

Iversen Newsletter

October
2021

We can't Boo-lieve it's October!

After Apple-Picking by Robert Frost (page 2) is a favorite literary piece of mine and it speaks so beautifully to this time of year. It encourages rest, resourcefulness, and of all things- setting boundaries. Though it was written in 1915, it alludes to many of the self-care techniques that we use today. Frost writes, "But I am done with apple-picking now. Essence of winter sleep is on the night, The scent of apples: I am drowsing off...But I was well".

After the intense heat and hustle and bustle of long summer months, it is so vital that we remember to prioritize quality rest. This includes but is not limited to sleeping. Rest can take many forms- it can mean unplugging from social media or the barrage of news outlets, setting time aside for meditation or deep breathing, whipping up a simple homemade meal, or politely declining when something is asked of you.

No matter what rest looks like to you- I encourage you to prioritize your Wellness and Recovery much like Frost did. Set those boundaries when too much is being demanded of you and give yourself space and grace to recover, using whatever self-care practice



October is Emotional Wellness Month!

"Emotional wellness" refers to our ability to process feelings in a healthy way and manage the stress of everyday life. If you feel stressed, try a soothing activity like meditation or yoga to clear your mind.

Use Emotional Wellness Month as an opportunity to take charge and find the soothing activities that work for you, and, most of all, breathe!

REMINDER:

Be sure to ALWAYS check-in with Sadie at the Front Desk when you arrive at the Iversen Center.

After Apple-Picking

By Robert Frost

My long two-pointed ladder's sticking through
a tree

Toward heaven still,

And there's a barrel that I didn't fill

Beside it, and there may be two or three

Apples I didn't pick upon some bough.

But I am done with apple-picking now.

Essence of winter sleep is on the night,

The scent of apples: I am drowsing off.

I cannot rub the strangeness from my sight

I got from looking through a pane of glass

I skimmed this morning from the drinking
trough

And held against the world of hoary grass.

It melted, and I let it fall and break.

But I was well

Upon my way to sleep before it fell,

And I could tell

What form my dreaming was about to take.

Magnified apples appear and disappear,

Stem end and blossom end,

And every fleck of russet showing clear.

My instep arch not only keeps the ache,

It keeps the pressure of a ladder-round.

I feel the ladder sway as the boughs bend.

And I keep hearing from the cellar bin

The rumbling sound

Of load on load of apples coming in.

For I have had too much

Of apple-picking: I am overtired

Of the great harvest I myself desired.

There were ten thousand fruit to touch,

Cherish in hand, lift down, and not let fall.

For all

That struck the earth,

No matter if not bruised or spiked with
stubble,

Went surely to the cider-apple heap

As of no worth.

One can see what will trouble

This sleep of mine, whatever sleep it is.

Were he not gone,

The woodchuck could say whether it's like his
Long sleep, as I describe its coming on,

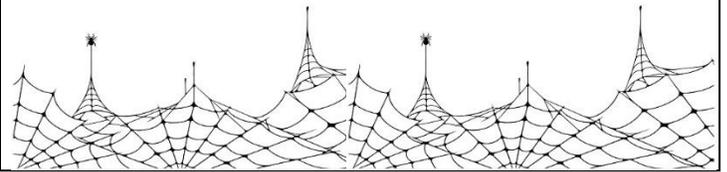
Or just some human sleep.

Join us for The Iversen Wellness and Recovery Centers Annual Halloween Party!

When: Friday October 29th 2021

Where: Iversen Wellness and Recovery
Center

Why: Dancing, Karaoke, Movies,
Games, and Treats!



New Groups

- **Greeting Cards:** create greeting cards in a variety of styles and techniques.
Thursdays at 10:00
- **Unnamed Adventurer:** a collaborative process to build characters and design a role-playing game world as a wellness tool.
Tuesdays at 12:00
- **Dimensions of Wellness:** explore an in-depth breakdown of overall wellness by discussing how each of the 8 applies to you!
Fridays at 11:00A



Meet Our New Staff!

Anna Wold- Peer Advocate

1. Tell us a little bit about your background as a Peer? When I was in high school, I collected a handful of my downtrodden schoolmates and brought them together, teaching them prosocial skills and giving them a place to be and grow for the better. I adored watching them grow and have been looking for more opportunities to do the same ever since.
2. What drew you to the Iversen Center? I fell in love with the center before ever having set eyes on it. I love its commitment to people's strengths and its general aura of warmth.
3. What is your favorite group/activity to facilitate at the center? I love running Games Group, we have so much fun and everyone always leaves with a smile.
4. What is your favorite self-care activity? Watching video essays. I find it very fulfilling to be able to learn at my own pace.
5. Do you have any unique hobbies? I love tabletop roleplaying games like Dungeons and Dragons, bringing characters and a world together in order to bring a little bit of fulfillment into people's lives.
6. Do you have any pets at home? I don't have any pets, but I always love visiting my Mom's Queensland heeler, Cisco, and relaxing with my roommates' dachshund, Digby.
7. Favorite book or movie? Book- The Haunting of Hill House by Shirley Jackson. Movie- Casablanca.
8. What is something that you have learned at the Iversen Center in the past couple of months? I have been learning (slowly) how to prioritize myself and to place wellness ahead of generosity.
9. What do you enjoy most about working as a Peer Advocate at the Iversen Center? My favorite thing about being a Peer Advocate is being able to watch people grow day-by-day.



CC Cantwell- Peer Advocate

1. Tell us a little bit about your background as a Peer? Years ago after a hospitalization- a friend showed me a job listing with BCBH as a Crisis Peer. It was a great fit and 4 years later- here I am!
2. What drew you to the Iversen Center? The "Peer-run" vibe.
3. What is your favorite group/activity to facilitate at the center? Creative Writing
4. What is your favorite Self-care activity? DBT and the 5 senses activity
5. Do you have any unique hobbies? Making Greeting Cards
6. Do you have any pets at home? 3 dogs
7. Favorite book or movie? Captain Ron
8. What is something that you have learned at the Iversen Center in the past couple of weeks? Members names and many WRAP tools.
9. What do you enjoy most about working as a Peer Advocate at the Iversen Center? The comradery! Each group I've participated in has given me much insight. I am a better person as a Peer Support Specialist. Thank you for allowing me to join the Iversen Center's journey!
10. Is there anything else you would like to share about yourself? My husband and I sailed from San Francisco to the Panama Canal and up to Texas for 5 years!



Elijah Guyon- Peer Advocate

1. Tell us a little bit about your background as a Peer? I have experienced a great deal of adversity through my entire life and survived it all! I have endured many forms of child abuse in my early life in an extraordinarily dysfunctional home. I have lived my entire life battling with addiction, homelessness, and mental/emotional dis-ease
2. What drew you to the Iversen Center? Acceptance of my challenges, needs, and hope for a fulfilled life.
3. What is your favorite group/activity to facilitate at the center? Market Walk! I enjoy sharing information about fresh eating and it really fills my fresh foods cup.
4. What is your favorite Self-care activity? Gardening- I have a deep appreciation for the processes and care required to cultivate different plants. I love nurturing plants through all the different stages that plants process through
5. Do you have any unique hobbies? I build furniture from reclaimed materials. I love making epoxy art!
6. Do you have any pets at home? YESS! I have two small dogs that I LOVE with all my heart and being! Their names are Cutes and Nysa. Cutes is a deep dark brown dapple Chihuahua and Nysa is a white and peach colored terrier mix.
7. Favorite book or movie? Yes! Blue shades are my most favorite!
8. What is something that you have learned at the Iversen Center in the past couple of months? I have learned just how important every single Member is and how important what they contribute to the Iversen Center truly is.
9. What do you enjoy most about working as a Peer Advocate at the Iversen Center? Working as a Peer Advocate brings me a great deal of satisfaction, and pride that I am trusted by my peers to offer compassion, understanding, and support when they need it.

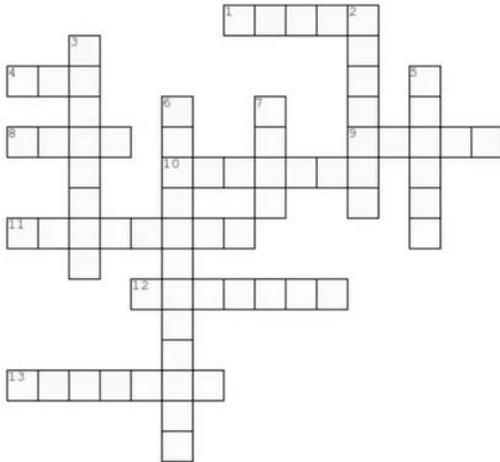


Jennifer Anderson- Case Manager

1. Tell us a little bit about your background as a Peer? I was raised by a father who was dual diagnosed. That led me to pursue a career in mental health and become a passionate advocate for those who may have similar experiences.
2. What drew you to the Iversen Center? The focus on core values, the judgement free environment, and the kind spirits.
3. What is your favorite group/activity to facilitate at the center? Any holiday activities, Bingo, Furbaby Focus and Processing Group.
4. What is your favorite Self-care activity? Yoga, meditation, backpacking, running, and weight lifting.
5. Do you have any unique hobbies? I enjoy researching stories and tales about the Old West.
6. Do you have any pets at home? I have one 14-year-old Pomeranian that I rescued.
7. Favorite book or movie? Movies- Anchorman and a western called Hang em' High. Books- The Bronze Horseman and the Iliad.
8. What is something that you have learned at the Iversen Center in the past couple of weeks? I have learned that regardless of the unique frameworks that shape the ways in which we view the world around us, we all share one a need to belong. The Iversen Center helps to provide us with that.
9. What do you enjoy most about working as a Case Manager at the Iversen Center? The jovial and supportive relationships between peers. I look forward to coming to work every day!
10. Is there anything else you would like to share about yourself? I value open communication and humor. I'm always willing to share my feeling with others and am always open for any conversation!



HALLOWEEN Crossword



Across

- 1. Stirs potions in a cauldron
- 4. Ghostly Talk
- 8. Placed over your face
- 9. ____ or Treat!
- 10. Disguise
- 11. Human that transforms into a wolf
- 12. Dracula is one of these
- 13. Halloween month

Down

- 2. A house where ghosts live is considered ____
- 3. Scary creatures, or _____, Inc.
- 5. Web creator
- 6. Carved pumpkin
- 7. Night flying mammals

HALLOWEEN WORDSEARCH

N E E W O L L A H R B R Q R N
 I Q H N R O C Y D N A C M G V
 E T T V W C O S T U M E A U R
 A Y X H F I C D X O M S R V E
 E F V I G M T C H M M P O S B
 Z Y M F Z I J C O R L O U P O
 S V M X E T R N H R B O N U T
 K S A A A H S F S Q H K K M C
 S T E E L T Q H B D B Y W P O
 A S R Y E T O Y E D F C W K B
 M T C R S R D T W S T L H I G
 O A S O R N N F B B C R Q N C
 A A H O A U A L O J S A I L R
 L G R C A G I Z C G Z Z R C E
 W N Q H H U K W W L Q F I Y K



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|-------|---------|--------|---------------|
| GHOST | PUMPKIN | FRIGHT | COB WEBS |
| WITCH | MONSTER | HORROR | CANDY CORN |
| TRICK | COSTUME | SCREAM | HALLOWEEN |
| TREAT | SPOOKY | BOO | OCTOBER |
| CANDY | SCARY | MASKS | HAUNTED HOUSE |

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"Not So Spooky" Sudoku

Name _____



5		3	4	6				2
	6	1			2	4	8	
		4			1			6
2		9		1		3		7
				7		8	4	9
3		7		9		2		1
	9			8		5		
				4			7	8
	5			2				4

Use the numbers 1-9 to solve the "Not So Spooky" Sudoku puzzle. Remember that no row, column, or box of 9 may have the same number more than once.





Need someone to listen?
Northern Valley Talk
Line
continues to provide phone support!
4:30-9:30pm daily
1-855-582-5554

The Iversen Wellness & Recovery Center and Med Clinic

Hope. Support. Respect.

The Iversen Wellness & Recovery Center welcomes all adults, especially those living with persistent mental health challenges, where we collaborate to create a supportive community that is peer-led and agency supported. We promote and encourage acceptance, empowerment, and growth with respect for diversity and difference.

The Iversen Wellness and Recovery Center is a community of individuals in their recovery from challenging Mental Health issues. We focus on hope, personal responsibility, education, self-advocacy, and peer support in a stigma free environment. Together we realize our dreams.

All services are FREE and open to members of the public 18 and over.



The Iversen
 Wellness & Recovery Center
 492 Rio Lindo Avenue
 Chico, CA 95926
 (530) 879-3311

The Iversen Center is a program of Northern Valley Catholic Social Service, and is supported by Butte County Department of Behavioral Health and MHSa funding.

Recovery oriented activities and services include:

- **Peer and Staff-led Groups and Activities**
- **Peer Support**
- **WRAP Classes and Groups**
- **Socialization**
- **Computer Lab**



Northern Valley
 Catholic Social Service
 INSPIRING HOPE & TRANSFORMING LIVES

