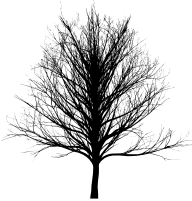


THE REN REVIEW

212 E. OSBORN, PHOENIX AZ 85012



WELCOME JANUARY

The month of January is Mental Health Wellness Month. A perfect time to check in with ourselves and loved ones to see how we are holding up emotionally and mentally. When we think of New Year's resolutions, there is often an emphasis put on physical wellness: trying a new diet, exercising more, etc. Our mental wellness is just as important and should be a priority in our lives. Take some time to think about what you need or want this year and know that REN is here to support you.

The REN review is an opportunity for members to submit articles about all things happening at REN! Please see Jen AH, visit the Computer Lab every Tuesday morning or email stories, pictures and ideas to renaznews@gmail.com. We want to hear from you, this is paper by the peers for the peers and all are welcomed. If you aren't a writer, we can work with you, let's learn together. Here's to a new day, hope and another exciting edition of REN news!

IN THIS ISSUE

REN Outings

Creative Writing
Corner and Question of
the Month

Fun Pages:
Inspirational Quotes,
Mental Health Puzzle,
Trish Talks and fun
facts

Updates, NEWS and
more!

Hope for the New Year!

Kathleen - to get my house completed.

Anthony - to get my apartment.

Barbara - more time with my family of choice

Jackie - to lose weight and eat healthy.

Mahala - I'd like to volunteer more.

Dela - continue to work on my weight loss.

Nicolas - quit smoking.

Richard - party like its 1999 (eat and be merry).

Shelly - quit vaping and lose weight.

Frank - quit smoking and lose a few pounds.

Heather - keep going on walks.

Scott - make it through to 2023.

Tony - strike it rich.

Anthony - to have a better year.

Heather - lose weight.

Shelby - want a serious relationship.

Stephen - shaving my beard, maybe?

Pedro - I would like to go see my woman and get a hug and a kiss
to start my year off right.

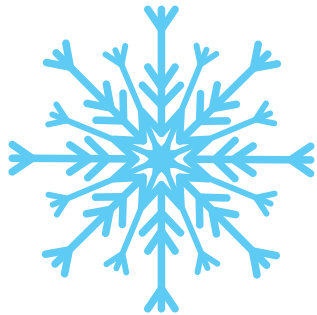
Dennis - to go to Australia.

Brian - to get my own place.

*New Year
New Me!*

2022

REN Outings



Nurturing hope, community and growth while reducing isolation and mental health stigma

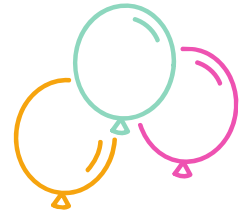
RENS VISION STATEMENT



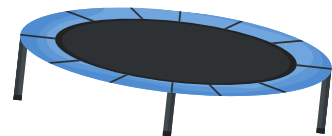
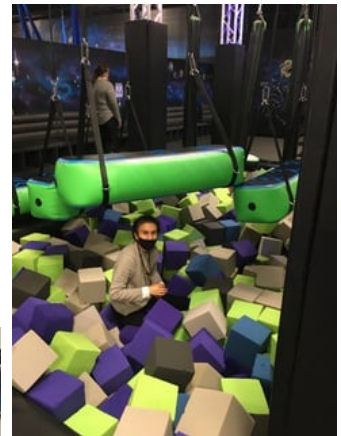
Outings are a great way for people to connect to others, explore our community, reduce isolation, and have experiences that they may not have otherwise. This month REN and HERO programs went to these outings featured. Please remember to sign up on renaz.org under the services drop down menu and then choose events.



REN Outings



Fun in Recovery



Holiday Make it and Take it



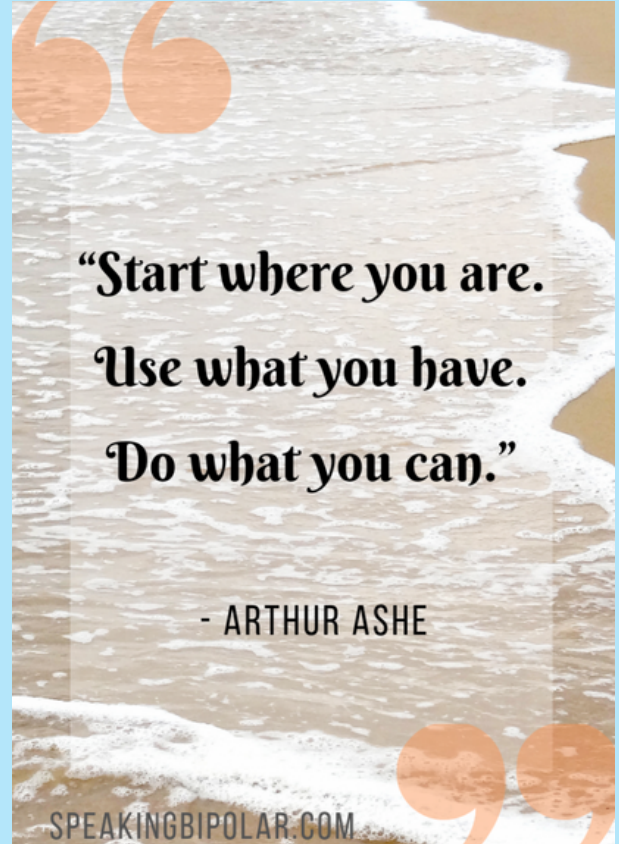
At REN we believe in lifting one another up and navigating our journey with a heart of gratitude and compassion in our recovery. Here are words to inspire!



We Did Not Ask For This Room

by Stephen King.

We did not ask for this room,
 or this music;
 we were invited in.
 Therefore,
 because the dark surrounds us,
 let us turn our faces toward the light.
 Let us endure hardship
 to be grateful for plenty.
 We have been given pain
 to be astounded by joy.
 We have been given life
 to deny death.
 We did not ask for this room,
 or this music.
 But because we are here,
 let us dance.



FUN IN RECOVERY

Would you Believe...

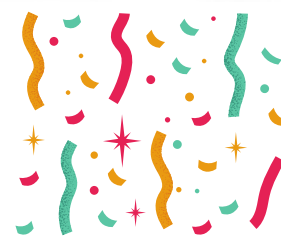
January Word Search mental health wellness month coping skills



- January is considered the coldest month in the Northern hemisphere.
- .People born during the winter months are less irritable.
- Some cities use beet juice, beer waste, and pickle brine on icy winter roads instead of salt.
- Snowflakes almost always have six sides.
- The largest snowflake on record measured 15 inches wide and 8 inches thick.
- The most people making snow angels simultaneously was nearly 9,000.
- The Earth is closest to the Sun during winter.
- The largest snowball fight ever involved 7,681 people.
- Chionophobia is the persistent fear of snow, especially becoming trapped by snow
- The average snowflake falls at about 3 mph.
- The largest recorded snowman ever built was in Bethel, Maine, in February 1999. The 113-foot, 7-inch tall.
- The most common birthday in the United States is September 16th, which means that most babies are conceived during the early winter holiday season.

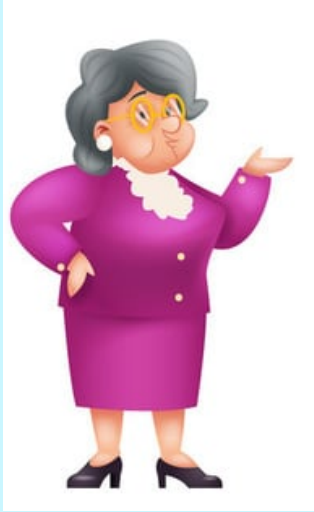


- | | | | |
|-----------|---------------|---------|----------------|
| BREATHE | VOLUNTEER | READ | PLAY |
| HIKE | CALL A FRIEND | MUSIC | ORGANIZE |
| REST | MEDITATE | JOURNAL | TREAT YOURSELF |
| WALK | EXERCISE | GARDEN | WATCH A MOVIE |
| SLOW DOWN | COOK | CLEAN | QUIET TIME |



Peer Trisha's Almanac

January 2022



January 1, 1776 - George Washington unveiled the Grand Union Flag, the first national flag in America.

January 1, 1863 - Abraham Lincoln signs the Emancipation Proclamation.

January 1, 1801 - Ellis Island in New York Harbor opened. Over 20 million new arrivals to America were processed until its closing in 1954.

January 1, 1958 - Johnny Cash plays San Quentin State Prison

September 2, 1945 - President Harry Truman declared V-J Day (Victory over Japan Day) commemorating the formal Japanese surrender to the Allies aboard the USS Missouri in Tokyo Bay.

September 3, 1783 - The Treaty of Paris was signed by John Adams, Ben Franklin and John Jay, formally ending the American Revolutionary War between Britain and the United States.

September 3, 1833 - The New York Sun newspaper first appeared, marking the beginning of the 'penny press,' inexpensive newspapers sold on sidewalks by newspaper boys. The paper focused on human interest stories and sensationalism and by 1836 was the largest seller in America with a circulation of 30,000.

September 4, 1609 - The island of Manhattan was discovered by navigator Henry Hudson.

September 4, 1781 - Los Angeles was founded by the Spanish Governor of California, Felipe de Neve, near the site of the Native American village of Yang-na. The original name was El Pueblo de la Reina de Los Angeles (The Town of the Queen of the Angels).

September 5, 1774-- The First Continental Congress assembled in Philadelphia with 56 delegates, representing every colony, except Georgia. Attendants included Patrick Henry, George Washington, Sam Adams and John Hancock.

September 6, 1991- Leningrad was renamed Saint Petersburg by Russian legislators following the collapse of the Soviet Union. Russia's second largest city had been known as Leningrad for 67 years in honor of Vladimir Lenin, founder of the Soviet Union.

September 8, 1883- The Northern Pacific Railroad across the U.S. was completed.

September 9, 1776 - The United States came into existence as the Continental Congress changed the name of the new American nation from the United Colonies

September 12, 1953- John F. Kennedy, 36, married Jacqueline Bouvier, 24, in a ceremony before 750 invited guests at St. Mary's Church in Newport, Rhode Island, conducted by Archbishop Richard Cushing of Boston.

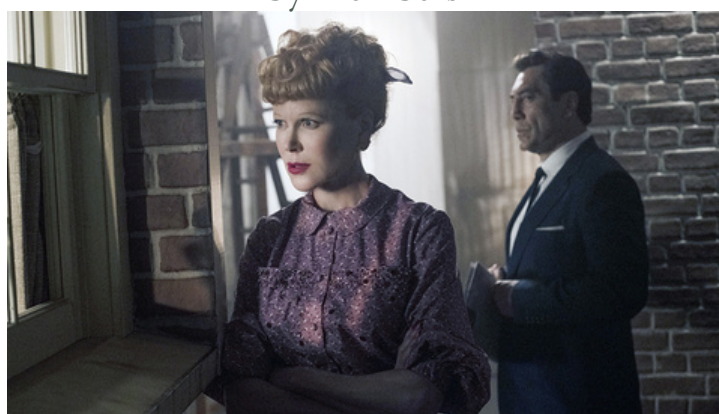
September 13, 1788 - The U.S. Congress chose New York as the Federal capital of the new American government.

September 14, 1741 - Composer George Frederick Handel finished Messiah after working on it nonstop for 23 days.



REN MOVIE REVIEW

Ren's New Feature. Each month we will do a movie review done by members



Being The Ricardos

Everyone knows who Lucille Ball is. I Love Lucy has been on the air non-stop since it aired in 1951 due to syndication. This is a mockumentary that starts when news breaks that Lucy is accused of being a communist. Lucy is pregnant with Desi Jr at the time and she is also confronting Desi about his indiscretions. It is well written and the acting is awesome; they really did their homework! It is a great look Inside that world. Even though it did not do well with the critics, I would like to say it is well worth the time to watch. Nicole Kidman provides a great performance in a difficult role as the iconic Lucy Ricardo. She does the famous grape smashing scene and told reporters that when she rehearsed the scene she had no idea they were going to use real grapes. Kidman exclaimed they were really slippery! I give it 3 popcorns , it is worthwhile.

= Only on a dare.

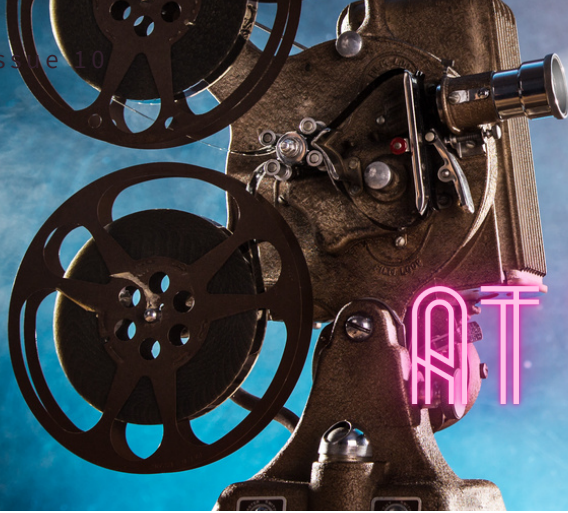
= I could not find the remote.

=It had It's moments.

=I like It!

=OMG Gurl,You have to see this movie!





AT THE BOX OFFICE



1972(50yrs)
Diamonds Are Forever - Sean Connery

1982(40yrs)

Modern Problems - Chevy Chase

1992 (30yrs)

The Hand That Rocks the Cradle - *Rebecca De Mornay,*

2001(20yrs)

The Lord of the Rings - *Elijah Wood*

2020 (1yr ago)

Wonder woman 1984 - *Diana Prince*

December 2021 (1 month)

Spider-Man: No Way Home - *Tom Holland*

NOW PLAYING

IN THEATERS

Spider-Man: No Way Home
Tom Holland

With Spider-Man's identity now revealed, Peter asks Doctor Strange for help. When a spell goes wrong, dangerous foes from other worlds start to appear, forcing Peter to discover what it truly means to be Spider-Man.

Dear Mother -Netflix

When Jean-Louis' heart stops beating, he must confront his Oedipal issues — and ask his mother an unthinkable question — or he'll be dead in three days.

Laurent Lafitte, Karin Viard, H el ene Vincent

Madagascar: A Little Wild: Complete Season 6- Hulu

Like all who land in New York, the young residents of the Central Park Zoo have big plans, bigger dreams and the determination to pursue them with abandon, no matter the size.

Needle in a Time stack - Amazon Prime

John Ridley directs this sci-fi romance that posits a nightmare scenario: You're living happily with the love of your life until her ex-husband jumps from an alternate timeline to try to save their marriage in the past. It's a mind-bender and a tear-jerker in the same movie.

The World According to Jeff Goldblum – Season 2 - Disney Plus

Jeff Goldblum is back — and he's as curious as ever. In this season of "The World According to Jeff Goldblum," Jeff uncovers surprising secrets behind a whole new host of topics — including PUZZLES, BIRTHDAYS, BACKYARDS, TINY THINGS and MOTORCYCLES. Passionate fans to experts and scientists share new insights to discover how these everyday marvels have shaped the world in which we live.



Chipotle Chicken Quinoa Burrito Bowl

This chipotle-flavored burrito bowl recipe is even better than takeout and just as fast. Loading it with vegetables and using quinoa in place of rice adds nutrition for a healthy dinner.

Ingredients

- 1 tablespoon finely chopped chipotle peppers in adobo sauce
-
- 1 tablespoon extra-virgin olive oil
- ½ teaspoon garlic powder
-
- ½ teaspoon ground cumin
- 1 pound boneless, skinless chicken breast
-
- ¼ teaspoon salt
- 2 cups cooked quinoa
- 2 cups shredded romaine lettuce
- 1 cup canned pinto beans, rinsed
-
- 1 ripe avocado, diced
- ¼ cup prepared pico de gallo or other salsa
- ¼ cup shredded Cheddar or Monterey Jack cheese
- Lime wedges for serving
-



Directions

Instructions Checklist

Step 1

Preheat grill to medium-high or preheat broiler.

Step 2

Combine chipotles, oil, garlic powder and cumin in a small bowl.

Step 3

Oil the grill rack (see Tip) or a rimmed baking sheet, if broiling. Season chicken with salt. Grill the chicken for 5 minutes or broil it on the prepared baking sheet for 9 minutes. Turn, brush with the chipotle glaze and continue cooking until an instant-read thermometer inserted in the thickest part registers 165 degrees F, 3 to 5 minutes more on the grill or 9 minutes more under the broiler.

Transfer to a clean cutting board. Chop into bite-size pieces.

Step 4

Assemble each burrito bowl with ½ cup quinoa, ½ cup chicken, ½ cup lettuce, ¼ cup beans, ¼ avocado, 1 tablespoon pico de gallo (or other salsa) and 1 tablespoon cheese. Serve with a lime wedge.

Trisha Talks

Dear Trisha,

I am really struggling with how I look. I have beautiful friends and things otherwise are going well for me in work and financially but I just don't feel good about how I look. I am not in a relationship and feel that no one will find me attractive. Some days I feel okay because I am busy at work or having fun with friends but I am the only one who goes home alone; I want someone to spend my life with. I am trying to start a work out plan and make healthy food choices but where do I begin? **Please Help**

Dear Please Help

First off there are many shapes and sizes in love and your body isn't the only thing that determines a life with someone. Sure attraction is a part of what draws you to someone but it sounds like there are so many other attractive qualities about you than just looks. Being healthy is one thing but jumping on a fad diet or going to extremes to change your appearance is not. First consult with your doctor, incorporate whole foods, less processed foods into your diet; fruits and veggies are a great start. Drink a gallon of water a day and walk for 30 min daily. Make small changes like watching for sugar and reading labels. Do your research and be consistent. Celebrate that you have good friends and aren't struggling for money and be happy being the person you've become and practice self love.

If you have something you would like to get off your chest, write to me at Rentrishatalk@gmail.com "Remember not to include names of persons , places or organizations also religion and politics are not permitted". While Trisha is a trained peer support she is not by any means a mental health professional. If you are having a mental health crisis please seek out a trained professional or call the crisis line 602- 222-9444

Upcoming Events



Camp Friendly Pines
February 4th-6th

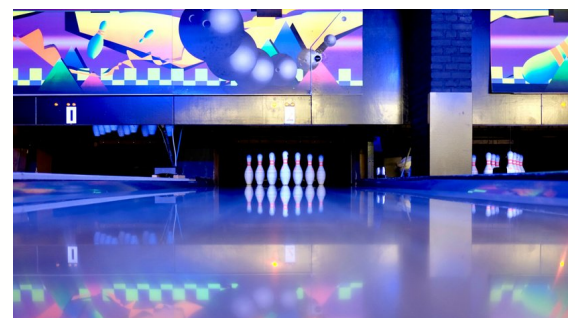


Sign up for events at
[renaz.org>services>events](http://renaz.org/services/events)



Cerreta's Chocolate Candy Tour
February 15th 9-3pm

Valentines Day Dance
February 11th 3-6pm
You can bring a guest! Details to
come.



Bowling at Let it Roll Bowl
February 24th 11:30-3pm



Boyce Thompson Arboretum
February 17th 9-3pm



Outside event taking place at AZ State Fairgrounds
February 12th 8-6pm and February 13th 8-4pm
VNSA Used Book Sale!



RST graduation February 28