



# THE MIRCI MINUTE

## WHAT'S GOING ON AT FC

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### Message from

#### Natasha:

Summer is in full swing here at the FC. We all are looking forward to the month ahead and all the fun groups and activities that will be taking place. Members have been doing a wonderful job in their units and have been involved in giving suggestions on how to make things better at the center. During the last MAC meeting officers discussed the possibility of having a cook-out in August. So we will keep everyone posted on the date that we will be having that event. I hope everyone has a wonderful and safe 4th of July!!

Greetings from the Friendship Center! June was a fast month, but we had plenty of enjoyable groups and activities. This month we welcomed the official beginning of summer. We were able to plant some flowers around the center to keep it looking beautiful! We also got a visit from the new Mayor, and it was nice to meet him and have him see our program! It has been really hot outside already! Staff has talked to us a lot

about the importance of making sure that we stay cool when there is such intense heat! Other things we have talked about last month were ways to improve our money management skills, communication skills, and independent living skills. We have really loved working together as a team in our treatment. Thanks to everyone for coming to the center and making it the great place that it is! We are looking forward to the month of July and all that it

has to bring. We hope everyone enjoys the 4th of July holiday. Everyone please remember to stay cool and be safe!

By: The Clerical/  
Newsletter Unit

### Clerical/Newsletter Unit Members:

Luke M- Unit Reporter  
Gwen W. - Unit Reporter  
Valerie G. - Groups Reporter  
Ellen M- Unit Reporter  
David S. - Submission Re-  
viewer

Gwen W.— Submissions Re-  
viewer  
Wanda R.— Submissions Re-  
viewer



# Unit Reports



## Maintenance Unit

By Luke M.

Maintenance unit is when we can lend a helping hand and show an appreciation to the center by keeping the center clean and neat. Let's keep up the good work!

## Kitchen Unit

By Antonio V.

Hi I want to tell you what we do in the kitchen unit. First we prepare the food. Second we cook the food. Third we get the condiments ready. Fourth we serve the food. Fifth we eat! Then we clean up. Kitchen unit has been

busy, and we thank everyone for their help!

## Clerical / Newsletter Unit

By Clerical reporters

The clerical unit has been busy working on putting together the newsletter. It is fun to write about our time here at the center, and even share our thoughts with everyone. We continue to need additional help every month, so if you are interested, please let us know!



# Group Reports



These are our weekly groups that help us to talk about important issues in our life in a small and comfortable group setting. If you are not a part of one of these groups and are interested, please talk with the group leader.

## Women of Wisdom

By: Cindy C.

Women of Wisdom has been a great group that has helped us to talk about our physical and emotional problems, and how these two interact. We have discussed our emotions in depth, and Kat has been teaching us ways to cope with our negative emotions. Thanks to Kat and all of the WOW members for

making our group a wonderful experience!

## Healthy You

By: Ellen M.

In Healthy You we learn about how to be ourselves. We have talked about diet and our inner selves. We've learned how to be ourselves with self-control, positive self-esteem, and how to interact with others. We've learned the importance of knowing more about ourselves and self respect. We have taken the time to understand more about our own expectations of ourselves. Thanks Andrea and everyone in the group for making it a good experience.

## Transitions Through Life

By: Clerical Unit

In Transitions we have continued to talk about ways to cope with change throughout our lives. We have reviewed the importance of taking change one step at a time, as well as the importance of being positive about change. We are learning how to be prepared for upcoming changes that we may experience. Thanks to Natasha for boosting our confidence in our ability to cope with difficult times. We know that we will be able to get through them with the skills that we are learning in Transitions group!

# July 2010 FC Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
	<p><u>July Birthdays</u></p> <p>July 5<sup>th</sup>-Wayne J. July 8<sup>th</sup>-Audrey R. July 10<sup>th</sup>-David S. July 14<sup>th</sup>-Ronald H. July 24<sup>th</sup>-Janelle G.</p>		<p><b>1</b></p> <p>9:30AM Meeting/Exercises 10:00 Wal-Mart/Anxiety 11:30 Lunch 12:00 Unit Skills 1:00 Money Management</p>	<p><b>2</b></p> <p>9:30AM Meeting/Exercises 10:00 Dollar Tree/Movie 11:30 Lunch 12:00 Unit Skills 1:00 Mental Health Awareness</p>
<p><b>5</b></p> <p><b>Holiday</b></p> <p><b>Friendship Center Closed</b></p>	<p><b>6</b></p> <p>9:30AM Meeting/Exercises 10:00 Self-Esteem 11:30 Lunch 12:00 Unit Skills 12:30 Transitions 1:00 Crisis Management</p>	<p><b>7</b></p> <p>9:30AM Meeting/Exercises 10:00 Library/ WOW/Med Management 11:30 Lunch 12:00 Unit Skills 1:00 Arts and Crafts</p>	<p><b>8</b></p> <p>9:30AM Meeting/Exercises 10:00 Wal-Mart/Relaxation 11:30 Lunch 12:00 Unit Skills 1:00 Music Appreciation</p>	<p><b>9</b></p> <p>9:30AM Meeting/Exercises 10:00 Lizard's Thicket/Stress Management 11:30 Lunch 12:00 Unit Skills 1:00 Communication</p>
<p><b>12</b></p> <p>9:30AM Meeting/Exercises 10:00 Recovery 11:30 Lunch 12:00 Unit Skills 12:30 Healthy You 1:00 Budgeting Skills</p>	<p><b>13</b></p> <p>9:30AM Meeting/Exercises 10:00 Coffee &amp; Discussion with Dr. Ruthie 11:30 Lunch 12:00 Unit Skills 12:30 Transitions 1:00 Board Games</p>	<p><b>14</b></p> <p>9:30AM Meeting/Exercises 10:00 Coping Skills/WOW 11:30 Lunch 12:00 Unit Skills 1:00 Assertiveness</p>	<p><b>15</b></p> <p>9:30AM Meeting/Exercises 10:00 Wal-Mart/Manners 11:30 Lunch 12:00 Unit Skills 1:00 Spades Tourney</p>	<p><b>16</b></p> <p>9:30AM Meeting/Exercises 10:00 Richland Mall/Social Skills 11:30 Lunch 12:00 Unit Skills 1:00 Independent Living Skills</p>
<p><b>19</b></p> <p>9:30AM Meeting/Exercises 10:00 Supportive Relationships 11:30 Lunch 12:00 Unit Skills 12:30 Healthy You 1:00 Leisure Skills</p>	<p><b>20</b></p> <p>9:30AM Meeting/Exercises 10:00 Relapse Prevention 11:30 Lunch 12:00 Unit Skills 12:30 Transitions 1:00 Cooking Group</p>	<p><b>21</b></p> <p>9:30AM Meeting/Exercises 10:00 Library/WOW/Journaling 11:30 Lunch 12:00 Unit Skills 1:00 Current Events</p>	<p><b>22</b></p> <p>9:30AM Meeting/Exercises 10:00 Wal-Mart/Goal Setting 11:30 Lunch 12:00 Unit Skills 1:00 Calendar Planning</p>	<p><b>23</b></p> <p>9:30AM Meeting/Exercises 10:00 Woodhill Mall/Decision Making Skills 11:30 Lunch 12:00 Unit Skills 1:00 Table Games</p>
<p><b>26</b></p> <p>9:30AM Meeting/Exercises 10:00 Major Illnesses 11:30 Lunch 12:00 Unit Skills 12:30 Healthy You 1:00 Birthday Bingo</p>	<p><b>27</b></p> <p>9:30AM Meeting/Exercises 10:00 Positive Thinking 11:30 Lunch 12:00 Unit Skills 12:30 Transitions 1:00 Price is Right</p>	<p><b>28</b></p> <p>9:30AM Meeting/Exercises 10:00 Hygiene/WOW 11:30 Lunch 12:00 Unit Skills 1:00 Exploring Cultures</p>	<p><b>29</b></p> <p>9:30AM Meeting/Exercises 10:00 Wal-Mart/Anger Management 11:30 Lunch 12:00 Unit Skills 1:00 Self-Awareness</p>	<p><b>30</b></p> <p>9:30AM Meeting/Exercises 10:00 Five Points/Interpersonal Skills 11:30 Lunch 12:00 Unit Skills 1:00 Our Life</p>



## ENJOY OUR SUBMISSIONS!!!

### Recipe of the Month

- 1 angel food cake
- 2 containers of cool whip (12 oz. each)
- 1 container of sour cream (16 oz.)
- 3/4 cup of powdered sugar
- 1 quart of fresh sliced strawberries
- 1 bag or jar of strawberry glaze (14 to 16 oz.)

1. Tear the angel food cake into bite sized pieces in a large bowl.
2. Mix together 1 container of cool whip, sour cream, and powdered sugar until smooth.
3. Fold the cool whip mix into the cake pieces and stir.
4. In a smaller bowl, pour the glaze and mix the strawberries in with the glaze. You may want to reserve a few berries to place around on the top of the cake at the end.
5. In a large punch bowl or large serving bowl, layer half the cake mixture, then half the strawberries with glaze, cake mixture, strawberries with glaze.
6. Smooth the second container of cool whip on top like a frosting.
7. Place a few reserved strawberries on top if you wish.
8. Chill for a few hours before serving.

### Member Thoughts

Poem

By Kim D.

I met you as a stranger,  
I'll leave you as a friend,  
I'll meet you in Heaven,  
Where friendship never ends.

Smile

By Wanda R.

When you smile,  
The whole world smiles with you,  
When you cry,  
You cry alone.  
Why so much sorrow and tears,  
Down through my years.  
But as I meet more people,  
Day to day, and every mile,  
It helps me to be more positive,  
And remember to wear a smile.

**We want to invite everyone to please submit your poetry, jokes, art work, recipes, quotes etc to the clerical/newsletter unit so we can share them with all member and staff!!! Thanks.**

### DISCLAIMER

The views in this section do not necessarily reflect the views of the clerical/newsletter unit, FC members or staff.