A Holiday Message

By: Phil N.

...And so follows the embrace of the season “Peace on earth, goodwill towards men.” Whether of faith, free soul, devout theologian, person of the universe and any imaginable others... “tis the season.” This is the time of sincere gift and sentiment exchange for gratefulness to our neighbors and kin with hope and welcoming towards each other.

Reindeer Drop Cookies

WHAT YOU NEED:

- 2 cups sugar
- 1/2 cup milk
- 1/4 cup cocoa powder
- 1 cup butter
- 2 1/2 cups quick oatmeal
- 2 tsp vanilla

DIRECTIONS:

1. Mix sugar, cocoa, butter and milk in heavy saucepan
2. Bring to boil stirring often
3. Boil 1 minute, remove from heat
4. Stir in butter, vanilla and oats
5. Drop onto wax paper by spoonful and let cool
6. Enjoy!
A Collaborative Approach to Recovery

Five programs Merge at CODAC’s Country Club Location

CODAC at Country Club has welcomed four additional programs to their office quarters: Living Out Loud, Mothers Caring About Self, Child & Family Services and Transition Aged Youth. They join the Southern Arizona Center Against Sexual Assault.

The union of these programs allows for a greater scope of services to vulnerable populations, at one convenient location. Members of this site include mothers living with substance use disorders, LGBTQIA community members, children and families seeking support for behavioral health concerns and young adults ages 16-21 who are navigating life’s challenges and changes.

A welcome and open house celebration was hosted at the site on Wednesday, November 22, to introduce members to the collaborative atmosphere.

“As I looked around, it was amazing to see individuals, seemingly so different, enjoying the event — and each other,” says Tara Gardenhire, program coordinator.

Tara shares that the co-location of these programs has brought forth many positives including the ability for improved care coordination.

“For example, we may have an adolescent engaged in Child and Family Services for support with their family relationships and who is also working with Living Out Loud for navigation and support of exploring their sexual identity,” shares Tara.

CODAC’s Sr. Director of Women’s Services, Kelly Irving, is pleased to be able to better able to meet the needs of members presenting with multiple concerns.

“Having all of these programs in one place is creating a larger sense of community between members and staff, allowing for better coordination, improved services and ultimately providing better outcomes for the members we serve,” says Kelly.
Take Control of the Holidays
By: Sami S.

There are several reasons the holiday season can cause a person to have depression during the holidays and things we can do to protect ourselves from that depression.

Set aside your differences. Just as you want to be accepted for who you are, so do other people. We are all gathering to celebrate the holidays and now isn’t the time to air our differences. Find more appropriate times to discuss these problems and enjoy the holidays.

Be gentle and understanding with yourself and others. It’s the holidays. Chances are there will be gatherings with a lot of people with different personalities and ideas all trying to mesh together. People are rushing around trying to get food ready, gifts, and kids. Chances are things will go wrong. That’s the nature of the beast. Be gentle on yourself and others. Depression and stress have the same effect on others as well. Chances are others in your group are feeling it as well.

Be realistic in your expectations. Things don’t have to be perfect to be enjoyable. Being more flexible in our expectations can really lift a load off our shoulders especially as our family life changes.

Plan ahead and stick to a budget. Knowing how much we are able to spend and sticking to it can really be helpful in keeping the stress level down. Buying only for small children or setting up a family gift exchange can help. Feeling like you have to buy for everyone or leaving yourself financially strapped will lead to stress and depression.

Just say no. Learning to say no when you are not able to do something for whatever reason is helpful. Don’t take on more than your limit just because you think it will make other people happy or you feel obligated. People will understand you aren’t able to participate in every activity.

Take time for yourself. If you start to feel overwhelmed take a breather! Just a little bit of time alone, without distractions can make a big difference in how you feel. A little bit of music, a bit of a walk, reading a book, meditating, or even just standing alone in a quiet spot if things get too loud.

Take care of yourself. Most of us overindulge a little bit during the holidays but if we totally forget all of our self-care during the holidays it will just add to our stress and guilt. If you have an exercise routine try to stick to it, get plenty of sleep (as much as possible) and try to have a healthy snack if you know there are going to be a lot of goodies where you are going for your holiday supper. (That’s a tough one!)

Most importantly, if you need to, seek professional help. Sometimes, despite our best efforts we still feel overcome by stress or depression. If that’s the case, don’t let it ride. There is help available.

By: Sami S.

This is No Country for Old Men

By: Sami S.

This is no country for old men
With their old thoughts, their old sins
No country for old women either
Don’t want their old hate, their old hunger, their old fears neither

A young nation, A beautiful lady
A welcoming hand, A light in the sky
That was always a lie
Every new wave was always “other”
Today is even worse
Old men selling fear
Want us turning on our brother

This is not country for old men
With their old thoughts, their old sins
This is our country brother, sister, and friend.
No time for old hate, old fear, old sins

Look past religion or the color of skin
This is no country for old men
Believe in that young nation
That beautiful lady with the welcoming hand

By: Sami S.

Members created these painted masks (top) and clothespin wreaths (bottom) in the Express Yourself Group!
Recipe: Non-Alcoholic Eggnog

**Ingredients:**
- 2 cups milk
- 5 whole cloves
- 1/2 tsp ground cinnamon
- 1/4 cup sweetened condensed milk
- 4 egg yolks
- 1/2 cup heavy whipping cream
- 1 tsp ground nutmeg plus more for garnish
- 1 tsp vanilla extract

**Directions:**
Combine milk, cloves, cinnamon and condensed milk over low heat in a deep saucepan until the mixture is no longer chilled and is heated through. Slowly increase the heat to medium and bring the mixture to a low boil. Careful not to allow a rolling boil.

In a medium bowl, combine the eggs and sugar. Beat eggs until lightened in color and fluffy.

Slowly add about 1 tbsp. of the hot milk mixture to the egg and sugar mixture (or you will cook it and have lumps yuk!) while stirring it. Once enough of the warm milk mixture is in the egg and sugar mixture and it is warmed, pour the egg and sugar mixture all back into saucepan. Heat over a medium heat for 3-5 minutes, stirring contently so it doesn’t stick to the bottom of the pan, until the mixture thickens. You will know it’s thick when you can leave a clean line on the back of the spoon when you wipe your finger down the back of it.

Add the heavy whipping cream, nutmeg and vanilla extract to the mixture and heat through.
Do not bring to a boil.

Strain the mixture using a fine mesh strainer to catch the spice. Place in an airtight container in the refrigerator and let cool at least one hour, preferably longer.

Serve cold. Garnish with additional nutmeg if desired.

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**Quotes of the Month**

“I have found the paradox, that if you love until it hurts, there can be no more hurt, only more love.”
-Mother Teresa

“All women, everywhere, have the same hope: we want to be self-sufficient and create better lives for ourselves and our loved ones.”
-Melinda Gates

“No one can make you feel inferior without your consent.”
-Eleanor Roosevelt

**Holiday Events**

**Zoo Lights**
Dec. 7 — Dec. 23
Enjoy thousands of twinkling lights and animal themed displays. There will be music, food vendors, Santa and hot cocoa
6:00 p.m. — 8:00 p.m.
$10 Adults; $6 Kids
3400 Zoo Court (85716)

**Winterhaven Festival of Lights**
Dec. 9 — Dec. 26
One of the most amazing displays of Christmas lights lives right here in Tucson! Free, suggested canned food donation.
5:30 p.m. — 10:00 p.m.
Ft. Lowell between Country Club and Tucson

**23rd Annual Parade of Lights**
Saturday, December 16
This festival features a holiday tree lighting ceremony, parade, music and live entertainment.
Jacome Plaza
4:00 p.m. — 9:00 p.m.
101 N. Stone Ave. (85701)

**Annual Salvation Army Christmas Street Banquet**
Friday, December 22, 2017
Receive a free Holiday meal and learn about different community resources available.
11:00 a.m. — 2:00 p.m.
28th Street between 9th Ave. and 10th Ave.

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**Take My Hand**
By: Sami S.

Take my hand
Let’s go
No longer lonely
You’ll see
Hand in hand, friends
We can take it
Each other backs
You and me
Take my hand
Don’t say no
So happily
We’ll be
Hand in hand on the mend
We’ll make it
Forward, never back
Take my hand