



Valley Center Counseling, Inc.

Life Transitions Newsletter: March 2009



*Dear Clients,
I hope this
newsletter finds
you well and in
good health. In
this edition I
actually tackle the
topic of
“normal”! Also
check out the*

*Shorts and Book Recommendations-
there are some good ones this month.*

*Come by the Valley Center Irish Stew
Cook Off on March 16th and see what
we cooked up for your enjoyment!*

*Wishing you a Happy St. Patrick's
Day!*

***Penny Blazej, LCSW, BCD
President of Valley Center Counseling***

What is Your Normal?

I attended a great workshop a few weekends ago given by the author of “90 Minutes in Heaven”, Rev. Don Piper. His story really got me thinking about how people who had “normal” lives, then are struck by some tragedy, and have to establish their new “normal”. A heavily publicized cause was how Christopher Reeve struggled to make meaning out of his life after a severely disabling accident. There are millions of Christopher Rees who struggle with not giving in to their disability but finding new normal? A normal that gives their life meaning – in other words makes life worth living.

Many of you have heard me say that when a challenge is given to you, you have two basic choices. One is to give up and become what I term “the walking dead”. I’m sure you have known some of them. They are the drug and alcohol abusers or the bitter person that cannot see good in almost anything or someone who is angry most of the time or the loners who isolate themselves, withdrawing the love they have given to many.

But the second choice is to fight and find a new normal. At first, this is the harder choice because of the emotional, physical and spiritual pain that needs to be conquered seems to be overwhelming. Sometime the “new” challenge brings up old dragons that you may need to slay before coming through to a more meaningful life. One that is rich in love and fulfillment.

I have been blessed to help those struck with all sorts of tragedies; physical, emotional and spiritual; transition into a more meaningful life than they had before. Yes, it is hard work. Yes, it will hurt. Yes, you will want to quit at times and take the “easier” road. But that is what I feel my job is – to walk down that path with you and when it becomes easy to stray to keep you focused on your goals. That is the purpose of what a psychotherapist does. And if you are human you will, at some time in your life, need a non-biased someone to walk that special journey with you.

I celebrate the courage that I have witnessed in each and every one of you. Thank you for being my clients.

Shorts

🦋 ***Superbrain Yoga*** – This research based simple yoga exercise has showed remarkable increase cognitive abilities. It is easy to do and takes only 5 minutes a day. Looks a little strange but the research shows it really works. For more information go to:

<http://cbs2.com/video/?id=51946@kcbs.dayport.com>

🦋 ***ICE*** – According to the CDC, in 2006 more than 1.5 million emergency room patients in the U.S. were so incapacitated they couldn't

provide emergency contact information to medical personnel. To keep yourself from being one of these 1.5 million you might want to designate an ICE (In Case of Emergency) person. This program alters emergency rooms and hospitals who to contact in an emergency. All you have to do is make a new cell phone contact entry with ICE-Mom (or who ever you want to be your emergency contact) and list their phones numbers. You can also purchase a sticker to place on the back of your phone to alert the medical professionals. For more information go to: www.cesticker.com.

Resources

For those of you who suffer from chronic fatigue syndrome or fibromyalgia the below website is a good resource. They even have a newsletter that you can sign-up for. www.endfatigue.com

For general health information the www.realage.com website is great.

Book Reviews

“You Being Beautiful – The Owner’s Manual to Inner and Outer Beauty. “By Dr. Roizen, M.D. and Dr. Oz, M.D. This is one of the best health books I have read in years! They take very complicated medical concepts and make them easy to understand. The book is well organized, easy to read and interesting. The authors use a wonderful sense of humor throughout the book (do read the footnotes they are a stitch!). This is a must have in your library.

“90 Minutes in Heaven” by Don Piper. If you did not believe in Heaven before reading this book, you might afterwards. This book really gets you to thinking about the after life. It also tells a great story of how someone reestablished a new normal for themselves.

“Wise Women” by photographer Joyce Tenneson. As most of you know, I am amateur photographer. This book was recommended to me by a fellow photographer. I was excited at seeing Tenneson’s latest work. What surprised me was not just the quality of the photos but the included “words of wisdom” from women who are celebrating the last third of their lives! And live they do!

You can order these books from www.amazon.com or you can borrow them from my library.

Wise Words

Life isn't about waiting for the storm to pass. It's about learning to dance in the rain.

Author Unknown

A wise man on how women dress: If you bring groceries home and take them out of the bag people passing will just glance at them. However, if you leave them in the bag, they will stop and take great interest.

Friend’s Grandfather

Announcements

👉 San Diego Science Festival 2009 April 4 from 10:30 am – 6:00 pm at Balboa Park. It is **FREE!** Hundreds of exciting hands-on-activities for all ages. The goal of the Expo is to get kids and adults interested in the sciences. The vast majority of our future scientists are NOT coming from the United States. This is one of many programs – for more information go to www.sdsciencefestival.com.

👉 Come by the Valley Center Chamber of Commerce Irish Stew Cook-off at the Community Center on March 16th from 6-8p.m. It’s great fun! For more information go to www.valleycenterchamber.com

Just for Laughs

An Octopus love story:

<http://www.mytopclip.com/play.php?vid=855>

I took my dad to the mall the other day to buy some new shoes (he is 92). We decided to grab a bite at the food court. I noticed he was watching a teenager sitting next to him.

The teenager had spiked hair in all different colors: green, red, orange, and blue. My dad kept staring at him. The teenager would look and find him staring every time.

When the teenager had had enough, he sarcastically asked, 'What's the matter old man, never done anything wild in your life?'

Knowing my dad, I quickly swallowed my food so that I would not choke on his response. I knew he would have a good one, and in classic style he did not bat an eye in his response.

"Got drunk once, and had sex with a peacock. I was just wondering if you were my son."