



STEINWAY CHILD AND FAMILY SERVICES, INC
22-15 43rd Avenue
Long Island City, N.Y. 11101

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Issue 17

SCFS Wellness Program Newsletter

\$ Help in the Recession

You can't separate peace from freedom because no one can be at peace unless he has freedom.
-Malcolm X

No one can give you wisdom. You must discover it yourself, on the journey through life, which no one can take for you.
-Sun Bear

Wonder is the beginning of wisdom.

Make today so beautiful it will be worth remembering.

"You may not know how to raise your self-esteem, but you definitely know how to stop lowering it."
-Awo Osun Kunie

Doing is never enough if you neglect Being.
-Eckhart Tolle

You May think you inherited this land from your forefathers, but you are only borrowing it from your children, and their children.
- Native American Proverb

For unto whosoever much is given, of him shall much be required.
-Luke 12:48

THE SCFS GYM

Our gym will be re-opened soon and we need donations of VHS exercise tapes and CD's that you don't need. It you have some exercise equipment that is in good shape, we will dust it off and add it to our gym. Call P.C. Vaughan at X126

The following tips from the Media General News Service can help you survive the inflated prices and near empty pockets. It also will help decrease your contribution to Global Warming.

* Take advantage of grocery stores when they double or triple your coupons.

* Download store coupons on the store's web site or go to **Shortcuts.Com**.

* Using your "**CVS Extra Care Bucks**" can result in paying much less. Check out **Moneysavingmom.com**

* **Wal-Mart**, will match sales prices on groceries from other stores.

* Use a **credit card** that gives a percent back (usually 1-3 percent) on your purchases.

When cleaning your house, gather things you don't really need or use and doesn't have sentimental value. Take them

to your church or thrift shop or have goodwill or the Salvation Army pick them up for you. Someone will be grateful for your contribution. If you are donating for tax deduction, you have to itemize your gift after \$250.00

* Wash large loads of clothes instead of several small ones.

* Buy fewer clothes that must be dry-cleaned.

* Check your bills closely and notify the company immediately if there are incorrect charges.

* Do you really need all of those cable channels? Reduce the number and save.

* Throw your loose change in a container and cash them in when the container is full. Use the money for a vacation, or something special.

Use your library for free books, CDs and movies.

* Make your own cookies and cakes, for fewer additives, and more nutrition.

* Turn down the thermostat when you leave for work.

* **Unplug appliances and electronics when they are not in use. They are still using energy (like house vampires) if they are plugged in.**

* Some insurance companies let you get three months of your prescription for the price of one month if you get it by mail.

* Buy store brands. They are often made in the same plant as the Brand Name drugs!

* Use filtered water instead of bottled. Bottled is expensive, piles up in landfills and isn't much different from H2O from the spigot. Investigations show that many bottlers get the water from municipal sources and aren't held under FDA standards.

Surprising Uses for Oatmeal.

- 1. Pore refiner.** Mix ½ cup oatmeal with ½ cup hot H2O and ¼ cup honey in food processor. Apply to face for 10 minutes and rinse. (Removes dirt from pores).
- 2. Diet Helper.** Substitute all-purpose flour with homemade oat flour (grind in a processor for making baked goods. It has twice the fiber, so you feel fuller).
- 3. Exercise Booster.** Oat triggers the body to burn fat more quickly to fuel muscles when you exercise.
- 4. Cancer Fighter** helps prevent breast cancer with its rich fiber.

These Plants Remove Chemicals from your Home and Office

- 1. English ivy.** This climbing plant clears out formaldehyde (found in clothes rugs, and drapes) it needs regular misting especially in winter.
- 2. Peace lily.** This flowering plant removes many toxins including acetone, benzene, alcohols, and ammonia.
- 3. Bamboo palm.** These plants are great at removing formaldehyde from the air. It is low maintenance, just needs two hours of direct sunlight daily and water regularly.
- 4. Lady palm.** This plant clears out your air of chemicals including ammonia, and is resistant to insects.
- 5. Rubber plant.** This hardy plant eradicates formaldehyde and can tolerate cooler temperatures and low light. Just keep it well watered.

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"Human Services with a human touch."

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We're on the Web!
 See us at:
www.steinway.org

Powerful Ways to Heal Yourself

LIVE IN THE NOW.

The past is gone. You can never go back and make it right. Live positively in the present moment, no matter what is occurring. Do not look into the future with dread of what might come. Our mind creates a lot of chatter and makes us afraid; tell it "thank you for sharing" and affirm that "I am here, I am present." You always have a choice, and have to live with the consequence of your choices.

NATURE.

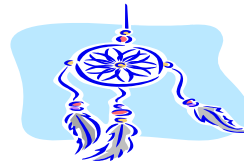
As you are able, walk in the natural area, feel the pulse of the earth and the greatness of the sky. Be aware of the animals you observe.

EXERCISE.

Daily exercise gives you a break from the mind chatter; helps pump your heart, circulate your blood, and clear the toxins from your blood. **Just do it!**

SPIRITUALITY.

Recognize and know that you are important and unique.



Meditate, or sit quietly, and be in the moment. Read uplifting books that have positive messages. Give thanks for your health, home, family, and friends. Be grateful for the joy, goodness and happiness in your life.

FORGIVENESS.

It is time to let it go. Forgive all parts of yourself to be whole and perfect. Forgive yourself for any past mistakes or shortcomings; forgive the child within your heart for being afraid; forgive the teenager that spoke the words of anger; forgive the young adult for being a risk taker. Forgive your parents, siblings, and relatives. Let go of all grudges. Forgiveness is about coming to peace within yourself.

BUBBLE BATH.

Give yourself permission to relax and savor quiet times. Read for fun, get a massage or facial. Do something good for **yourself.**

NUTRITION.

Listen to your body. Feed it good nutritious food. Take a high quality multi-vitamin. Many health challenges can be reduced or eliminated with good dietary choices and supplements.

LET GO OF JUDGEMENT

Give up your judgment and blame. Never speak critically of others or yourself. Speak words of encouragement to yourself and everyone you meet. Accept people for who they are and embrace differences.

LOVE.

Love yourself and use positive words of encouragement. Speak from loving heart **and shine with joy.**

FEBRUARY IS HEART MONTH

Choose a move, not sit. Choose to eat baked, not fried. Choose to breathe, not smoke. When you make these choices, you are making the life saving choice to beat the number one killer of women. Beat heart disease. Visit



[Go.heart.org.](http://Go.heart.org)

The Refinement of Thinking

Are you still In touch with what you resolved to do /be at the beginning of last month?

Affirmations

I am determined to keep strife out of my home. I remind myself regularly:

"I am a peacemaker, not a troublemaker."

"I will overlook minor matters and I will forgive quickly."

"I choose to see the best in other people."

"I appreciate my spouse, my family members, and my coworkers."

Say Affirmations hundreds of times until you believe them

The following is a theoretical model developed by the cancer prevention research center (CPRC) to help understand the process many people unconsciously go through to actualize change in their thoughts and behaviors.

- 1. Pre-contemplation** is a stage when the individual has no intention to change behavior.
- 2. Contemplation** is the stage in which people are aware that a problem exists and are seriously thinking about a need for change.
- 3. Preparation** is a stage that combines intention and behavioral criteria. Individuals are intending to take action within the month.
- 4. Action** is the stage in which individuals modify their behavior, environment, and experiences in order to overcome their problems. Action requires overt changes and requires commitment of time and energy.
- 5. Maintenance** is the stage in which people work to prevent relapse and gather gains attained in stage 3. For addictive behaviors this stage lasts at least six months.

This is a good model to follow when helping your clients or yourself to make life changes.

Some support groups for weight loss, substance abuse, cancer survival or trauma survival and other concerns are structured on this model.