

OCTOBER 2024

The PIC Informer

PIC AGENCY MANDATORY ANNUAL TRAINING



October 8, 2024 - 10AM-1:30PM

At **Erie County Building**-247 Columbus Ave. in
Sandusky

&

October 17, 2024 - 10:30AM-1:30PM

At **Delaware Public Library**-84 East Winter St. in
Delaware

Check your emails for On-Line Trainings that were sent out on September 20th and September 27th. If you did not receive those emails, please call Hallie at 419-502-2373.

See you soon for our Annual In-Person Training(s).

**Partners In Community,
Inc.**

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Cheesy Ground Beef & Cauliflower Casserole

Ingredients

- 1 tablespoon extra-virgin olive oil
- ½ cup chopped onion
- 1 medium green bell pepper, chopped
- 1 pound lean ground beef
- 3 cups bite-size cauliflower florets
- 3 cloves garlic, minced
- 2 tablespoons chili powder
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- ½ teaspoon salt
- ¼ teaspoon ground chipotle
- 1 (15 ounce) can no-salt-added petite-diced tomatoes
- 2 cups shredded extra-sharp Cheddar cheese
- ⅓ cup sliced pickled jalapeños

Directions Position rack in upper third of oven. Preheat broiler to high. Heat oil in a large broiler-safe skillet over medium heat. Add onion and bell pepper; cook, stirring, until softened, about 5 minutes. Add beef and cauliflower; cook, stirring and breaking the beef up into smaller pieces, until it is no longer pink, 5 to 7 minutes. Stir in garlic, chili powder, cumin, oregano, salt and chipotle; cook until fragrant, about 1 minute. Add tomatoes and their juices; bring to a simmer and cook, stirring occasionally, until liquid is reduced and the cauliflower is tender, about 3 minutes more. Remove from heat. Sprinkle cheese over the beef mixture and top with sliced jalapeños. Broil until the cheese is melted and browned in spots, 2 to 3 minutes.

Herbal Medicine for Your Mind

From sleep help to stress relief, drinking chamomile tea can boost your mental health

Some people believe certain types of tea have magical, medicinal properties – and when it comes to chamomile, there's a lot of truth behind its reputation. Chamomile tea's health benefits and healing properties range from promoting sleep to reducing inflammation and aiding digestion. This calming, caffeine-free beverage is a perfect addition to your diet to calm your mind and support sleep and relaxation – essential ingredients for improving your mental health.

What is Chamomile? Chamomile is a flowering herb from the Asteraceae plant family – it resembles a miniature daisy. These flowers contain several potent plant compounds, including flavonoids, sesquiterpenes, and other antioxidants, and once dried, the flowers can be used for herbal and natural remedies.

It Promotes Better Sleep Chamomile tea is an excellent after-dinner, pre-bedtime drink, because in addition to its aromatic, earthy-floral flavor and lack of caffeine, it has longstanding medicinal uses and is known for its relaxing effects.

It Boosts Heart Health Certain antioxidants in chamomile tea, like flavonoids, help support heart health by lowering the risk of heart disease.

It Reduces Anxiety and Stress Thanks to calming properties and ability to combat insomnia, chamomile tea can be a highly effective at reducing stress and anxiety.

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COGNITIVE DISTORTIONS



Cognitive distortions are negative or irrational patterns of thinking. These negative thought patterns can play a role in diminishing your motivation, lowering self-esteem, and contributing to problems like anxiety, depression, and substance use. This article discusses different cognitive distortions, how they work, and what you can do to help overcome them.

All-Or-Nothing Thinking – also known as black-and-white thinking or polarized thinking. It involves viewing things in absolute terms; ie: dwelling on mistakes and assuming you will never be able to do well...By replacing these self-defeating thoughts, you can feel better about your progress and recognize your strengths.

Overgeneralization - When you make a rule after a single event or a series of coincidences, that's overgeneralization. Because you have experience with one event playing out a certain way, you assume that all future events will have the same outcome. One way to combat overgeneralization is to focus on using realistic language. Instead of saying "I always do that!" say something like "That happens sometimes, but I'll try to do better next time."

Mental Filters - The opposite of overgeneralization is a mental filter, but they both have the same negative outcome. Instead of taking one small event and generalizing it inappropriately, the mental filter takes one small event and focuses on it exclusively, filtering out anything else. Ie: focusing on all of the negative and hurtful things that a partner has **said or done in the** relationship, but filtering out the kind and thoughtful things his partner does. Journaling is one strategy that might help someone overcome mental filtering. Make an effort to intentionally shift your focus from negative, and look for more neutral or positive

Discounting the Positive—Involves ignoring or invalidating good things that have happened to you. It is similar to mental filtering, but instead of simply ignoring the positive things, you are actively rejecting them. One way to overcome this cognitive distortion is to reframe how you attribute events. Instead of seeing positive outcomes as flukes, focus on noticing how your own strengths, skills, and efforts contributed to the outcome.

Jumping to Conclusions – There are two ways of jumping to conclusions: Minding reading is when you think someone is going to react in a particular way, or you believe someone is thinking things that there aren't. Fortune telling is when you predict that events will unfold in a particular way, often to avoid trying something difficult. To overcome this type of cognitive distortion, take a moment to consider the facts before you make a decision. Ask questions and challenge your initial assumptions.

Magnification-When you exaggerate the importance of shortcomings and problems while minimizing the importance of desirable qualities. To overcome magnification, focus on learning how to identify these thoughts and intentionally replacing them with more helpful, realistic ways of thinking.

Emotional Reasoning-Is a way of judging yourself or your circumstances based on your emotions. This type of reasoning assumes that because you are experiencing a negative emotion, it must accurately reflect reality. Cognitive behavior therapy can help people recognize the signs of emotional reasoning and realize that feeling are not facts.

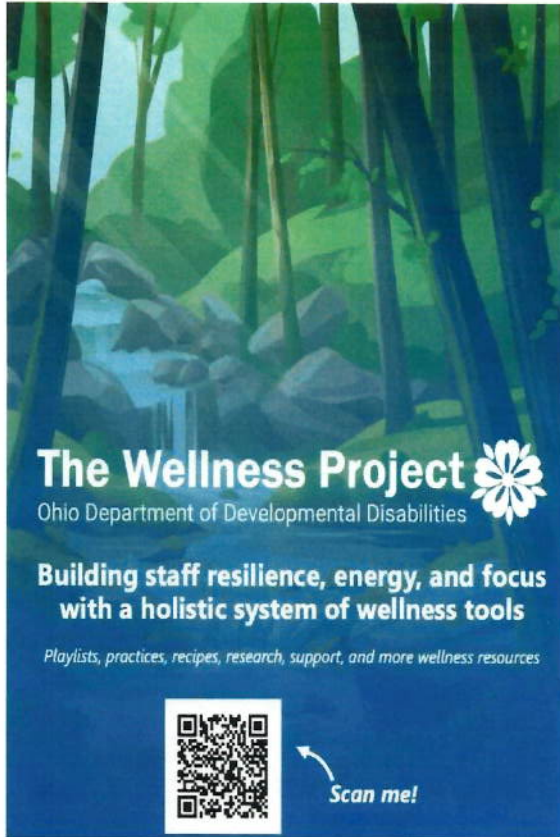
"Should" Statements-Involve always thinking about things that you think you "should" or "must" do. They can make you feel worried or anxious or a sense of failure. Work on accepting yourself for who you are rather than who you think you should be.


Labeling-Making judgement about yourself or about someone else as a person rather than seeing the behavior as something the person did that doesn't define them as an individual. Try to combat labeling by challenging the accuracy of your assumptions. Look for evidence to counter negative thoughts.

Personalization and Blame-Whereby you entirely blame yourself, or someone else, for a situation that, in reality, involved many factors that were out of your control. Make a conscious effort to consider other factors that might have played a role in the situation instead of placing the blame on one person. -Verywell

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The Wellness Project 

Ohio Department of Developmental Disabilities

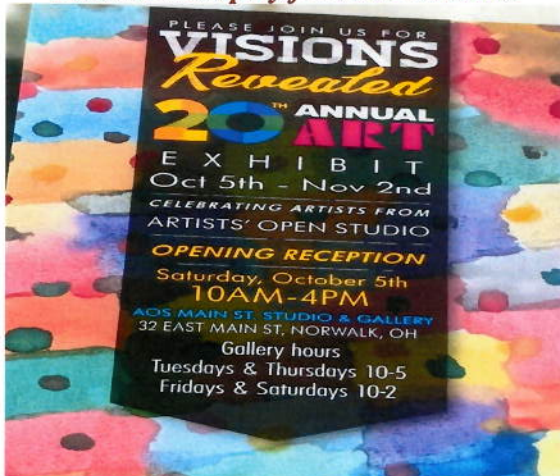
Building staff resilience, energy, and focus with a holistic system of wellness tools

Playlists, practices, recipes, research, support, and more wellness resources



Scan me!

Check out Terry and Others' Art at the Exhibit on display fro Oct5-Nov.2nd



PLEASE JOIN US FOR
VISIONS Revealed
20th ANNUAL ART EXHIBIT
EXHIBIT
Oct 5th - Nov 2nd
CELEBRATING ARTISTS FROM
ARTISTS' OPEN STUDIO
OPENING RECEPTION
Saturday, October 5th
10AM-4PM
AGIS MAIN ST STUDIO & GALLERY
32 EAST MAIN ST, NORWALK, OH
Gallery hours
Tuesdays & Thursdays 10-5
Fridays & Saturdays 10-2



5 FOODS LINKED TO BETTER BRAINPOWER

GREEN VEGGIES



1. Leafy greens such as kale, spinach, collards, and broccoli are rich in brain-healthy nutrients like vitamin K, lutein, folate, and beta carotene. Research suggests these plant-based foods may help slow cognitive decline.

FATTY FISH



2. Fatty fish are abundant sources of omega-3 fatty acids, healthy unsaturated fats that have been linked to lower blood levels of beta-amyloid — the protein that forms damaging clumps in the brains of people with Alzheimer's disease.

BERRIES



3. Flavonoids, the natural plant pigments that give berries their brilliant hues, also help improve memory, research shows.

TEA + COFFEE



4. Coffee and tea might offer more than just a short-term concentration boost. In a recent study, participants with higher caffeine consumption scored better on tests of mental function.

WALNUTS



5. Nuts are excellent sources of protein and healthy fats, and walnuts in particular might also improve memory, according to a study.

Created by:

www.health.harvard.edu



EMPLOYEE SPOTLIGHT

Terri Topel

Terri has been dedicated to the Individuals' that she provides supports since 2015 with PIC. She goes above and beyond her call of duty to make a difference in others' lives.

Terri has elected to take on more tasks and her work efforts have not gone unnoticed. Thank you for your hard work and dedication!

Congrats Terri!

Partners In Community, Inc.