

THE RECOVERY REPORT

Consumers of the Norfolk Community Services Board

October/November 2014

Embracing Change

"If you do not create change, change will create you." ~Unknown

We are often resistant to change, and we don't realize that change, itself, is a constant thing. Even if we resist it or try to avoid change, it will happen just the same. However, when we initiate the change ourselves, it will be easier to adapt to because it is a wanted change.

Embracing change will make you a more flexible and open-minded person. Frequent changes help you to easily adapt to new people, environments, and situations. As a result, you do not freak out when something unexpectedly happens.

Change is a good thing; always remember that. Although it can be a little scary at first, it is very exciting at the same time. Each change is about closing one chapter and opening another one. Change brings new beginnings and excitement to your life. Start small by trying a food that you have never tried before. Go ahead and dig in. You just may like it.. *By Brenda R. Eason*

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Brenda R. Eason



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Green Teens and the Home

I came from a middle class home: a split-level across the street from a farm. When I was a teenager, I was responsible for keeping the grass mowed, weeding the flower beds, pruning the shrubs, helping my dad put down fertilizer, and fall fescue. We had a fig tree, peach tree, and apple tree. We had to mix up pesticides for the peach tree, and my job was keeping the peaches picked.

My dad had a nice home with wood floors and marble tables. We worked together in the yard and we had a good relationship because of what I did as a teen. I had a Nissan Truck, lawn care tools, and a chain saw for trimming trees. I worked in subdivisions for seniors who couldn't keep up their yards because of their age. My teenage experience helped me do lawn care with my truck. As a teen I would push my lawnmower through our subdivisions, knock on doors, and try to obtain a \$20 mowing job. In the fall, I raked leaves and bagged them for pick up.

It was in the 1990's to 2000's I had a mini-lawn care business through the Department of Rehabilitative Services. I made on the average \$200 a month to go along with my Social Security Disability Income. My sisters had green thumbs also. My sister Julie worked for the Norfolk Botanical Gardens and my sisters also have a garden. My dad raised us on gardening.

My project in the morning is to prune my plum tree and give it some shape. Now that I'm in my 60's I get a little help from my roommates and friends. Our gladiolas are about to bloom and the crepe myrtle has bloomed. Tomorrow, I plan on pruning my trees and bushes.

We've gotten into indoor plants and we have an avocado seed that is putting out leaves. We have macramé for one plant holder. We also have a tomato garden. Now, I'm no longer a green teen, but a green senior with a green thumb. *By Mark Stakes*

Fall Into the New You

As I pack away my shorts, t-shirts and bathing suits, I am reminded of all of the exciting times I had this past summer. Living so close to the beach is the thing I love most about living in this area. My children definitely had a blast also, because both of them celebrated summer birthday's. We had nothing but huge smiles on our faces all summer.

I continue to smile as the cooler weather is starting to come in and the leaves begin to fall. I have decided to use the change of seasons as a time to make some changes for the better, and I encourage you to do the same. I am saying goodbye to F.E.A.R. (false evidence appearing real) and hello to faith.

I have pulled out a list of goals that I had written down. I am strategizing about how to achieve those goals and I've begun using my networking skills to achieve them. Remember that it all begins with believing.

By Brenda R. Eason



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Interview with Danielle Vannall

Brenda: I understand that you took a break from writing for a while, how did you start writing again?

Danielle: I began attending a day treatment program called Hospitality Center, which is for consumers of the Norfolk Community Services Board. They provided meaningful and fulfilling daily activities that promoted recovery, such as writing out my feelings. I was inspired to write inspirational and humorous poetry while attending Hospitality Center.

Brenda: What would you say to people who want to publish a book of their very own? How did you do it?

Danielle: I would say to try your best to network no matter how diverse the population is. Get to know people in the area that you are interested in. A smile goes a long way and gives hope.

Brenda: Do you have any plans to write another book Danielle?

Danielle: Yes I do. In fact, I have begun writing it already. I am excited about this book because it will tell my life story.

Interview conducted by Brenda Eason



Robin Williams: So Happy – So Sad

Depression Awareness

By Brenda R. Eason

I was so sad to hear that Robin Williams recently took his own life after battling depression. All I can remember of him is seeing him laughing and telling jokes. I guess that is the way he chose to cope. Laughter can be a great way to battle depression. However, if you see that your depression is getting worse no matter how hard you try to smile, and/or you have reoccurring thoughts of suicide – PLEASE GET HELP.

I hope that the awareness that has been brought to depression by the unfortunate death of Robin Williams, will save a lot of lives. Develop a support system and ask them to learn about depression, so that they can be aware and assist you with getting help when the signs appear that you need it. Do not battle depression alone. Contact the Norfolk Community Services Board and make them your support system if need be. You are not alone.

Contact Norfolk Community Services Board

Give us a call for more information about intake services.

Norfolk Community Services Board Intake:

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