HARMONY HOUSE

PEER PERSPECTIVE

A Consumer Collaboration

January/February/March

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Spotlight On: New Year's Traditions

By Suzi

New Year's is a holiday celebrated all over the world with different customs and rituals.

Have you ever wondered why we celebrate the new year? Allow me, if you would, to offer some enlightenment with some historical facts about New Year's Eve and Day, as well as traditions passed down from generation to generation in countries all over the world.

Did you know that New Year's Day is the oldest celebrated holiday?

The Babylonians began celebrating New Year's Day on March 23, around 2000 BC. The end of March was the logical choice for the new year because it is the beginning of spring and it's also when new crops are planted. The Babylonian's festivities would last eleven days, with each day celebrated differently.

In years to come, the Romans continued celebrating New Year's Day at the end of March, but with every new emperor came change and soon the festivities were celebrated on January 1st.

The month of January was placed at the beginning of the yearly calendar because of the mythical god Janus (the god with two faces: one looked forward into the future, and the other looked backward over the past). He was the guardian of doors and entrances, so naturally, he oversaw the new year's beginning. After Julius Caesar established the Julian Calendar, January 1st was ***officially*** established as the new year.

The following are some New Year's traditions from around the globe:

England: The English custom for welcoming the new year is full of hospitality and warmth. They believe that the first guest for the year would bring fortune for them. He should be a male, should enter through the front door and bear some traditional gifts like a loaf for the kitchen, drink for the head of the family and coal to light the fire, otherwise he is not allowed in. They believe that these bring good luck throughout the year.

Denmark: In Denmark, residents keep a pile of dishes, all broken, in front of the door. They save old dishes for this and people usually throw these on the friends' doors during New Year's. This symbolizes friendship and brotherhood and they believe the one with the most dishes outside has the most friends.

China: The Chinese have a very unique way of celebrating New Year's, where every front door of a house is painted in red, which symbolizes happiness and good fortune. They also hide all the knives for the day so that no one cuts oneself, because that may actually cut the entire family's good luck for the coming year. That, however, doesn't make any difference to the feast they have during that time. ♦

PEER PERSPECTIVE

A Consumer Collaboration

My Story: Briana

By John

Q. How did you hear about Harmony House?

A. Through the CRWC and Unity House.

Q. What activities do you like to participate in at Harmony House?

A. I like talking to the girls, I like art group, and I'm also learning to crochet.

Q. Who inspires you?

A. My mom, older brother, and my grandmother.

Q. Who supports you when you are having a bad day?

A. My mother and step-father, my Papa Charlie and my cousins are always there when I'm having a bad day.

Q. What do you like best about Harmony House?

A. I like meeting new people. The people here are very nice and welcoming.

Q. What does family mean to you?

A. For me, it means support, love and being there for you when you need it the most. Family also means unconditional love.

Q. If you could transform into any animal, what would it be?

A. I would have to say a dog because they are happy and have unconditional love. Dogs can also be your best friend and protector. ♦

Crafting Corner

By Shena

Bring a little sparkle to your **New Year's** by creating these beautiful works of art!

What you will need:

Any kind of plastic fruit from the dollar store.

First, roll the fruit in glue. Then, roll it in your choice of glitter. Let dry for about 5-10 min then place in decorative bowl and enjoy!

Theses decorative candle holders make a beautiful center piece for the month of February!

What you will need:

- 3 red candles
- 1 pack of fake, red rose petals
- 3 wine glasses

First, tip wine glass up-side down. Then, place a hand full of petals inside glass. Last, place candle on the top of the stem and enjoy!

A wreath to add just a little **St. Patrick's Day** spirit to your door!

What you will need:

- glue
- 1-2 packs of foam shamrocks
- 1 wooden wreath

First, you will glue each shamrock to the other, over lapping just a little. One by one, glue them to the wreath as well, creating a shamrock wreath!

PEER PERSPECTIVE

A CONSUMER COLLABORATION

Information Station: Seasonal Affective Disorder (SAD)

By John

Q. What is Seasonal Affective Disorder?

A. Seasonal Affective Disorder (S.A.D.) is a specific form of depression that is triggered by the fluctuation of the seasons and is usually associated with the fall and winter months (although a small number of sufferers are affected by summer months).[1]

Q. What are the causes of S.A.D?

A. It is believed that S.A.D might be caused by a decrease in sunlight, which might have an effect on the level of serotonin in the brain. A decrease in vitamin D is also being looked into as a possible contributing factor to S.A.D.[2]

Symptoms can include:[3,4]

- Increased desire to be alone
- Loss of energy
- Trouble concentrating
- Weight gain
- Oversleeping or not being able to sleep
- General feeling of sadness and apathy

Q. What are some of the treatments for S.A.D?

A. One approach is light therapy, in which a light from a special light box is shined on the S.A.D sufferer. In some situations, a doctor can prescribe anti-depressants if the S.A.D is severe enough. Vitamin D is also in a doctor's tool box for treating S.A.D. [4, 5, 6]

1) http://www.mayoclinic.org/diseases-conditions/seasonal-affective-disorder/basics/definition/con-20021047 Sept. 12, 2014

2) http://www.mayoclinic.org/diseases-conditions/seasonal-affective-disorder/basics/causes/con-20021047 Sept. 12, 2014

3) http://www.mayoclinic.org/diseases-conditions/seasonal-affective-disorder/basics/symptoms/con-20021047 Sept. 12, 2014

4) http://www.webmd.com/depression/guide/seasonal-affective-disorder#1

5) http://www.mayoclinic.org/diseases-conditions/seasonal-affective-disorder/basics/treatment/con-20021047 Sept. 12, 2014

6) https://en.wikipedia.org/wiki/Seasonal_affective_disorder ♦

Opportunities & Happenings

By Holly

January is:

- **National Blood Donor Month**

February is:

- **American Heart Month**
- **Black History Month**

March is:

- **National Irish American Heritage Month**
- **National Women's History Month**

Calendar Changes:

- **Cooking Group** is now known as **"Global Culinary Delights."** Same group, different name.
- Harmony House will be **CLOSED Monday, January 2nd and 16th.**

New Groups: NEW

- **Grief and Loss Support Group—** This is a process group, led by Linda Thao, to help those struggling with grief and/or loss. Participants will learn ways to manage their grief and recover from loss.
- **Mixed Media Art Group—** This is an art group, led by Holly, focused on the technique of combining multiple kinds of media (paint, pencil, pen, etc.) to create beautiful, unique pieces of art.

Upcoming Events:

- **Jan 27— Chinese New Year Event 1-2:30pm @ Harmony House**
- **Feb 13— Valentine's Day Event 1-2:30pm @ Harmony House**
- **March 17— St. Patrick's Day Event 1- 2:30pm @ Harmony House**

Harmony House Groups and Events

343 Yolo St. Orland

Transportation Schedule
Arrivals: Return Times:
10:00am 12:00pm
1:00pm 3:30pm
Please call 24 hrs in advance for transportation @865-6459

Mon	Tue	Wed	Thu	Fri
2. **CLOSED FOR NEW YEAR'S**	*3.* **10:30-11:30** Creative Expression	*4.* **10:30-12** Nurturing Parents Support Group **10:30-12** Artistic Expressions **1-3** Grief and Loss Support Group	*5.* **10-12** Sana Mente **1:30-3 WRAP** Group	*6.* **10:30-12** Busy Hands **11-12** Men's Group **12-1** Anti-Stigma **1:30-3** Mixed Media Art Group
9. **1-3** Global Culinary Delights	*10.* **10:30-11:30** Creative Expression	*11.* **10:30-12** Nurturing Parents Support Group **10:30-12** Artistic Expressions **1-3** Grief and Loss Support Group	*12.* **10-12** Sana Mente **1:30-3 WRAP** Group	*13.* **10:30-12** Busy Hands **11-12** Men's Group **1:30-3** Mixed Media Art Group
16. **CLOSED FOR MLK JR. DAY**	*17.* **10:30-11:30** Creative Expression	*18.* **10:30-12** Nurturing Parents Support Group **10:30-12** Artistic Expressions **1-3** Grief and Loss Support Group	*19.* **10-12** Sana Mente **1:30-3 WRAP** Group	*20.* **10:30-12** Busy Hands **11-12** Men's Group **1:30-3** Mixed Media Art Group
23. **1-3** Global Culinary Delights	*24.* **10:30-11:30** Creative Expression	*25.* **10:30-12** Nurturing Parents Support Group **10:30-12** Artistic Expressions **1-3** Grief and Loss Support Group	*26.* **10-12** Sana Mente **1:30-3 WRAP** Group	*27.* **10:30-12** Busy Hands **11-12** Men's Group **12-1** ***Consumer Voice*** **1-2:30** ***Chinese New Year Event***
30. **1-3** Global Culinary Delights	*31.* **10:30-11:30** Creative Expression	**No appointment necessary for any activities. Showers are available 2:30 to 4pm.** **Drop in hours are: Monday 12 to 4:30pm and Tuesday —Friday 10am to 4:30pm.** **This calendar is subject to change.** **Please visit our Facebook page:** https://www.facebook.com/harmonyhouseorlandca		

Actividades y Grupos de Casa de Armonía

343 Yolo St. Orland

Horario de Autobús
Llegada: Regreso:
10:00am 12:00pm
1:00pm 3:30PM
por favor llame 24 horas antes para transportación 865-6459

Lun	Mar	Mier	Jue	Vier
2. **CERADO PARA LA AÑO NUEVO**	*3.* **10:30-11:30** Expresión Creativa	*4.* **10:30-12** Padres Asociados **10:30-12** Grupo de Arte **1-3** Grupo de Apoyo de Duelo y Pérdida	*5.* **10-12** Sana Mente **1:30-3** Grupo de **WRAP**	*6.* **10:30-12** Tapetas de Ganchillo **11-12** Apoyo para Hombres **12-1** Grupo de Contra el Estigma **1:30-3** Grupo de Medios Mixtos
9. **1-3** Grupo de Cocinar	*10.* **10:30-11:30** Expresión Creativa	*11.* **10:30-12** Padres Asociados **10:30-12** Grupo de Arte **1-3** Grupo de Apoyo de Duelo y Pérdida	*12.* **10-12** Sana Mente **1:30-3** Grupo de **WRAP**	*13.* **10:30-12** Tapetas de Ganchillo **11-12** Apoyo para Hombres **1:30-3** Grupo de Medios Mixtos
16. **CERADO PARA LA DÍA DE MLK.JR.**	*17.* **10:30-11:30** Expresión Creativa	*18.* **10:30-12** Padres Asociados **10:30-12** Grupo de Arte **1-3** Grupo de Apoyo de Duelo y Pérdida	*19.* **10-12** Sana Mente **1:30-3** Grupo de **WRAP**	*20.* **10:30-12** Tapetas de Ganchillo **11-12** Apoyo para Hombres **1:30-3** Grupo de Medios Mixtos
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30. **1-3** Grupo de Cocinar	*31.* **10:30-11:30** Expresión Creativa	***No se necesita cita ninguna para estas actividades. Este calendario puede cambiar.*** ***Si desea bañarse aquí lo puede hacer de 2:30-4pm.*** ***Estamos abiertos de Lunes a 12-4:30; y Martes –Viernes de 10am - 4:30pm.*** **Por favor visite nuestra pagina de Facebook** ***https://www.facebook.com/harmonyhouseorlandca***		

Group and Event Descriptions

Groups:

1. **Global Culinary Delights:** This group focuses on encouraging healthy eating and cooking habits as well as giving participants a place to socialize and learn new, healthy recipes and share their own cooking tips and recipes. Facilitated by John.
2. **Nurturing Parents Support Group:** Nurturing Parents is a proven program for parents and their children that is intentionally recognized for enhancing self worth, empathy, discipline, and empowerment. Facilitated by David Prest.
3. **Artistic Expressions:** This is a group for people to come together and create various forms of art through different media and techniques plus an art-related field trip once a month. This is an all-inclusive group for beginners, advanced artists, and everyone in between! Facilitated by John.
4. **Sanamente:** This is a Spanish speaking process group. Facilitated by Linyu.
5. **Busy Hands:** Busy hands is a group that provides opportunities for peer support and socialization while keeping your hands busy by performing varying crafts (Latch-hook rugs, coloring and crochet). Consumer-run.
6. **Men's Group:** A support group for men addressing men's mental health, wellness and recovery concepts. Facilitated by John and Irvin
7. **Consumer Voice:** Where consumers gather to obtain new information, as well as convey ideas and suggestions as members of the Harmony House community. Facilitated by Suzi.
8. **Anti-Stigma (P.E.A.C.E.):** Focuses on supporting individuals in need and reducing mental health stigma by promoting mental health education and awareness through resources and support systems. Facilitated by Suzi.
9. **WRAP Group:** "Wellness Recovery Action Planning" is an 8-12 week group with focus on individual strengths, purpose, self-awareness and self-esteem while creating a vision of hope for the future. Facilitated by Patti and Suzi.
10. **Creative Expression:** Utilize self-expression to explore various ways of communicating through various mediums of creativity. I.E.—Poetry, acting, readings, movements, etc. Facilitated by Suzi
11. **Grief and Loss Support Group:** In this group, participants will learn ways to manage their grief and recover from loss. Participants will learn what grief and loss are, the 5 stages of grief, coping strategies, and more. Facilitated by Linda Thao.
12. **Mixed-Media Group:** This is an art group focused on the technique of combining multiple kinds media (paint, pencil, pen, etc.) to create beautiful pieces of art. No experience needed, materials provided. Facilitated by Holly

January Events:

1. **Chinese New Year Event:** This will be a cultural, socialization event in which we will learn about and celebrate the Chinese New Year, the year of the Rooster!

Descripciones de Grupos

Grupos:

1. **Grupo de Cocinar:** Este grupo se centra en el fomento de hábitos alimentarios y culinarios saludables, así como dar a los participantes un lugar para socializar y aprender nuevas recetas saludables y compartir sus propios consejos de cocina y recetas. Facilitado por John.
2. **Grupo de Apoyo Para Los Padres:** Consolidación de los padres es un programa probado para los padres y sus hijos que es reconocido intencionalmente para mejorar el autoestima, la empatía, la disciplina, y la potenciación. Facilitado por David Prest.
3. **Grupo de Arte:** Este es un grupo para que las personas se unen y crean diferentes formas de arte a través de diferentes medios y técnicas. Este es un grupo con todo incluido para principiantes, avanzados artistas, y todos los demás! Facilitado por John.
4. **Sana Mente:** Se trata de un grupo de procesos de habla española. Facilitado por Linyu.
5. **Tapetas de Ganchillo:** Manos ocupadas es un grupo que ofrece oportunidades para el apoyo entre pares y la socialización y mantenga sus manos ocupadas realizando manualidades variables (alfombras Latch - gancho, colorantes y ganchillo). Facilitados por los consumidores.
6. **Apoyo para Hombres:** Un grupo de apoyo para hombres que discute una variedad de temas en relación con la salud y el bienestar de los hombres. Facilitado por Irvin y John.
7. **Voz de los Consumidores:** Cuando los consumidores se reúnen para obtener nueva información , así como transmitir ideas y sugerencias como miembros de la comunidad de La Casa de Armonía. Facilitado por Suzi.
8. **Grupo de Contra el Estigma:** Se centra en el apoyo a las personas necesitadas y reducir el estigma en salud mental mediante la promoción de la educación de la salud mental y la conciencia a través de los recursos y sistemas de apoyo. Facilitado por Suzi.
9. **Grupo de WRAP:** Es un grupo de 8 a 12 semanas con el foco en las fortalezas individuales, el propósito, la autoconciencia y autoestima, mientras que la creación de una visión de esperanza para el futuro. Facilitado por Patti y Suzi.
10. **Expresión Creativa**: Utilizar la auto-expresión para explorar diversas formas de comunicación a través de diversos medios de creatividad. Es Decir-poesía, actuación, lecturas, etc. Facilitado por Suzi.
11. **Grupo de apoyo de duelo y pérdida:** En este grupo, los participantes aprenderán formas de manejar su dolor y recuperarse de la pérdida. Los participantes aprenderán qué pena y pérdida son, las 5 etapas de duelo, las estrategias de afrontamiento, y más. Facilitado por Linda Thao.
12. **Grupo de Medios Mixtos:** Este es un grupo de arte enfocado en la técnica de combinar múltiples tipos de medios (pintura, lápiz, pluma, etc.) para crear hermosas piezas de arte. No se necesita experiencia, se proporcionan materiales. Facilitado por Holly.

Eventos De Enero:

1. **Evento de Año Nuevo Chino**: Este será un evento cultural y de socialización en el que aprenderemos y celebraremos el Año Nuevo Chino, el año del Gallo!

PEER PERSPECTIVE

A CONSUMER COLLABORATION

Consumer Poetry Page

By HH Consumers

This page is dedicated to the amazing poetry written by many of our talented consumers. If you would like your poetry published in our Peer Perspective Newsletter (PPN), please drop off a copy of your poem to any of our Coaches at Harmony House, or submit it to our PPN e-mail: **peerperspective2015@gmail.com**

The Last Tear

The simple element of life

The simple element of the soul

Disappearing into the thin air

The grieving process is powerful

The grieving process is different depending on the person

For myself it is necessary

Tear of my soul finding the acceptance is necessary

And truthful acceptance is the key for the element

Of the life that has disappeared from the soul

That went to heaven, happy for the new horizon

New life

New beginning

New tomorrow

By Aida

Untitled

Sometimes I feel so small, consumed by one I call.

Then other times I grow so tall by others and all.

Times are tough at home, like rain coming down.

Then I see the sun, smile wide to take away the frown.

I am not a tall, tall tree.

But, I am becoming a bigger part of me!

By Robbin

Harmony House
- Adult Community Drop-In Center
- Mon 12pm-4:30pm, Tue-Fri 10am-4:30pm
- 343 Yolo Street
- Orland, CA 95963
- Office: (530) 865-6725
- Fax: (530) 865-6734
- **Welcome Line:** (530) 865-6733 (1pm-5pm)

Glenn County Mental Health
- Mon-Fri 8am-5pm
- 242 N. Villa Ave.
- Willows, CA 95988
- Office: (530) 934-6582
- Fax: (530) 934-6592

Community Recovery & Wellness Center (CRWC)
- Mon-Fri 8am-5pm
- 1187 E. South Street
- Orland, CA 95963
- Office: (530) 865-6459
- Fax: (530) 865-6483
- **Transportation:** (530) 865-6459

Transitional Age Youth (TAY)
- Mon-Thurs 1:30pm-6pm, Fri 1:30pm-5pm
- 612 Fourth St.
- Orland, CA 95963
- Office: (530) 865-1622
- Fax: (530) 865-7073

Crisis Line: 1-800-500-6582 (8am-5pm)

After Hours Crisis Line: 1-800-507-3530 (5pm-8am)

We're On Facebook

https://www.facebook.com/harmonyhouseorlandca

Tweet Us On Twitter

https://twitter.com/HarmonyHouse10

E-mail items for submission to
peerperspective2015@gmail.com

Visit Us At

http://www.countyofglenn.net/

Wellness Section: Happiness By Holly

The Wellness Section is where you can find our Quarterly Animal of Cuteness—one or more special animals up for adoption at our local **Town and Country Humane Society**— as well as our Inspire Me! Section with tips and tricks for staying well and inspirational quotes and photos. This quarter's theme is "Happiness." Please feel free to submit your own bits of inspiration and/or tips for wellness to our Peer Perspective e-mail. ♦

The Quarterly Animal of Cuteness

This quarter's Animal of Cuteness is Rufus. He is a happy, healthy 5 year old boy who has been in the shelter for over three years and **definitely** needs to find his forever home! He is neutered and has had all his vaccinations. Not good with cats. To find out more about this little cutie pie, you can call **Judy at (530) 517-1754.** ♦

Town & Country Humane Society

Inspire Me!

The 7 Steps to Happiness:

Think Less, Feel More
Frown Less, Smile More
Talk Less, Listen More
Judge Less, Accept More
Watch Less, Do More
Complain Less, Appreciate More
Fear Less, Love More ♦