



Jan Madis’ 2 Cents Worth

Hi folks, It's finally summer time! I waited all winter to get this warm and now I use the a/c to cool down, “Go figure 🙄”. Happy 4th, and 5th, 6th etc... 🌟 Time flies when you're having fun. Unless you're a frog, then time's fun when you're having flies. 🐸

Knock, knock. Who’s there? Spell. Spell who? Okay: W. H. O. 🦉 Knock, knock. Who’s there? Candies. Candies who? Candies jokes get any worse 🙄? Now, for some encouragement & wisdom: Every day is a second chance. Just because you can, doesn't mean you should go for it!!! I have a lot more encouraging stuff for you later. Take care, God Blesses and keep in touch, for now. luv ya, Jan

Get to know your Compeer friends:

This week we highlight our friend Kay Walker.

Many people know Kay for her animal rights activism. She has devoted herself to the cause and safe keeping of animals. She is very compassionate nurturer of animals and people alike. She is the youngest of 8 children. She takes care of her family members and any strays she finds along her path. She is easily recognized by her beautiful long blond hair and smiling face. She is an advocate for many people who find it



hard to go out into the world due to their diagnosis. She has an awesome sense of adventure and her laugh is contagious. She is a music fan. She loves 80’s hair bands and bluegrass, too. She has been an inspiration and a strength to our group.



Consider attending a support group... It's the kind of place where you can be yourself, really talk about your challenges, and find encouragement and strength for your recovery journey. All support groups are free and meet at Mental Health America, 65 Messimer Dr. Newark, Ohio, unless noted. Dates and times are as follows:

Survivors After Suicide Loss 6:30-7:30 pm 2nd Tuesday	Depression & Bipolar Disorder 3:30-4:30 pm Every Wednesday
Obsessive/Compulsive Disorders (OCD) 7:00– 8:00 pm 2nd & 4th Thursdays	

“It’s as simple as being a friend”

In the Compeer program we would like everyone to have a peer match. If you have not yet been matched or have been matched but desire a change, call Donna to talk about it. If you are matched, make sure you make time for each other this month.

Health Goal

Smoking and the use of tobacco products is one of the leading causes of heart disease, lung cancer, and respiratory disorders. As such, tobacco use is a huge health risk and is a great barrier to reaching and maintaining a high level of health. Compeer has set a goal to be tobacco free. This means each member does his/her part to become tobacco free. There are free cessation programs available. #Contact Donna at 788-0300 for more info.

Don’t forget to check out our private Facebook page. It’s listed as a group. You send me a request and I will add you to the group. This way we are able to communicate with each other through social media. Home bound friends will be able to blog and join in on the conversation! # Compeer Circle of Friends

Happy Birthday

Brian DeGarmo

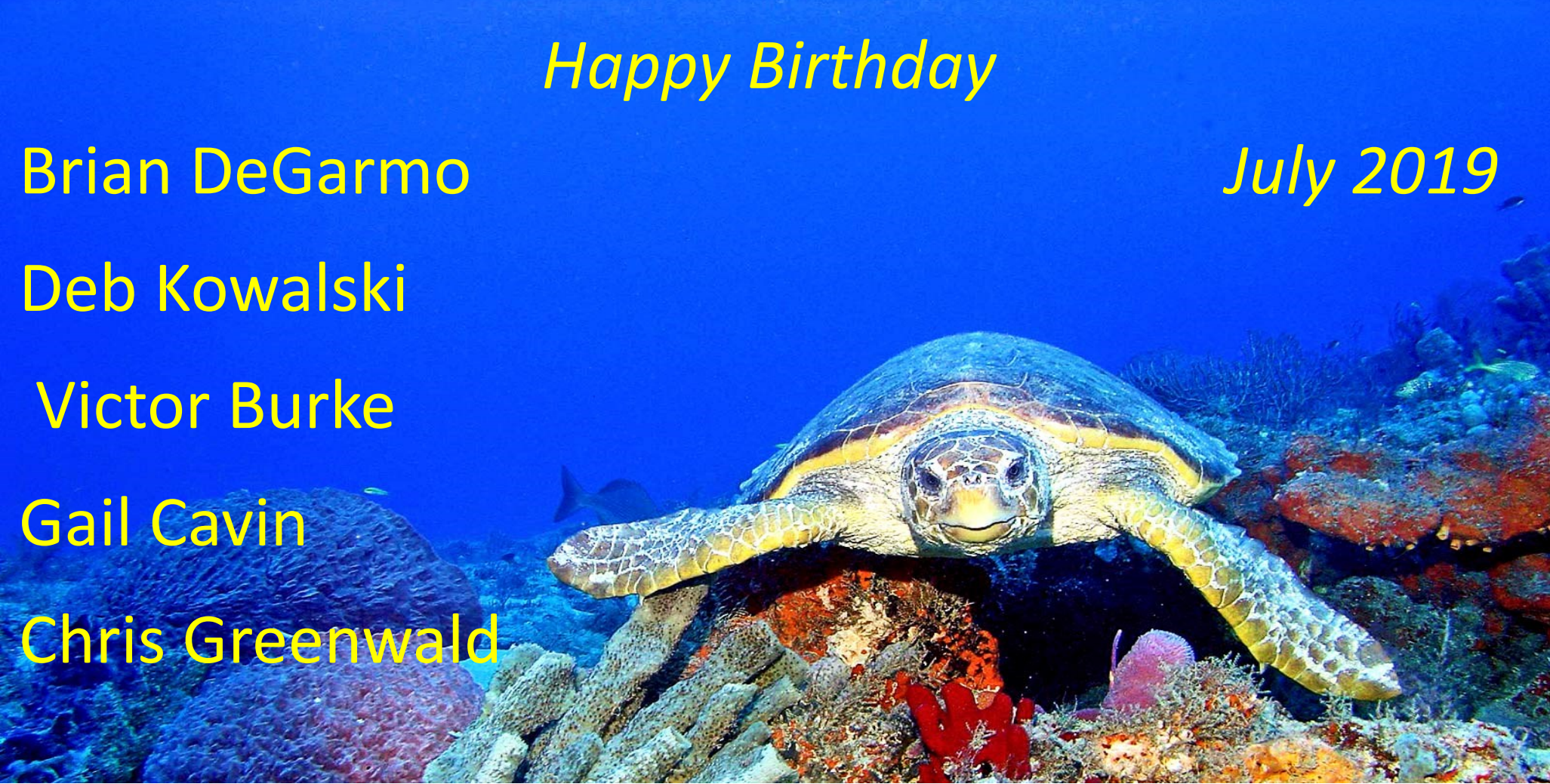
July 2019

Deb Kowalski

Victor Burke

Gail Cavin

Chris Greenwald



Mon	Tue	Wed	Thu	Fri
1	2Lunch & Linger I I am	3	4 Art 12-4pm	5
8	9	10	11 Road Trip! I I am Flea Markets	12
15	16	17	18 Art 12-4pm	19
22	23 American Dance off 5pm	24	25 Art 12-4pm	26

July 2 Please join us for Lunch and Linger at 11:00 am at Christy's Pizza, 29 Church St. After a delicious meal, we can walk around the square, and stroll through the arcade. The architecture is amazing. We live in a town with such a rich history. It will be fun to explore it together.

Please join us as we explore local flea markets. The van will be available for those who need a ride. We will leave the Main Library, 100 E Main St., at 11 am. We plan to do some hard core shopping and grab a snack at Dairy Queen along the way. Please dress for the weather and remember to bring something to drink!

July 23 Our monthly potluck will be at Jan’s party room,100 Washington St at 5:00 pm, please ring 301 for access to 4th floor. Lets teach each other American dance moves! Hula, Electric Slide, Hokey Pokey, or the Twist are just some examples of the fun moves for us to learn! Please bring snacks to share and a drink for yourself.

Art Journaling Thursdays at The Main Place, 12:00 –5:00 pm. You can recover from anything with a little hard work and some glitter. Join us and learn how to create a journal that reflects your personal recovery experiences. Mental illness, 12 step, self-love...art is a powerful tool for those who are serious about changing their lives. You don’t have to be an artist to become one. We’re a lot of fun and the music is mellow. End the stigma of mental illness by making friends and enjoying a day of messy fun.