



The Link 2022

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In loving memory of Jacquelyn Elaine Thomas

On March 7, 2022, the CAADC Family mourned the loss of Ms. Jackie. She departed this life to stay forever warm in the Arms of the Angels.

Ms. Jackie volunteered her time ensuring that Delaware County residents' basic needs could be met. She carefully packed each food bag with love.

Christmas won't be quite the same without her. Jackie truly outdid herself during this holiday. Her dedication to the agency's Christmas tradition was a true labor of love. She tirelessly packed gifts and food bags like she was Santa herself. Jackie was a steadfast fixture in the agency's gym where her efforts didn't go unnoticed.

In memory of Ms. Jackie, let us quietly reflect on the poem



♥ The journey is short ♥

An elderly woman got on a bus and sat down. At the next stop, a strong, grumpy young lady climbed up and sat down beside the old woman, hitting her with her numerous bags.

When she saw that the elderly woman remained silent, the young woman asked her why she had not complained when she hit her with her bags?

The elderly woman replied with a Smile: "There is no need to be rude or discuss something so insignificant, as my trip next to you is so short, because I am going to get off at the next stop."

This answer deserves to be written in gold letters: "There is no need to discuss something so insignificant, because our journey together is too short."

Each of us must understand that our time in this world is so short. That darkening it with useless arguments, jealousy, not forgiving others, discontentment and bad attitudes are a ridiculous waste of time and energy.

Did someone break your heart? Stay calm.

The trip is too short.

Did someone betray, intimidate, cheat or humiliate you? Relax. Don't stress.

The trip is too short.

Did someone insult you without reason? Shake it off. Ignore it. The trip is too short.

Did a neighbor make a comment that you didn't like? Take a deep breath. Ignore him/her. Forgive and forget it. The trip is too short.

Whatever problem someone has brought us, remember that our journey together is too short.

No one knows the length of our trip. Nobody knows when it will arrive at its stop. Our trip together is short.

Let us appreciate friends and family.

Let us be respectful, kind and forgiving.

In return, we will be filled with gratitude and joy. After all, our trip together is very short.

Share your smile with everyone.

Our trip is very short.

- Author Unknown

Thank you Jackie for the short journey we shared together.

You were a true inspiration to each one of us.



April Holidays



Easter: <https://www.crosswalk.com/faith/spiritual-life/understanding-the-history-and-symbols-of-easter-1256039.html>

Easter is the celebration of the resurrection of Jesus from the tomb on the third day after his crucifixion. Remembering the resurrection of Jesus is a way to renew daily hope that we have victory over sin.

Passover: <https://en.wikipedia.org/wiki/Passover>

A Jewish holiday that celebrates the exodus of the Israelites from slavery in Egypt.

Ramadan: <https://en.wikipedia.org/wiki/Ramadan>

Regarded as one of the five pillars of Islam. A month of fasting, prayer, reflection, and community.



* MENTALLY READY *

By Gregory Woznicki: Mental Health Case Manager / Specialist at the Life Center
Greg is a Certified Cognitive, Clinical Trauma, and Integrated Mental Health Specialist.

MANAGING NIGHTTIME RACING THOUGHTS

Ever lay down at night and have a million thoughts running through your head? The thoughts can't slow down? They create stress and anxiety? Guess what, it happens to all of us in our life - all of us! We lay there, in the quiet, and ideas, people, your past, your future, bad decisions made, start to run through your mind all at once. Unorganized thought chaos. Then someone nearby is tossing around or snoring. You're wide awake now and frustrated. Everything now is a trigger to become more anxious or annoyed. So what can you do to *help* curb this from happening? Try any of these ideas to slow down those racing thoughts. They're not miracle cures, but see what works and what doesn't.

1. Do not drink caffeine, smoke, or eat anything with sugar after 8:00pm.
2. Stay off social media on your phone at bedtime. Social media late at night may create anxiety.
3. Talk with people about what is on your mind before you lay down to get things off your chest.
4. Read a "meaningless" story or listen to quiet music with headphones while laying in bed with eyes closed. Reading about the news or a good fictional story may keep your mind on.

Share This With Someone Today:

"You don't lose if you get knocked down; you lose if you stay down."

- Muhammad Ali



MENTAL HEALTH ALLIANCE

CAADC is happy to announce a new initiative, the Mental Health Alliance (MHA), that will begin to meet in-person starting in May. It will be a team of our staff from any CAADC programs to come together to share best practices, strategies, future plans, and stretch CAADC's mental health expertise across the county for those we serve and ourselves! Any staff member that is interested in joining should contact Greg at gwoznicki@caadc.org. Details will follow. Hope to hear from you!

APRIL IS STRESS AWARENESS MONTH

SOME SIGNS OF STRESS

EMOTIONALLY

**WORRIED, ANGRY, IRRITABLE, DEPRESSED,
INABILITY TO FOCUS**

PHYSICALLY

**HEADACHES, TROUBLE SLEEPING OR EXCESSIVE
SLEEPING, UPSET STOMACH, WEIGHT LOSS OR
GAIN, TENSE MUSCLES, FREQUENT COLDS**



More information: health.gov/myhealthfinder/topics/health-conditions/heart-health/manage-stress

APRIL IS STRESS AWARENESS MONTH

SOME CAUSES OF STRESS

SHORT-TERM

**A LOT TO DO IN SHORT AMOUNT OF TIME,
ARGUMENTS, PRESENTATIONS**

LONG-TERM

**PROBLEMS AT WORK OR HOME, MONEY
PROBLEMS, LONG-TERM ILLNESS, DEATH OF
LOVED ONE**



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APRIL IS STRESS AWARENESS MONTH

WAYS TO REDUCE STRESS

- PLAN YOUR TIME REALISTICALLY
- BE PREPARED AHEAD OF STRESSFUL EVENTS
- PRACTICE DEEP BREATHING EXERCISES, MINDFUL MEDITATION, AND STRETCHING
- GET ACTIVE – 150 MINS/WEEK OF AEROBIC ACTIVITY (BIKE RIDE OR WALKING); STRENGTHENING ACTIVITIES 2 DAYS/WEEK
- EAT HEALTHY AND DRINK ALCOHOL IN MODERATION
- DEVELOP SUPPORT NETWORK AND TALK WITH YOUR DOCTOR



How to cope with stress and anxiety caused by the war in Ukraine

As the conflict between Russia and the Ukraine continues to unfold, many people are left feeling a sense of loss, frustration, hopelessness and fear. Tragic events can cause a range of intense physical, emotional and psychological symptoms. People often experience shock and disbelief and find it difficult to accept the reality of what is happening. Children are also impacted, and their reactions depend on their personality, the severity of the event, the availability of support and previous experience of trauma.

Following are some suggestions to help you through this challenging time:

Limit media exposure. Limit or prevent exposure to disturbing news and social media coverage of the event. Children who see graphic images or hear distressing news stories may become re-traumatized. Be aware of how you are reacting and manage your own stress. Stay calm and offer hugs and reassurance to help restore your child's sense of safety and security.

Recognize that people will have different reactions. Everyone experiences a trauma differently, and no trauma is "worse" than the other. If it hurts you, then it hurts you—and your feelings and experiences are valid. You can share information about the event with your child and answer their questions honestly. Remember to listen to your child's fears and let them know it is okay to share their feelings at any time.

Stay connected. Spend time with people who give you a sense of security, calm or happiness. Talk about your concerns with people you trust. A supportive network is very important for emotional health. It may feel safest to bury painful feelings and avoid confronting them, but recognizing what has happened and how it has affected you is one of the healthiest things you can do.

Engage in positive activities. Try to engage in positive, healthy or meaningful activities, even if they are small, simple actions. Doing things that are rewarding, meaningful or enjoyable, even if you don't feel like it, can make you and your family feel better.

Practice good self-care. Look for positive coping strategies that help you manage your emotions. Listening to music, exercising, practicing breathing routines, spending time in nature or with animals, journaling or reading inspirational text are some simple ways to help manage overwhelming or distressing emotions.

For more behavioral health tips and resources, visit MagellanHealthcare.com/about/bh-resources.

Sources: healthblog.uqftrhealth.org, www.wellmind.com, nasponline.org