



# 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!

- ◆ **Community Resources Fair on 4/19/2017 at 1 - 4 pm.**
- ◆ **“Educate Yourself” group will be rename to “Did You Know?” in April.**
- ◆ **Pathways to Recovery class will start new course in April. Contact Sarah Kincaid for more information.**

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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.

## Share the Light of The Winter Solstice

Oh share the light within you and let it shine brighter than a thousand suns, let stop and recall that the reason is holy to all. Be it Hanukkah, Yule, Christmas, or Winter Solstice Night. Whatever your faith or creed, even a belief can be stronger than the brightest star and more loving than the brightest flame of the Menorah Light, light a tree, or burning a Yuletide log, 8 burn the wicker rope of candles upon the menorah and share the love in your heart and it will unfold 8 times the happiness in your heart and mind. Oh share the Light.

Written by: Lexie

### “And God Created...”

By: Cheree Scott

When the world caves deep within  
 When one turns to find a friend  
 There is no one to be found  
 Only heaven's silent sound  
 The air lies heavy beneath the clouds  
 The nurturing rain falls proud  
 The sun hides far behind the mountains  
 The water dries up in all the fountains  
 The moon exhibits eclipse  
 The red giants explode at their tips  
 The green leaves wilt in the soil  
 Garden survive the toil  
 The packed brown sand alongside the shore  
 Tilts down toward the earth's deepest core  
 The sharks and whales fight vicious wars  
 Man shuts his mind and all the doors  
 The falsely accused grasp all hope  
 While the wicked one's constantly scope  
 The frailties of human beings and  
 Promote themselves as godly kings  
 Man with his faults is still alive with  
 Good or evil, his motivating drive.

### “Snow Power and Ice”

By: Vera Sidwa

My happy hand reached up to shake,  
 A branch laden with snow powder.  
 Indeed it seemed that God did make,  
 The snow that on me showered.  
  
 Sheets of round ice,  
 Showed reflections all around it.  
 It caused the pretty fairy's smiling face,  
 To be shining in it.  
  
 It seemed the snow powder,  
 Belonged to the fairies.  
 I could see her smooth skin,  
 Worked with the flower puff it carries.  
  
 My breath so warm and smooth,  
 Blew forth,  
 In a hazy mist.  
 And there it swirled and swooshed in the cold mist.  
  
 I knew this land was not for me.  
 It belonged to the fairies,  
 For the fairy's dances and swirls,  
 Reflected in the ice mirrors they carried.

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



# “Crystalized Situations Born a New Psyche”

Cosmic places within  
Sharp angels and slippery faces  
Disappearing waves of passion  
Lights reflecting and shiny  
Solid situations and positions  
Awesome brightness new  
Desirable features  
Please and thank you

**Written by: M.H.**

## My Friend and I

I would like to share my memory about my visit to the Harvest Festival in Anaheim. First, I want to let you know that I am not trying to force my belief to anyone. It is simply my own faith.

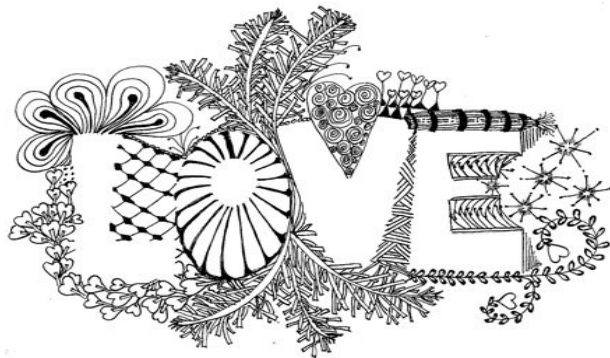
My friend and I went to the Harvest Festival at Anaheim Stadium to hear Pastor Greg Lorie speak and hear some Christian music, while spending some time together, O' so happily!

We also got to celebrate Jesus' awesome resurrection, from the grave, from which his death had no real lasting sting, and which the Holy Spirit (from God) made it meant to be!

So we just want to eventually finish living this life, so that our souls can be set free, with God the father, throughout eternity!

Love always,

**Keith S.**





2017

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## Black History Month



### *ALL THAT JAZZ!!!*

The History of Jazz was the theme for the Annual Black History Celebration which was held on February 22, 2017. Wellness Center Central was decorated to resemble a jazz ballroom, with gold shimmering curtains and musical instruments hanging throughout. Members enjoyed the opportunity to learn about different genres of jazz, including, the European, Creole and Latin Influences. Several members performed a skit which introduced the popular singing technique called Scat. A jazz trio performed, filling the air with great music and singing. Dancers performed as well. There was lots of singing and dancing throughout the celebration. Everyone who attended had a great time.



# Jazz

By: William Be

**Jazz** is a music genre that originated amongst African Americans in New Orleans, United States, in the late 19th and early 20th centuries. Since the 1920s, jazz has become recognized as a major form of musical expression. It emerged in the form of independent traditional and popular musical styles, all linked by the common bonds of African American and European American musical parentage with a performance orientation. Jazz is characterized by swing and blue notes, call and response vocals, polyrhythms and improvisation. Moreover, Jazz has roots in West African cultural and musical expression, and in African-American music traditions including blues and ragtime, as well as European military band music. Although the foundation of jazz is deeply rooted within the Black experience of the United States, different cultures have contributed their own experience and styles to the art form as well. Intellectuals around the world have hailed jazz as "one of America's original art forms".

As jazz spread around the world, it drew on different national, regional, and local musical cultures, which gave rise to many distinctive styles. New Orleans jazz began in the early 1910s, combining earlier brass-band marches, French quadrilles, biguine, ragtime and blues with collective polyphonic improvisation. In the 1930s, heavily arranged dance-oriented swing big bands, Kansas City jazz, a hard-swinging, bluesy, improvisational style and Gypsy jazz (a style that emphasized musette waltzes) were the prominent styles. Bebop emerged in the 1940s, shifting jazz from danceable popular music toward a more challenging "musician's music" which was played at faster tempos and used more chord-based improvisation. Cool jazz developed in the end of the 1940s, introducing calmer, smoother sounds and long, linear melodic lines.

The 1950s saw the emergence of free jazz, which explored playing without regular meter, beat and formal structures, and in the mid-1950s, hard bop emerged, which introduced influences from rhythm and blues, gospel, and blues, especially in the saxophone and piano playing. Modal jazz developed in the late 1950s, using the mode, or musical scale, as the basis of musical structure and improvisation. Jazz-rock fusion appeared in the late 1960s and early 1970s, combining jazz improvisation with rock music's rhythms, electric instruments and highly amplified stage sound. In the early 1980s, a commercial form of jazz fusion called smooth jazz became successful, garnering significant radio airplay. Other styles and genres abound in the 2000s, such as Latin and Afro-Cuban jazz. **Source:** <https://en.wikipedia.org/wiki/Jazz>



## Meet Josh

### A Wellness Center Central Standout

#### An interview by Susan McCoy

I thought I knew my Wellness friend. He has always been ready with a “Hey” and a friendly fist bump greeting when I arrive each day. His welcoming smile and eagerness to inquire about me and tell of something interesting that has occurred in his life is always uplifting. Josh has a sense of humor that is unmatched. He is a natural actor and commented in our interview that he comes to the Wellness Center Central specifically to participate in Sarah’s acting class.

How often we tend to assume we know someone on the basis of our exchange with them on a daily basis. I had no way of knowing what Josh had struggled with prior to coming to the Wellness Center Central, where he considers his life to be a second home and one which has brought him such fulfillment from making friends with other members.

Josh comes from a family of three siblings, including his brother Andy and a younger sister, Sarah, who looks up to her big brother Josh and upon whom dotes. His mother instilled in Josh a sense of confidence in his ability to prevail when challenges came his way. His stepfather was filled a gap of a second parent after his mom was raising the two boys since Josh was four years old. Josh’s grandparents complete the family with the fondness and pride the show in being a part of a family who are devoted to one another. Recently, they celebrated a special occasion of attending a community meeting where Josh was scheduled to perform. Sitting in a front row, it was easy to see how proud they were of Josh and the happiness he has found in being a valued member of the Wellness Center Central.

One might expect Josh to have been the student who had been an entertainer throughout his school years. Quite the opposite dominated his days. Shortly after entering first grade, and continuing through third grade, Josh recalled an experience of being isolated from other children, suffering in his ability to keep up with classroom instruction, losing friends, spending the greater part of each day, particularly at recess crying. Teachers were helpless to identify the cause of his distress and occasionally dismissed him from the classroom when the crying could not be soothed.

From ages ten to twelve, Josh reported episodes of uncontrollable rage and depression, accompanied by mania episodes. At times, the symptoms would erupt without warning. “I would fall to the floor and rolling around, tearing at my chest to get the feelings out.”

From age sixteen through twenty, panic attacks began, Josh stating that his eyes would roll to the back of his head. “I wouldn’t bring them down, so I was basically blind. Sometimes, the episodes used to last over night.”

Relief came when Josh was in his twenties. “It has been eight years since my last rage or depression crash. I still have a long way to go and I thank God for all of you. You are my family and I thank you all.”

## Comedy Corner

The teacher said to his class one day, "Please stand up, anyone who thinks they're stupid."

Nobody stood up so the teacher said, "I'm sure there are some stupid students in this class!"

At this point Little Johnny stood up.

The teacher said, "Oh Johnny! So you think you're stupid then?"

Little Johnny replied, "No, I just felt bad that you were standing up on your own."



## Living with Manic-Depression/Bipolar Disorder

Bipolar disorder can be very difficult, and sometimes a seemingly unbearable mental illness to deal with. A clinical reason for this sometimes serious illness is a result of a lack of lithium in one's brain chemistry, causing him to appear like something might have triggered off his switch. Repercussions of manic-depression can be mentally and physiologically very distressing, which also may develop into extremely hard to deal with symptoms that can quite simply make one's life like a nasty itch. Bipolar victims generally don't realize that this illness is occurring until the time it strikes them heavily because they often lose control of their mind, leaving them oblivious and blind. Manic-depressive symptoms may also include insomnia, an upset stomach, and constant thoughts that keep going through one's unstable mind. Moreover, manic-depression can often cause a very large amount of anxiety, agitation and irritability, not to mention the difficulty in realizing and accepting that the person has an illness of this kind. Manic-depressive may even, over a short period of time, sometimes go on large shopping sprees. They may be very argumentative, from pretty little things to anything that may also seem extreme. A manic-depressive individual who doesn't take his medications as prescribed or gets involved in many high-pressured and stressful situations, versus one who does take his medications, is more likely to remain unstable and more likely to become psychotic in his disbelief.

Written by: Keith Stapish



## ⇒ **Sugar Causes Diabetes**

The most common nutrition myth is probably that sugar causes diabetes. If you have diabetes, you do need to watch your sugar and carbohydrate intake, with the help of your Registered Dietitian, to properly manage your blood sugar level. However, if you do not have diabetes, sugar intake will not cause you to develop the disease. The main risk factors for Type 2 diabetes are a diet high in calories, being overweight, and an inactive lifestyle.

## ⇒ **All Fats are bad**

It's a long-held nutrition myth that all fats are bad. But the fact is, we all need fat. Fats aid nutrient absorption and nerve transmission, and they help to maintain cell membrane integrity - to name just a few of their useful purposes. However, when consumed in excessive amounts, fats contribute to weight gain, heart disease and certain types of cancers.

Not all fats are created equal. Some fats can actually help promote good health, while others increase the risk for heart disease. The key is to replace bad fats (saturated fats and trans fats) with good fats (monounsaturated fats and polyunsaturated fats).

## ⇒ **Brown Sugar is better than White Sugar**

The brown sugar sold at grocery stores is actually white granulated sugar with added molasses. Yes, brown sugar contains minute amounts of minerals. But unless you eat a gigantic portion of brown sugar every day, the mineral content difference between brown sugar and white sugar is absolutely insignificant. The idea that brown and white sugar have big differences is another common nutrition myth.

## ⇒ **Brown Eggs are more nutritious than White Eggs**

Contrary to a widely believed nutrition myth, eggshell color has nothing to do with the quality, flavor, nutritive value, cooking characteristics, or shell thickness of an egg. The eggshell color only depends upon the breed of the hen.

According to the Egg Nutrition Council, "white shelled eggs are produced by hens with white feathers and white ear lobes and brown shelled eggs are produced by hens with red feathers and red ear lobes. There is no difference in taste or nutrition content between white and brown colored eggs".

## ⇒ **Red meat is bad for health**

I often hear people saying that they do not eat red meat. When I ask why they don't, or even what they consider to be red meat, the answers vary dramatically.

It is true that some studies have linked red meat with increased risk of heart disease, partly due to the saturated fat content. In fact, even chicken can contain as much saturated fat as lean cuts of beef or pork. For instance, a serving of sirloin beef or pork tenderloin has less saturated fats than the same serving size of chicken thigh with skin. It is true that poultry like chicken and turkey is naturally lower in saturated fats. But it is only true IF you do not eat the skin.

It is a nutrition myth, however, that red meat is altogether bad for your health. Instead of excluding red meats, choose leaner cuts of beef and pork. For beef, choose eye of round, top round roast, top sirloin and flank; for pork, choose tenderloin and loin chops.

# 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

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

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