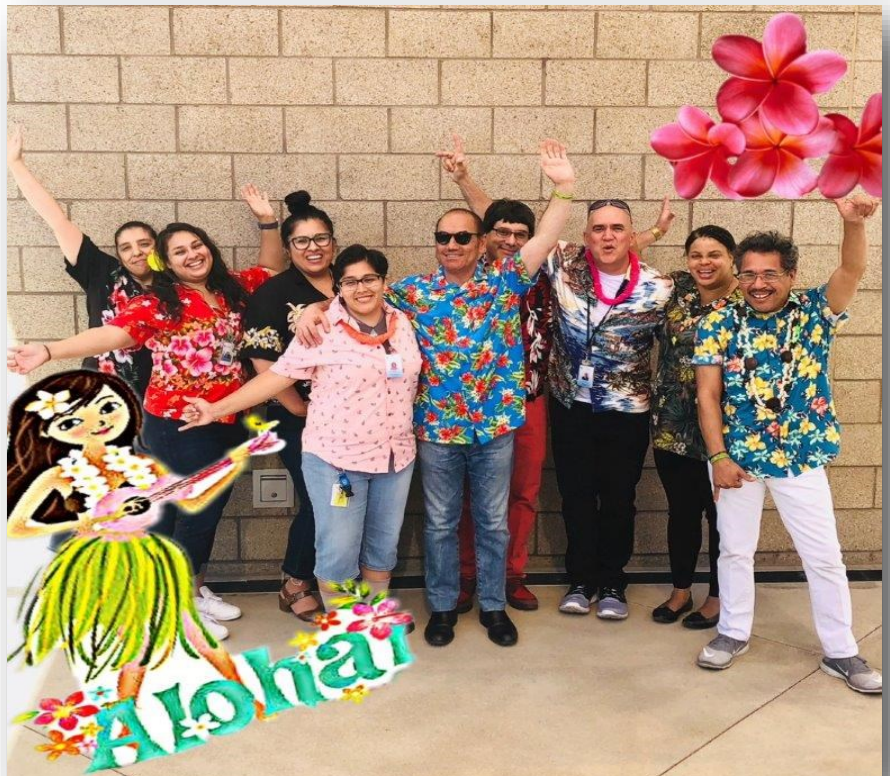
In falling, we begin
to live our life
without shame.
we come to terms to understand
success is our next horizon.

By: Susan McCoy

Members Appreciation Day 2018

Wellness Center Central hosted our annual Membership Appreciation Day on Friday, May 25, 2018. During this year's luau themed event, members had an opportunity to choose and play 10 various carnival games. Winners received tickets to redeem any of the more than 150 various available prizes. Mid-day, 158 Members and 47 Guests enjoyed eating grilled hot dogs and hamburgers, while the live DJ played some favorite, well known tunes. A fun time was had by all who attended!

Wellness Center Central staff would like to extend a warm thank you to all the MAB Members, Ambassadors, and Volunteers who helped make this wonderful day a special one for our Members.



ZUMBA

- Come workout without even knowing it. Zumba is calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Class is often called exercise in disguise. A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. It is perfect for everyone it is designed to bring people together and sweat it on.

Tuesdays 12:30 P.M.-1:30 P.M.
Room 107



Mental Health Myths and Facts

Myth: Children don't experience mental health problems.

Fact: Even very young children may show early warning signs of mental health concerns. These mental health problems are often clinically diagnosable, and can be a product of the interaction of biological, psychological, and social factors.

Half of all mental health disorders show first signs before a person turns 14 years old, and three quarters of mental health disorders begin before age 24.

Unfortunately, less than 20% of children and adolescents with diagnosable mental health problems receive the treatment they need. Early mental health support can help a child before problems interfere with other developmental needs.

Myth: People with mental health problems are violent and unpredictable.

Fact: The vast majority of people with mental health problems are no more likely to be violent than anyone else. Most people with mental illness are not violent and only 3%–5% of violent acts can be attributed to individuals living with a serious mental illness. In fact, people with severe mental illnesses are over 10 times more likely to be victims of violent crime than the general population. You probably know someone with a mental health problem and don't even realize it, because many people with mental health problems are highly active and productive members of our communities.

Myth: People with mental health needs, even those who are managing their mental illness, cannot tolerate the stress of holding down a job.

Fact: People with mental health problems are just as productive as other employees. Employers who hire people with mental health problems report good attendance and punctuality as well as motivation, good work, and job tenure on par with or greater than other employees.

When employees with mental health problems receive effective treatment, it can result in:

- Lower total medical costs
- Increased productivity
- Lower absenteeism
- Decreased disability costs

Source: www.mentalhealth.gov

Comedy Corner

A man went to his lawyer and told him, "My neighbor owes me \$500 and he won't pay up. What should I do?" "Do you have any proof he owes you the money?" asked the lawyer. "Nope," replied the man. "OK, then write him a letter asking him for the \$5,000 he owed you," said the lawyer. "But it's only \$500," replied the man. "Precisely. That's what he will reply and then you'll have your proof!"



Did You Know?

Did you know unless food is mixed with saliva you can't taste it

Did you know an ostrich's eye is bigger than its brain

Did you know lemons contain more sugar than strawberries

Did you know lightning strikes the Earth 6,000 times every minute

Did you know frogs can't swallow with their eyes open

Did you know your tongue is the fastest healing part of your body

Did you know you burn more calories sleeping than watching TV

Did you know dragonflies have 6 legs but can't walk

Did you know french fries are originally from Belgium

Did you know apples are more effective at waking you up in the morning than coffee

Did you know Brazil is named after a tree

Did you know tree hugging is forbidden in china

Source: www.did-you-knows.com



“Into the Light of the Stars”
Artist: Natasha Corish

Vision and Values

Our Vision:

We envision a future where everyone receives quality health care.

Our Mission:

Our mission is to provide quality health care to people receiving government assistance.

Sudoku Challenge

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|---|---|---|---|---|---|---|---|---|
| | | | 7 | | | | | 3 |
| | | | | | 1 | 8 | 4 | 2 |
| | | | 3 | | | | 1 | 5 |
| | 5 | | | 9 | | | | 8 |
| | 6 | | | | | | 5 | |
| 9 | | | | 7 | | | 2 | |
| 5 | 2 | | | | 4 | | | |
| 4 | 3 | 1 | 9 | | | | | |
| 8 | | | | | 3 | | | |

Stop by Wellness Center Central to pick up a monthly calendar that lists the many free classes available to you!
Membership is free, too!