

What's Going On?

Issue 2

February 2021

Your Monthly Fun to Know Resident Info!

2021 is a "Zoom Action Packed Year"

1. WHERE: Happening on ZOOM

2. WHEN:

A. The Road to Recovery: an informal gathering to discuss topics related to addiction struggles And tools and solutions available.

Every Tues. and Thurs. @ Noon

B. The Artist Way:

Every Thursday @ 2:00 PM

C. Shooting the Breeze on the Porch Social:

Every Friday @ Noon

3. HOW: GO ONTO ZOOM

HIT JOIN MEETING

PUT IN USER ID # 438 708 3783

Or Join Zoom Meeting with this link:

<https://us02web.zoom.us/j/4387083783>

Or call in:

+16699006833,,4387083783#

MEETINGS WILL LAST ONE HOUR

"YOU DO NOT HAVE TO BE ON CAMERA"

PLEASE REACH OUT TO BRANDY 805-551-

5112 OR LARRY 805-263-7027 OR YOUR

CM's WITH ANY ???'s



National Days

FEB. 2nd Groundhog Day

FEB. 4th Soup Day

FEB. 5th Wear Red Day

FEB 14th Valentines Day

Feb. 15th President's Day

What's Your Favorite Day?



Please stay safe, wear masks, stay 6 ft. distance apart from each other. Use sanitizer/hand washing and continue to encourage your neighbors. We ALL need to be a "broken record" on this! Our communities depend on it.

This 3-ingredient black bean soup recipe is easy to make. It's healthy, full of protein and flavor, and can be thrown together quickly! Plus, you can make it vegan by using vegetable broth instead of chicken broth.

Ingredients:

- **2 (15.5 ounce) cans black beans**
- **1 cup of chicken broth**
- **15 ounce can diced tomatoes**

Instructions:

- **Combine all ingredients in a medium pot. Bring to a boil and simmer for 10 minutes.**
- **Remove from stove and blend using a traditional blender.**



**"RESIDENT
SPOTLIGHT"
Meet Mr. C.-Lewis C @
Richmond Terrace**

Mr. C has been at Many Mansions for over 16 Years



Mr. C, asks you a question? Do you let others see you? It took me many years to learn before I could understand what it meant.

When I looked into a mirror (seriously), and saw myself, I never realized the image never showed to others who I really was. It did not reflect my inner personality. It only showed the mask that I put on to others that I thought, would make me acceptable. (It took me many years, before I finally learned to understand what it cost me.)

Remember: A mirror only shows a surface of you to others- it does not show what you are made of, or what you can do, or not do. Your strengths or weaknesses, your dreams, or accomplishments. It takes courage to express them to others that you have value and experiences to be comfortable to share them on a one-to-one basis, that you feel safe with. **Believe me**, it is the only way we will ever be able to learn new things, feel human and to experience what others have gone through that could help us to grow and to learn faster to better ourselves. It takes courage - but the rewards for your effects will benefit you in more ways than you will ever believe. (Give it a chance.)

Another thought that I will share with you that took me a long time to understand and how to use them. **Have you ever stopped and thought - when a thought comes into your mind, where does it come from or why?**

You might find it interesting to stop and think about that - (I did once and created a successful business from a thought I got and that I acted on.) **What is your thought trying to tell you:** Maybe a chance to improve yourself, to change something, to see something differently, to act different or **who knows what?** or will you fall back into your old excuses like; That it is too late to change, or why even think about it.

Like I said before, it took me a long time to listen to my thoughts and to act on them, in a constructive way. **Please**, I share this with you: Don't stay in a negative locked down attitude (Of possible poor me.) not taking a chance (from ground zero-UP) not do anything different; **because**, you would need to look at and finally get out of your comfort zone to face the truth: that it was only you - that did not make the total effort - when opportunity knocked - to change for the better, to **really make that effort** to work at the new thought of (**whatever**) to better yourself.

Believe me, it is never too late to ask for guidance! (Talk with Larry or your case managers about how to grow) - no matter at what age - or at what level of life you are at. If you are still breathing and **HAVE READ THIS-** there are **NO EXCUSES**.

Enjoy a new adventure and find out where it might take you???

