

Resilience, Inc.
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Resilience Inc. Newsletter: June 8, 2018 (Volume 33)

This month's newsletter includes:

A Message from Lori Ashcraft, Ask Emily and It's Summer....Again!!

A Message from Lori Ashcraft.

Hello Friends, and happy summer!

I think you are going to enjoy this newsletter, since we are featuring one of the most amazing pioneers in our recovery movement – Steve Harrington, the founder of iNAPS. I have many things in common with Steve –we have both weathered serious storms of mental illness; we have both done a lot of writing; we both love dogs and birds; and we have both managed to deal with uninvited life changes and figured out how to grow through them. In a recent conversation with Steve, we



came up with the idea of sharing some of what we learned about going through uninvited changes.

Once Steve began to recover from a stroke, he found he had lost the capacity to continue to do the things that had defined his life. He couldn't read or write and his vision was seriously impaired. He could no longer drive. After a few months of dogged determination to regain his skills, he was forced to face up to the fact that they were gone. So he asked himself, "Well, what CAN I do? I can garden and I can fish. I can make friends. I can still watch birds. I can learn to ask for help. Yes, I can have a life – it will just be different from the previous one." Today, Steve leads a happy and fulfilling life with his Partner, Zack and his two adorable dogs, Abby and Pepper. He is enjoying the life that he initially resisted.



In my own case, I had to face some of the same issues after my 30 hour surgery experience related to blood clots in my lungs. I wanted to be well immediately. I would push too hard and then be weak and sick for a few days afterwards. I had trouble asking for help. I was not supposed to drive but did my share of "sneak driving" to avoid

always having to ask for a ride. My concentration was weakened and I had trouble remembering things. I would leave my oxygen machine in the car so others wouldn't feel sorry for me or see me as sick. I was finally able to accept my situation and learned to cooperate with the healing of my body instead of pressing myself beyond what was good for me.

As Steve and I shared our experiences, we came up with some advice for those of you who may be going through your own uninvited changes.

- Look for the soul message and find the meaning of your experience on the level of Spirit.
- Get comfortable in asking for help. We found that people really like helping

others – a win/win.

- Focus on what you CAN do and be open to new things you can do too.
- Realize that whatever you were doing, before the change, was enough.
- Be ready to do new things and begin a new chapter in your life.

OK, that's all we have on this. If any of you are going through uninvited changes and you want to share your learning, let us know.

Lori

Ask Emily.

Hello Folks,

Well, it's summer. No doubt about it! I'm ready to go swimming in the river and eat tuna sandwiches, and maybe some PB and J, if available. Anyway, I want to introduce you to two dogs that live on a lake and understand the swimming picnicking thing very well. Meet Abby and Pepper. They, like me, were rescued from certain death. They became the dogs of Steve Harrington and Zack (giving the phrase, "lucky dog" a whole new meaning.) Steve and Zack say these wonderful dogs role model true friendship, affection and support, that is contagious. Let's see what advice they are seeking.



Dear Emily,

We have a question related to barking. We need your advice. When Abby was first rescued, her name was “gabby” so Steve and Zack expected a lot of barking. But she never barked. So Steve and Zack changed her name to “Abby”. Well, now she barks all the time. She can’t seem to stop. I, Pepper, try to point this out to her but she is in no mood to make any changes. We both think it embarrasses Steve and Zack at times, but....what can we do?

Abby and Pepper



Dear Abby and Pepper,

Barking is our way of communicating, just like humans do their talking. Sometimes they talk too much and, yes,

sometimes we bark too much. We like to hear ourselves bark, just like humans like to hear themselves talk. The only one who can really change this is Abby. So Abby, if you don't want to go back to being called “Gabby”, you may want to consider making a change. You've done it before, you can do it again. We often bark when we don't feel safe, again, just like humans. I think you may be barking up the wrong tree because you are very safe with Pepper and Steve and Zack. Just keep reminding yourself of this I think it will help.

Emily

It's Summer....Again!!

It's summer....AGAIN!! This summer be prepared and be safe. Follow these tips:



- Being in the sun is fun....but be safe! Drink plenty of fluids, wear light-weight clothes, use hats with brims and always use sunscreen for more protection.
- Swim safely! Never swim alone, learn CPR – it's literally a lifesaving skill!! In the shallow end of a pool – avoid diving in or jumping. Always keep a telephone nearby.
- Sun safety! Apply sunscreen with 30 SPF or higher and both UVA and UVB protection before you go outside – even on cloudy days! Some research recommends a higher SPF – so know that the higher the SPF – the more protection you'll have. Reapply sunscreen after swimming.
- Food safety! Foodborne illnesses increase in warmer weather. Keep foods safe during cookouts and camping trips by handling, preparing and cooking it properly.

Following these simple tips will help you enjoy your summer even more!!

Information from the website of the Rhode Island Department of Health.



OSHPD

Office of Statewide Health
Planning and Development

Resilience Inc. is pleased to announce that we have been awarded a third grant for the Peer Personnel Training and Placement Program through the Office of Statewide Health Planning and Development (OSHPD). We are

excited that we have the opportunity to continue this important work. Look for more information about our work in our upcoming newsletters.

A Request From Emily.

If you have a question that you would like to send me – I would love the opportunity to respond!! Send your question to mail@resilience4u.us and I will respond in an upcoming Newsletter. And – feel free to send me picture of your cuddly self!!

Don't forget to check out Lori Ashcraft's Blog!!

To read and contribute to Lori's blog, click on the link below:

www.resilience4u.us





For more information on our Consulting and Training Services or information on our Peer Support Learning for the 21st Century - Building Resilience on a Foundation of Recovery and Whole Health Workbook and Training Program,

call 530-362-7070.

Visit our website at www.resilience4u.us

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