



# Wellness Center Central Community Newsletter

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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!

⇒ **Social Outings** on Saturday will be moved from 11 a.m. - 4 p.m. to 10:30 a.m. - 4 p.m. starting on January 2017.

⇒ **Super Bingo** on Thursday, January, 19th 12 p.m. - 3:30 p.m. at The Wellness Center West.

⇒ **Lunar New Year Celebration** on Friday, January, 27th 5 p.m. - 8 p.m. at The Wellness Center Central and West at 12 p.m. - 2 p.m.

⇒ **Black History Month** on February 2017.

⇒ **Health Fair** on March 2017.



WELLNESS CENTER CENTRAL  
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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 Story of Cheree Scott....

The arts have always inspired me. I began exploring the art of writing poetry at 9 years old. It became one of my passions because it allowed me to express myself and respond to my inner promptings in a positive way. I found that as with any art form there are no right or wrong ways of creating. This is the beauty of art...there are no limitations. The only requirement is that the poet be courageous enough to release his inhibitions and follow his heart and imagination. Along my path in life, I have discovered that writing poetry is, at its most, a truly liberating experience that not only reveals the nature surrounding us, but in reflecting the inner life of mankind.

**Written by: Cheree Scott**

## "Lover of My Soul"

**By: Cheree Scott**

Leaping with fearless joy as I begin afresh to dance  
 You are my lover, not happenstance  
 I'm watching and waiting to glean his gaze  
 His winsome articulate amazing ways  
 He's gloriously giving and infinitely kind  
 When surrendering living, his heart he binds  
 He's infallibly honest authentic and true  
 Hilariously happy when whispering woos  
 Blessing fall like raindrops nurturing my soul anew  
 Like fresh planted flowers covered in dew  
 Oh to see him ascend around the bend  
 His sky covers my cries and luminous perfection is  
 my prize  
 I will rise, I will rise, Only to meet my savior's eyes

## "Snowballs In The Air"

**By: Vera Sidwa**

They crisscrossed through the sky so white.  
 Everything in the sky was whitish bright.  
 I liked the children laughing away  
 While they pelted each other throughout the day.

The snowballs hit the boy so small.  
 It him on his coat so long.  
 The snowballs hit the girl so hard.  
 She laughed and screamed and wasn't scared.

It seemed the snowballs had a flight of their own.  
 They watched the children small then grown.  
 Each year the snowballs saw kids play  
 In the darkening of the winter's day.

The winter days were full blown  
 While the gales in the sky swiftly did roam.  
 The snowballs laughed and giggled so  
 Speeding fast as kids flung them in the snow.

*"The Wellness  
 Center gave me  
 the opportunity  
 to be myself  
 again"*



# The Story of Keith

My name is Keith and I had a serious head trauma. I am also bipolar manic depressive. I graduated High School in 1984. Then I went to Rio Hondo college for my degree. It took me 5 years to get my AA degree in General Education. I got it in 1989. I had a psychiatric breakdown in 1986 and went to Pacific Clinics Mental Health Care for about 15 years from around mid 1985 until around 1999/2000. In 1997, I had my head trauma from a mountain biking accident. I was in a coma for weeks. When I came out of the coma, I had to relearn everything and to be able to walk again. First, I started out in a wheelchair and then I was able to use a walker and now I walk with a cane when I am out in public. Around the house I am mostly OK by myself. I started going to the Wellness Center Central about 6 years ago. I go 2 - 3 days a week. Between the Wellness Center Central and the gym, I have been able to lose weight, get stronger and build muscle as well as regain feeling in different parts of my body that I had lost after the accident. I go to church on Sunday mornings and I also make time to hang out with friends.

**Written by: Keith Stadish**

## Becoming the MAB President

My name is Adam, and I've been a member of Wellness Center Central for about six years now. A few months ago Heidi, the previous president of the MAB, or the Member Advisory Board, and the Center director Patti asked me to join the MAB. After an application process and an interview, I was voted in. Just a few months later, Heidi was termed out, and they needed a new president. Patti, Heidi and Sohail asked me to run for it! I was quite shocked, and I had to think about it for a few weeks. I've never done anything like that before. I then decided to do it, and in an uncontested race, I was voted MAB president.

What is MAB? Good question! The Member Advisory Board represents you, the members. Any issues you may have with the Center, good or bad, can be brought to us, and we will bring them up at our monthly meetings. You can be anonymous if you like. You can attend our weekly Chat With MAB, Wednesdays 12:30 p.m.—1:30 p.m. in Room 114. You can also join the subcommittees as a Center member, and contribute in that way. The six ones are Health and Wellness, Arts and Music, Special Events, Membership Outreach, Data Outcomes, and Evaluations and Surveys.

As for being president, I'm honestly still learning what that entails, making it up as I go along, faking it till I make it. Primarily, I run the monthly meetings, which are the third Friday of every month. I will do this for at least one year. I am very much of an introvert, so it certainly helps me.

So don't be afraid to talk to us at MAB! We are here for you.

**By: Adam Goldman**

# How I Learned Spanish

By: Lucita Pennington

Visiting different countries can be a very fun thing to do. It also can help us learn a new language and culture. As a young girl of just eight years old, I had the chance of doing exactly that. My father was a high school Spanish and German teacher for most of his life. In the school year of 1970 - 71, he took my mom, my two sisters, my brother and myself to Spain with him. He took a full year off from teaching because at that time, teachers were given a vacation called sabbatical leave. This meant that he had taught for seven years in a row, so the district awarded him with a year off and would continue to pay him. We were privileged to have the opportunity of living in Spain and going to school with those who spoke only Spanish. We did our studies from the U.S. at home. This was one of the most educational experiences of my life. We lived in an apartment, four flights up. As the oldest child, I would always watch my little sisters and brother when they played on the balcony. Time went on, and we were able to rent a home very close to school. It was big and had a nice playroom. During the year, many times dad took us to different parts of Spain to learn about the many traditions they share. In Valencia, they build large statues made of paper-mâché. These are put on display once a year for a week. On the last day at midnight they light a match to them. This causes a controlled big fire. When the English men came over to visit, many years ago, they would shout out, "Look at the 'falla!'" After that, the paper mache statues were always called "The Fallas of Valencia." Another of the many places we visited, was the province of Sevilla. Here they have a festival called the April Fair. At this time, springtime and love are in the air. All can see "Los Novios", (the lovers), hand in hand, wearing the beautiful Sevillian clothing. Sometimes they are riding by on the horses, castanets as the couples step quickly and firmly on the stage. As they dance to the music they move their hands gracefully at their sides and above their heads. We lived in Pampuna, in the province of Navarra, Spain, where each year on July the seventh is "The Running of the Bulls." All the young men want to show their "novias", or girlfriends how strong and brave they are. About 500 daring men start chasing the bulls down the narrow streets. And they need to be very careful not to bump into each other or they may fall and get trampled, or gored in the stomach. There were many more wonderful places we visited. But there are too many to fit. We had fun learning and speaking Spanish with our school friends as well as with Mom and Dad. He always made sure we spoke nothing but Spanish as we lived in Spain.



## Healthy Living

**Healthy living** is a long-term commitment, not a flash-in-the-pan fad. However, there are steps you can take right now that will make today healthier than yesterday and pave the way for healthy living tomorrow, too.

Here's your checklist of practical healthy living tips that are ready to go. Let's get started.

- ⇒ **Make appointments with your doctor and dentist.** Catch up on your routine screening and immunizations, and take the opportunity to ask your doctor any questions you might have.
- ⇒ **Gauge your girth.** Measure your height and weight to check your BMI, and measure your waist circumference to see if you're overweight and if your waistline is putting your health at risk.
- ⇒ **Assess your activity.** How much physical activity do you get in a typical week? How intense is that activity? How much variety do you get in your activity, and how much do you enjoy it? The CDC (Centers for Disease Control and Prevention) recommends that adults get at least two and a half hours per week of moderate-intensity aerobic activity or one hour and 15 minutes per week of vigorous-intensity aerobic activity, plus muscle-strengthening activities at least two days per week.
- ⇒ **Keep a food diary.** Write down everything you eat for a day -- and no fair skipping the items you're embarrassed about. "The idea is to write it down ... without judgment," says Kathianne Sellers Williams, MEd, RD, LD, a nutritionist, wellness coach, and personal trainer with Cafe Physique in Atlanta. "You can't change what you're not aware of or don't acknowledge."
- ⇒ **Check your mood and energy.** Healthy living includes emotional wellness and adequate rest. How has your mood been lately? Are you experiencing any symptoms of depression or anxiety? Do you usually sleep well for seven to eight hours a night?
- ⇒ **Make it fun.** Go on a hike, walk with friends, take a belly dancing or karate class, or whatever you enjoy. "There's no need to stick to cardio equipment in the gym if you're dreading it and you don't like it," Williams says. "Find something that's fun."
- ⇒ **Keep track of it.** Make a note of your physical activity in your date book or calendar. "Put big Xs on the days that you exercise," Williams says. "Keep a visual record that you look at frequently" as a reminder and motivator.
- ⇒ **Set a weekly goal for activity.** To build your confidence, "make the first goal so easy that you say, 'I know I can do that,'" Williams suggests. She recommends weekly goals because if you set a daily goal and miss a day, you might get discouraged; weekly goals give you more day-to-day flexibility. And at the end of the week, reward yourself with a visual reminder of your accomplishment, such as buying flowers for yourself.
- ⇒ **Work activity into your day.** "Ten percent of something is better than 100% of nothing. So even if you have 10 minutes, it's better than zero minutes," Williams says. She suggests taking a 10 minutes' walk before lunch or walking up and down the stairs when you're feeling drained and tired.

Source: <http://www.webmd.com/balance/features/healthy-living-8-steps-to-take-today>



## My Story

By: Ian Dowden

Thank you ladies and gentlemen for your attention as I share with you my experiences in life and as a member of the Wellness Center Central.

Background: I am a 34 years old man with a most recent diagnosis of schizo-effective disorder. Also my hearing and vision are both limited. I also deal with mental illnesses including Asperser Syndrome and Bipolar Disorder. Despite these challenges I have achieved much in my life. I have a Bachelor's Degree in History.

Despite a moderate hearing loss and slow language development due to these conditions I was able to read at the college level by the time I was in 7th grade. After an early childhood prognosis of not being able to work independently without supervision and an unlikelihood of ever reaching above the level of a 9th grader, I have exceeded what many experts predicted I would never surpass.

1. I have been a member of the Wellness Center Central for 3 years
2. My favorite activity at the Wellness Center Central is the Movie Club on Tuesday. I enjoy seeing a new movie almost every week. I enjoy films and talking with others about the films.
3. My ultimate goal is at least part time employment. When that time comes, I know that the Wellness Center Central is an important part of achieving my employment plan.
4. I feel that I can be honest about how I'm doing even if it's a negative time for me and I enjoy talking with others and helping others through difficult times by listening. Peer Mentors are always available to offer support and all the other members of the Wellness Center Central and the staff always maintains a positive attitude. I feel comfortable going to them if I'm having a problem.
5. I gain a sense of belonging as well as a constructive way to spend my time at the Wellness Center Central. All the activities and groups allow me to see that I am not alone in having difficult times in my life from time to time.
6. I have learned the importance of maintaining a positive attitude and respect for rules and showing others respect.
7. The speed of my recovery has been pretty good. When I feel down in my mood, I mention it in groups and I find that there are those who have empathy for me and that is very comforting.
8. For the newsletter, I would recommend including tips helping to perform in a job interview, on the job itself, as well as some type of determination tool that would help me choose a job that is right for me.
9. I have not started school or employment for reasons that are beyond my control. However, I would like to eventually work for either the Smart and Final or Albertsons near my home.



## Holiday Grace

1. **Ivan:** "I like Christmas, a wonderful time of being able to be free; excitement for the season; for dad to be there; to be genuine."
2. **Darren:** "Peace at heart is more beautiful than we expect."
3. **Ryan:** "Ability to strengthen skills as an artist, jewelry-making, painting and drawing."
4. **Jeff:** "Being part of The Wellness Community, good mental health, and spend time with loved ones."
5. **Edgar:** "I am grateful to have a job coach."
6. **John:** "I am glad I sleep well, I live to love."
7. **Johnny:** "I like the change in the format of the Community Meeting."
8. **Jacqueline:** "I am glad I am not suicidal anymore. For five years, I thought the thoughts would never go away."
9. **Heidi:** "I have had five brain surgeries this past year, but I never lost my ability to laugh; and I kept a positive outlook."
10. **Lucita:** "I have more confidence and an ability to talk more with people. I lost my mom but had an easier time with her passing when I was able to live closer to her and spend more time with providing care for her."
11. **Lisa:** "Team leads availability and welcome during crisis situations, providing peer room as a safe place to reset."
12. **Dorothy:** "Living; the planet; being able to help my children."
13. **Lexi:** "Friendship, Wellness Center Central staff in helping in recovery from addiction to cough syrup and codeine."
14. **Suz:** "Having a roof over my head"
15. **Vera:** "Recognition of poetry talent, writing two poems each day; numbering 1700 total; publication in magazine in Maine through submission via Internet."
16. **Tallie:** "Attendance at Wellness Center Central: exercise, social engagement, and classes"
17. **Raul:** "Landscaping opportunities and reward of bringing beauty through hard work and efforts on jobs"
18. **Pete:** "Exercise, enjoyment of openness with Wellness Center Central members, particularly participation in classes"
19. **Marcial:** "I am grateful for recovery here at the Wellness Center Central."

## Comedy Corner

### Chemistry in the Soup Kitchen

While volunteering in a soup kitchen, I hit it off with a very attractive single man. It was a relief; since my mother and I always laughed because the men to whom I was drawn were inevitably married. So, optimistic about my chances, I asked my new friend what he did for a living. He replied, "I'm a priest."

### Dating a Hoarder

I used to date a hoarder, and she broke up with me. It stings extra hard. I'm like the one thing she can get rid of.

### I Travel All Over...

Q: I travel all over the world, but always stay in my corner. What am I?

A: A stamp

<http://www.rd.com/jokes>



## Job Fair Statement

I would like to express my sincere gratitude to the Wellness Center Central for providing avenues like the Job Fair held October 26, 2016.

Hosting the Job Fair was an awesome contribution to this community and enabled members who are job searching, a less stressful atmosphere in which to meet with employers directly.

The comforting atmosphere of the Wellness Center Central allowed members to approach employers with increased confidence, to overcome their fears of rejection, to improve and enhance their interviewing skills, and to recognize their weaknesses and identify their strengths.

Members, who have obtained employment from the past years' Job Fairs held here at the Wellness Center Central, reported experiencing increased confidence and a renewal of their self-esteem. These members really feel good about being productive citizens in today's society.

Thank you, Wellness Center Central for being supportive, empowering and giving us hope.

**Raymelle Davis**

Peer Mentor/Employment Specialist  
CCS-Wellness Center Central



# Holiday Party

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Wishing you Happy Holidays  
and a New Year filled with  
prosperity and success!



# 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

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

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