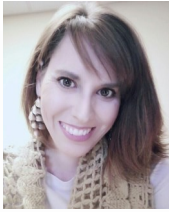
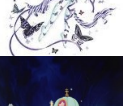
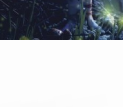


Case Management—It's Practical Magic



Once upon a time, I had a friend nickname me her "fairy godfriend." I had no idea what she was talking about, but she went on to explain: "Like Cinderella's fairy godmother, you always hear what I need and just make it appear! You're magical!" It made me laugh at the time. I had simply listened—listened to her dreams, her goals, her likes, dislikes, and even the things she didn't say at all. After listening, I problem solved because like Walt Disney, I believe "It's kind of fun to do the impossible."



It was a flattering nickname, but it made me uncomfortable as I was receiving too much credit for the good in her life. You see, there's one thing my friend overlooked. We all believe Fairy Godmother made all of Cinderella's dreams come true, but that's simply not the case. Cinderella had possessed the ability to change her future all along. Cinderella's fairy godmother did not give her the happily ever after she wanted, she didn't make the prince fall in love with her, and she didn't rescue her from her wicked stepmother and stepsisters. She simply provided Cinderella the resources she needed to create her own future.

Case Management is a lot like getting to be "fairy godmother." I get the great joy of listening to your stories, your hopes, your dreams, your struggles, and your impossibilities—everything that stands in the way of pursuing what you truly want. After listening, I get to help provide those resources that remove the barriers holding you back.

Cinderella was already capable and so are you! I encourage you to stop in and say, "Hi!" as you come and go from the 205 building. When we meet together, I challenge you to dream. It's my goal to help you focus on the positive and provide solutions to help you achieve your goals. We will problem solve together and create a plan so you are able to live your best life!

I will have monthly resources posted on the big bulletin board in my office, so be sure to check and see what's available, but remember the community resources are not limited to those posts, so if you have an unfilled need, let me know! I've simply provided some resources here that are good to keep in mind in the coming month but we can dig deeper.

Also feel free to take from the "Take What You Need" board just outside my doorway. If you need a bright spot or a moment of encouragement, sometimes just a good quote is all it takes to change your day. Feel free to help yourself to what you need most each time you are here. Words really can make a difference!

I'm often asked, "What makes you happy?" and my response is always the same: "It makes me happy to see others happy." There is nothing I love more than seeing the look on somebody's face when they are able to accomplish the impossible things they have only dreamed about. There's a bit of magic in believing in someone and giving them a little boost. I have been so blessed with the opportunity to work with the amazing staff at High Point and I look forward to getting to know each of you and help support you on your journey!

Charity Thomas, Case Manager

About the Author

When I was asked to write an article about myself I told my friend I was going to submit the lyrics to "How Do You Solve a Problem Like Maria?", replace "Maria" with "Charity" and call it a day. She laughed and agreed that it would communicate a lot about me, "fo sho," so now you definitely have to go look the lyrics up!

In the meantime, here's a few random facts!

- Alice (in Wonderland) is my favorite Disney "princess"
- I love the smell of honeysuckle, fresh ginger, and Tiger Lilies
- I'm emetophobic (fear of vomit). I love people dearly, but if you are puking, you are on your own. You've been fairly warned
- I find the movie Ms. Congeniality to be highly relatable. "I'm GLIDING here!!!" Sorry. Now you have a movie to go watch, too
- I search for rainbows on rainy days where the sun tries to shine
- I hate math, but if I had to choose between math and puking, I'd definitely sit down and pretend to do an equation
- I really want to hug a panda. True story
- My feet always have to be covered. Always. Socks are a must.
- If there is ever a movie about my life, my character would definitely be played by Aubrey Plaza.

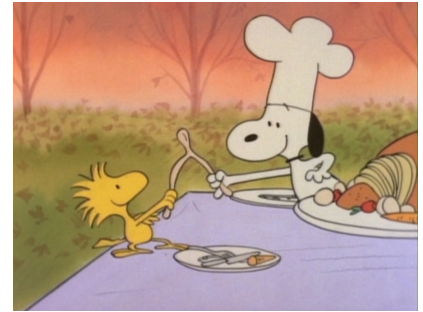


What are YOU Thankful For?



Sharing Branches

We're creating a pumpkin of thankfulness this month. Each time you are at the clinic, we will ask you to put down something you are thankful for on one of the small pumpkins in Jacob or Larae's offices. Each of those small pumpkins will be put on the bulletin board to create our large pumpkin of thankfulness. Take time to see what everyone is thankful for and count your blessings.



7 Scientifically Proven Benefits of Gratitude

"Stop feeling sorry for yourself," we are often told. And while it can be hard to avoid self-pity entirely, mentally strong people choose to *exchange* self-pity for *gratitude*. Whether you choose to write a few sentences in a gratitude journal, or simply take a moment to silently acknowledge all that you have, giving thanks can transform your life. Here are 7 scientifically proven benefits:

Gratitude opens the door to more relationships. Not only does saying "thank you" constitute good manners, but showing appreciation can help you win new friends, according to a 2014 study published in *Emotion*. The study found that thanking a new acquaintance makes them more likely to seek an ongoing relationship. So whether you thank a stranger for holding the door or send a thank-you note to that colleague who helped you with a project, acknowledging other people's contributions can lead to new opportunities.

Gratitude improves physical health. Grateful people experience fewer aches and pains and report feeling healthier than other people, according to a 2012 study published in *Personality and Individual Differences*. Not surprisingly, grateful people are also more likely to take care of their health. They exercise more often and are more likely to attend regular check-ups, which is likely to contribute to further longevity.

Gratitude improves psychological health. Gratitude reduces a multitude of toxic emotions, from envy and resentment to frustration and regret. Robert Emmons, a leading gratitude researcher, has conducted multiple studies on the link between gratitude and well-being. His research confirms that gratitude effectively increases happiness and reduces depression.

Gratitude enhances empathy and reduces aggression. Grateful people are more likely to behave in a prosocial manner, even when others behave less kindly, according to a 2012 study by the University of Kentucky. Study participants who ranked higher on gratitude scales were less likely to retaliate against others, even when given negative feedback. They experienced more sensitivity and empathy toward other people and a decreased desire to seek revenge.

Grateful people sleep better. Writing in a gratitude journal improves sleep, according to a 2011 study published in *Applied Psychology: Health and Well-Being*. Spend just 15 minutes jotting down a few grateful sentiments before bed, and you may sleep better and longer.

Gratitude improves self-esteem. A 2014 study published in the *Journal of Applied Sport Psychology* found that gratitude increased athletes' self-esteem, an essential component to optimal performance. Other studies have shown that gratitude reduces social comparisons. Rather than becoming resentful toward people who have more money or better jobs—a major factor in reduced self-esteem—grateful people are able to appreciate other people's accomplishments

Gratitude increases mental strength. For years, research has shown gratitude not only

reduces stress, but it may also play a major role in overcoming trauma. A 2006 study published in *Behavior Research and Therapy* found that Vietnam War veterans with higher levels of gratitude experienced lower rates of post-traumatic stress disorder. A 2003 study published in the *Journal of Personality and Social Psychology* found that gratitude was a major contributor to resilience following the terrorist attacks on September 11. Recognizing all that you have to be thankful for—even during the worst times—fosters resilience.

Amu Morin, *Psychology Today*, April 2015

At times, our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.

— Albert Schweitzer

