

PROGRESS TIMES

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FEBRUARY/MARCH 2009

HAPPY VALENTINE'S DAY

On February 12, 2009, AHEDD a local mental health provider agency which specializes in Employment will be hosting a Valentine's Day Lunch at Progress House for members and Guests. On the Menu for the day will be lasagna, tossed salad, garlic bread, punch, and cake for dessert.

Employees of AHEDD including Area Manager Kathy Couch, will be supplying and preparing the meal. Progress House

members are very much looking forward to this wonderful treat and would like to



extend great gratitude to the employees of AHEDD.

After lunch is served and cleaned up, the employees of AHEDD will be hosting an

Employment Program for all members, staff and guests.

This program will teach any individual receiving social security income and/or Social Security Disability Income how their benefits would be affected when and if they were to become employed.

All are Welcome to Attend!

New Year's Eve Party

Members of Progress House welcomed the New Year of 2009 with a New Year's Eve Party in the facility. Members and

guests enjoyed snacks, drinks, and music during the festive party. Dinner which included hot dogs and sauerkraut was a success.

A good time was had by all!

-David C.

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Schuykill county
Mental Health
WARMLINE

If you are feeling
alone, or want to
share good news...

Or

If you would like us to
call you to say "Hi" and
offer some

Encouragement....
Please Call Us!!!

Toll Free
1-866-654-8114



A BIOGRAPHY OF MY MENTAL ILLNESS



I was in depression as a child but had no one to help me. So I grew up with it. It got worse in the 1990s when my father died a horrible death and 6 months later my mother passed away. Two years after that I lost my uncle and my brother. It all happened in the 90's. I had to do all the funeral and burial arrangements myself for my mother, father, and uncle. It was under a lot of stress at once. I got through it but then I collapsed. I was put on medication and went through Psychiatric treatment with 2 doctors. I'm on medication now and will be the rest of my life. I am now 63 years old and have diabetes. I go to a recovery center and support center called the Progress House. It's really a great help. I meet other people with problems like mine and also different illnesses but we kind of support each other. The staff is very understanding and supportive. One of the hardest jobs in my life is taking care of my son with Schizophrenia since a young age. He has epilepsy on top of it all. He is on medication also but faith in God and prayer is more of a help to my illness than anything including the medications. I had a long hard life but could never write it all down. I would have to write a book. -Anna Mae M.

TIPS FOR A HEALTHY HEART

FEBRUARY IS HEALTHY HEART MONTH!

HERE ARE SOME TIPS TO KEEP YOUR HEART HEALTHY

1. Stop Smoking –Smokers are twice as likely to have a heart attack.
2. Cut down on Salt– Too much salt can cause high blood pressure.
3. Watch your Diet– This can reduce your risk.
4. Monitor your Alcohol– Alcohol can damage heart muscles.
5. Get Active– Your heart also needs to exercise.
6. Manage your Weight– Carrying extra weight can affect your health.
7. Get your Blood Pressure and Cholesterol levels checked regularly.
8. Learn to Manage your Stress Levels
9. Check Your Family History
10. Make Sure you can recognize early signs of heart disease, such as, tightness or discomfort in chest, neck arm or stomach.



VALENTINE'S DAY

The history of Valentine's Day and its patron saint is a mystery. According to Legend, Valentine sent the first greeting himself while in prison. It is believed he fell in love with a

young lady who may have been his jailor's daughter who visited him while he was in prison. Before his death it is said that he sent her a love letter that was signed "From

your Valentine." It is said that the day is celebrated on the anniversary of Valentine's Death every February as he was one of the most popular saints in England and France.

ST. PATRICK'S DAY

This Holiday, celebrated each year on March 17th is often referred to as an Irish holiday. This day marks St. Patrick's religious feast day and the anniversary of his death. On this day Irish families would often attend church as it is during the season of lent and then later in the day celebrate by eating,

drinking, and dancing. The first St. Patrick's day parade was held in the United States on March 17, 1762.

Eventually, the annual St. Patrick's Day Parade became a show of strength for the Irish as in the mid nineteenth century they were often portrayed as drunk and violent monkeys.

Today St. Patrick's Day is celebrated by people of all backgrounds in the U.S., Canada, and Australia.

Up until the 1970s St. Patrick's Day in Ireland was considered a Religious Holiday and law mandated that all pubs be closed. In 1995, the Irish Government decided to use the opportunity to bring tourists into Ireland.



BLACK HISTORY MONTH

FEBRUARY IS BLACK HISTORY MONTH!

HERE ARE SOME FUN FACTS.

1. Michael Jackson was nominated for 12 Grammy awards and won a record breaking 8 in 1984.
2. The banjo originated in Africa and until the 1800s was considered the only instrument played by blacks.
3. Buffalo Soldiers was a name given to all black regiments of the U.S. Army beginning in 1866.
4. Booker T. Washington was the first African American to be honored on a U.S. stamp.
5. Robert L. Johnson was the founder of Black Entertainment Television (BET) and was the first African American Billionaire.

WOMEN'S HISTORY MONTH

The celebration of Women's History originated in 1978. However, it began as Women's History Week. In 1987, Congress expanded the celebration to the month of March.

IMPORTANT EVENTS

- 1920s: Women receive the right to Vote in the U.S.
- 1960s: Rise of the Women's Movement
- 1964: Civil Rights Act barred discrimination in the workplace based on sex, ethnicity, and race.
- 1972: Equal Rights Amendment is Passed. However, it is still not part of our Constitution as it has only been ratified by 35 of 38 states. It needs to be placed into law.

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HAPPY BIRTHDAY!

TO EVERYONE BORN IN FEBRUARY AND MARCH...AND MANY MORE!!!!



Recipe of the Month

PINEAPPLE PECAN UPSIDE-DOWN CAKE

1/2 C BUTTER
1C FIRM BROWN SUGAR
1 CAN PINEAPPLE SLICES
(UNDRAINED)
1/4 PECAN HALVES
3 EGGS
1C SUGAR
1C SIFTED CAKE FLOUR
1TSP BAKING POWDER
1/8TSP SALT
MELT BUTTER IN 10 INCH
CAST-IRON SKILLET.

SPRINKLE WITH BROWN
SUGAR. DRAIN PINEAPPLE
SET ASIDE 1/3 C PINEAPPLE
JUICE ARRANGE PINEAP-
PLE SLICES IN SINGLE
LAYER OVER BROWN
SUGAR. PLACE A PECAN
HALF IN THE CENTER OF
EACH SLICE; SET ASIDE.
BEAT EGG YOLKS UNTIL
THICK AND LEMON
COLORED GRADUALLY
ADD SUGAR BEATING
WELL. COMBINE FLOUR,
BAKING POWDER, AND
SALT ADD TO EGG MIX.
STIR IN PINEAPPLE JUICE.

BEAT EGG WHITES UNTIL
STIFF PEAKS FORM, FOLD
INTO FLOUR MIXTURE.
SPOON BATTER EVENLY
OVER PINEAPPLE SLICES.
BAKE AT 375 DEGREES
FOR 30 MINUTES. COOL
FOR FIVE MINUTES
INVERT CAKE ONTO A
PLATE.

