

SDS GAZETTE – MAY 2016

ALASKA ISLAND COMMUNITY SERVICES – SENIOR & DISABILITY SERVICES

COMMUNITY EVENTS!

- May 1st: Bird fest Ends
- May 5th: Cinco De Mayo
- May 7th: Tax Free Day
- May 14th: King Salmon Derby Kickoff!



Health and Wellness

- Circuit Training:** Mondays and Wednesdays from 10:00 to 11:00 AM at AICS Medical Center Community Room
- SAIL Classes:** Tuesdays and Thursdays from 10:00 to 11:00 AM at Senior Apartments
- Healthy Cooking:** Thursdays from 11:30 AM to 01:00 PM at Senior Apartments

Recipe of the Month



The birds are chirping, the fish are biting, and the flowers are blooming! Here's a recipe to help capture the sights and sounds of Spring into a flavorful salad.

Ingredients

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|-----------------------|---------------------|
| 2/3 C Orange Juice | 2 C Cubed Pineapple |
| 1/3 C Lemon Juice | 3 Bananas, Sliced |
| 1/3 C Brown Sugar | 1 C Seedless Grapes |
| 1/2 Tsp Orange Zest | 2 C Blueberries |
| 1/2 Tsp Lemon Zest | 3 Kiwis |
| 1 tsp Vanilla Extract | 2 C Strawberries |

Directions:

- 1) Bring juices, orange zest, lemon zest, and brown sugar to a boil in a saucepan. Reduce heat and simmer until slightly thickened. Remove from heat, and stir in vanilla. Set aside to cool.
- 2) Layer the fruit in a large, clear bowl. Pour sauce over the fruit. Cover and refrigerate for 3 to 4 hours.

NON-SMOKING SECTION

Begin your stop smoking plan with START

S= Set a quit date

T= Tell family, friends, and co-workers that you plan to quit

A= Anticipate and plan for the challenges you'll face while quitting

R= Remove Cigarettes and other tobacco products from your home, car, and work

T= Talk to your doctor about getting help to quit



**Notes are due
5/2 and 5/16!**

Riley Hall

Riley Hall is the newest Clinician for our Behavioral Health Department. While he just moved to Wrangell in Mid-March, he is not a stranger to the SE way of living. "I grew up in Juneau; spending lots of weekends up the Taku River." Riley has also lived in the Yukon Territory of Canada and Northwest Territories. SE has always felt like home to him, and he finds it "incredibly comforting" to be back in a rainforest. "I love so many of the outdoor opportunities afforded by SE: kayaking, hunting, fishing, hiking, you name it. I also love being able to walk down to the beach in the evenings with my wife, kids and dog. My kiddos love looking for sea critters at low tide, my dog loves swimming some laps in the ocean and we often catch a beautiful sunset to boot. I've also really enjoyed how small the town is; I can easily walk to work every day, which has been awesome!" While Riley is still getting his feet wet at AICS, he loves the support he is getting and the clients he sees in the High School and Behavioral Health Office. In his free time, Riley says he tries to do too much sometimes. "I've been trying to dial in my hobbies to be toddler friendly for my kids, so there's been a lot of reading, playing at the beach, building forts and going for walks. When it's nice out and I have a little more time, I enjoy hunting, fly-fishing, running, kayaking, hiking and all sorts of other outdoor activities. When it's not so nice out, I like to hole up with a cup (or three) of tea and do some woodworking or reading. My wife and I have also been trying to dial in some of the local natural edibles, so we've been out picking fiddleheads the past few weeks." We look forward to having you on board Riley!



We will be closed on Monday, May 30th, in observance of Memorial Day



Day Habilitation will meet on the following dates in

May:

May 5th— Bowling at the Elks

May 19th— Bowling at the Elks



MENTAL HEALTH AWARENESS MONTH

Since 1949, May has been officially recognized as Mental Health Month. The focus for this year's awareness campaign is Living with a Mental Illness. People struggling with a mental illness can use the hashtag [#mentalillnessfeelslike](#) to connect with other Social Media users who have mental illnesses.

Mental disorders are common throughout the world. It is estimated that 1 in 5 Americans suffer from a Mental Illness, with 1 in 17 Americans living with a serious mental illness such as major depression or bipolar disorder. It is estimated that 20 percent of youth ages 13 to 18 suffer from a mental disorder.

A few ways to help live with a mental illness are to:

Track gratitude and achievements with a journal. Experiment with ways to show creative expression.

Start the day with a cup of coffee or tea. Every few days, treat yourself to a piece of dark chocolate. Both are proven to elevate alertness and mental well-being.

Take the first step. See a consular or talk to a trusted friend, coworker, or clergy member about the struggles you have. Sometimes, talking about the illness helps to alleviate the stress and feelings caused by a mental illness.

Most of all, remember to smile, laugh, and take time for yourself. These things can help to boost endorphins, making you happier over time.