

# Wellness Center West Newsletter

Dec. 2019 Edition

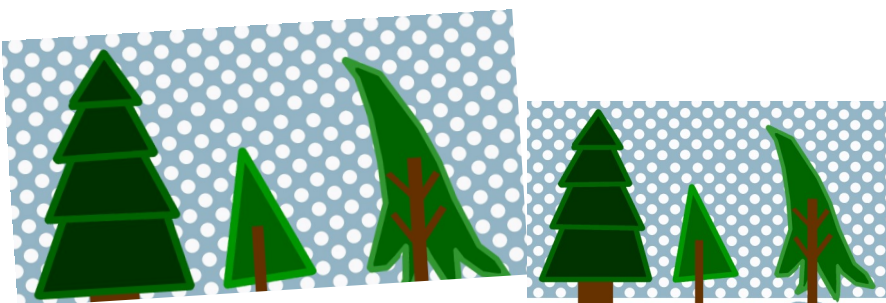
## Mentor Spotlight By: Piotr S.

“Denise is quite a tenacious and spunky personality. Feisty and at times unpredictable, she will fight for you and care for you like no other. She is masterful at boosting your will-power and self-confidence. She has also struggled through many challenging obstacles in her life and has maintained her unique special-ness about her throughout. Her biggest worry is that she may sometimes come across as mean in the pursuit of excellence for all her peers. Having held many diverse vocations throughout her life, she has much to offer her peers in terms of life experiences. Besides being the employment specialist here at the Wellness Center, she has been a bus driver, a housekeeper, and even a real-estate agent. She has a need for speed that could only be satisfied by a Dodge Charger.”

This autumn, yellow leaves  
tumbling again  
Filled the streets, torn leaves  
fly fly  
Winter coming reluctant  
ahead of the houses  
Cold winter wind freezes this  
skinny body

My love, my darling lover  
Have you realized Christmas  
is coming?  
Why replace happiness  
So I am thinking with my  
numbed soul . . .Kelvin N.

*Thank you everyone for all your ongoing writing contributions to Wellness Center West Newsletter. We are dedicated to providing a safe and nurturing platform for each individual to share their creative writing, stories, poetry, and more. — Wellness Center West Staff*



## Jama M.'s Family Favorite Pumpkin Pie Recipe

### **Honey-Pumpkin Pie** (pictured on page 224)

*Technique: Making a custard-type pie*

- 1** 16-ounce can pumpkin
  - 3/4** cup honey
  - 1** teaspoon ground cinnamon
  - 1/2** teaspoon salt
  - 1/2** teaspoon ground ginger
  - 1/4** teaspoon ground nutmeg
  - 1/4** teaspoon ground cloves
  - 3** eggs
  - 1** 5 1/3-ounce can (2/3 cup) evaporated milk
  - 1/2** cup milk
- Pastry for a Single-Crust Pie (see recipe, page 276)**

**1** In a large mixing bowl stir together pumpkin, honey, cinnamon, salt, ginger, nutmeg, and cloves. **2** Add eggs. **3** Beat eggs into pumpkin mixture with a fork. **4** Stir in the evaporated milk and the milk; mix well.

**5** Prepare pastry; fit into a 9-inch pie plate. Flute edges, forming a high rim to hold the filling. Do not prick the shell. Place pie shell on oven rack; pour in filling.

**6** Bake in 375° oven for 55 to 60 minutes or till the pie is set. Cool before serving.

"The only thing I do different is buy a frozen pie crust (deep dish). Serve with whipped cream."



## Benefits from Yoga, Tai Chi, Social and Dance Fitness by Lien T.

I am Lien T. I have been a member since 2017 and participated in several groups here such as Tai Chi, Yoga, and Dance Fitness. The movements from these groups increase flexibility, reduce stress, improve balance and improve mental health. In addition, Yoga helps prevent problems relate to blood circulation, like clotting and stroke. When attending the group, I learned different experiences that were amazing to me. I highly appreciate the staff; Jaime, Thuy, Quinn and volunteer member Jama; who provide knowledge, put in the effort and take time to teach the members carefully. I also want to say thanks to the Program Director and Assistant Director and all the staff here who take part in the group activities. I hope the Wellness center will be better developed in future years.

## The Costa Mesa Adventure

By Craig C.

I went to the Cosa Meza Artventure to check out nice paintings and drawing at the Segerstrom Hall. I was also there to make an art design of my own made of two colors (green and pink) and a choice of what I want. It came out nice, and I loved it. Inside the hall I checked out beautiful pictures made out of paint, ink and tile. The ones I liked were the American and Canadian flags representing our countries. I checked out the antiques that were either for sale or sold, as were most of the paintings on the first floor. There was a live music session of piano players outside and a band of members playing instruments ready to perform. I was with the Wellness Center West on Saturday when the event took place. There were seven of us members. We had our driver, Mary, who drove us there. The trip was fun and we had a good time.

Hello Everyone!

I'm Annie, I am your newest member on the member advisory board. You can chat with me regarding your concerns here at the Wellness Center West. I can help you or answer any of your questions. Please feel free and comfortable if you shall acquire assistance.

Thank You! - Annie N.

## Open Mic Night by Adam G.

It was a Thursday night,  
the Fall of '96  
the Java Garden Coffee-  
house, Huntington Beach.  
It was Open Mic Night.

I was sitting in the audience,  
all of 29  
but feeling quite old.  
I had some poetry,  
but couldn't quite sign up  
yet.  
Maybe next week,  
or the week after that.

The MC, Rob  
who fancied himself a bit of  
a comic  
announced the next vic-  
tim...  
um, performer.

The 16 year old blonde kid  
stepped up nervously to the  
microphone  
on the crudely constructed  
wooden stage  
on the verge of falling apart.  
So was he.

He tapped the mic to see if it  
was working.  
An affirming thud came out.  
He was wearing a post-punk  
post-Cobain flannel shirt  
and ripped jeans that were  
somewhat too large.

He went through the messy  
notebook,  
as he hadn't decided which  
ones to do.  
He creaked out the first few  
words,  
shaking his paper.

The then middle aged  
Boomers  
and my Gen X'ers  
plus a few very old patrons  
were sipping our coffee,  
some talking  
a little too loudly perhaps.

A girl from the crowd,  
annoyed by all of this  
exclaimed, "Let the boy  
read, already!"  
They stopped.  
He smiled at her a bit,  
and got back to the reading.

He read one piece,  
at a rapid fire pace.  
The poem was pretty decent,  
we thought  
an ode to his new girlfriend,  
(at least he had hoped she  
was).  
They've been going out for  
a full three weeks now!  
A few expletives thrown in  
mixed in with the words of  
love  
woke up the small crowd.

He then finished,  
saying, "I guess I'm done  
now."

He ran off the stage  
to the table  
where he sat by himself.

We all applauded and  
cheered in support.

"Good job young man," said  
the comedian.

He announced the next one.

Inspired by him,  
I just knew I would get up  
next week.

Or the week after that.

## My Feelings About Monarch Food Bank

My name is Lien T. I have volunteered at the Monarch Food Bank many times. When working there, I felt happy, relaxed and comfortable. I also developed patience and enthusiasm that I never thought I could build up. I appreciate all of the staff because I learned a lot from them. Especially I want to thank Howard and Paul. As group leaders, they took care of the members carefully. They remind us to get shoes and clothes and were willing to provide help when needed. These actions might mean nothing to the others but were significant to me and made me want to get my job done. I wish Paul and Howard to have good health and be loved by the members. Finally, a song.

WE ARE FROM WEST,  
WE COULD NOT BE PROUDER.  
IF YOU CAN NOT HEAR US,  
WE WILL YELL A LITTLE LOUDER

 i care

[www.WellnessCenterWest.org](http://www.WellnessCenterWest.org)

