

HELLO

January 2022 Newsletter



A Dream Come True

This spotlight is dedicated to Nick S.

Nick has always dreamed of acting in a play and this year he took the bold move to make that dream come true. After auditioning for a local production called "A Cowhand's Christmas Carol" at the Grand Victorian Dinner Theater in Myrtle Creek, he was given one of the leading roles - *Silverado Sterling* the cowhand. Although excited, he had to learn 54 lines!

Nick spent several hours, every day leading up to the play, rehearsing his lines with his PSWs, friends, and his mom, Kathy. To learn about facial expression and voice inflections, he prepared by watching a video of the play. He shared that learning about facial expression was the most difficult part of acting, as it does not come naturally to him.

The Director of the play, Marc Ogle, shared "At first rehearsal I was a bit concerned if we could get him there, but after tonight (friends and family preview night) I think he is a star....Most improved actor for sure, maybe the most improved I have ever worked with."

When asked, Nick shared that his biggest take away from this experience was **with a team of supportive people in his life there was nothing he cannot do.**

Nick achieved his dream and in addition, created friendships with the cast members that will last beyond this play.

By Robyn Reedy, CCM Personal Agent

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DIRECTOR'S CORNER

2022 has arrived. It hardly seems possible. While we all might like to forget some of what 2021 brought us, one thing we should not forget is to remember all our wins over the last year. Make a list, quick, before you forget what went right.

Speaking of what we do right.....January is historically known as the time we make a New Year's resolution.

One idea that can get you motivated to tackle the new year is to set a **'self-care' challenge**. The challenge is to do one special thing for yourself every day in the month of January.

What a great idea! **When we learn to care for ourselves, we can be better friends, family members, co-workers, and supporters.**

Here is a brief list of ways you can practice 'self-care.' Of course, you may have a few more ideas of your own to add to this list.

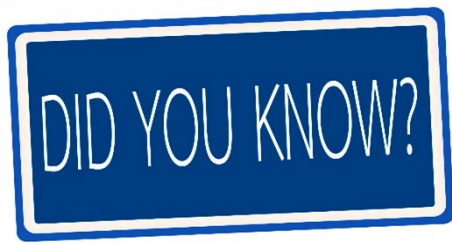
- Walk in nature
- Meditate
- Sleep in on the weekend
- Watch the clouds
- Unplug from social media
- Color, draw, or paint
- Read a book or a magazine
- Breathe deeply
- Exercise
- Listen to music or a nature soundscape
- Dance
- Spend quality time with a loved one
- Do a jigsaw puzzle
- Look at the stars
- Watch the sunrise or sunset
- Go to bed early
- Call a friend that makes you laugh
- Stretch
- Take a nap
- Start a gratitude journal
- Write a bucket list
- Watch a comedian on YouTube
- Take a bath
- Switch off your smartphone for 24 hours
- Write a list of compliments to yourself

Consider finding that certain something that brings you joy and happiness and go all in!

Happy New Year from all of us at Connections Case Mgmt.!

By Robin Mouser, CCM Director





Have you ever struggled to achieve a goal?
Do not worry, you are not alone.

Setting a goal for yourself can be hard, but
tools like the SMART method can help!

SMART is an acronym that helps with goal
planning. It stands for **S**pecific, **M**easurable,
Achievable, **R**elevant, and **T**ime bound.



Are your Goals **SMART**?

S = Specific

Goals that are clear and specific are easier to
accomplish.

M = Measurable

Being able to measure a goal and track
progress is a terrific way to stay motivated.

A = Achievable

You want to challenge yourself within reason.
Realistic and attainable goals lead to high
rates of success.

R = Relevant

This step is about ensuring that your goal
matters to you.

T = Time bound

Every goal needs a target date, so that you
have a deadline to focus on and something
to work toward.

Source:
<https://www.mindtools.com/pages/article/newl6/102.htm>

Health and Safety

One of the best ways to protect yourself from
illness is to support your immune system
through healthy lifestyle choices.



What is the immune system? The immune
system is a team of organs, cells, and
proteins in your body that work together to
protect you from harmful bacteria, viruses,
fungi, and toxins.

Here are some healthy ways to boost your
immune system:

- Do not smoke.
- Eat a diet high in fruits & vegetables.
- Exercise regularly.
- Maintain a healthy weight.
- If you drink alcohol, drink only in moderation.
- Get adequate sleep.
- Take steps to avoid infection, such as washing your hands frequently and cooking meats thoroughly.
- Minimize stress.
- Keep current with all recommended vaccines. Vaccines prime your immune system to fight off infections before they take hold in your body.

Source: <https://www.health.harvard.edu/staying-healthy/how-to-boost-your-immune-system>

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Happy Birthday!

Tiffany A.
Crystal C.
Kendon D.
Pamela G.
Joshua H.
James J.
Jamie M.
Bruce M.
Nicole S.
Alan T.
David W.

Robert B.
Katelyn C.
John F.
Eugene G.
Marcus H.
Carrie J.
David M.
Kevin N.
Chase S.
Alan Th.
Michelle W.

Scott B.
Derrick C.
Jon F.
Kurt H.
Patricia H.
Robert L.
Sebastian M.
Desiree P.
Zedekiah S.
Mary U.
Darryl W.

Donna B.
Angela C.
Michael F.
Terri H.
Jay I.
Joshua L.
Melissa M.
Jeffrey Q.
Carolyn S.
Darla W.

Betty B.
Neisha D.
Mary G.
Tracy H.
Owen J.
Nicole M.
William M.
Julion R.
Jessica S.
Sierra W.