

July  
2016

# Winds of Wellness

A Monthly Publication of Wellness Connections Phone (520) 452-0080 • Fax (520) 452-0090

[www.wellness-connections.org](http://www.wellness-connections.org)

## A Relaxing Day at the Lake

"The rain falls because the sky can no longer handle it's heaviness, just like the tears, they fall because the heart can no longer handle the pain."

Happy Monsoon



said. "It's been a long time since I've fished but the guys showed me how to cast. The weather was perfect and everyone was having a blast. It was a really nice day out and I hope we do it again."

Tryphena enjoys a day of fishing

New member Tom said, "I

Can there be anything more rejuvenating than a day of fishing at the lake? Not according to members of Sierra Vista's Wellness Connections center.

A group of about 35 members and staff headed to Patagonia Lake State Park for a fun day out.

While members applied for a \$500 grand from the retail giant Walmart, they also fundraised additional monies to help cover the cost of equipment and other trip expenses.

The fishing trip was an idea put forward by mem-

ber Tryphena, who then worked with Peer Support Specialist Petra Paskevicius to apply for the grant.

Sierra Vista's Peer Advisory Council planned the details of the outing. Members from our sister sight, Nogales, joined in. It was a very therapeutic and relaxing day. Some of the members had never been to a lake before.

Member Jami shared, "I hadn't been to Patagonia Lake since I was a kid," she

used to go fishing all the time as a kid. We had a good day and everybody that wanted to, got to fish. I caught the most fish. It was very relaxing, just to get away from everything."

Outings like this one provide opportunities for peer support to happen in a more natural setting.



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# Health Corner ~ Arizona Heat



With Sierra Vista experiencing some very high temperatures recently, it is important to stay cool during the summer months.

Follow these tips to enjoy a healthier July:

- ★ Stay Cool
- ★ Stay in air-conditioned buildings as much as possible.
- ★ Do not rely on a fan as your primary cooling device.
- ★ Avoid direct sunlight.
- ★ Wear lightweight, light-colored clothing.
- ★ Take cool showers or baths.

- ★ Stay Hydrated
- ★ Drink more water than usual.
- ★ Don't wait until you're thirsty to drink more fluids.
- ★ Drink two to four cups of water every hour while working or exercising outside.
- ★ Avoid alcohol or liquids containing high amounts of sugar.
- ★ Stay informed
- ★ Stay updated on local weather forecasts so you can plan activities safely outside.
- ★ Learn the symptoms of heat illness:
  - ⇒ Heavy sweating
  - ⇒ Weakness
  - ⇒ Cold, pale and clammy skin
  - ⇒ Fast, weak pulse
  - ⇒ Nausea or vomiting
  - ⇒ Fainting



Sierra Vista & Nogales Members at Patagonia Lake



Jamimarie working in the SV Garden

## Fun in Photos



Nogales Members Clara, Roberto and Manny having lunch and some peer to peer time at Patagonia Lake

Bridgeway Members enjoying an art project in Douglas



Nogales enjoying the bowling party they were treated to by Wellness Connection's Admin for having the best sign at the NAMI Walk



# Re-Entry Member Success ~ Karama in Sierra Vista

Re-Entry member Karama always knew he could do anything he put his mind to. But he was glad for some assistance from Wellness Connections to help him along the way.

Thanks to encouragement from Re-entry Specialist Derrick Seawood, Karama hopes to soon be driving the highway and byways of Arizona and beyond.

On June 3<sup>rd</sup>, 2016, Karama successfully gained his Commercial Driver's License (CDL), but was worried that he would not be able to find a job.

Wellness Connections advocated on Karama's behalf and he has been granted permission to drive into other states, if his job requires it.

"Driving has always been an interest of mine, and I knew if I put my mind to it I could get my CDL," he said. "But I felt like the restrictions were holding me back. Wellness Connections has been a blessing and I now feel the future is bright."

Re-Entry Specialist, Derrick shared, "When you are involved in an agency people are more apt to assist because they know you

have a team behind you," he said. "We have worked hard to build those community relationships."

Getting a CLD license is not an easy undertaking. It takes a lot of studying and practice both of which Karama was ready and willing to do.

Wellness Connections congratulates Karama and wishes him the very best.



## News & Notes



On April 29<sup>th</sup>, Wellness Connection's Jody Watson spoke to a large group of inmates, community members and partners at the Inmate Re-Entry Day event hosted by the Federal Corrections Institute in Safford in recognition of National Re-Entry. Jody shared his recovery story and his re-entry experience which includes his celebration of nearly four years of sobriety.

## LEGISLATIVE NEWS

On June 15th, the House Energy and Commerce Committee unanimously approved a revised version of the Helping Families in Mental Health Crisis Act (H.R. 2646). Introduced and championed by Rep. Tim Murphy (R-PA), the bill now heads to the House floor where it awaits consideration from the full chamber. According to reports, Speaker Paul Ryan (R-WI) aims to bring the bill up for a vote by the full House this summer. There is currently no companion mental health bill in the Senate, though similar measures have been introduced.

## July Birthdays

- |           |             |
|-----------|-------------|
| Amy A     | Clarissa E  |
| Melanie A | Mary H      |
| Thomas B  | Rene R      |
| Shanna B  | Belia R     |
| Ricardo C | Christina R |
| Daniel C  | Linda S     |
| Bonnie C  | Jenson S    |
| Margie D  | Ronda W     |





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### Wellness Connection's Board Members

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Elizabeth Monteros, Secretary

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Carol Goupil  
Mike Hardy  
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If you are interested in becoming a part of the Wellness Connections Board, please contact us at [admin@wellness-connections.org](mailto:admin@wellness-connections.org) or (520) 452-0080.

### Wellness Connections' Mission Statement & Overview

**Mission Statement:**

**"Wellness Connections is committed to providing peer-led, life-enhancing opportunities for mental health recovery and wellness."**

**Overview**

Wellness Connections is a peer-run organization providing peer-run behavioral health and addiction recovery services since February 2002.

Wellness Connections maintains a qualified staff of Peer Support Specialists and Behavior Health Technicians.

The expected outcome for all Wellness Connections' program members is a significantly improved quality of life. Programs are funded through service contracts with Banner, Bridgeway, Cenpatco, DES Dept. of Vocational Rehabilitation, Optum and Veteran's Affairs. Fundraising and grant funding are also pursued in support of Wellness Connections' mission.

Wellness Connections is a 501(c)3 tax-exempt non-profit organization. Your gifts and donations are tax-deductible!  
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