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## Resilience Inc. Newsletter: Jan. 10, 2019 (Volume 40)

**This month's newsletter includes:**

**A Message from Lori Ashcraft, Paws for Reflection and Super Foods that Can Help You Fight Disease and Weight Loss.**

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

Hello Friends and Happy New Year!

Here's hoping your new year will grow you and nurturer your spirit. That's what I'm hoping for myself.

I'd like to begin this month by talking about a question that keeps nagging at me as I travel across the county doing training and consulting with a variety of people and programs. Some of the places I work with are very advanced in terms of using peers and implementing recovery services. Other are just beginning. Regardless of the level of sophistication, I honestly don't see much new evolving. It seems like we made a good start and got both peers and



recovery off the ground. However, it seems like we are now stalled. Many of those we serve are still in our programs and have not taken the step to move on to a life of their own in the community. It is as though we have settled for being half way to our goal. Maybe the biggest barrier to moving on is that we really don't think people can recover any further? Maybe THEY don't believe they can recovery any further? If this is the case, we need to raise our expectations of ourselves and the work we do, and also for the people we serve. If this is the case, hey, we can change this!!

I've tried to think about what I could do to help us keep moving ahead and I decided that maybe the most effective thing I can contribute at this point is to make material we've written available to those of you may be interested. Most of the material has been published in one place or another but is not easy to access. I have rewritten and updated the material, and put it on our website for you. You can find this by going to our website ([www.resilience4u.us](http://www.resilience4u.us)) and clicking on the "Resources" tab. Then, to view the material, click on the orange "Strengths Bank" and the article will open and smile at you. I'll also give you the back story on why the topic of each article came up in the first place.



This month I have rewritten and streamlined an article on a game I created called the Strengths Bank. The Strengths Bank is a **bank of social capital**. It provides a framework for recognizing and building personal strengths and

then learning how to invest and grow them. It emphasizes the importance of putting strengths into action and of testing their effectiveness. It helps people in recovery build social capital — the currency that people value and trade in group or community settings. I first created this game to use with people in recovery who wanted to have more social capital so they could gain a valued role in their communities. The game worked very well. Later, I saw how it could be useful for families, and finally I saw how it could be used to strengthen work teams. With families and teams, the fun part is getting to

know everyone's strengths and challenges and then trading them back and forth in order to strengthen them.

Feel free to use the game in any way you see fit. Call me if you want. I can probably help you figure out the best way to apply it to your situation so send me a note if you want to chat about this.

Happy New Year!!

Lori

### **Paws for Reflection.**

Hello Humans,

I am not ready to give advice. I am just a kid. Actually, I NEED some advice. I'm struggling with this situation that seems

very unfair and certainly not egalitarian. Here's what's happening. The humans here pee and poop in designated places in the house all the time – sometimes several times a day. They think nothing of it. Sometimes they even announce it. "I'm going to the bathroom" they say. BUT, let Me pee and poop in the house and all hell breaks loose!!! It just doesn't seem fair. They constantly drag me outside and stand over me and tell me to pee. It's hard to pee under these circumstances but I do my best. Right now it's raining outside and they still drag me out there. I don't like it. I sneak in pees and poops in the house when they aren't looking but this doesn't seem to be good for our relationship. Any suggestions? I really need some help with this so don't hold back if you have any good ideas.

Discriminated against,

Ruby





**Super Foods that Can Help You Fight Disease and Weight Loss.  
By Chris Martin - Director of Learning and Facilitation.**

Faster than a speeding bullet, more powerful than a locomotive; able to leap tall buildings in a single bound. Look on your plate; it's a bread... it's a plantain... no, it's Superfood. Yes, it's Superfood – strange visitor from our planet who came

from the earth with powers and abilities to bestow on mortal man. Superfood, who can change the course of weight gain, fight back heart disease, prevent cancer and diabetes, and who, disguised as a mild mannered food, fights a never ending battle for health, wellness, and the American way.

And oh what a fight we Americans have before us! In her recent article titled "Eat Healthy America: 52 Superfoods," in Woman's Day Magazine, Karen Ansel writes that 66% of Americans are obese. One of the biggest culprits behind all of this weight gain is packaged food," especially foods containing more than 7% of calories from saturated fats and more than 10% of calories from sugar." Ansel recommends we throw out all those food items to clear the way for super foods which have the potential to fight disease, give us more energy and yes, even help us lose weight.

This is great post-holiday season news for those of us who've been defeated by that dastardly divinity fudge, plummeted by pumpkin pie, or clobbered by Christmas cookies. We may find ourselves looking in the mirror at all that "poundage," seeing more of us than we'd like to see. So if we're feeling a little bit like a Clark Can't or a Lois Shame, we can take hope and courage! We won't need to find a phone booth to make the change; we can just



reach out for SuperFoods. In order to help us do this, Ansel identified the following 52 superfoods, explaining their fat fighting, disease destroying, bone building and energy yielding benefits. Here are a few of the superfoods:

1. **Eggs.** Each egg has 6 grams of protein but just 72 calories. No wonder researchers at Pennington Biomedical Research Center in Baton Rouge, Louisiana, found that eating eggs for breakfast (as part of a low-cal diet) helps you slim down.
2. **Tomato sauce.** It's loaded with lycopene, which makes your skin look younger and keeps your heart healthy. In fact, a Harvard study found that women with the most lycopene in their blood reduced their risk of a heart attack by 34%.
3. **Dried plums (prunes).** They're packed with polyphenols, plant chemicals that have been shown to boost bone density by stimulating your bone-building cells.
4. **Walnuts.** Just 14 walnut halves provide more than twice your daily dose of alpha-linolenic acid, an omega-3 fat that's been shown to improve memory and coordination.
5. **Brussels sprouts.** They have more glucosinolates (compounds that combat cancer and detoxify our bodies) than any other vegetable. For a side dish that will make you wonder why you've been avoiding them, slice each one into quarters, then sauté in olive oil with chopped sweet Vidalia onions.
6. **Acai juice.** A glass or two of this anthocyanin-rich berry juice can dramatically boost the amount of antioxidants in your blood, say Texas A&M University researchers.

To read Karen Ansel's article and learn more about all 52 super foods, visit the website <http://www.womansday.com/health-fitness/nutrition/eat-healthy-america-52-superfoods-25519>. And remember, superfoods are just the fuel; the most powerful super heroes who can help us become healthy are us! So let's get off the couch to fight the good fight for health and wellness. Up, up and away....

**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)

**Remembering Martin Luther King, Jr.**

**January 21, 2019**



**The Resilience Team**



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

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