

Resilience, Inc.
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Resilience Inc. Newsletter: Feb. 13, 2019 (Volume 41)

This month's newsletter includes:

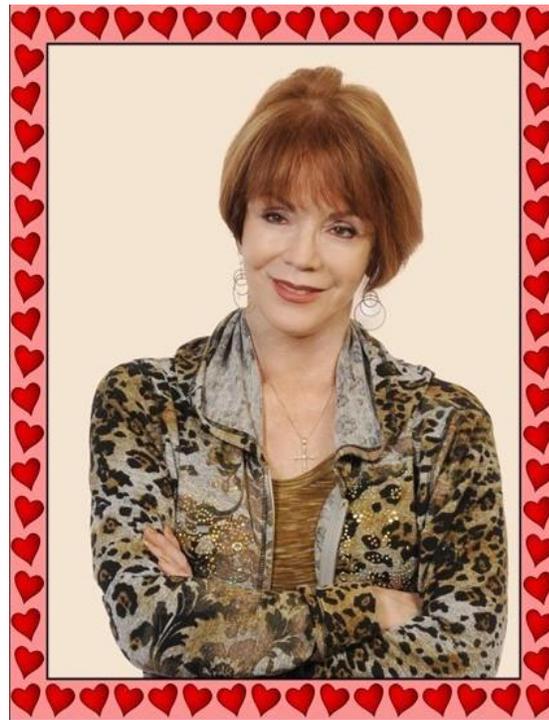
A Message from Lori Ashcraft, Paws for Reflection and How to Make Valentine's Day Extra Special.

A Message From Lori Ashcraft.

Hello Friends,

Happy Valentines' day. I hope you all eat a lot of chocolate and celebrate the love you have for yourself and others. This month I am putting the story of William on our website for you to read. You can find this by going to our website (www.resilience4u.us) and clicking on the "resource" tab. Then, to view the material, click on the orange "William – A Story of a Positive Focus" and it will

open up. William was one of my first "clients" or more accurately "teacher". I met him early in my first job in human services working for a welfare dept. in rural California. I won't repeat the lessons from William here since I spell them



out in the story. After all these years (over 50 years) I still get teary when I remember William. I still love him – there will always be a place in my heart for him. Our meeting was not accidental – he became one of my first teachers in how to be with people who want to recover. Happy Valentines' day, Happy chocolate eating, and lots of love to all of you from me!!

Lori
xoxoxo



**Paws for
Reflection.**

Hello Humans and
others,

Thanks for the advice
some of you gave me
last month about the
pee thing. I'm getting
better except when it
rains I still prefer to pee in the house. The humans here seem very frustrated



about this, but I think they will get over it. The most helpful advice came from the amazing Pam Hyde. Here's what she had to say:

"I think the larger message is that the world is such that some people get to park where we cannot (e.g., police, security, people with permits, etc.). Some people get to talk when we cannot (or shouldn't) (e.g., a professor or a pastor). Some people get to do things we cannot because they are licensed or certified. Some get to do it because they are members of an organization or a team. Learning how to tell these differences is part of life. Learning when to challenge these differences is a much harder process, but critical."

I get it. I'm working on it, so thanks so much Pam. Now, as you can see from my picture, I have another challenge – look at my ears. I am not just having a bad ear DAY, I am having a bad ear LIFE! My ears are supposed to fall gracefully by the side of my face, flowing gently in velvety bounces when I walk. As you can see, my ears are sticking straight up and then bending over and point towards my eyes. This is a little embarrassing. Mom thinks they will eventually straighten out but I'm not sure. Any advice on what to do about this would be greatly appreciated.

Happy Tails,

Ruby Rose



How to Make Valentine's Day Extra Special.

There are many simple ways to make Valentine's Day Extra Special. Here are few ideas:

1. Spend quality time with your Valentine.
 - Go out for a special meal or make them a special meal.
 - Plan a day out.
 - Go for a long walk together.

- Do something you normally would not do – like go dancing or a movie matinee.
2. Tell your Valentine just how much they mean to you.
 - Write your Valentine a special note.
 - Volunteer for a cause that your family or friends care about.
 - Sit down face-to-face with your Valentine and share how much they mean to you.
 - Tell your family and friends how grateful you are that they are in your life.
 3. Give your Valentine something special.
 - Order your Valentine's favorite take-out food just the way they like it.
 - Is your Valentine your pet? Bring him or her a new treat or toy.
 - Make your Valentine a music mix with their favorite music.
 - Go classic – send your Valentine flowers.

This information is from the online resource – wikiHow.

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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