



# Wellness Center Central Community Newsletter

APRIL 2024

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## Community News Flash!

- ◇ Member Barbeque on Saturday, May 4th, 2024 from 12 p.m. - 1 p.m.
- ◇ Member Appreciation Carnival on Friday, May 31st, 2024 from 12 p.m. - 3 p.m.
- ◇ Lots of fantastic and fun activities and groups, and events are on the way!

- **Contact the Employment and Education Specialist, Mario Ibarra at (949) 406-9687, for any employment and education support.**
- **Contact Diana Hua at (714) 361-4860 to get WRAP (Wellness Recovery Action Plan) 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 & Saturday 9:00 a.m. - 5p.m.  
Friday: 9:00 a.m. - 8 p.m.

## Health 101: Yogurt Parfait and Berries

**Yogurt** - (Rich source of calcium. Also has good source of phosphorus, potassium, vitamin A, vitamin B2, and vitamin B12.)

**Blueberries**- (Contain vitamins, minerals, and antioxidants. Blueberries are also rich in vitamin-K which promotes heart health. The vitamin is also important in bone health and blood clotting.)

**Raspberries**- (Contain antioxidant for example like Vitamin-C. They also have quercetin and gallic acid that helps fight against cancer.)

**Strawberries**- (An excellent source of vitamin C and manganese and also contain decent amounts of folate (vitamin B9) and potassium.)

## 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

### The Diamond in the Sand By: Natasha Corich

As I grabbed a spoon from the drawer and the lactaid cottage cheese with the blue and white label from the refrigerator.

I sat down on the last uncluttered space at the dining table.

As I twirled my vibrant pink hair with my finger until tangled I repeated this as if it was a subconscious need to feel safe and stable

At the beach I was reading a book on my phone

I was so enthralled with the rhythm and consistency of the words flowing like a tree spirited and deeply passionate dancer traveling on the sand as the waves splashed onto my eggshell white ankles.

The bay now rock less still stirred memories of my aunt

My aunt gave me three specially different books over the years

All filled with pages of uniqueness

Reflection and of course dancing

On one of her visits from Kansas City

She lost the diamond out of her wedding ring

It was extremely melancholy and disturbing because the wedding ring was given to her by her late husband who was the love of her life

Her daughter in-law and I went back to Laguna Beach

And found the diamond between cracks in the sidewalk

By an ornate tree

She said she had been praying to him, her guardian angel, watching over her

And that it wasn't just a coincidence that the diamond was found

After my aunt's passing from lymphoma the family decided to gift her wedding ring to me

We were kindred spirits

She counseled and guided me on my spirituality and my faith

She talked to me about the Bible and what her life was like as a nun

Following God's calling for her to serve with her entire spirit and heart

We talked about how summer was so magical and free

We wound close each day standing in the outdoor showers letting down our hair as the cold water rinsed off the sand and rejuvenated our souls



## Talent Show 2024



Wellness Center Central held the annual Talent Show on Saturday, April 6th, 2024. We had over 50 members who attended the event. Staff and members showcased many talents such as playing piano, guitar, singing, dancing, poems, and artworks. An amazing time was had by all.



# Health and Resource Fair



Wellness Center Central's 2024 Health & Resource Fair was accompanied by 13 different organizations which shared resources and opportunities with members.



## Comedy Corner

A husband and wife were driving through Louisiana. As they approached Natchitoches, they started arguing about the pronunciation of the town. They argued back and forth, then they stopped for lunch. At the counter, the husband asked the blonde waitress, "Before we order, could you please settle an argument for us? Would you please pronounce where we are very slowly?" She leaned over the counter and said, "Burr-gerrr Kiiing."

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

HOW DO YOU PUT  
A BABY ALIEN TO SLEEP?



YOU ROCKET

smile.deviantart.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**



**At the River**  
**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

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

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!