

Important to read both sides!

KPSA News to Know

November 19, 2020

Holiday Closure We will be closed Thanksgiving and the day after, Nov. 26 and 27, for Christmas Eve and Christmas Day and on New Year's Day. Hope that next year is better than 2020! One great thing that came out of the pandemic was being able to do Zoom groups so more people could participate safely. We look forward to seeing you all in person for groups, classes, outings and events.

Update on Cathy Cathy's surgery went well. She is rehabbing her knee and expects to be back at work on Nov. 30. In the meantime, if you want to send her a card, send it to our address, or text it to the work cell, or email Sheryl and she will get it to her. Contact info is at the bottom of the next page.

Gift Giving Policy We greatly appreciate kind words, coloring pages and cards. Please do not send us gifts because we cannot accept them. Our greatest gift is getting to know you, finding out about the talents you have, and watching you grow in your recovery. That's what makes our job so rewarding every single day!

Consider sending a card or coloring page to your mental health care team members (psychiatrist, nurse practitioner, care coordinator, therapist, etc.), whether they are Peninsula or other providers. Thank them for referring you to peer support, if they did, and tell them what a difference their treatment and peer support has made for you. Send cards to Peninsula Lighthouse providers at our address on page 2.

Card Exchange For those who would like to send cards to your fellow peers, you can send them to us and we will forward them for you. We cannot give out addresses due to confidentiality policies. Address cards to with your fellow peer's name on the first line, then on the second line c/o Sheryl McCormick at our address on page 2. If you prefer, send or drop off a packet of cards inside a larger envelope addressed to Sheryl.

Artsclamation! 15% Off Sale Support your fellow peers and get some great crafts, jewelry, cards, paintings, drawings, and crocheted **Artsclamation! 15% Off Sale** items to enjoy yourself or give as gifts. Many items are on sale for 15% off! Part of the money collected goes to support Peninsula programs. Our new vans were purchased with help of this event in the past. Go to www.artsclamation.mybigcommerce.com to check it out. Sale ends on November 30th.

Coloring Contest We have included two coloring pages in the packet. You can choose one to submit to the coloring contest. Color it yourself and take a close up photograph of it and send it to us by email or text (see bottom of next page). Decorate your home with your artwork. Mary Nelle will be judging. No prizes, just bragging rights! And we may include your artwork in a future newsletter. 😊

KPSA Recipe Book As discussed during the November Member Input Meeting, we are collecting recipes for our own recipe booklet which each of you will get for Christmas. Please email, text or mail two of your best recipes to us by December 11th. If you have pictures, send those with the recipes.

Holiday Virtual Luncheon Party Since we can't get together in person, we're having a virtual party *with food* through Zoom. Of course, you supply your *own* food. We will share what we made (show and tell), eat together, visit and be merry as we have our own little holiday party to celebrate our appreciation for each other at this time of year when being together is the norm. Join us from 1:00-2:30 PM on December 23rd, the last day before our Christmas break. Expect some fun surprises!

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Recognition

Beginning in January, in addition to recognizing birthdays, we are going to announce who the top five go-getters for the previous month were in the categories of 1) daily attendance; 2) exercise; 3) community service; and 4) significant achievements (new job, graduated, met a goal, etc.) that you want to share.

Because of the grant from the Tennessee Dept. of Mental Health and Substance Abuse Services that funds us, we are required to encourage you to do **physical exercise**, either in our groups, on your own, or both. We need to hear about the physical exercise you do (stretching, chair exercises, walking, aerobics, lifting weights, dancing, yard work, etc.) to promote your physical well-being. Tell us when you exercised; what kind of exercise you did; for how long you exercised or how many/much you did. Examples of how to report physical exercise- Mon., 11/16, walked 6 blocks (how much); Tue., Nov. 17, hiked 75 minutes (how long); Mon., 11/16, lifted 20 lb. weights for 10 minutes (how much/how long)

We are also required to encourage and report on your **community service activities**. Tell us when you volunteered, what kind of activity you did to help someone or a group of people (other than your family); who you volunteered with; for how long you volunteered. Examples of how to report community service- Mon., 11/16, 11 AM- 1 PM, 2 hours, raked leaves for elderly neighbor; Tue., Nov. 17, worked 1- 4 PM for 3 hours at Random Acts of Flowers, sorting flowers.

Report your exercise and community service activities to us daily or once a week by phone call, text or email. We also want to hear how your exercise is contributing to your wellness (weight loss, fitness, improved health scores, better mood, etc.) and how your community service affects those you serve and your own satisfaction with life. If you need help, please let us know. We can send you forms to keep track of exercise and community service. Note: we *do not share your name* with anyone. So far the State has been *very* pleased with all that you have been doing/reporting and so are we!! We are proud to be associated with people who care about themselves and others! *You all rock!*

Holiday Survival Handmade Gifts Classes

On December 2nd and 9th, we are going to be showing how to make handmade gifts, preferably ones that are fairly inexpensive and easy to make. Sharing ideas may give us something new and fun to do, increase our own gift-giving enjoyment, and help us stay within our budgets. There is nothing quite as delightful as receiving a gift you know was made with love just for you, so maybe you want to make something for someone special in your life.

We need you, our crafty, creative, artistic, talented peers, to demonstrate on the Zoom call how to make a craft or other handmade gift. If you want to star in your own "show," let us know by Tuesday, Dec. 1st and email or send us instructions (links to online instructions okay) so we can share with the group. If you have pictures, send those with the instructions, if you can. If the gift takes more than 15 minutes to make, you could simply explain how it is done step by step. It would be helpful to know what supplies you needed, how much you estimate it cost you to make one gift, how long it took to assemble and if there was any additional time needed before it was ready! This will be fun!

KPSA Office Line: (865) 374-7148 Email smccorm1@covhlth.com Text (865) 659-0921 work cell

Mail: Sheryl McCormick, Knox Peer Support Academy, 1451 Dowell Springs Blvd., Knoxville, TN 37909