

The High Point Pook

HPC strives to guide, educate, encourage, and support their clients

June 2018

Volume 9

SUMMERTIME IS ALL ABOUT FUN!

Jessica Carey's Summertime Lists

Music is essential to summer fun. Here's Jessica's must play list:

Bananarama -- Cruel Summer

Beach Boys -- California Girls

Bill Withers -- Lovely Day

Bryan Adams -- Summer of 69

Don McLean -- American Pie

Florida Georgia Line -- Cruise

Frankie Ballard -- Sunshine and Whiskey

Jake Owen -- Summer Jam

Katrina and the Waves -- Walking in Sunshine

Kid Rock -- All Summer Long

Lee Brice -- Parking Lot Party

Len -- Steal My Sunshine

LFO -- Summer Girls

Nelly -- Hot in Herre

Nickleback -- Burn it to the Ground

Nungo Jerry -- In the Summertime

The Beatles -- Here comes the Sun

Will Smith & DJ Jazzy Jeff -- Summertime

Another essential summertime fun thing to do is watch movies. Here's Jessica's must see list:

The Sandlot

Ferris Buellers Day Off

The Goonies

Dirty Dancing

CaddyShack

Grease

Jaws

Independence Day

I Know What You Did Last Summer

Camp Nowhere

Forgetting Sarah Marshall

AdventureLand

Now and Then

Star Wars

Jurassic Park

The Lion King

Back to The Future

Weekend at Bernie's



*"I will be the gladest thing
Under the sun!*

*I will touch a hundred flowers
And not pick one."*

Edna St. Vincent Millay

*Great is the sun, and wide he goes
Through empty heaven without repose;
And in the blue and glowing days
More thick than rain he showers his rays.*

*Meantime his golden face around,
He bares to all the garden ground
And sheds a warm and glittering look
Among the ivy's inmost nook.*

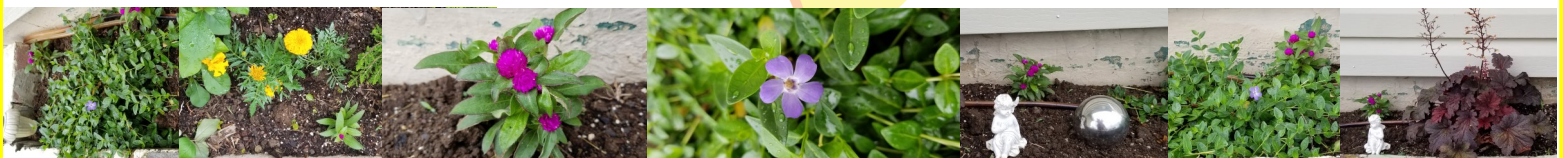
Robert Louis Stevenson

All About Summer From Emily Hand

Summer for me is a time to get outside and enjoy the warmth by going to parks, taking walks, planting flowers, and soaking in some sun! Watching creation come alive again is one of my biggest joys, because the winter months are a time of waiting, hibernating, and watching green leaves turn brown. It's amazing how each year spring surprises me as I realize that under my nose transformation has happened; trees are bursting out in leaf, flowers are blooming, and neighbors, whom I haven't seen in months, are outside walking their dogs and pushing their babies in strollers. As I become aware of the transformation from "death" to new life in nature and people around me, it helps me to consider the possibility that newness and life may even possibly grow inside me.

Perhaps you are struggling with winter depression and grief that has extended its stay or anxiety about "what ifs" of the future. Consider picking out a plant to nurture, as you process your grief and depression, and wait with expectation for new life to grow. Consider grounding yourself in the elemental slow process of plant growth as you attempt to engage in the present moment and take a break from the anxiety of focusing on "what ifs" of the future. Life is a series of learning from the past and preparing for the future, but when we live in the past or the future we suffer. Take a moment to breathe deeply and notice what's around you. You may just sense the invitation to join the life that is bursting forth in nature, animals, and people. You're always welcome to attend Mindfulness Meditation group on Thursdays 3pm-4pm where we practice managing our uncomfortable experiences by focusing on the present without judgement or attachment.

Every time you visit the clinic, as you walk down the sidewalk from the office to the clinic, there's a flowerbed on your righthand side. The flowers and plants were planted there by High Point staff in memory of loved ones that have passed on. The plants were chosen with care because of the love and memories associated with them. Feel free to watch those plants grow and bloom and allow them to give you some hope to cling on to. Some of them are evergreens so that even in the winter months as we struggle with our sadness, slowing down, and death, we can remember that life is present and just around the corner and we can all heal and grow together.



Rene's Banana Pudding

Approximately 15 servings more or less, depending on what you decide is a serving size!

Ingredients:

- 2 packages (4- serving size each) vanilla instant pudding mix
- 2 cans Eagle Brand Sweetened Condensed Milk (NOT evaporated milk!)
- 4 cups (2 pints) Whipping Cream, whipped
- 3 cups cold water
- 2 boxes vanilla wafers
- 5 medium bananas which have been sliced and dipped in lemon juice

In large bowl, combine sweetened condensed milk and water. Add pudding mix. Beat well. Chill 5 minutes. Fold in whipping cream.

Locate a serving bowl of your choice (5-quart capacity) or use individual serving dishes. Spoon pudding mixture into serving bowl of your choice. Top with layer of vanilla wafers. Next add a layer of banana slices. Repeat several layers and end with pudding with some wafers stuck into the mixture. Cover with some saran wrap and chill until served.

****My suggestion is to have a ratio of at least 4:1 with vanilla wafers representing the number 4 and bananas representing the 1! The more wafers, the better. Hey, if you don't have any bananas, just use vanilla wafers and forget about the bananas and it will still be delicious.**

Enjoy!

Contributed by Rene' Shaw



The Many Faces of Dr. Shaw In the Summertime

Summertime is for being and for doing...



10 Best Flowers to Plant in the Summertime

1. Marigold – Annual - These flowers require lots of sunshine and very little maintenance.
2. Black-eyed Susan – Annual/ Perennial - These flowers make great cut flowers and liven up any bouquet.
3. Aster – Perennial - These dainty flowers can withstand the heat.
4. Lantana – Annual/Perennial - These low-maintenance flowers come in a wide array of colors.
5. Verbena – Annual/Perennial - These spreading flowers come in several colors.
6. Zinnia – Annual - These flowers are a cheap way to add stunning color to your garden.
7. Hibiscus – Perennial - These flowers can grow surprisingly large.
8. Globe Amaranth – Annual - These plants will provide pom-pom like flowers
9. Purple Coneflower – Perennial - These flowers will attract birds and butterflies to your garden.
10. Blanket Flower – Perennial - These cheerful, long blooming flowers will give you great options for summer bouquets.



Contributed by Sherri Napier

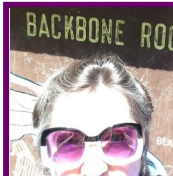
One of My Favorite Quotes

Self esteem = seeing yourself as a flawed person,
And still holding yourself in high regard.
Esther Perel

Contributed by Amy Lovell



A Favorite Summertime Memory



I like to go on trips, not by plane, by car. Tell me I have to climb into a plane and fly 20 minutes and I get really upset. Tell me I have to climb into a car and drive 3000 miles, I cannot wait! Growing up, my entire family of six would spend at least two weeks every summer driving across country stuffed in a Datsun B210 with no air conditioning. Yep, that was fun! As we would drive across the great western plains on our way to or from California, Utah, Nevada, New Mexico or some other fabulous place, my father would take his left arm, stick it out the window, and while flapping it up and down like an extremely large and pale bird, quote Carl Sandburg's poem "Buffalo Dusk." So now when I see or hear this poem I'm instantly transported to summertime.

The buffaloes are gone.

Those who saw the buffaloes are gone.

Those who saw the buffaloes by the thousands and how they pawed the prairie sod into dust with their hooves, their great heads down pawing on in a great pageant of dusk,

Those who saw the buffaloes are gone.

And the buffaloes are gone.

Contributed by Larae Thompson