



# Wellness Center Central Community Newsletter

APRIL 2018

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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!

- ⇒ Community Resource Fair on Wednesday, April 18, 2018 at 1 - 3 p.m.
- ⇒ Collaborative Sports Day on Thursday, May 10, 2018 at 12 - 3 p.m.
- ⇒ Member Appreciation Carnival on Friday, May 25, 2018 at 11 - 4 p.m.
- ⇒ Education Fair on Wednesday, June 20, 2018 at 1 - 3 p.m.



WELLNESS CENTER CENTRAL  
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### 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 Mind

Oh mind my mind  
Oh mind my only mind  
Be my only friend  
Be my faithful guide  
Tell me no lies  
Tell me no painful reality  
The debacle of my disease  
Of which I know nothing at all  
Be my divine reality  
Be my dream not unreal  
Be my restful night  
Be my death when it is time  
Be my contest  
Be my loss and gain  
Be my solace my music  
Be a colorful canvas  
On a boring wall  
Be my laughter at my muse  
Be my guest at my home  
Be my healer be my time  
Be my mind my only mind

**Written by: Nagendra Pillutla**

PEACE LOVE

# Happy Nowruz 2018

March 21 marks the first day of Spring, but for millions of people around the world it's also the start of Nowruz, the Iranian New Year or Persian New Year. Nowruz, which means “new day” in Persian, has been celebrated for more than 3,000 years, and traditionally begins the very moment that the sun crosses the equator on the vernal equinox. The holiday has roots in the ancient Zoroastrian religion and marks the first day of the official Iranian calendar. Nowruz is celebrated across the Middle East, Central Asia, the Caucasus and beyond. Countries celebrating Nowruz include Iran, Iraq, Afghanistan, Georgia, Kyrgyzstan, Tajikistan, Uzbekistan, and India. The holiday ushers in a celebratory period of two weeks, in which families clean their homes, visit relatives, and share festive meals and gifts. It is also observed with cultural events and ceremonies, including street performances of music, poetry and dance. Families enjoy traditional foods, such as reshteh polow, a dish of toasted rice and noodles with lamb, dates and raisins. Moreover, The holiday is also frequently marked with sports competitions including wrestling and horse racing in Uzbekistan, and Kokboru (also a horse-mounted sport) in Kyrgyzstan. In Iran, families traditionally lay out a “haft-seen,” or a selection of seven symbolic items each beginning with the letter “s,” including fried fruit, sprouts or grasses, and spices.

**Source: [www.time.com](http://www.time.com)**





## Lunar New Year 2018



## *Lunar New Year Celebration*

## Year of the Dog 2018



## Achieving Balance in Recovery

As reported in an interview by Susan McCoy

Daily, consumers are bombarded with information about advanced techniques, competitive pricing, time-saving devices, and numerous opportunities to enhance our experience of daily living. As consumers of mental health services, we know too well the risk of relapse that can occur outside our ability to control. We are easy prey for advertising ploys promising immediate relief.

Ariel, a Health Educator at the Wellness Center Central, pursued an interest in how everyone's body, mind, spiritual, and emotional systems impact the maintenance of healthy function and the consequence of neglect if one aspect of our well-being is overlooked. She brings awareness of the plethora of industries marketing for our indulgence of products that promise to bring quick and easy resolution to life's daily challenges to achieve happiness.

Ariel adopted a quiet and unassuming passion to deliver the benefit of her study and ongoing current research to members at the Wellness Center Central. Each week she delivers a practical presentation of recovery tools directed toward achieving harmony of balance among physical, mental, spiritual, and emotional well-being. She uses the medium of power-point presentations to inspire and engage members in energizing discussions. Among the topics presented in Ariel's classes are solutions to make informed decisions, establishing realistic and achievable personal goals to manage weight, time, spending habits, and appreciation for the value of effective communication in relationships. Members report personal discovery and understanding of the importance of strengthening their journey to recovery.

We continually acknowledge the gift we have received, having access to educational resources that aid in strengthening our path to recovery on a daily basis. We remain acutely aware that ultimately, the responsibility to apply tools to help empower our recovery rests within each of us. Gratitude is a key factor of evidence for our recovery in the number of certificates for growth each one of us attains. Spontaneous applause in our classes and weekly Community Meetings adds crowning acknowledgement of our diversity and individual achievement.

## **Recovery Commands Resilience**

### **A Wellness Central Member's Testimony in Recovery**

"I have learned that I am not alone since coming to the Wellness Center," the new member, Jorge Camacho, said to me "I am beginning my life here again. I want to learn how to love myself, to care for myself." He had recently embarked on his path to recovery following a hospitalization. Depressive symptoms had engulfed him, leading to a sense of hopelessness, diminished his love for music and performing with his band, and fostering anger and resentment toward his higher power.

"You have got to slow down, man" bandmates had attempted to urge caution in a preoccupation with alcohol. He had started drinking when he was thirteen years old. He and some friends discovered the comfort the taste delivered, and the accessibility in the community where he lived imposed no age limit to its accessibility. "My parents drank socially. I planned to do the same. My maternal grandparents were alcoholic," he continued. "Their refrigerator was always full with beer."

The connection of beer and relief from demands from school and other challenges of adolescence paralleled the band's rapid rise to popularity and the drive to compete with other groups. The myth of delivering a false sense of well-being took over and promised immediacy of relief from other forms of pain. Not all would succumb to addiction; nor were all the bad members prone to its convincing lure. For the one who found the path to deceit convincing. He found his life had come close to being destroyed by age twenty-four. During the hospital stay that forced a straight and confronting look into addiction, the likelihood of becoming an alcoholic. The threat of increasing problems prompted a willingness to consider an alternative course for his life.

Jorge Camacho embraced the statement of a new reality available to him. Cognizant of the shortened life that awaited him if he continued on his reliance to alcohol. Jorge divested himself of the habit that promised only betrayal. He has accepted the challenge to vanquished his enemy. He is on a path to becoming certified in the delivery of supportive intervention to others as a result of several organization's partnering role in helping to erase the stigma of mental illness, and to replace denial with the availability of intervention.

**As reported in an interview by Susan McCoy**



## The Year of the Dog 2018

**2018 is a Year of the Dog.** In Chinese astrology, each year is related to a Chinese zodiac animal according to the 12-year cycle. 2018 is an Earth Dog Year. Years of the Dog include 1934, 1946, 1958, 1970, 1982, 1994, 2006, 2018, and 2030. Dogs are loyal and honest, amiable and kind, cautious and prudent. Due to having a strong sense of loyalty and sincerity, Dogs will do everything for the person who they think is most important. As Dogs are not good at communication, it is difficult for them to convey their thoughts to others. Therefore, Dogs tend to leave others with the impression that they have a stubborn personality. Born with a good nature, Dogs do not tend to be criminals or seek dishonest gains. They just need a quiet life and a good family and, therefore, forget the ugliness and evil on Earth. Dogs are always ready to help others and do not care about their own interests, but if they find themselves betrayed by cunning people they will feel shocked and hurt. When thrown into doubt, Dogs think the world is evil and complicated. Then they criticize sharply when giving comments on something, and infer all things are according to their pessimistic point of view. When making close friends, Dogs will take some time to gain a thorough knowledge of their friends, due to their trait of being conservative and cautious. Once they become close friends, Dogs will be faithful to maintain the relationship. In love relationships, Dogs will not easily fall in love with someone. But once they fall in love with someone, they will have great faithfulness to maintain the love relationship and be loyal to the lover. However, their emotions have ups and downs in dealing with love relationships. According to Chinese astrology, people in the year of their birth sign will offend Tai Sui, the God of Age in Chinese mythology. They are believed to have bad luck in this year. Therefore, Dogs should be more careful about all aspects of their lives in a year of the Dog. Wearing red during your zodiac year will bring you good luck and give you a good year. You can wear a red belt, red socks, red shoes, or red clothes, and red underwear is highly recommended during your zodiac year. However, there is a rule that you need to pay attention to, or the red won't ward off bad luck. You cannot buy, for example, the red underwear yourself. It should be bought by a spouse, family member, or friend.

**Source:** <https://www.chinahighlights.com/travelguide/chinese-zodiac/dog.htm>



## Comedy Corner

Q: What goes up and never comes down?

A: Your age!

Q: What's the easiest way to remember your wife's birthday?

A: Forget it once!

Q: What's the tallest building in the entire world?

A: The library, because it has so many stories.

Q: Why can't you trust an atom?

A: Because they make up everything.



## Did You Know?

**Did you know** Ralph Lauren's original name was Ralph Lifshitz

**Did you know** the Hawaiian alphabet has 13 letters

**Did you know** birds need gravity to swallow

**Did you know** lemons contain more sugar than strawberries

**Did you know** reindeer like bananas

**Did you know** the most commonly used letter in the alphabet is E

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

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

**Did you know** goldfish can see both infrared and ultraviolet light

**Did you know** cats spend 66% of their life asleep

**Did you know** the Internet was originally called ARPANet (Advanced Research Projects Agency Network) designed by the US department of defense

**Did you know** the fortune cookie was invented in San Francisco

**Source:** <https://www.did-you-knows.com/>





**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

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

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