



Winds of Wellness

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Comfort Café To Go

“Now and then it's good to pause in our pursuit of happiness and just be happy.” ~ Guillaume Appollinaire

Wellness Connections' catering business will soon be taking to the street, thanks to a \$25,000 grant.

The money, awarded by Cenpatico, will be used to buy and equip a van, allowing the organization to expand its food services in and around Sierra Vista.



Comfort Café Launches at Business at Twilight

Since launching its Comfort Café last year, Wellness Connections has been working to build its reputation as a provider of quality catering in the region.

The catering business, called Comfort Café To Go, has already been hired by local businesses and organizations, and currently has three jobs lined up, including a wedding.

“This grant will help us to buy a van that'll be rigged out for catering,” explained Tom Spinosa, Consumer Run Business/Job Developer. “It will also allow us to buy utensils, plates and dishes to be set up

for up to 120 people.”

Other than providing a community service, the intention behind Comfort Café To Go is to run it as a peer operated business.

“Our goal is to be a fully operational and accredited peer-run business,” said Tom.

“The members will be working on getting there in stages, but all members will have a 100 per cent opportunity to become involved.”

“This will be on-the-job training for the members and as soon as we are able, we want

this to morph into a true peer-run business where members are hired

to fill positions. And members who choose not to work here will have received training to get positions within the community.”

While there has not been any formal advertising for Comfort Café To Go, bookings are coming in thanks to word of mouth.

“We've already got great feedback from the market place,” added Tom. “As soon as we officially open the doors I expect this business to fly.”

Wellness Connections is currently looking for an equipped catering van, or a vehicle that can be converted to Comfort Café's needs.

Hello,
AUGUST
make me happy ..

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HOPE - Focusing On Positive Thinking

Positive thinking and hope can be very beneficial to your mental health and recovery.

You can learn to turn negative thinking into positive thinking. The process is simple, but it does take time and practice — you're creating a new habit, after all. Here are some ways to think and behave in a more positive and optimistic way:

Identify areas to change. If you want to become more optimistic and engage in more positive thinking, first identify areas of your life that you typically think negatively about, whether it's work, your daily routine or a relationship. You can start small by focusing on one area to approach in a more positive way.

Check yourself. Periodically during the day, stop and evaluate what you're thinking. If you find that your thoughts are mainly negative, try to find a way to put a positive spin on them.

Be open to humor. Give yourself permission to smile or laugh, especially during difficult times. Seek humor in everyday happenings. When you can laugh at life, you feel less stressed.

Follow a healthy lifestyle. Exercise at least three times a week to positively affect mood and reduce stress. Follow a healthy diet to fuel your mind and body. And learn techniques to manage stress.

Surround yourself with positive people. Make sure those in your life are positive, supportive people you can depend on to give helpful advice and feedback. Negative people may increase your stress level and make you doubt your ability to manage stress in healthy ways.

Practice positive self-talk. Start by following one simple rule: Don't say anything to yourself that you wouldn't say to anyone else. Be gentle and encouraging with yourself. If a negative thought enters your mind, evaluate it rationally and respond with affirmations of what is good about you.



Fun in Photos



Safford group at the Jewish History Museum in Tucson



Bisbee/Benson Mobile Groups at the Queen Mine Tour in Bisbee



Douglas crew on a Physical Fitness Bowling Outing



New Admin Building Includes Training Room

The future of training at Wellness Connections is looking a lot brighter following a move to a new headquarters for the administrative team.

While Sierra Vista members will still continue to attend programs and sessions at the current location at 1201 E. Fry Blvd., admin services and in-house training will now be located in the city's West End.

The newly remodeled building, near the Main Gate of Fort Huachuca, offers a lot more space, said Albert Regain, Training Coordinator/Peer Navigator.

He is particularly happy with the training room.

"We recently did a class here with 28 students," he said. "In the old space we could probably

have fitted in 10 people. This is about three times bigger than the room we had before."

As well as offering extra capacity, the training room will soon be fully automated.

Speakers will be installed in the ceiling and a projector and screen are to be added, explained Albert.

And, thanks to a generous donation by a board member, the room will also soon have a Smart Board, an interactive whiteboard that uses touch detection.

All staff and peer support training will now be conducted at the new location, and CPR/ First Aid classes will also be offered once a month.

There are also plans to offer

the training room for use by community groups – the National Alliance on Mental Illness (NAMI) has already taken advantage of the facility.

The building at 548 W. Fry Blvd. houses Wellness Connections' admin services, business development and training, and will soon include employment services.



Albert in the new Training Room

Staff Spotlight: Veronica Corella, Nogales



For Veronica Corella, her job is all about teamwork.

In April, the 33-year-old joined Wellness Connections as Program Coordinator for the new Nogales program and quickly bonded with her peers.

"I work with a great team, and that's the best part of my job," she said. "I love working with everyone, starting with my boss and down to my great co-workers."

Veronica works with the Mobile Services team in Nogales and has previous experience in the behavioral health field.

"So I was really familiar with Wellness Connections and the work that they do," she said. "Most of the members also know me from my previous job. They were so happy to see me again and I was happy to see them."

Veronica's daily duties include administration, working with case managers and advocates,

and organizing programs for the members.

"I'm always looking for motivational and life skills programs, or anything to help the members stay positive," she added. "I also ask the members about what programs they would like to do. They're always helping me out."

But it's working with the other staff that really brightens Veronica's day.

"I really love helping people and I love working with the members, but you have to have a great team," she explained. "For us to be able to do good for the members, we have to be good too. It's our job to make them feel as comfortable as possible."



Wellness Connections

1201 E. Fry Blvd. Suite #1
Sierra Vista, AZ 85635
P.O. Box 2648
Sierra Vista, AZ 85636
Phone: 520-452-0080
Email: admin@wellness-connections.org



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Freelance Writer

Wellness Connection's Board Members

Joe De Francesco, Chair
Lynette Land, Treasurer
Carol Goupil
Erik Heyer
Mike Hardy
Sharon Lake

If you are interested in becoming a part of the Wellness Connections Board, please contact us at admin@wellness-connections.org or (520) 452-0080.

Wellness Connection's Key Staff

EXECUTIVE DIRECTOR

DEANNA BELLINGER

dbellinger@wellness-connections.org

MANAGERS

REGINA AUTRY ~ Sierra Vista Program

rautry@wellness-connections.org

KARI L. FERRELL ~ Mobile Program

kferrell@wellness-connections.org

STEVEN "STEVE" NATH ~ Safford Program

snath@wellness-connections.org

RACHEL WATERBURY ~ Administrative Office

rwaterbury@wellness-connections.org

CANDACE WEINGART ~ Douglas Program

cweingart@wellness-connections.org

CONSUMER RUN BUSINESS/JOB DEVELOPER

TOM SPINOSA

tspinosa@wellness-connections.org

TRAINING COORDINATOR/PEER NAVIGATOR

ALBERT REGAIN

aregain@wellness-connections.org

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 has provided behavioral health and addiction recovery services based on a peer-led model since February 2002. Wellness Connections maintains a qualified staff of Recovery Support Specialists, Peer Support Specialists and Behavior Health Technicians.

The expected outcome for all Wellness Connections' program members is a significantly improved quality of life. Funding is provided through contracts with Cenpatico, the Department of Veteran's Affairs, Bridgeway and the DES Department of Vocational Rehabilitation. Fundraising and grant funding are also pursued in support of Wellness Connections' mission.

Newsletter Editor: Kari L. Ferrell

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