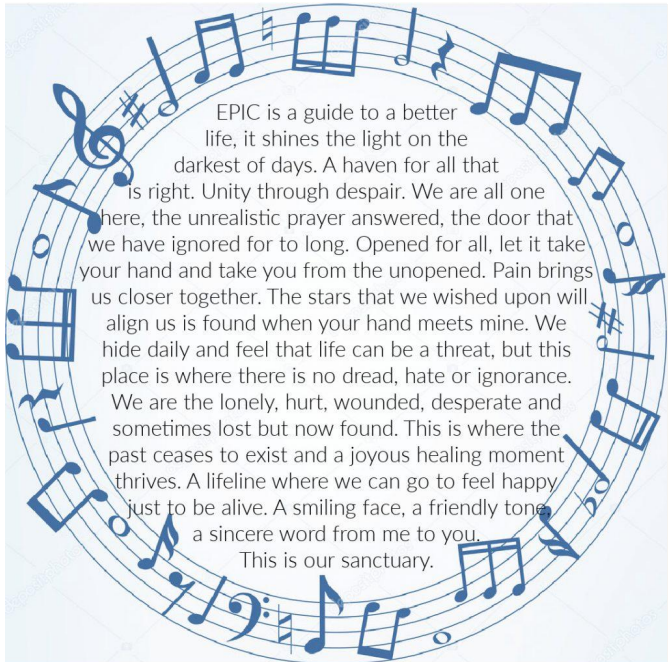


Happy New Year and welcome to EPIC's first quarterly newsletter.



MENTAL HEALTH AWARENESS MONTH

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MONTHLY TOP STORIES

5 Health Benefits of Playing Games According to Science.

- Playing games can enhance your memory
- Video games can actually improve your eyesight
- Can boost your coordination
- Can help you make better decisions
- Can reduce stress and help with depression

Some Games You May Enjoy!

- ~ Animal Crossing
- ~ Fortnite
- ~ Pokemon Arceus
- ~ Dying Light 1 & 2
- ~ The Last of Us
- ~ Destiny
- ~ Bloodborne

Haiku of the month

January	February	March
It's January It's winter, oh boy, oh boy All the snow, oh no! -T.S.	In who we are now Accomplishments come to life I offer these up -C.M.	Let's tell 'em 'bout us We are a good group to know Read more about us - EPIC group

EPIC Spotlight – Group topics

Boundaries, Resilience, Core Beliefs, Cooking, Gardening, Zodiac, ADL, Tai Chi, SMART goals, Sewing/Mending, Medication Management, Cultural Competency, Mental Health Diagnoses

Announcements/Resources/Events

- January: National Braille Literacy Month
 - Celebration of Life Week: January 1–7, 2022
- February:
 - Nat'l Eating Disorders Awareness Feb 21–27th
 - ASL Classes available online from February 14 – April 4!
 - Beaver County CSP meeting Feb. 24th
 - Recovery Star Project / Ladder of Change
 - PAPRS Poster Contest – deadline April 8th
- March
 - Nat'l Women's History Month

Jokes/Riddles

What has keys, but cannot open any doors?

What do you have to break before you can use it?

National Day

January 24th – National Compliment Day
February 2nd – Groundhog Day (6 more weeks of winter!)
February 4th – Rosa Parks Day
February 12th – Appreciate Your Short Friends day
March 2nd – World Teen Mental Wellness Day



Recipe

Spinach, Artichoke, and Ham Deviled Eggs *Makes 4 (2-piece) servings

4 hard-cooked eggs, peeled
 $\frac{1}{3}$ cup deli spinach and artichoke dip
2 tbsp. garlic and herb spreadable cheese
Hot pepper sauce (optional)
1 slice of deli virginia ham, finely chopped
Paprika (optional)
Fresh chopped chives (optional)

- ☐ Cut eggs in half crosswise (not lengthwise) to produce two round halves. Trim a little off the more pointed end of each half so that each half sits flat on a serving dish.
- ☐ Carefully remove yolks from egg halves and mash in a bowl with a fork. Add dip, cheese, and hot pepper sauce, if desired. Mix until smooth.
- ☐ Add chopped ham and stir until well combined.
- ☐ Garnish with paprika and chives, if desired.
- ☐ Cover and refrigerate until ready to serve. Serve chilled.

EPIC Playlist

Michael Jackson – “You are not alone”
Sugarland – “Something More”
Kool & The Gang – “Ladies Night”
The Beatles – “I want to hold your hand”
Ed Sheeran – “Shivers”
Kenny G – “The Moment”
Justin Timberlake & Anna Kendrick – “True Colors”

3OH!3 – “RIP”
“Nearer My God to Thee”
EM Beihold – “Numb Little Bug”
Madame Macabre – “Painted Smile”
Wagakki Band – “Zenbonzakura”
Wagakki Band – “Homura”
Wagakki Band – “Akatsuki no ito”

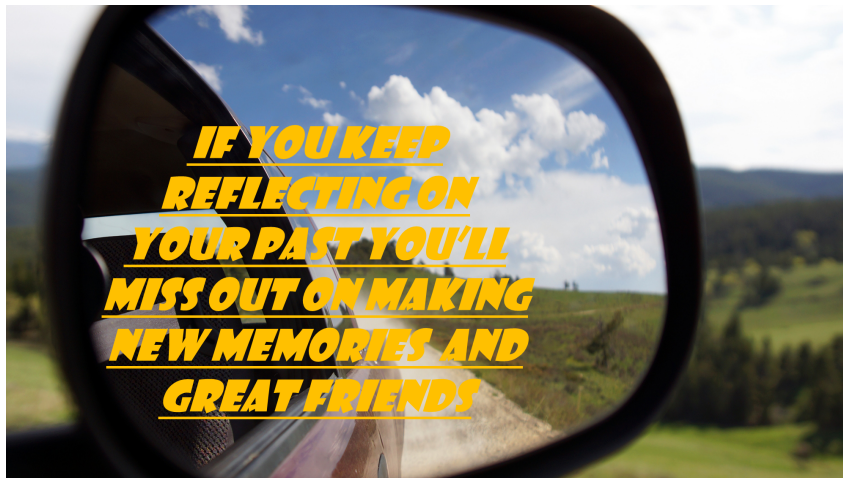
Daily Affirmations

“Every day is a gift, that’s why they call it the present.”

“You can’t change the wind, but you can adjust the sails.”

“Anything is possible, just believe.”

“Positive attitude, positive mind.”



Hope

Everyone experiences hope in different ways and here’s a poem created by an EPIC member (TS)

Hope brings you happiness, Hope brings you from the darkness to the light
No matter what you do there will always be hope, it doesn’t let you feel
lonely. Hope brings a smile to everyone who looks and happiness so don’t
forget to be hopeful. Hope will be there with you when you’re in denial
there’s lots of caring people. So don’t forget to be hopeful, what it brings to
you it also brings happiness.

Community Involvement

Be encouraged to learn about your local Community Support Program!