



# Wellness Center Central Community Newsletter

DECEMBER 2018

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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!

- ◇ New Classes: **Pathways to Recovery** on Thursday at 12:30 - 2:30 pm.  
**Steps to Success** on Thursday at 12:30 - 1:30 pm.
- ◇ Holiday Party on Wednesday December 19, 2018 at 12 - 2 pm.



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

# Boo!



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

## Inspirational Quotes

“With the new day comes new strength and new thoughts.” - **Eleanor Roosevelt**

“You will never win if you never begin.” - **Helen Rowland**

“Setting goals is the first time in turning the invisible into visible.” - **Tony Robbins**

“Do the difficult things while they are easy and do the great things while they are small. A journey of a thousand miles must begin with a single step.” - **Lao Tzu**

“Life is 10% what happens to you and 90% how to react to it.” - **Charles R. Swindoll**

“A creative man is motivated by the desire to achieve, not by the desire to beat others” - **Ayn Rand**

Source: <https://www.brainyquote.com/topics/motivational>

PEACE LOVE



## NAMI Walks 2018



## **The Adventures of Ned and Pablo**

**Written by: Charles Wallace**

Now toiling everyday is what Ned does as a farmer. He was the oldest boy in the family and he took care of his grandmother, who was high functioning. He was working on the hillside and it was dangerous for he might fall off and be captured by the pirate ship out of the bay. So he kept diligently working on his plow as the ox pulls him along the riverbank.

Ned was very jealous of his brother, Pablo, going over the cliff into the water to go swimming and so there was more reason for him to work as hard as he could.

Grandma came out in the yard to tell Ned it was time for lunch. The boys were out in the field for several hours this morning doing their chores tilling the field of beans. It look like it was about to rain too, so it was a good time to come into the house.

Ned's brother was floating in the water and grandma told Ned to go get him. However, when Ned called his brother it seemed like he couldn't hear Ned. "Pablo, Pablo," Ned screamed. But there was no answer. Now he felt scared for pushing Pablo into the river because he would get into a lot of trouble if anyone found out.

He went into the house to eat the fish he caught that morning. Eating his lunch he wondered if he should have gone closer to the water. The pirates were nearby and if they captured Pablo they might save his life. Pablo was a good swimmer so Ned thought he was O.K.. Grandma was a lifeguard and she could go in and save him as a last resort. Pablo was in good hands.

All day Ned was toiling in the field made him tired and he forgot to tell grandma that Pablo might be lost in the river. If the pirates captured Pablo, he would never bring him any fish home for his brother to eat again. They would keep him hostage.

Everything worked out perfectly. Pablo got away from the pirates. Ned could eat more contentedly. "I can't stand fish, maybe I will only have to cook it for one now." Pablo liked to catch fish; Ned liked to eat it, and grandma had to cook it.

# My Salute to Robin G

Written by: Susan McCoy

I don't recall how I became acquainted with Robin. I have seen him in the living room, kitchen area, and occasionally engaged in casual conversation with him as another Wellness Center Central member. I found him to be friendly, quiet in his manner, but carrying a welcoming posture to help new members engage in Wellness Center Central program.

One morning, in recruiting participants for reviewing preparations for the weekly Community Meeting, I asked Robin if he would like to assist in reading announcement of upcoming events or recognizing members who had earned "Atta boys". Robin was polite in his response but apologetic at the same time. "I don't know how to read," he quietly replied.

No one should be denied the opportunity to learn how to read, I remember thinking at the time. As we came to know one another at the Wellness Center Central, Robin elaborated on his early educational experience and his struggle to learn as a special education student. He was bullied throughout his school years, often cornered by others who inflicted cruel taunts and physical pummeling. He was well-liked by his teachers who patiently carried him through the curriculum by reading aloud material he was expected to learn in order to navigate independently through basic activities of daily living.

One day, as I was coming to know Robin, he approached me with a wide grin and announced, "I'm learning to read!" The pride and newfound confidence he was showing was readily apparent. He had continued to work toward advancing his education as an adult through coursework at the Recovery Education Institute. The instructor had observed Robin's struggle to read and offered to tutor him.

Robin never missed weekly appointments at REI with his tutor. He was never shy about updating his reports of achievement and often recited the praise bestowed upon him. Eventually, he gained the courage to volunteer to read portions of announcements at the Wellness Center Central Community Meeting. The effort called upon abilities previously denied and dismissed by Robin himself as beyond his capacity to achieve. Still, he preserved. Today, he reads with deliberation, expression in his voice, and a desire to serve as an example to others.

Several months ago, Robin approached me with the request to help him write his story. "I already have the first line," he announced. "I'm going to stand up at the community meeting and say, 'Hi, I'm Robin and I am going to read to you.'" We met in the living room to have him share the highlights of his story, accenting our visit with three pieces of paper he pulled from his pants pocket. On the small pieces of paper were written "Atta boys" he had received from the Wellness Center Central community meeting. All pointed to his service as an outstanding Ambassador, his participation in the Peer Partnering effort to provide welcome and assistance in acquainting new members to the Wellness Center Central program.

I know that Robin's journey to success in recovery will continue to soar; he have been rescued from the despair of remaining illiterate to carve a future filled with hope directed at what he stated to me, "Now, I want to help other people like myself." To Robin's credit, he added a footnote to his journey in recalling the painful episodes of bullying. "One of the girls who was mean to me came up to me later and apologized. And I became good friends with one of the boys."

## Comedy Corner

Jim, Scott and Alex are tired after traveling all day and check into a hotel. When they get to reception, they find out they'll have to walk 75 flights of stairs to get to their room because the elevator is out of order. Jim suggests that they do something interesting to pass time while they walk the 75 flights. Jim will tell jokes, Scott will sing songs, and Alex will tell sad stories. So Jim tells jokes for 25 flights, Scott sings songs for 25 flights and Alex tells sad stories for 24 flights. When they reach the 75th floor, Alex tells his saddest story of all, "Guys, I left our room key at reception."



## Did You Know?

**Did you know** the average person falls asleep in 7 minutes

Did you know an ostrich eye is bigger than its brain

Did you know lemons contain more sugar than strawberries

Did you know it's possible to lead a cow up stairs but not down

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

Did you know French fries are originally from Belgium

Did you know Venetian blinds were invented in Japan

Did you know Brazil is named after a tree

Did you know 96% of candles sold are purchased by women

Did you know pearls melt in vinegar

Did you know only female mosquitoes bite

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



# Wellness Thanksgiving

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**The Wellness Center Central Staff  
would like to show our appreciation to  
our members!!**

# Vision, Mission, and Values

## Our Mission, Vision, and Values:

We deliver exceptional value by creating healthy communities through exceptional people.

## Sudoku Challenge

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

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