

RESOURCE CENTER NEWS

DECEMBER 2018



12/4– 10 County Wow Zone event

12/5– Women’s Trip to Burnsville Mall

12/6– Christmas Baking

12/7– Men’s Day

12/11– Sibley Park

12/13– Christmas Baking

12/18– Christmas Baking

12/20– Christmas Caroling

12/24– CLOSED

12/25– CLOSED

12/31– New Year’s Eve Party

National Identity Theft Prevention and Awareness Month is the month for increasing awareness on identity theft and becoming more alert. December is National Identity Theft Prevention and Awareness Month. It is an ideal time to think about identity theft, data breaches, and other fraud issues.

Identity theft is one of the most serious crimes and one of the most rapidly growing crimes. According to the Federal Trade Commission (FTC), it is the top consumer fraud in the United States. The people who have not been its victims seem to take it lightly. Don’t underestimate identity theft. More importantly, don’t confuse it with **credit card fraud**. Identity theft covers everything. It covers all forms of fraud. Identity theft can happen to anyone, anytime, anywhere.

Preventive Measures for Identity Theft

- Secure all your personal and financial documents in a safe place. This is important both at your home and workplace.
- While going out, always carry a limited number of items. Carry only those cards which you really require at that time. Never carry your **Social Security Card** unless you absolutely require it. If you lose any of your cards, you’ll be worried unnecessarily. You’ll also make it too easy for a criminal to access your information.
- Make sure to regularly update your passwords for all your online and banking accounts. Make your passwords are strong and unique by using different passwords for each and every account.
- Close any unauthorized or compromised bank or **credit card accounts**. Cancel such credit cards.
- Think about what other personal information could be at risk. Contact corresponding agencies depending on the type of theft. For example, if a thief has access to your SSN, you should contact the Social Security Administration. If your driver’s license or your car documents are stolen then contact your state Department of Motor Vehicles.
- Shred all papers before disposing of them.
- Never respond to unsolicited emails requesting personal information.
- Keep things streamlined and organized. This makes it easier to notice when something isn’t right. For instance, it’s much simpler to track one credit card than to track six.
- Monitor all your accounts and statements regularly for errors or signs of fraud. Sign up for text alerts.
- If required, contact your bank or other **financial institutions** to freeze your accounts so that no one could access your financial resources.
- Never provide personal information over the phone, especially without verifying the identity of the Download material only from trusted websites.

December
Birthstone: Turquoise

December
Flower:
Narcissus

December
Colors: Indigo and
Green

NEWS/INFO PAGE

MN AVENUE CLUBHOUSE MISSION STATEMENT

OUR MISSION IS TO MAINTAIN A SAFE AND STIGMA-FREE ENVIRONMENT IN WHICH INDIVIDUALS WITH MENTAL ILLNESS SHARE TIME TOGETHER AND SUPPORT EACH OTHER IN THEIR MUTUAL JOURNEYS TOWARD RECOVERY

Crisis Service Information:

Local On-Call after hours: 507-357-4440
Regional Crisis Line 24/7: 877-399-3040
Crisis Mobile Team 24/7: 877-399-3040
Crisis Center (Mankato) 507-389-6783
National Suicide Prevention # 800-273-8255
Mental Health Texting Service 24/7: Text MN to 741741

Upcoming 10 County Events

December 4th- WOW Zone



12/4-Ginnifer Z.

12/6- John D.

12/7- Steve K.

12/18- Janelle O.

People experiencing the symptoms of psychosis and their families need greater outreach efforts and access to information that helps them find the help they need. A new website WeCanNavigate.com, seeks to help fill that gap.

WeCanNavigate.com is for those who experience psychosis, family or friends, and clinicians alike. WeCanNavigate.com helps people learn more about the symptoms of and treatment for psychosis, and is an effort to help close a gap in the care system by helping connect people as early as possible to treatment and information.

The [WeCanNavigate](http://WeCanNavigate.com) website serves three main purposes:

- Inform the public on the signs and symptoms of psychosis
- Provide friends, family members, and healthcare professionals with tools for helping someone experiencing psychosis
- Describe the NAVIGATE program, an evidence-based treatment program for persons with first episode psychosis, in detail.

This website came out of a collaboration between the Minnesota Center for Chemical and Mental Health (MNCAMH), the Minnesota Department of Human Services, and the University of Minnesota Psychiatry Department.

****Reminder- Please sign up for the Christmas Party at least 3 days in advance.****

RECIPES

Original Chex Mix

Ingredient List

- 3 cups Corn Chex™ cereal
- 3 cups Rice Chex™ cereal
- 3 cups Wheat Chex™ cereal
- 1 cup mixed nuts
- 1 cup bite-size pretzels
- 1 cup garlic-flavor bite-size bagel chips or regular-size bagel chips, broken into 1-inch pieces
- 6 tablespoons butter or margarine
- 2 tablespoons Worcestershire sauce
- 1 1/2 teaspoons seasoned salt
- 3/4 teaspoon garlic powder
- 1/2 teaspoon onion powder

Preparation

1. In large microwavable bowl, mix cereals, nuts, pretzels and bagel chips; set aside. In small microwavable bowl, microwave butter uncovered on High about 40 seconds or until melted. Stir in seasonings. Pour over cereal mixture; stir until evenly coated.
2. Microwave uncovered on High 5 to 6 minutes, thoroughly stirring every 2 minutes. Spread on paper towels to cool. Store in airtight container.

Easy Christmas Cookies

INGREDIENTS

4 cups miniature marshmallows
1/3 cup margarine

- 3 1/2 cups crisp rice cereal
- 1 1/3 cups candy covered plain chocolate candies (or peanut chocolate)



DIRECTIONS

1. Melt together marshmallows and margarine in heavy saucepan over low heat, stirring occasionally until smooth.
2. Pour over combined cereal and candies; toss until lightly coated.
3. With greased fingers, gently shape mixture into 1 1/2-inch balls.

K&K's Page
(Karen F and Karen S)

I am the only one, but still I am one.
I cannot do everything, but still I can do something.
And because I cannot do everything,, I will not refuse to do the something I can
do.

-Edward Everett Hale-

Every individual matters, non-human as well as human.
Every individual has a role to play.
Every individual makes a difference.
We cannot live through a single day without making an impact on the world
around us.

And we all have free choice- what sort of difference do we want to make.
Do we want to make the world around us a better place? Or not?


-Jane Goodall- Wildlife Researcher-



DECEMBER



Sun Mon Tue Wed Thu Fri Sat

						1
2	3 Mens Group 10a-11a Womens Group 1p-2:30p	4 10 County Event at the Wow Zone 11a-3:30p <u>Bring lunch or \$</u>	5 Womens's Activity- Burnsville Mall 10a-3p <u>Bring lunch or \$</u>	6 Morning Joe 10a-11:30a Christmas Baking 11:30a-3:30p	7 Men's Activity- Cards and Thrift Store 10a-12p	8
9	10 Mind Body Spirit 10a-11a Tie Blankets 11a-1p	11 Newsletter 3p-3:30p Sibley Park Lights 3:30p-7p	12 Drop In 9a-11a	13 Morning Joe 10a-11:30a Christmas Baking 11:30a-3:30p	14 CLOSED	15
16	17 Men's Group 10a-11a Women's Group 1p-2:30p	18 Christmas Party 11a-1p	19 Tie Blankets Or Christmas Craft 11a-1p	20 Morning Joe 10a-11:30a Christmas Caroling 11:30a-2p	21 Walk or Pickle Ball @ St. Peter Community Center 10a-1p	22
23	24 CLOSED	25 CLOSED  <i>Merry Christmas!</i>	26 Exercise 11a-12p Drop In 12p-2p	27 Morning Joe 10a-11:30am Ceramics 11:30a-2p	28 Games/Card Club 10a-1p	29 Movie 9:30a-12:00p <u>No Transportation provided</u>
30	31 New Year's Eve Party/ Bingo 1p-3p					

**Members are expected to call no less than 2 days in advance for activities they wish to attend or if they need to cancel.
Schedule subject to change.**

Drop in= Games, Cards, Crafts, Ce-ramics, whatever you would like to do!

**Clubhouse Direct Phone
#507-357-8572**