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## Resilience Inc. Newsletter: April 22, 2019 (Volume 43)

### **This month's newsletter includes:**

**A Message from Lori Ashcraft, Paws for Reflection and Happy Spring also means....Prepare for Allergy Season.**

### **A Message From Lori Ashcraft.**

Hello Friends,

We are certainly getting our share of April showers here in Northern California. Lots of us are tired of the rain, but not me. I love it. But I sympathize with those who complain anyway. Why not? We can't change it anyway.

Speaking of changing things, last night I was thinking about the phrase that began to change the way we look at case management. "I'm not a case and I don't want to be managed." This simple phrase became the battle cry for all those on case management who wanted to be treated differently. They wanted to have a say in their treatment planning. They wanted to be treated with respect. I first



heard this phrase in the early 80's as it fell from the lips of Jay Mahler, a highly respected peer pioneer and advocate in California. Jay played a significant role in bringing into being what's known as "the millionaire tax" that has enhanced the funding of recovery and peer programs in California.

Many professionals welcomed this shift from "managing" to "inspiring" since they knew managing wasn't working. Trying to manage and control people did not promote recovery and healing.



I had already learned this from my early work as a care manger and I've shared some of those stories with you. I have another one to share this time that was the experience that finally drove this home for me. This one, Debbie's story, is about a teenager. I think teenagers

get listened to less than anyone, and I was no exception when it came to Debbie. I thought I knew what was best for her. In fact, I thought I knew more about everything than she did. Boy, was I off on the wrong foot! Take a look for yourself by going to our website by clicking on this tab [Resources](#). Then, scroll to the bottom of the webpage and click on "Debbie's Story" (in orange).

I'd like to think things have changed a lot since then, but I still hear awful stories about how Case Management is being carried out in some places. The addition of peers to Case Management Teams has the potential of making significant positive changes if they are given the latitude to influence the process.

Until May flowers,

Lori  
XOXOXO

## **Paws for Reflection.**

Hi Folks,

I'm sending you a picture of me taken a week or two ago. I still have some growing to do. I'm supposed to be around four more

inches taller. I've been told lately that getting older and bigger doesn't have anything to do with growing up. Growing up happens inside, and older and taller happens outside.

Well what about the amount of time I've been alive? Does that count for anything? Not sure. I heard mom talking about another human the other day. She was on the phone. When she gets on the phone I go nuts. Not sure why – just can't help myself. It brings out the worst in me. Anyway, a comment she made really stuck with me. She asked, "Does he have 30 years of experience, or one year of experience 30 times?" I think she was asking how grown up he was. So I'm starting to work on growing up. The hard part is realizing that I am not the center of the universe. I'll keep you posted on my personal growth process.

Ruby





## **Happy Spring also means....Prepare for Allergy Season!!**

During the Spring, weather conditions can change daily. As temperatures increase and plants begin to bloom, they release pollen into the air. That means spring allergies are upon us!! So start

preparing now and help keep your allergies under control.

If you have spring allergies, you will likely experience some of the following:

- Sinus congestion.
- Runny Nose.
- Post Nasal Drip.
- Sneezing.
- Coughing.
- Runny Nose.
- Itchy or Watery Eyes.

Here are a few things that you can begin to do to prepare:

- Get your Spring cleaning done as soon as possible. Do a deep spring clean!! This will help remove any dust or pollen that has already made its way inside. You may want to spruce up your yard too. Be sure to change clothes and shower when you are done. Pollen can stick to your clothes and hair, making it easy to track pollen spores throughout your home.

- Begin tracking pollen levels. There are many pollen applications available online and you can also watch your local news. Tracking the days when your allergies are worse can help you plan accordingly.

- Leave your windows closed. It's tempting to open up the windows when it starts to get warm, but it will also bring the pollen into your home. Keeping your windows and doors closed will help make your home a safe place to retreat.

- Don't forget to change your air filter. Guidelines recommend that you change your air filter once every three months or at every change of season. Changing your air filter will help to ensure that the air in your home stays clean.

*Online Information from Family Allergy and Asthma, 2019.*

**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](http://www.resilience4u.us)





call 530-362-7070.

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,

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