



Recovery Partnership

Northampton County Drop-In Center

Nov-Dec 2017

Recap

Winter is here to bring holiday cheer! Come to the Drop -In Center, (DIC) and warm up with some coffee or coco. September and October was eventful months for the DIC. We were closed for Labor Day and DIC Friends reported enjoying time with family, friends and attending picnics. We had our monthly trips to the grocery store. We enjoyed Pizza and Bingo night as well as our Women's and Men's Group nights. The DIC had guest speaker Bob Hollinger who addressed the need for safety. He spoke and demonstrated the effectiveness of self defense.

Lastly, we celebrated our Halloween Party on the 31st, and was joined by the Easton Drop-In Center members and staff. We celebrated enjoying a great feast. Some of the foods enjoyed was ghostly turkey bbq, baked beans, bewitched potato salad, deviled eggs, toxic macaroni & cheese, and pizza. Costumes were judged with \$10 gift cards given as prizes. Halloween candy bags was distributed to all who attended our party.

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Staff Corner

According to the World Health Organization, mental health is defined as “ A state of well being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.” Mental health is more about wellness rather than illness. To me, mental health is part of my everyday life and is a balance between education, work and recreation. In September and October, I had the opportunity to assess my life by attending the WRAP Facilitator Training and traveling to Walt Disney World with my fiancé and his family.

WRAP stands for Wellness Recovery Action Plan and is a self-designed prevention and wellness too that anyone can use to get well and stay well. I attended the WRAP Facilitating Training from September 11th–15th. To me the whole experience was exhilarating and inspirational. I learned what I do to stay well and what others do to stay well, which gave me a whole new perspective on things. And it made me realize I am not alone on this road to recovery.

My trip to Disney World was magical! Although I got more anxious on the flight than anything, but upon arrival it was pure bliss. We spent the first day eating our way through the food festival at Epcot. Tuesday was spent at the Magic Kingdom.

Christine Minekime

On September 21st, our van driver, JJ, was in a car accident. He was out on medical leave until October 24th and both Friends and fellow staff are pleased he returned rearing and ready to go as he reported missing us as much as we missed him.

Midge Klotz

RECOVERY VALUES

Hope

Individuality

Self-Awareness

Self-Determination

Meaningful Life

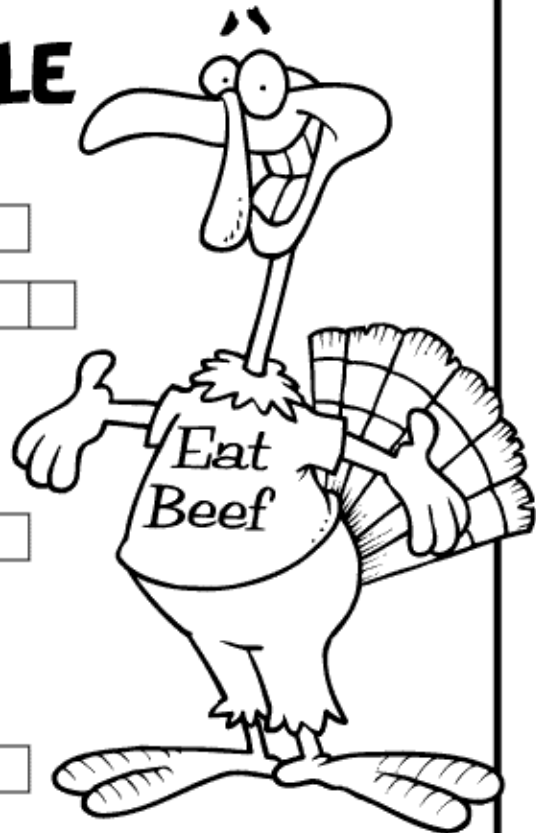
Respect

Peer Support

Community Focus

THANKSGIVING

DOUBLE WORD SCRAMBLE



SPILRMIG

11

FWAOEMLRY

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INSNAID

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18

BNMOEVRE

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ASRHVET

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CNRO

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ULMHPYOT

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FTASE

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DGTITARUE

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****If any of the Friends of the Drop-In Center would like to submit an article for the newsletter please see any of the Drop – In Center Staff Attendants****

Thanksgiving Stuffing



INGREDIENTS

- 3/4 cup (1 1/2 sticks) unsalted butter plus more for baking dish
- 1 pound good-quality day-old white bread, torn into 1" pieces (about 10 cups)
- 2 1/2 cups chopped yellow onions
- 1 1/2 cups 1/4" slices celery
- 1/2 cup chopped flat-leaf parsley
- 2 tablespoons chopped fresh sage
- 1 tablespoon chopped fresh rosemary
- 1 tablespoon chopped fresh thyme
- 2 teaspoons kosher salt
- 1 teaspoon freshly ground black pepper
- 2 1/2 cups low-sodium chicken broth, divided
- 2 large eggs

Friends' Corner

The Drop In Center

I started coming to the Drop In Center 8 months ago. The first person I met was Lori. She was staff and did my intake. She is a nice person. Then little by little I started meeting the most wonderful people in the world. They became like a wonderful family to me. This is a safe and great place to be. Midge and Scott are two of the most wonderful people in the world. The staff here are helpful and supportive people. They are there for us when we need it. The Drop In Center Friends are like family and the best people in the world. All and all, I will never leave here. This is the greatest place in the world to be. God bless everybody at the Drop In Center. I will never leave you fantastic people.

~*Don Hagey*

Thank you all for being my family. I will never leave you.

Interviews' With Friends

Megan Wakmunski

Where did you grow up?

Maryland

What are some hobbies you like to do?

Youtube videos, reading books, and paranormal activities

What is your favorite food?

Macaroni and Cheese

If you could go anywhere in the world, where would you go?

New Orleans, LA

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Hours of Operation
Monday, Wednesday, Friday

3-8 PM

Tuesdays and Thursdays

12-8 PM

We're on the Web!

www.recoverypartnership.org

Welcome Friends!

We offer a Wii gaming system, computer with internet access, Arts & Crafts, and snacks.

See You There!

"This project is funded, in part, under a contract with the Northampton County Department of Human Services through funds provided by the County of Northampton and the Commonwealth of Pennsylvania (Department of Aging, Department of Health and/ or Department of Human Services)"

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