



NSHP INFOLINE

Next Step Home Program

Fall 2012



**Thanksgiving Dinner
At
Church of Our Savior
2112 County Street
Somerset , Ma.
(508) 678-9663**

**Dinner will be served from
11:30-2:00P.M.**



7. Fall is also called ___

Steppingstone Outpatient Program



Groups now being offered :

Mondays

Relapse Prevention
OPC with Rick
9:00 am-10:30am

Tuesdays

Anger Management
OPC with Rachel
5:30pm-7:00pm

Wednesdays

Substance Abuse
OPC with Maureen
2:00pm-3:30pm

Fall River Public Library
presents

Bride of the Monster
Tuesday, November 20 at 6:30 pm
Main Library-Meeting Room
104 N. Main Street



The Children's Department serves infants through eighth graders with a variety of programs.

Library card holders can reserve reduced-price or free passes to local museums and attractions.
For more information call 508-324-2700

Fuel Assistance
Citizens For Citizens, Inc.

The Fuel Assistance Program runs
November 1 through April 30.



If you received fuel assistance last year you should have received an application in the mail.

New applicants can file an application at:
Citizens for Citizens
264 Griffith Street
508-679-0041

Mon.-Fri. 9:00 a.m.—5 p.m.

Please bring identification, proof of **all** income for **everyone** in household, rent receipt or lease, child's social security numbers & **current** heating bill with applicants name.

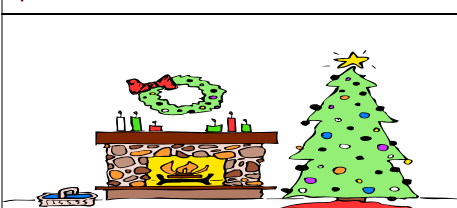
Bring awareness to hunger and homelessness

12th Annual Candlelight Vigil

Wednesday, November 14 , 2012

6:00 P.M.

Peaceful candlelight vigil will be held on the steps of St. Anne's Church ,across from Kennedy Park



Operation Christmas

Citizens for Citizens
264 Griffin St.
Tuesday & Thursday
9:00 a.m.-3:00 p.m.
(508) 679-0041

Please bring into office identification, medical or social security cards for children .



HOTLINES

CDC National AIDS and STD Hotline
(800) 344-7432
Child At Risk Hotline
(800) 792-5200
Domestic Violence Hotline
(877) 785-2020
Department of Social Services (DSS)
(508) 531-9500
Child Find Missing Hotline
(800) 426-5678
Childhood Lead Poisoning Hotline
(800) 532-9571
National Runaway Hotline
(800) 621-4000
Parental Stress Hotline
(800) 632-8188
Parents Helping Parents
(800) 882-1250
Samaritan Suicide Hotline
(508) 548-8900



November

is



American Diabetes Awareness Month

Here are just a few of the recent statistics on diabetes:

- Nearly 26 million children and adults in the United States have diabetes.
- Another 79 million Americans have prediabetes and are at risk for developing Type II Diabetes
- The American Diabetes Association estimates that the total national cost to diagnose diabetes in the United State is \$174 billion.

Raising awareness of this ever-growing disease is one of the main efforts behind the mission of the association.

Fall Health Tips

- **Flu Shots** - Check with your doctor or your local public health department to find out when the annual flu shot is available.
- **Exercise** - Exercise is important all through the year, but can help you get in shape for the winter months.
- **Diet** - Add all the fall vegetables to your diet. Many of the root vegetables are in season now and are an inexpensive and nutritious way to add variety to your diet.
- **Drink More Water** - You can experience dehydration even during the winter
- **Cold and Flu** - Cover your face when you sneeze or cough, and wash your hands often to help stop the spread of the season's cold and flu germs. Get a flu shot if you are 65 or older; or if you have a chronic disease of the heart, lungs or kidneys.
- **Hats and Gloves** - Wear a hat and gloves when you go outside. The hat keeps warmth from escaping through the top of your head—a major source of body heat loss. And the gloves help prevent painful frostbite.

Also, be aware of Fall allergies. Late summer and early fall bring on another season that triggers allergic reactions. Outdoor molds become plentiful in the fall in gutters, soil, vegetation, rotting wood and fallen leaves. Remember, it is important to do what you can to stay healthy all year long and now is the time to focus on how to stay healthy and well during the approaching Fall and Winter months.

Thought of the Month



Resiliency

Resiliency is speedy recovery from problems; the ability to recover quickly from setbacks; elasticity; the ability of matter to spring back quickly into shape after being bent or stretched. It is often said that your true self emerges in the face of adversity. Bringing resiliency into your life helps you manage through the tough times. It is taking hardships and bouncing back, seeing the light in the midst of the dark.

Below are 10 Steps to improve resiliency
1. Build Positive Beliefs. Remind yourself of your strengths. Becoming confident about your ability to deal with crisis is a great way to build resilience for the future.

2. Find Purpose in your Life. A sense of purpose plays an important role in recovery and may include participating in activities that are meaningful to you.

3. Develop a Strong Social Network. Having caring, supportive people around you acts as a protective factor during times of crisis.

4. Embrace Change. Learning how to be flexible and to adapt will better equip you to respond to challenges.

5. Be Optimistic. Positive outlook does not mean ignoring the problem! It means understanding setbacks are expected and that you have the skills and abilities to combat the challenges you face.

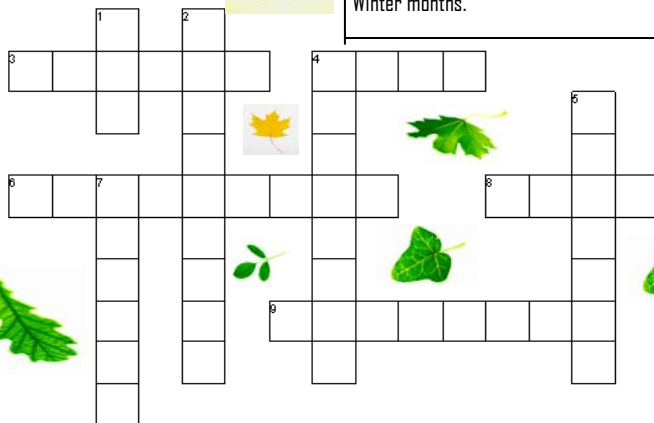
6. Nurture Yourself. Focus on building your self-nurturance skills, even when you are troubled. Make time for activities that you enjoy. By taking care of your own needs, you can boost your overall health and resilience and be fully ready to face life's challenges.

7. Develop Problem Solving Skills. Whenever you encounter a new challenge, make a quick list of some of the potential ways you could solve the problem.

8. Establish Goals. When you find yourself becoming overwhelmed by a situation, take a step back to simply assess what is before you. Brainstorm possible solutions and break them down into manageable steps.

9. Take Steps to Solve Problems. Do not wait for a problem to go away. Focus on the progress that you have made thus far and planning your next steps, rather than becoming discour-

Answers: Across 3: leaves 4: cool 5: scarecrow 8: corn 9: pumpkins Down 1: hay
 2: September 4: colorful 5: harvest 7: autumn



Solve the Autumn Crossword Puzzle by using the clues below:

Across

3. Autumn is when _____ fall off of trees.
4. In Autumn the weather begins to _____ down.
6. In Autumn, a _____ may be seen in a farmers field.
8. Autumn is a good time to enjoy _____ that has grown through much of the year.
9. In Autumn people pick _____ and carve them with scary faces.

Down

1. In Autumn _____ that has grown in fields is ready to be bundled for animal feed.
2. Autumn begins in the month of _____.
4. In Autumn, it is fun to see _____ leaves on trees.
5. Many farmer's crops are ready for _____ in Autumn.



If you have articles or information that others could benefit from or be inspired by please drop them off or mail to : **Next Step Home Program Att: Infoline 466 No. Main St. Fall River, MA 02720**