



## *"A Better Way" 10 years stronger*

June 2012 – June 2022, November News - Volume 11, Edition 11

### *Autumn Greetings to all!*

*"Giving thanks by giving back" is an excellent way to pay it forward and can often help one feel better by doing for others. How can you give back? We invite you to **donate food** to your local food bank if you are not already. Don't wait, don't hesitate. Don't let the holidays consume you with spending only for your loved ones. There are so many others in need.*



And now I have some *"Hallmark"* advice to support those who struggle oftentimes alone with mental health challenges & illness. Or for those who have lost a loved one over the past year, showing extra care can aid in their return to wellness.

Having a support system is integral to a recovery plan. For those who struggle more or following a crisis or a psychotic break, expressing an extra boost of love can mean volumes to those we know. I happened to find these **"Tough times"** cards at a CVS pharmacy.

Here are a few things that are suggested you can do for your loved one:

- **Encourage with kind words**- Let your friend or family member know how special and loved they are. A few extra **uplifting words can go a long way** when someone's not feeling great about their current situation. Recovery for those with a mental illness is

ongoing and can become burdensome & overwhelming when facing it alone.

- **Acknowledge their struggle**- It may feel easier not to say anything at all due to the fear of saying the wrong thing. But ignoring someone's heartache brings more pain and loneliness. Instead, simply say *"I'm so sorry; my heart goes out to you."* Or *"I'm keeping you in my thoughts & prayers."* Or *"Big hugs to you!"* And, mean it. Or, send them a positive and supportive card or note if you can't be there to spend time together.
- **Stay sensitive to everyday triggers- Find ways to Help**- Pick up a few groceries, do some laundry, offer to go for a walk with them, or tidy up their living area.
- **Send a book with uplifting quotes or send flowers**. Draw a colorful picture to give to your special friend or find one online with an uplifting quote. Send it in the "snail mail."

*"You are loved beyond measure." Ephesians 3:19*  
*"I am who I am not who you think I am. Not who you want me to be. I am me!"*

- **Make a calendar of fun activities with days/times you can be there for him/her.**
- **\*New idea- Have you heard of sending a puppy-gram?** Many animal shelters will bring puppies to you to raise money for their organization. Check your local animal shelter to see if this can be done.
- **Listen to them**- Find/make time for loved ones who need extra support.

Showing you care is a very personal way to help another needing extra support. Who do you know that could use a few extra kind words or gestures?

## Supplement for the month- "Grape Seed Extract"

Who doesn't have some blood pressure concerns? If you don't, consider yourself lucky. But for those of you who are looking for an alternative to medications, Grape Seed Extract appears to be quite beneficial, especially for men. Hypertension aka "high blood pressure" continues to be a risk factor for cardiovascular disease.

After much research and studies, a recent study in the journal, "Nutrients" found this supplement to greatly reduce blood pressure levels, especially in men and also helped reduce stress levels. One might start with 150 mg twice daily to see results. Of course, being under your doctor's guidance would be recommended. Mood, & a reduction in worries also confirmed benefits of Grape seed's anti-inflammatory, antioxidant & cardio-protective effects.

*Wishing you a most wonderful  
& Happy Thanksgiving!  
Thursday Nov. 24, 2022*



{GIVE THANKS}

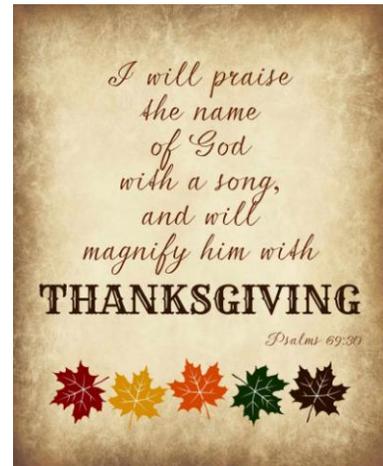
for each new morning  
with its light  
FOR REST AND SHELTER  
OF THE NIGHT  
for health and food  
for love and friends  
**FOR EVERYTHING**  
THY GOODNESS SENDS

~ralph waldo emerson~

*Angela Lee*

## *You're invited to - "A Better Way" Game Day!*

Join us for Bunco & more  
Sat. Nov 12, 2022 \* 12:30-3:00pm  
Bring a canned food item to donate  
to the All Saints' food pantry,  
providing food for local shelters  
We'll meet at All Saints' Room C-118  
Please reply to Evelyn 214 868-5306



**Mental Health Crisis Corner:**  
National Suicide Prevention Lifeline at 1-800-273-8255 or contact the Crisis Text Line by texting MHA to 741741



*Happy November Birthdays to:  
Margie, Sally, Regina, Marna, Gigi,  
Joe L., Chris, Anne, Dan, Joyce & Jim*



*"Lord, make me an instrument of thy peace, where there is hatred let me sow love." St. Francis of Assisi*