



*Happy Holidays*

# Wellness Center Central Community Newsletter

DECEMBER 2023

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### Wellness Center Central Mission Statement

*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!

- ◇ Education Fair on January 11, 2024.
- ◇ Black History Month on February 23, 2024.
- ◇ Health and Resources Fair on March 21, 2024.

- **Contact the Employment and Education Specialist, Mario Ibarra at (949) 406-9687, for any employment and education support.**
- **Contact Diana Hua at (626) 373-0157 to get WRAP information and resources.**

WELLNESS CENTER CENTRAL  
401 South Tustin Street, Building C  
Orange, CA 92866  
Phone: 714-361-4860 Fax: 714-361-4861  
[www.wellnesscenteroc.com](http://www.wellnesscenteroc.com)

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

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Editor: William Be**

## My Wellness Adventure by: Marjy Ramirez

My name is Marjy Ramirez. I am originally from England. Mental illness is frowned upon over there. I came to California 40 years ago, and was diagnosed with Bipolar and Anxiety disorder. I did not want anyone to know because of the stigma attached to it. My therapist referred me to the Wellness Center Central. I had a lot of anxiety because I did not know what to expect. I was greeted with smiles and was given a tour. Everyone was really friendly and I realized I was not alone. There were other people like me. They have different groups to cater to everyone. The Leads are amazing. They teach with experience from their own mental illness. We are encouraged to share how we are feeling and get feedback if needed. If I wake up not feeling good, I go to the Wellness Center Central and I feel great. I have made lots of friends and I consider the Wellness Center Central to be my job. I go there five days a week. The best part is you are made to feel like you belong and you are not judged.

### Inspirational Quotes

"The pessimist sees difficulty in every opportunity. The optimist sees opportunity in every difficulty." – **Winston Churchill**

"If you are working on something that you really care about, you don't have to be pushed. The vision pulls you." – **Steve Jobs**

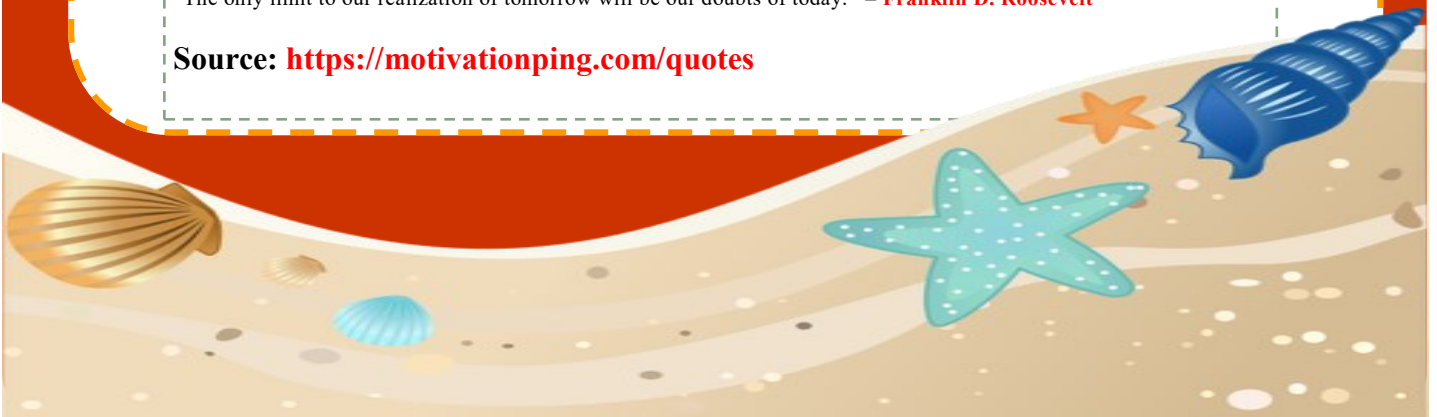
"People who are crazy enough to think they can change the world, are the ones who do." – **Rob Siltanen**

"We may encounter many defeats but we must not be defeated." – **Maya Angelou**

"The man who has confidence in himself gains the confidence of others." – **Hasidic Proverb**

"The only limit to our realization of tomorrow will be our doubts of today." – **Franklin D. Roosevelt**

**Source:** <https://motivationping.com/quotes>



## Poets Corner

### Rain Kisses

By: Bayyianh

When rain droplets lick your face  
Lift your lips, lovingly kiss them  
back

Use your voice  
Proffer prayers up  
The Sustainer is sending  
sustenance down

So I am:  
Palms, Cupped.  
Brow, Bowed.  
Soul, Open.  
Lips, Prayerful.  
Heart, Alert.  
Mind, Focused.  
Intention, Pure.

Praying for plentiful more  
Lord fix my life  
open up shut doors  
The Tabieen told tales of  
An angel on every rainlet droplet  
So when clouds come I become a  
beggar.

My Arms outstretched.  
My Need great.  
My Faith greater.  
My God The Greatest

### Nettella by: Mark Phipps

Oh nettella oh nettella  
Oh nettella oh nettella

I once had a girl Nettella was her name  
Since she went away I will never be the same  
She used to put her hand on my shoulder and she  
smiled so sweetly  
I fell in love with her so completely  
Oh Nettella where can you be where can you be

I go down to the ocean at night to hear the waves  
crash and see them roll out again just like her love  
love she washed out to sea  
And i wait here wondering if I'll ever see  
her love wash up to me again  
Life was so much better then  
All my friends say its better just to start again  
All i have right now is dreams of her and her  
name  
Oh nettella where can you be where can you be

She could put fruit in a blender  
and it was much sweeter somehow  
When she added some stardust and love,  
Life was so much better then and I miss her now

On our wedding day we played canon in D  
She was smiling with me and she was so happy  
Because our lives used to be so hard we just were  
beginning again  
So that made us much more happier then  
We had bought our first house and a puppy  
I took a picture at our first house and she smiled  
And she was so happy  
Oh nettella where can you be where can you be

I once had a girl Nettella was her name  
Since she went away i will never be the same  
She used to put her hand on my shoulder and she  
smiled so sweetly  
I fell in love with her so completely  
Oh nettella where can you be where can you be  
Oh nettella where can you be where can you be

*Happy Thanksgiving 2023*



**Happy Thanksgiving from all of our staff at the Wellness Center Central to all our wonderful members.**

**Happy Holidays 2023**



**Happy holidays to all our members from all our staff at the Wellness Center Central. We wish everyone a joyful holidays with all your family and friends.**



## Comedy Corner

A woman was taking an afternoon nap. When she woke up, she told her husband, "I just dreamed that you gave me a pearl necklace. What do you think it means?" "You'll know tonight," he said. That evening, the man came home with a small package and gave it to his wife. Delighted, she opened it to find a book entitled "The Meaning of Dreams."

Source: [www.laughfactory.com](http://www.laughfactory.com)

HOW DO YOU PUT  
A BABY ALIEN TO SLEEP?



YOU ROCKET

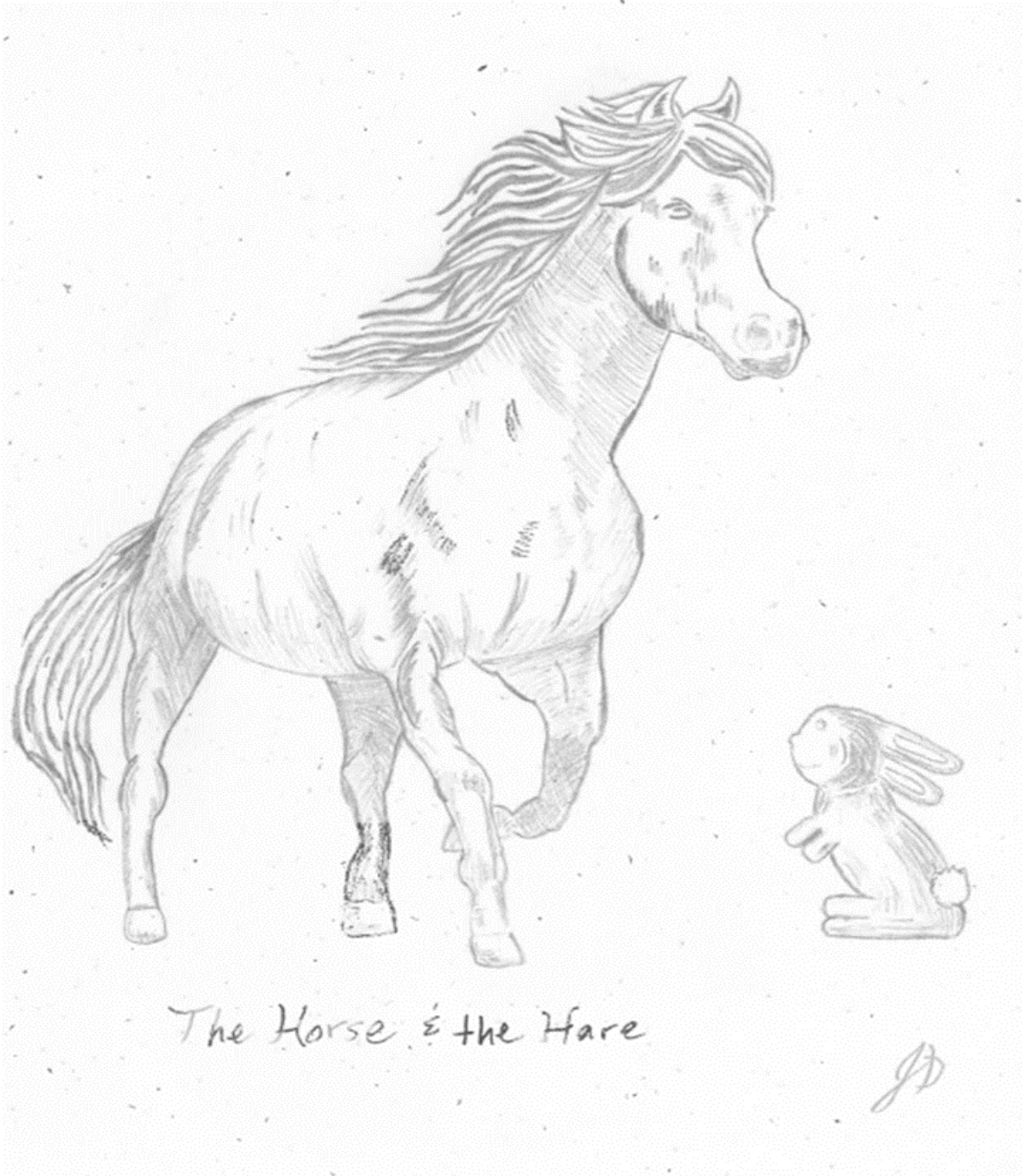
smashart.com

## Did You Know?

- Did you know Viking men wore makeup.
- Did you know you can get your eyeballs tattooed.
- Did you know it would cost \$18.3 million to make a replica Darth Vader suit.
- Did you know Einstein slept 10 hours a night.
- Did you know Peru has more pyramids than Egypt.
- Did you know a giraffe can go longer without water than a camel.
- Did you know you burn more calories sleeping than watching TV.
- Did you know there are more chickens than people.
- Did you know America top selling ice cream flavor is vanilla.
- Did you know human thigh bones are stronger than concrete.
- Did you know you begin to feel thirsty when your body losses 1% of water.

Source: [www.did-you-knows.com](http://www.did-you-knows.com)

## Artist Showcase



**The Horse and the Hare**  
**By: Jenny Dingle**

# Vision, Mission and Values

## Our Mission:

To provide a safe and nurturing environment for each individual to achieve their vision of recovery while promoting acceptance, dignity and social inclusion.

## Sudoku Challenge

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

Please contact us by phone at 714-361-4860 or  
our website at [wellnesscenteroc.com](http://wellnesscenteroc.com)  
Become a member today! Membership is free!