



Issue 9  
SEPTEMBER  
2023

**Your "GOOD TO KNOW" Many Mansions Resident Newsletter**

**SEPTEMBER is SUICIDE AWARENESS MONTH**

***About National Suicide Prevention***



September is National Suicide Prevention Month. All month, mental health advocates, prevention organizations, survivors, allies, and community members unite to promote suicide prevention awareness.

National Suicide Prevention Week is the Monday through Sunday surrounding World Suicide Prevention Day. It's a time to share resources and stories, as well as promote suicide prevention awareness.



World Suicide Prevention Day is September 10th. It's a time to remember those affected by suicide, to raise awareness, and to focus efforts on directing treatment to those who need it most.

**ASK !!!**

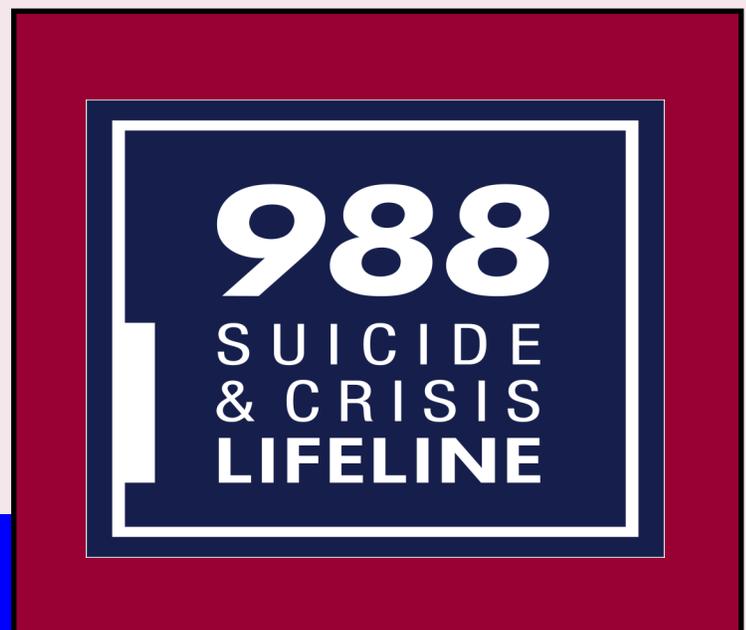
Research shows people who are having thoughts of suicide feel relief when someone asks after them in a caring way. Findings suggest acknowledging and talking about suicide may reduce, rather than increase, suicidal ideation.

**Imminent risk:**

*A situation where a person's current risk status is believed to indicate actions that could lead to his or her suicide.*

**"The Warm Line" A peer support phone line**

**855-845-7415**





**“ The Residents make Many Mansions a beautiful place to live.”**

**GARDENS OF MANY MANSIONS**

**NATIONAL DAYS**  
What's Your Fav?  
SEPTEMBER 2023

- SEPT. 4TH Labor Day
- SEPT. 10TH World Suicide Prevention Day
- SEPT. 11TH Remembrance Day
- SEPT. 21ST Gratitude Day
- SEPT. 28TH Good Neighbor Day



ORMOND BEACH VILLAS



CASA de PAZ/ LaRAHADA



HILLCREST VILLAS



**3 INGREDIENT NO BAKE LEMON BROWNIES**

These no bake brownies are just 3 ingredients and easy to make. They don't require flour, eggs, butter or oil.

**INGREDIENTS:**

- 1 1/4 cups (220 g) white chocolate chips
- 4 tbsp (59 ml/2 oz) lemon juice + 1 tbsp lemon zest
- 2 1/2 tbsp (38 g) natural unsweetened cashew butter *or natural unsweetened peanut butter*

Add white chocolate chips to a large microwave-safe mixing bowl. Heat chocolate in 15-30 second intervals, stirring in between with a spatula until chocolate is completely melted and smooth.

Using a whisk, add in lemon juice and cashew butter and whisk until the mixture becomes uniform in color and smooth. Stir in the zest until it is evenly mixed in.

Pour batter into the prepared baking pan. Place into fridge for 30-60 minutes or until set. When brownies are set, the batter should feel solid. Slice brownies with a knife.....

