

Day Services Voices: Today. Tomorrow. Together

Volume 3, Issue 1

Dec. 2009
Jan. & Feb. 2010

Day Services Calendar of Events

January

1/16 Sat Social: Bowling & Pizza
1/18 Attendance Drawing
1/21 Family & Addictions class speaker
1/25 "Caught in the Act" drawing
1/30 Sat Social: Movies & Tri-City Street
Rods @ Fonner Park

February

*Sat Socials to be announced
National Bipolar Month –activities to be
announced soon
2/1 Vote for Member of Month
Attendance Drawing
2/8 Birthday Celebration
2/12 Valentine's Day Party
2/14 Valentine's Day
2/15 Attendance Drawing
2/22 "Caught in the Act" drawing

March

*Sat Socials to be announced
3/1 Vote for Member of Month
Attendance Drawing
3/6 Red Cross Chili Cook-Off Sat Social
3/8 Birthday Celebration
3/15 Attendance Drawing
3/29 "Caught in the Act" drawing
Attendance Drawing

Consumers For Change Council Members & Newspaper Contributors

Carol J.	Connie P.
Robin B.	Garold D.
Cheryl K.	Dino O.
Margaret F.	Michele D.
Tonya I.	



What Are the Winter Blues?

If you notice periods of depression that seem to accompany seasonal changes during the year, you may suffer from Seasonal Affective Disorder (SAD). This condition is characterized by recurrent episodes of depression— usually in late fall and winter—alternating with periods of normal or high moods the rest of the year.

The winter blues and its more severe counterpart, Seasonal Affective Disorder (SAD), affects about four times as many women as men. Most people with SAD are women whose illness typically begins in their twenties, although men also report SAD of similar severity and have increasingly sought treatment.

The winter blues are primarily caused by unstable melatonin levels, a hormone produced during sleep, and serotonin, a neurotransmitter responsible for mood, hunger, and sleep. As the days become shorter and the hours of sunlight decrease, sufferers of the winter blues experience changes in their mood, energy level, and ability to concentrate. Although the winter blues are not as severe as long-term depression, they can change the way a person thinks, reacts, and deals with everyday challenges.

Participants at Day Services over the last 2 months have been discussing issues related to and coping to improve the Winter Blues, Holiday Blues and being snowed in. This winter has started off with a bang this year of freezing temps, high accumulations and low chilling winds. All of these make traveling difficult to spend time with support systems, getting to work, attending Day Services, attending important appointments, and even simple things like buying groceries become complicated and overwhelming.

Check out the back page of the newsletter for tips on coping to improve your mental health during a blizzard or being snowed in!

If you experience two or more of these symptoms each year in the fall and into the spring you may suffer from the winter blues:

Increased feelings of lethargy
Difficulty waking up in the mornings as the days get shorter
Difficulty concentrating and thinking creatively in comparison to the summer months
Incorrectly blaming oneself for things that go wrong
Difficulty performing tasks that normally seem to be easy/enjoyable
Increased craving for carbohydrate-rich food like chocolate and sodas

Member of the Month Awards

October 2009: Ruth H.

Ruth has made a commitment to her well being by attending the day program weekly to educate herself on ways to make change and better choices. She continues to monitor her diabetes by checking her blood sugars. She eats healthy meals and exercises. She keeps track of her blood pressure and weight. She attends 12-step meetings to maintain her sobriety. She is a role model for her family showing you can change old behaviors at any age.

November 2009: Paul H.

When Paul attends services he is working on his recovery. As soon as he enters the front door, he checks the schedule of groups for the day. Paul has achieved many goals & continues to work toward new goals.

December 2009: Margaret F.

Margaret was nominated and received the Member of the Month award because despite stressful and difficult situations, she communicated with supports and continued to do the things she needed to do for her wellness. Through utilizing coping skills she was able to attend Day Services, see her providers, and establish stronger supports. She continues to participate in groups and is able to laugh and therefore bring smiles to the face of others as well.

National Bipolar Month: February 2010

Activities are being planned for February to recognize Bipolar Month:

- Movies—which depict Bipolar
- Speakers –telling their recovery journey
- Informational Displays posted in Day Services
- Mental Health Trivia
- Families CARE youth support group speakers
- Creating buttons, posters, stickers

Annual Recognition: Nominate NOW!

The nomination box is located in the Day Services cafe area in the silver box. Please pick up a nomination form and fill it out by Jan. 25th for the following awards:

Hope Award: this individual has an internal bright shining source of hope and inspires hope in others that recovery is a journey that is possible and worth it

Empowerment Award: this individual is recognized for their efforts in advocating through their words and actions to promote their own and others recovery process

Perseverance Award: in the face of life's adversities, this person has the tenacity, determination and strength to continue to move forward in their day to day recovery.

Group Spotlight: Monday Morning 9:15 Groups

Participants really like the structure and consistency with our Monday routine, but we were ready for a new topic for the 9:15 groups. So in keeping with tradition, our Monday Morning structure has a new flavor to it: Team Solutions is a curriculum provided to Day Services, at no cost by Lilly pharmaceuticals.

The curriculum has 10 modules that we condensed into 5 groups:

- Managing Stress/Problems with Lisa
- Why Take Medications with Linda
- Understanding Your Illness with Ali
- Achieving Your Life Goals with Dani
- Make a Choice to Not Use Substances with Julie our LADAC

The groups are set up to run 12 weeks long before starting over and repeating the discussions. So don't worry if you are joining in late or want to hop around between the different topics.

Newsletter Name Contest

You may have noticed the name of our newsletter has changed this month. Day Services Consumers for Change hosted a "Name the Newsletter Contest" in Dec. Entries were collected and voted on by participants attending the House Meeting on 1/4.

The winner was Theresa A for her entry of:

Day Services Voices:

Today.

Tomorrow.

Together.



"Caught In The

A new recognition system was launched at Day Services in Sept. 2009 to promote acts of Hope, Confidence, Empowerment and Giving. An average of 30 people are recognized monthly with a winner being drawn monthly. Winners of the "Caught In The Act" include:

September: Dino O.

October: Theresa A.

November: Kayla M.

December: Ali C.

New Staff at Day Services

We have two exceptional people joining Day Services this Winter.

Dani Hunt

Recovery Specialist

Hello everyone, I'm Dani Hunt, Recovery Specialist with Day Services. I commute here from Hastings, my home town, where my parents met in high school. I have three brothers, two in California and one in Hastings. I have a Bachelor's degree in Counseling Psychology and want to continue my education, either in Psychology or Social Work. I have a milestone birthday coming in January (you'll have to guess, I'll never tell!), I like the outdoors, baseball, canoeing, swimming, crafts, especially scrapbooking, and getting to know people. I'm happy to be here at Goodwill and hope to meet you all soon.

Michele DeLeon

Peer Support Specialist

Hello everyone! My name is Michele DeLeon and I'm the new peer support specialist. I am very grateful and excited to have this opportunity to work with all of you. I am a single mother of a 1 year old son named Isaiah who is truly the light of my life! He's an awesome little boy! I'm working at Goodwill because I am in recovery myself and I'd like to help others who face similar challenges. Looking forward to getting to know each of you individually!

Birthday Celebrations

Dec		Jan		Feb	
LaNell A	12/9	Tom W	1/27	Cynthia G	2/5
Jonathan B	12/15	Wendell A	1/6	Sharon D	2/13
Dave D	12/2	Tracy A	1/4	Cathy E	2/25
Tina I	12/23	Peggy R	1/15	Bonnie H	2/28
Cheryl K	12/2	Brian B	1/19	Ruth H	2/3
Dino O	12/20	Anya C	1/6	Lynette J	2/5
Raquel R	12/30	Brenda F	1/23	Becky M	2/10
Kevin T	12/11	Tonya J	1/31	Michael N	2/16
		Cory M	1/21	Shannon H	2/10
		Sandy P	1/21		
		Karen K	1/18		
		DJ S	1/14		
		Steve U	1/1		



Goodwill Annual Christmas Party

This year followed tradition of massive snow fall in the area on the scheduled Annual Christmas Party. We were able to gather on Dec. 10th for our party following a blustery week! The party was wonderful and could not have happened without the amazing time and efforts donated by various supporters from the community including the Skagway team that donated their time and supplies to wrap around 500 gifts, the delicious food from KFC and various businesses around town, along with countless others I couldn't begin to identify to create a fun and memorable event everyone looks forward to annually!

General Announcements

Theresa A: going to Jewell, KS to visit with my son
 Mary H: going to be a grandmother again
 Brenda F: share birthdays on 1/13 with my granddaughter
 Tonya J: helped my friend I met at Day Services move into her new apartment
 Nancy F: moved into my new apartment

Favorite Thing About Holidays

Participants share their thoughts on what they look forward to during this time of year:

Don D: getting together with family
 Theresa A: giving from my heart
 Raquel R: warmth of your loving family and friends
 Cheryl K: making goody plates for friends and family
 Lisa S: my family being together since my brother was in the military we didn't see him on Christmas for almost 20 years
 Judy M: getting together and being with family haven't seen in awhile
 Paul H: seeing family, sharing good food and good times
 Brenda F: being with friends & family
 Cody C: going to see my family and see my cousins
 Robin B: getting Christmas cards, hearing music, driving around looking at all the light displays



Favorite Holiday Memory

Participants share some of their favorite childhood memories about the holiday season:

Don D: eating dinner at Grandma's house watching football
 Lisa S: decorating the tree as a family
 Cheryl K: eating together with family and playing cards, opening gifts on Christmas eve and having soups to eat
 Paul H: opening Christmas presents
 Brenda F: opening gifts with family and friends
 Cody C: when I went to my grandma's for the first time for Christmas because we usually go to Lincoln
 Tonya J: Grandma's cooking!

Mark Your Calendars!!!
Goodwill Annual Banquet May 24th
Heartland Events Center

Employment Announcements

Lots of new volunteers helping in the kitchen at the Day Services in the last month! We couldn't provide our program without your volunteer help and positive attitudes in helping others/giving back!

Recipe Corner

Goulash

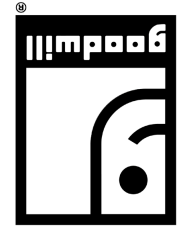
1 lb hamburger
 2 (14 1/2 oz) cans stewed tomatoes
 1/4 cup dried minced onions or fresh diced onions
 1 tsp. salt
 Chili powder to taste
 1/4 tsp. sugar
 1 cup uncooked elbow macaroni

Brown hamburger & drain. Add tomatoes & seasonings, bring to a boil. Add macaroni & cook till macaroni is soft. Approximately 10-12 minutes. Provided by Cheryl K.

Crock-Pot Easy Swiss Steak

2 to 2 1/2 lbs round steak
 1 package onion soup mix
 1/4 cup water
 1 can cream of mushroom soup

Cut steak into 5-6 serving size pieces. Place in crock-pot. Add dry onion soup onto of steak. Mix water & mushroom soup together & put on top of dry onion mix. Cover & cook for 6-8 hours. Provided by Cheryl K.



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Tackling the Winter Blues

The good news is: you have options and by using a strong support system, you can beat the Winter/Holiday Blues!

Here is a list of options you may want to consider:

- Get exercise—get moving—little steps count!
- Establish a good sleep habit that works for you
- Get light!—open your curtains or get outside for light
- Establish a wise diet—feed your cravings in a healthy manner
- Medication—talk with your dr about your Winter Blues symptoms

Some of the Groups at Day Services Targeting Winter Blues:

Positive Changers—eating healthier & how to get moving while having fun!

Water Aerobics –we attend the YMCA’s class twice a week

Yoga & Relaxation –learning how to calm & relax your mind & body are great tools

16 Steps: Emotional Eating— using the 16 Steps in gaining insight and skills to battle emotional eating

Overeaters Anonymous

Seeking Safety –creating a safe/supportive environment, even when you struggle to reach out for help

Let’s Talk—encouraging people to share their stories, interests, or thoughts with each other in a fun, in a laid-back and supportive manner

Tips For Surviving a “Snow” Day

As kids, every child rejoiced when the radio reported a “snow day”. The collective cheers could be heard all across the area as we were buried in snow!

The day would be cherished with fun activities outside of the daily routine.

As adults, being snowed in can trigger additional symptoms impacting our mental health by being isolated in our homes.

Day Services participants’ tips on ways they cope with the “snow days”:

- Read a great book
- Gather neighbors for a potluck with board games/cards
- Snuggle in with an uplifting/fun movie or music
- Call/visit/email friends= stay connected
- KEEP BUSY to avoid excessive sleeping/eating
- Work on hobbies—keeping your mind & hands busy/productive
- Bake/Cook something yummy & share!
- Deep clean/organize your house
- Journal/meditate
- Treat yourself (in moderation) with something special: flavored coffee, candy, snacks, scented lotions, candles, etc.