

Tazewell House News Letter August, September 2007

Cumberland Mountain C.S.B.

Dogwood Estates gets a new Name, new look and new administration

Things are looking great at Mother of Christ Julinoel formally Dogwood Estates. Since new administration took over there have been many changes from the look of the facility inside and out, to the food. Father Joseph and Florine are working hard to make the residents feel they have a place to call home rather than just a place to live. Some of the comments for our members that reside there were; I love the name, The changes have been good for all, Beautiful flowers and trees to look at, Rules have change and they are good, The people that work there are nice and will help you and talk to you, The new owner is really nice,

Everyone is kind to me, I love it. WOW everyone seems so happy with what is taking place at Mother of Christ Julinoel. Some changes that our members would like to see are; More activities, Getting my laundry back when it is turned in to be washed. We appreciate that the staff is working with the Cumberland staff to better our lives.

Mother of Christ Residents

Prom of 2007

The theme for the prom was Mardi Gras and every one enjoyed the socialization. Everyone couldn't wait to see who was elected King and Queen. They were Rodney from Our House and Tammy from Tazewell House, and They led everyone in dancing the night away.



Editor Donnie

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Remember VAPRA Conference November 7-9 In Hampton VA Get registrations in Early Reserve a table by sending In Vendor slip

Member of the Month for September was Patty and It made her very happy and proud to be pick member of the month. The criteria for MOM (Member of the month) 1. Regular attendance by member on days they select to attend. 2. The person gets along with everyone. 3. The person volunteers for task in the unit. 4. The person is helpful and

respectful towards others. 5. Positive Attitude. 6. Comes to groups on time. 7. Returns for breaks on time. 8. Good Hygiene.

Editor Donnie

Tazewell House did our part to save the environment by recycling Aluminum cans. It also earned us \$70.72. We also had a yard sale & Bake sale which earned us about \$207.00. We used the money to buy Haunted House supplies. We donated our extra yard sale items to a local car dealership that held a rummage sale for toys for tots for children that may not receive anything for Christmas if not for this program.

Special points of interest:

- Everyone need to check out p.2 It is a real good article

E.M.O.T.I.O.N.S.

Emotions, we all know that we have them and that they affect us, but we often wonder why we feel the way we do. What exactly makes us feel the way we do, and why? In this essay, I am going to give you an acrostic for the word: emotions. I am going to use each letter and use it to describe why you may be feeling the way that you do. First of all let's start with the letter "E" which stands for the word "Environment." **The atmosphere and the environment as well as the people that you live with can always affect the way you feel; today and always.** If you live in a place where people constantly put you down, and they constantly argue, you may have a sense of emotions that you cannot explain. Also adding to my explanation of how environment can play a key role in the way you feel, you also have realize that certain seasons can affect how you feel. For instance, if there is snow outside or it's raining, you may feel sad because you cannot go outside and enjoy yourself. However, if the weather is good, you may find yourself laughing and carrying on with friends with out a worry in the world. The same goes for the next letter in emotions the letter "M", which stands for "Mental Illness." A mental illness can also affect your emotions. Sometimes a mental illness can be caused by a chemical imbalance in your brain. When your brain does not make enough chemicals that help your brain function properly, you can feel depressed. But don't blame yourself. **Your chemical imbalances can be controlled by antidepressant medications (i.e. Cymbalta), or by antipsychotic medications (I.e. Risperdal).** Sometimes, people have other mental illness that go unnoticed for many years. I myself suffer from Bi-polar. With or without my medications I have highs and lows. Some days I feel confident, as if I could do anything. Then there are days that I cannot do anything, and I'll cry all the time and I feel very irritable. If you or someone you know suffers from a mental illness, **it is important to seek professional help.** Though it may make you feel embarrassed to admit you need help, you can also achieve a sense of success. There is nothing wrong with who you are, or what you feel inside; but there

may be something wrong inside. Something cries tears of sadness and desperation deep within your heart. Or something that sends you into an emotional down spiral. "O" which stands for "Outlook." plays a major part in your emotions. Outlook can also tie into your attitude. Outlook is the way you look at things in response to the way the situation makes you feel. For example, if you are told that you cannot smoke in a certain area; and you get all mad, and think bad thoughts about someone you are inducing negative emotions. These emotions include, but are not limited to rage, anger, and hostility. Yet, you may have a positive outlook on a situation. An example of a positive outlook would be as followed: "I cannot smoke in this area, but may be it is for a good reason, I think I will just follow the rules and wait until I can get into a place where I can smoke later." In this scenario, the person is thinking positively. You are the only person who can change your outlook on life. The more positive you think, the better you will feel. **If you constantly think "Oh I can't do this; I'm fat; I'm stupid," you'll only feel the way you think.** The next letter is "T" and it is one of the most important letters in the word emotions. It stands for the word "Trauma." Sometimes in our lives bad things happen. We are abused, neglected, have car accidents, or we lose a loved one. When these things happen, we feel as if we are all alone and that no one can relate to the way that we feel. We wonder why God (or our higher power) lets bad things happen, and we often blame ourselves. **It is important to not blame yourself for a trauma that you had no control over.** Many people, including myself suffer from Post Traumatic Stress Disorder. With this disorder we are constantly reminded of the bad things that happen in the past or previously. We cannot forget the horror or the trauma. This disorder makes it hard for suffers to let go and move on. We get phobias and are constantly afraid of anything that makes us remember our trauma. Our personalities change and we feel shy and afraid and we feel unloved. This leads to my next point. The next letter in the word emotions is "I" which stands for "Insecurity." When we have insecurity, we

tend to depend on someone else to lift us up and make us happy. We lack a sense of confidence. We feel as if we cannot do anything right and we take it out on ourselves or someone else. Often, we turn to alcohol, drugs, self harm, eating disorders, and sadly suicide. **But it doesn't have to be this way.** We can get help. There are numerous counselors, and hot lines that we can call. Most importantly is the letter "O", which stands for "Obstacles." In our lives we have several test and trials that we have to overcome. For example, we have to have the determination to quit doing drugs, alcohol, or self harm. An obstacle is so hard to overcome that we feel so afraid and alone. Sometimes we feel as if we have a mountain in front of us that we have to climb, but we do not have to gear to climb it. We feel lost because we do not know which way to go. We get off the road to recovery and it is up to us to find our way back! **However, if we seek the help from someone they can lift us up and show us a light at the end of the tunnel.** Our "Necessities." which stands for the letter "N" also affect how we feel. If we are hungry, poor, or homeless, we can also become depressed or anxious. When we become anxious, we constantly wonder about what ifs of life. "Will I have enough money for medications and food this month?" "Will Sally have a healthy baby with a home to go to?" These are wonderful examples of anxiety in effect. **If you need something that you do not have or can not get it is important to notify a social worker or your local church. Don't let anxiety rule your life.** Last but not least is the letter "S" which stands for the word "Self-Esteem." When you have a low self esteem, you have a tendency of crying, being sad and not having the confidence you need to achieve your goals. **But don't let what other people say about you or your disabilities define who you are. Be yourself and learn how to stay yourself.** I hope this essay has helped you discovered how your emotions can be created.

Sincerely: Elizabeth. E.