A Mother’s Heart

By: RMJ

It has been said, “A Mother’s heart is always with her children”. This unconditional love surrounds us with safety and courage. All sacrifices for her children are given gladly and freely. From infancy to adulthood the steadfast care and concern for her children never fades. It is like a beacon of hope, visible from miles away.

Mothers are the light that guides our paths, give us hope, and reminds us that we are deeply loved. By setting an example, mothers direct our paths. Making right choices is crucial a duty of mothers to pass on to their children. By trusting her guidance, problems that arise are put into perspective and resolve. Mothers deserve to get back all the love they offer.

Just think of everything mothers do:

- Make meals
- Open their hearts
- Teach love
- Have dialogue with her children
- Everything it takes to run a household
- Reward good behavior

All their effort would be in vain were it not for the one ingredient that sustains mothers – Love. Kindness, goodness, tenderness and a forgiving heart are all hallmarks of motherhood. Let your know you care this Mother’s Day.
May Horoscope

By: Sami Shannon

The Zodiac sun signs for May are Taurus (April 20-May 20) and Gemini (May 21—June 21).

Taurus, the Bull, is an Earth sign, ruled by Venus. Taureans show determination and practicality. “Slow and steady” could be their motto. Venus gives an appreciation of beauty and pleasure. They value comfort and material possessions, and they will work to acquire what they want. Though not easily angered, they can be fierce when provoked too far.

Gemini is an air sign ruled by Mercury. Geminis are quick in thought and speech, and often jump from one activity to another. They may be nervous or fidgety. Mercury gives an interest in communication and acquiring knowledge. They are often sociable and good conversationalists. They enjoy learning and travel, and dislike being tied down; variety is important to them.

Not everyone shows the typical characteristics of their sun sign. Your sun sign represents your inner self, but the moon, planets and other astrological factors, as well as your personal circumstances affect your personality.

*Astrology is the study of the movements and relative positions of celestial objects as a means for divining information about human affairs and terrestrial events. It dates back to the 2nd millennium BCE.

DIY: Lavender Whipped Body Butter

Submitted by: Sami S.

What you need:
- 1/3 cup coconut oil
- 1/3 cup raw shea butter
- 2 tablespoons almond oil
- 20 drops fragrance or essential oils (we suggest lavender oil)

Steps:
1. In a small saucepan, melt the oils together over low heat.
2. Carefully pour liquid oils into chilled bowl.
3. Mix 20 drops of fragrance or essential oil, and allow to sit until the oil begins to harden.
4. You can place the bowl in the fridge if you want to speed up the process, but be careful not to let it get to hard! You want the oil to be firm but not solid for the next step (about the consistency of softened butter)
5. When the oil is the consistency of softened butter, whip with a mixer for several minutes until the body butter is fluffy and the volume has increased.
6. You can now place in the pretty container, place the lid on, and tie the ribbon around. You have a lovely DIY Mother’s Day gift that is soothing and smells wonderful. A gift that keeps giving.

The oils in this recipe are all naturally moisturizing so it will feel like a luxurious spa treatment every time she uses it and will last and last.
The History of Memorial Day

By: Sami S.

Memorial Day comes around every year and can be especially hard for those of us working through PTSD, grief, loss, mental illness, and a variety of life’s experiences. Meanwhile, our families are shooting off fireworks and going camping and having a difficult time understanding why we aren’t having a good time. We aren’t having a good time because Memorial Day is about commemorating and remembering the fallen. I am writing a short history of where this tradition of ours came from.

Memorial Day originated sometime in 1861-865 when people who were missing their loved ones started decorating their graves after the Civil War. There are a dozen or so towns that lay claim to starting the practice – Carbondale, Illinois; Macon, Georgia; Columbus Mississippi; Richmond, Virginia, and Boalsburg, Pennsylvania.

Henry Wells was the first person to suggest the town shops close in Waterloo, New York in 1866 to commemorate the fallen soldiers of the Civil War. Two years later, General John Logan issued a declaration on the 5th of May, in Waterloo, New York, that Decoration Day should be observed nationwide and at Arlington National Cemetery President James Garfield gave a speech that day.

President Lyndon Johnson and Congress stated that the original date of birth of Memorial Day was May 30, 1868 and the birthplace is Waterloo, New York.

Memorial Day is now a floating holiday and is always celebrated on the last Monday of May.

Note: CODAC will be closed in observance of Memorial Day. If you are having trouble this year please the Safety Zone after hours at 520-202-1950. If you are experiencing a mental health crisis due to this holiday please call the Community Wide Crisis Line at 520-622-6000 to schedule an appointment please call 520-325-4505.

Success is a Journey, Not the End of the Story

An Interview with Pennie, Peer Support Specialist

This is the success story of Pennie Bell-Casillas and her struggles with mental illness and chemical dependency and how, with help and learned skills, she became a success story for herself and her family.

When first interviewed, Pennie told me that after her divorce, she was taking on extra hours and working up to 16 hours a day. As the single mom of 3 small children she was responsible for taking care of everything at home plus all the hours at work. That’s when she started abusing meth. She was just exhausted and living a vicious cycle of long hours, no sleep, more work, more drugs, etc… Continued on Page 4
Interview with Pennie: Continued

When Pennie lost her children and her job, she hit rock bottom. In order to get them back, she knew she had to make changes in herself and her life. She came to CODAC and took advantage the programs offered here. Pennie participated in groups such as Life Skills, Recovery Bridges, SMART Recovery and Relapse Prevention. She learned new skills that enabled to get her children back and stay clean, and be her and her family’s success story.

The challenges she still faces are the manic phases of her bipolar diagnoses. How she deals with it is by setting ground rules, walking away, and at times -- going into her room and hollering into a pillow (I do that myself, it helps).

When asked why she thinks she is a success story, Pennie says it’s because she used her resources, stood up for herself, was serious about her recovery, did individual, couples and family counseling and still will do counseling when needed.

I asked her what advice she had for other people dealing with different forms of mental illness, PTSD, and or substance abuse and she had a few pieces of advice:
Communicate. Never be afraid to come in and ask for help.
Have a plan. She has a relapse prevention plan and if there is a problem she knows she can always reach out to her best friend and mentor. And most importantly, find out what keeps you from wanting to use and keeps you grounded.

Red, White & Blue Memorial Day Salad

INGREDIENTS:
- 5 1 lb. strawberries, hulled & cut into quarters
- 1 (9 oz. container) blue berries, rinsed and dried
- 1 (9 oz. container) raspberries, rinsed & dried
- 1 (8 oz. package) of cream cheese, room temperature*

DIRECTIONS:
1. Prepare berries and lay on paper towels to dry while preparing cream cheese mixture.
2. In medium tall bowl, using an electric mixer, whip cream cheese until it becomes smooth. It may bind up in the beaters, but if you use room temp cream cheese this is less likely to happen and it will loosen up.
3. With mixer running slowly add creamer to the cream cheese. Add it about a tablespoon at a time and then mix until it becomes smooth. Continue until the entire creamer has been added to cream cheese and whip until smooth.
4. Combine berries in large bowl. Gently fold in cheese mixture until completely combined.
5. Fully chill. Refrigerate until ready to serve.

* Cream cheese can be substituted with whipped cream.