

# Wellness Center West Newsletter

June 2019 Edition



*Thank you everyone for all your ongoing writing contribution 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.*

**Photo disclaimer: All photos used in this newsletter are used with permission per Member involved.**



## **Member Spotlight:**

Member Nga is diligently crocheting beanie hats this week.

She enjoys this activity because it helps her relax. Nga is among the many who is kind, thoughtful, and always sharing her gifts with others. Want a hat? Let her know!

*Be the reason someone smiled today*

 i care

Members giving back at Monarch Food Bank Volunteering every Fridays from 9:30 a.m.-12:30 p.m.

Give us a hand, join our Work Units!

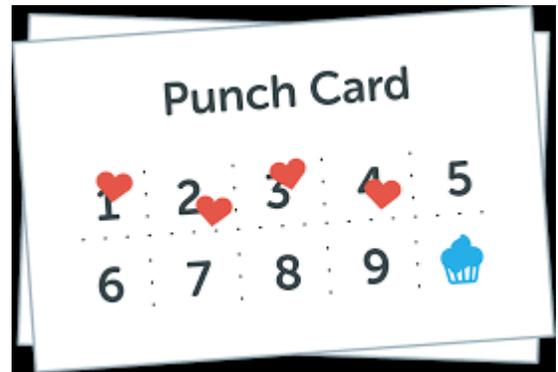


### *I Won The Free Miniature Golf Outing:*

by Jeanne

It was so much fun! The miniature golf! We went up and down hills! I got one hole in one, some two. But I think Piotr won in our group. There were two groups; Joanne led the other group.

Mary A. was so funny; she would say 25 strokes or 30 to get the ball in. At the end we each got two pieces of pepperoni pizza and a soda. It would be fun to go again someday!



#### How To Win The Free Outing

- See front desk staff for new stamp cards monthly.
- Collect stamp rewards for attending a group
- Facilitator initial group
- Turn in completed card
- Maximum of 2 cards/person each month in the drawing.



# Meeting of the Minds

by Tommy P

I was given the responsibility of representing the Wellness Center West (WCW) at a seminar conference called “Meeting of the Minds.” I thought it was going to be mildly fun. I balked at

awakening at an early hour that was required. But I had no idea how this seminar would help me.

The first thing that I did was approach a group of policeman who were wearing their guns at their hips. I greeted them and thanked them for taking the time to get sensitivity training which is needed to deal with individuals with mental illness. I was so happy that I lowered my defenses and talked to the police. It put my mind at ease when normally I would be anxious.

I attended a course about medications and while seated in the room they started talking about my medicine. I fielded a question to the presenter. He answered quickly and concisely and even thanked me for asking. I learned more about my medicines and related medicines as well. I liked this workshop; very informative, definitely worth my time.

After the first seminar I went, lunch was served. That is where I met up with the other members of my wellness center. We were seated at our table and everyone was effervescent, very bubbly, and we all ate and then we were turned loose on the vendor booths. I learned about certain medicines, I am in the process of getting better insurance thanks to “Meeting of the Minds” and WCW.

After lunch I left the group and set out on my own. I wanted to attend a workshop that was offered about dual diagnosis but I got lost and then purchased a \$5 Rockstar, which I promptly spilled all over myself. It was about time to go. I left and parking was indeed free, no charge.

Overall I just wanted say thank to the Wellness Center West for putting me in a place that was safe to learn about myself and my illness. I was so happy to see so many vendors, so many medical professionals, doctors too, and let’s not forget the police officers who gave me the biggest boost.





## *Fullerton Arboretum Trip*

by: Krystle

The Wellness Center West out for Wednesday, April 24th took place at the Fullerton Arboretum which located by Cal State Fullerton University. The weather felt just right for a stroll amongst various forms of plant life. We walked through the Mediterranean Forest, the Bamboo Forest, and the Desert Landscapes. Along the way we stopped to watch tadpoles and turtles with their babies in the pond in the middle of the field. Mary our staff person, pointed out a beautiful gigantic tree in the back of the arboretum where we stopped to take more pictures. This was also another relaxing nature trip, and I hope the Wellness Center gets to do more of these.



## Down With Stigma

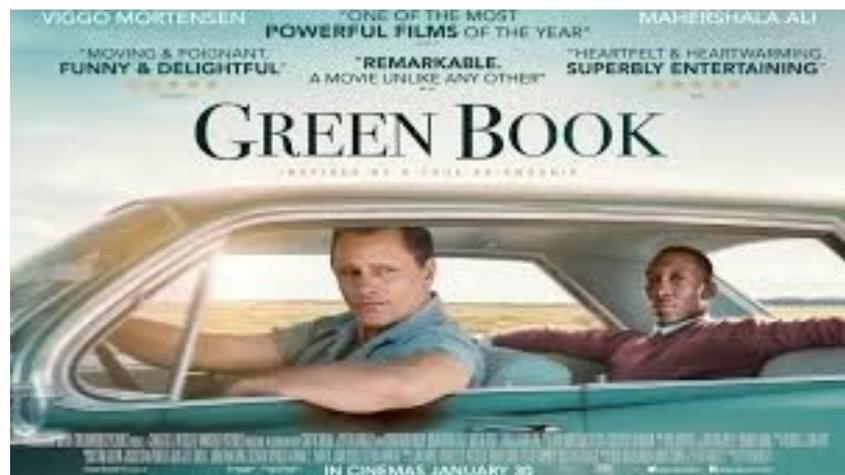
By Craig C.

Stigma, stigma  
I hate you.  
You're going down,  
Without a clue.  
Stigma, Stigma,  
You cause trouble.  
Get away,  
On the double.  
Stigma, stigma,  
You're not light.  
  
You'll go,  
Without a fight.  
Stigma, stigma,  
You're so dead.  
So full of,  
Bad dread  
I've had it, stigma,  
You're going down.  
Down you go,  
With a frown.



## “Green Book” Movie Review by Jeanne

A Black (Afro-American) excellent musician that goes by the name “Doc,” needs a driver to drive him around in The Deep South. A person calls and says to this Tony guy “Can you drive this guy that goes by the name ‘Doc’ around” Tony says, “Sure!” They stick together through “Through & Through!” Doc encourages Tony to not use any violence! (When they get in trouble!) They drive through pouring rain and snow! Tony did make it home to his wife, kids, and family for Christmas! Doc did make it to see and meet Tony’s family! All the struggles they went through!!!! Delightful Movie! They went through such hard times! It was comforting that it had a happy ending!



## BOWLING by Tommy P.

I have gone bowling for \$2 three times. Mary A. was facilitating. She emits happiness and makes bowling more fun. When we go, I buy a soda and get a 12 lb. ball then I'm ready to bowl! Thanks to the Wellness Center West!

## Ingredients:

8 dried shiitake mushrooms

3 tablespoons peanut oil

2 large eggs, lightly beaten with a pinch of kosher salt

4 scallions (white and green), thinly sliced

1/4 cup minced carrot

1 large clove garlic, minced

Pinch red chile flakes

1 teaspoon minced peeled fresh ginger

2 tablespoons soy sauce

1 teaspoon toasted sesame oil

3 cups cooked long-grain rice

1 cup cooked meat cut in 1/2-inch cubes, such as pork, ham, beef, or chicken

1/2 cup frozen peas, defrosted in a strainer at room temperature



- ◇ Open Mic Night every 1st Thursday of the month from 4:30-5:30 p.m. if you are interested in performing sign up at the front desk
- ◇ Sawdust Festival Outing Saturday June 29, 2019 9 a.m.—3p.m.
- ◇ **W.R.A.P. Graduation Friday, July 2019 from 12p.m.-3p.m.**

Some wonderful submissions are being saved for future use to allow new writers to have a turn sharing in our community newsletter. What would you like to see in **YOUR** newsletter?

*“Write about it, please. I’m willing to help you if you would like assistance.” Mary M.*

# June Word Search

E	R	M	K	O	E	N	B	O	W	L	I	N	G
S	S	E	N	L	L	E	W	T	L	E	I	N	N
G	E	M	L	D	C	I	N	C	I	P	C	M	I
D	M	D	M	N	P	N	G	T	G	M	C	R	T
O	P	E	C	M	Y	R	E	V	O	C	E	R	E
P	O	A	E	M	I	H	O	P	E	D	N	W	E
I	W	P	B	O	O	K	H	R	M	T	T	C	M
D	E	A	P	A	T	H	W	A	Y	G	E	M	N
K	R	R	W	E	G	R	E	E	N	R	M	E	E
G	M	K	T	N	E	D	U	T	S	U	M	M	I
P	E	E	M	P	L	O	Y	M	E	N	T	O	N
A	N	A	C	Y	S	D	N	I	M	P	T	M	N
W	T	R	E	T	T	A	M	B	H	S	Y	L	E
L	I	O	E	O	H	H	E	S	M	I	L	E	T

MEETING  
RECOVERY  
HOPE  
STUDENT  
WELLNESS  
MATTER  
EMPLOYMENT  
PATHWAY  
BOOK  
SMILE  
PARK  
GREEN  
BOWLING  
PICNIC  
MINDS  
EMPOWERMENT

Play this puzzle online at : <https://thewordsearch.com/puzzle/005241/>

## Did you know....?

[Alzheimer's](#) and Brain Awareness Month

- Men's Health Month
- National Congenital Cytomegalovirus Awareness Month
  - National Safety Month

National [Cancer](#) Survivors Day (June 2)

- Helen Keller Deaf-Blind Awareness Week (June 23–29)

[PTSD](#) Awareness Day (June 27)