



FELLOWSHIP  
HEALTH  
RESOURCES



# The Wave

February 2016

## Valentine's Day History

By Tiffany R.

Approximately 150 million Valentine's Day cards are exchanged annually, making Valentine's Day the most popular card-sending holiday after Christmas. The Catholic Church recognizes at least 3 different saints named Valentine or Valentinus.



Teamwork! Staff Member Ken B. and Member Greg M. build a desk for our Admin Unit Coordinator, Meredith. Fairwinds Works Together!



The Boston Red Sox

By Jim D.

The Boston Red Sox, in my expectations, will be a contender in the American League Eastern Division. With the off season acquisition of David Price Boston should be in good standing. They have a potent offense as well as a terrific pitching staff. After a dismal season in which they finished last in their Division, they hope to rebound in perhaps not only the American League playoffs but will also be in the world series.

Xander Bogarts, in my opinion, will pick up where he left off last season.

Bogarts was second in batting in the American League and was also excellent with the glove, I think he has as well as any to win the golden glove.

Dustin Pedroia will be back as captain of the Sox for the 2016 Season. He as well as other members of the Sox are looking to winning as much as 90-95 wins which in my opinion will make them contenders. Whether they will win the wild card or the division it should be interesting to see them like they used to be.

John Farrell will be back after facing surgery near the end of the season.

The way it looks, everyone that is a fan of the Sox will be happy to see them come back on the home opener which will be on April 11th in Fenway Park against the Baltimore Orioles Go get 'em Sox! It should be quite a season.

## Spotlight on Studio 35

By Trish B.



Erika, Our Art Therapist.

Lisa-Loves to create beautiful flowers.

Sue W.-Erika comes up with good projects. Sue loves working with her.

Eva-Likes sewing, the stuffed animals came out nice.

Ken-Erika has positive energy and is very talented.

Jeff-Erika's a great teacher and artist and I like the way she works.

Julie-Erika is a treasure and we love having her at Studio 35.

Katelynn-Looks up to Erika because she wants to be an art therapist as well.

Troy-Erika is very creative and always has a lot for us to do.

Trish-Erika is very helpful, I love to paint.

Debbie-Erika is a wonderful addition to our Health and Wellness Program. She is a ray of sunshine.

Frank-Erika is a blessing here and I hope she will be here forever.

Sierra-Erika taught me how to sew as a coping skill.

A special thank you to Greg, who arrives each day with Erika, for all his hard work in the kitchen.

"I like to create beautiful flowers, it makes things sing, I sing and forget about my sorrows." - Melissa C.



**Studio 35 Members  
Hard at Work on  
their Sock Monkey  
Project.**



# Poetry Page

## Returned- Contemplation

A poem about waking  
up

By Jon P.

As my eyes close

And Open

A night gone

A new start today.

Rose, rose

My thoughts have mes-  
sage send

Crescendo like a song

There is a hint to pray

Returned, returned, re-  
turned

Hoping, but no longer  
waiting

What has sleep fash-  
ioned

What slumbers dreams  
will bring

Mystery and Satisfaction

Contemplation

Returned, returned, returned

My own eyes close

What has been cured

At least tiredness no longer shows

Returned, returned, returned

Exploring what's unknown

Awake conscious, from uncon-  
scious to returned

How has the window of awakening  
shown

What is the difference of waking

Switch from asleep to waking

Returned, returned, returned

Contemplation, contemplation,  
contemplation.



# Employment News



## Working At Stop and Shop

My name is Meredith G. I've been working at stop and shop for almost two months. It is a part time position. I take care of the recyclables and I take care of the boxes with the compactor. I also take care of the trash as well. I like to work because I earn extra spending money as well as independence. I also sometimes volunteer at People for Cats as well.

## Opportunity In Every Day

By Julie P.

As the snows melt away and the days get longer and warmer, many opportunities are on the horizon for those seeking employment, volunteer work or other meaningful activities here at Fairwinds. Many of our members are having great success in current jobs, and many others are pursuing work via job applications. The career center is always open for Job Searches, Resume building, Career Counseling or any services needed to help members get back to work. As Cape Cod is a Seasonal Economy, we are coming into our prime season for work. Meanwhile, get involved and participate in the Work Ordered day for great on-site training and support. Interested in working at Dunkin Donuts or Cumberland Farms? Give working some shifts in our Café a try. Kitchen work more to your liking? Ken always has work for busy hands in Culinary. Office work more your style? See Julie or Meredith for typing, filing or computer support. Help us help you get back to work!

**Employment Luncheons 2nd Tuesday of Every Month! Join us to share stories of success, hope and encouragement.**

## Some of our Employment Opportunities Include:

Shaw's, Stop & Shop, Christmas Tree Shop, Ocean State Job Lot, Windfall Market, McDonald's, Windfall Market and the Falmouth Service Center. There are Seasonal and Volunteer Opportunities as well. Visit the Career Center for Online job searches, job skills training, Resume development, Computer training and more.



**Employment Meetings, Workshops and Groups Every Tuesday and Thursday.**





**Clay Classes at the Falmouth  
Artist's Guild Every Other Monday  
-Free of Charge! Get Creative.**

## **The Culinary Unit**

**By Trish B.**

He cooks, he shops, he does dishes, he bakes and he whistles. That's our Ken! He has the patience of a Saint: "Hold the mayo, hold the lettuce, special orders don't upset us!"

Not only is he a whiz in the kitchen, his nutrition groups and Yoga classes speak to his healthy regimen.

He certainly is a plethora of information-"What's for lunch tomorrow? How about breakfast? What's for dessert?" These are all questions he's bombarded with every day.

Every Friday, he takes some of us on a shopping trip. For some of us, it's the only chance to do errands. We shop at the Dollar Store; Wal-Mart; Shaw's and always the last stop, Cumberland Farms for coffee.



**Meal Planning Mondays, Shopping Trips  
Fridays and Nutrition Classes To Be An-  
nounced via the Fairwinds Culinary  
Unit.**

**Wellness Walks Around Beautiful Downtown Falmouth Mondays and  
Wednesdays at 10:00. See the sights and get healthy!**



*awaken your creative side*



**Some of our Support Services**

**HOUSING  
WELLNESS  
EDUCATION  
SOCIALIZATION  
MEMBER ADVOCACY  
ONGOING OUTREACH  
DUAL DIAGNOSIS (DRA)  
TRANSITIONAL EMPLOYMENT  
LIFE SKILLS TRAINING  
COMMUNITY INTREGRATION**

***Fellowship Health Resources, Inc.***

**OUR MISSION**

The mission of Fellowship Health Resources, Inc. is to assist people of all ages to improve their behavioral health, well being, and quality of life. We believe quality service is based in a culture of hope, respect, ethical behavior, and genuine caring for our clients and our employees. We invest in the individual and never lose hope in the potential for personal growth and recovery of each person we serve.

**Our Vision**

Fellowship Health Resources, Inc. will become a national leader of behavioral healthcare services.

**Our special thanks go to The Boston Food Bank, The Falmouth Service Center, The Town of Falmouth, Fellowship Health Resources, The Department of Mental Health, The Friends of Fairwinds and Massachusetts Rehabilitative Commission for their support in our mission.**