



**We are the ones  
We have been  
Waiting for!!**

# Beyond Recovery!

## PROSUMER NEWS

**PROSUMER—A PERSON WHO IS PROACTIVE IN HIS OR HER RECOVERY AND WHO GIVES BACK TO THE COMMUNITY!**

**A Prosumer is not who you are, it is what you do!**

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**Prosumers—A consumer led, consumer developed program having you focus on wellness and discovery.**

November

2017

Janet Paleo—Editor

Volume 16: Issue 11

### Bother Me By Janet Paleo

Recently I was in a meeting where the discussion was about measuring “outcomes” of services for people accessing the public mental health system. It occurred to me that the measures were really about people not being bothered. You could say a good outcome for someone accessing services is if they didn't bother anyone. This means they didn't wind up in a hospital, a jail, in crisis services and they would show up for appointments and, of course, take the meds. A person could do all those things and society would be happy that this is a good outcome from treatment. However, for the person, this does not mean the person has a full life, is happy and feeling fulfilled.

As I examined this further, I wondered how many people prefer the clients who don't bother them. I would like to imagine people start off wanting to help people, but especially in a public system which is underfunded and exhausts their staff with unreasonable case loads, I can understand how people can get to this. Even though I understand it, doesn't make it right.

As I looked further, I realized this was not only the public mental health system, often people get the same treatment in a general hospital. While in a hospital you can hear staff complaining about people who are always pushing the button or calling staff. Then I realized this happens in homes. The phone rings, we don't want to be bothered. The child who wants attention is often told to sit down, be quiet and stop bothering me. This is not just the mental health system, it is pervasive in our society. It is almost as if in a world which is over simulated, which demands our attention to millions of messages, we find ourselves wanting only to be left alone or not be bothered. To not be bothered by others, family, even animals at times.

Consider this scenario. A mother comes home from a taxing day at work. She walks in to having to fix dinner, do household chores and the little ones want her to play. Being tired and overwhelmed, one would not be surprised to hear mom say, “Go play. Leave me alone.”

Continued on next page

**Prosumer Meetings Currently Located in:**

**\* Denton \* Houston \* McKinney \* Plano \* San Antonio \* Rio Grande Valley**

Continued on next page



### Sole Survivor: The Flood by Samantha Thornton

*“To live is to suffer, to survive is to find some meaning in suffering”-*

*Friedrich Nietzsche*

*“I survived because the fire inside me burned brighter than the fire around me”-Joshua Graham*

The icky sensation made me feel ironically alone. Little did I know how common it was this time. Maybe common in general, though rarely spoken until now.

The storm brought me this ugly feeling. After the fact, the horrible aloneness of that feeling proved phantom, as people whispered about it in hallways. Internet click bait articles began to surface just hours after the rain stopped; survivors guilt. I was brave enough to blurt it out in a miserable text to my boss. How are you?! He asked. Um, well...I am sort of peachy, aside from spending 24 hours watching my friends on Facebook Live shivering on rooftops and watching boats leave them behind. Videos of flooded first floors with family heirloom Christmas ornaments, photo albums and children's toys floating in the bilge below. Ya, that pretty much sucked. And me? ME??? I never took on water, nor roof damage. I never lost power. I never even lost cable, or internet for heaven sakes. I was fully stocked. I even posted on social media that my worst concern was epic binge eating (It was a REAL concern, by the way).

From there, I was second guessing myself badly. My boss even called me out about it, later (he's a great guy). Why was I sorry I was ok, for a change? Why on earth was I sorry nothing bad happened to me? I put in the “for a change” part, because I am going somewhere with this. I have survived a lot; and always feel crappy about it. What does that say about the cumulative damage to my self-worth? And the “for a change” part; have I come to expect doom and disaster based on old unaddressed wounds? I came to believe that answering these questions might be vital in my on-going healing process.

Like I said earlier, I am used to feeling this way. I feel that way all the time. As someone with lived experience with a mental health condition, maybe I have become ashamed, or afraid of

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Thanks to Methodist Healthcare Systems for sponsoring Prosumers in San Antonio  
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So where does this leave us? We have become a society of "leave me alone, don't bother me". Consider how many times you don't do something or interact with someone because you don't want to be bothered. I believe we have lost a bit of our humanity in the process. When we practice "not being bothered", we miss the opportunity to connect, to hear another person's joy, pain, grief or thoughts. We miss the opportunity to celebrate the wonder of our children, our friends and strangers.

In a mental health system, staff miss the opportunity to validate people, encourage positive risk taking behavior like making a friend or getting a job. Often times, many of us need someone to listen to our fears about pursuing a full life.

In a world of "don't bother me", shouldn't the place where we seek help for our mental health concerns be the exception to "don't bother me"? Should we expect the system we turn to for help have higher expectations for us other than us not bothering people? Shouldn't the state who pays for the services set higher standards like involvement in the community, positive risk taking behavior, living a full life and maybe even being happy? Wouldn't these goals achieve similar results of not bothering hospitals, law enforcement and other staff? And perhaps even start changing society to being more human?

When you think about it, when we stop being bothered, our life has been reduced to our not being a valued part of life. We should be grateful in the very act of being bothered, because someone, something believes we are of value to them. Next time when you are being bothered, maybe you should say thank you for believing in my value to you. Be good to yourself and others.

getting better. Maybe, I am ashamed of surviving, when others did not. I know I am not alone in this, particularly in my age group. Many of us were told we wouldn't get better. Then many of us watched our brothers and sisters believe that...and not even try. I guess we don't really talk about it. The veteran that got to come home. The only one from your last hospital stay that made it. Or, the one in 10 out of your rehab that stayed clean.

I think it was important for me to recognize this old wound in myself. It reinforced what I do as a peer supporter. If you are feeling this way, there are many things you can do without holding my job; but one is to honor that you feel that way in the first place. It is a common grief that exists in more people than you can know. And, it came from somewhere. For whatever reason we lost our own value in our own eyes. Some common false beliefs we hold to ourselves could be (again feel free to add your own!):

Believing you were not supposed to be ok.

Thinking another should have been safe, or survived instead of you.

Believing you do not deserve to be ok.

Believing we are greedy, or selfish for being ok

Feeling we are totally alone...sole survivor

You are not

I came away thinking, I was never closer to other humans, then when I cried for my brothers and sisters who were not so lucky. On the surface and fighting my old demons, it seemed the opposite. I was not alone at all. I was connected more than ever. I felt compassion and was given the blessing of action. As for my condition, I fight this sole survivor thing by reminding others they are not alone; and that it is ok to get better. It is ok to believe you can get better, regardless of what other say. It is ok to take your time getting better; your timing...not someone else's (we go forward at our own pace).

I think it is important for me to share getting better with others. It may be their beacon in the darkness of an adversity. I believe sharing about survivor's guilt may help us share ourselves and our experiences. In this way we can heal our past and become beacons. All of our roles and journeys are sacred.

And as for the storm? I got out and helped, sure. But, some of the biggest things I did looked rotten from the outside. No glory. I bought low price retail. I ate out and tipped big. Those guys had not worked in weeks; and they needed us to get better. I helped other people restore joy and recreation. I brought them to dinner and we did usual things in unusual times. I did not need them to lie, or be anywhere they were not. I just brought them along in my endeavors if they needed a break from rebuilding. I was able to do that because I didn't get hurt.

Anyway guys...It is ok to be ok.

You are not alone on that island.

Until next time peeps...Breath peace!

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[www.shatterspeech.com](http://www.shatterspeech.com) please follow Jac Eli on social media

## Learning To Manage Your Stress By [Susan Ruttr](#)

Stress may not be a laughing matter to you. But maybe it should be. Humor is one of the most powerful stress-reducing tools there is. "Just as studies have shown the negative effects of stress on the body, we're now finding that humor has positive effects," says Karyn Buxman, R.N., editor of "Therapeutic Humor, the journal of the National Association for Therapeutic Humor. When you laugh, your heart rate and blood pressure rise -- giving your cardiovascular system a mini-aerobic workout -- then temporarily dip lower than they were before. Your immune system makes more immune cells.

Learning to manage stress isn't just good for your body. It keeps your mind and spirit more youthful, too. With fewer worries to tax your brain, don't be surprised if your noggin becomes more nimble. Under highly stressful conditions, it's simply harder to remember things and to concentrate. When stress hits high gear, you may be unable to retain a sentence that you have just read or remember someone you met minutes before.

Some evidence even shows that high levels of stress may shrink the part of the brain that governs learning and memory. Scientists who studied the brains of people with severe depression and post-traumatic stress disorder found that one part of the brain, called the "hippocampus", actually became smaller when high-level stress kicked in. Some researchers speculate that the shrinkage could result from raised levels of stress hormones called "glucocorticoids".

When stress declines, you are more likely to stretch your physical and mental boundaries, suggests Phil Nuernberger, Ph.D., president of Mind Resources Technologies in Honesdale, Pennsylvania.

# Prosumers San Antonio! November 2017

SUN	MON	TUE	WED	THUR	FRI	SAT
29	<b>Oct 30</b> DBSA 7 pm @ SA Clubhouse	<b>Oct 31</b> Recovery Inc 10 am-12 pm	<b>Nov 1</b> Recovery Inc 7 pm	<b>Nov 2</b> NAMI Connections 3:30 & 6:30 pm	<b>Nov 3</b>	<b>Nov 4</b> DBSA-BC 2-4 @ St. Benedict's Church "the Nest"
5	<b>Nov 6</b> DBSA 7 pm @ SA Clubhouse	<b>Nov 7</b> Recovery Inc 10 am-12 pm	<b>Nov 8</b> Recovery Inc. 7 pm	<b>Nov 9</b> NAMI Connections 3:30 & 6:30 pm	<b>Nov 10</b>	<b>Nov 11</b> DBSA-BC 2-4 @ St Benedict's Church "the Nest"
12	<b>Nov 13</b> DBSA 7 pm @ SA Clubhouse	<b>Nov 14</b> Recovery Inc 10 am-12 pm <b>Haven Prosumer Mtg</b> <b>2:30-4:30 pm</b> NAMI General Mtg	<b>Nov 15</b> Recovery Inc 7 pm	<b>Nov 16</b> NAMI Connections 3:30 & 6:30 pm	<b>Nov 17</b> <b>Prosumers at</b> <b>New Location</b> <b>See next page</b> <b>Noon to 3:00 pm</b>	<b>Nov 18</b> DBSA-BC 2-4 @ St Benedict's Church "the Nest"
19	<b>Nov 20</b> DBSA 7 pm @ SA Clubhouse	<b>Nov 21</b> Recovery Inc 10 am-12 pm	<b>Nov 22</b> Recovery Inc 7 pm	<b>Nov 23</b> <i>Happy Thanksgiving</i>	<b>Nov 24</b>	<b>Nov 25</b> DBSA-BC 2-4 @ St. Benedict's Church "the Nest"
26	<b>Nov 27</b> DBSA 7 pm @ SA Clubhouse	<b>Nov 28</b> Recovery Inc 10 am-12 pm	<b>Nov 29</b> Recovery Inc 7 pm	<b>Nov 30</b> NAMI Connections 3:30 & 6:30 pm	<b>Dec 1</b>	<b>Dec 2</b> DBSA-BC 2-4 @ St. Benedict's Church "the Nest"

\*\*\*Please verify times and events before going!!

## CALENDAR NAMES, ADDRESSES and PHONE NUMBERS

**Prosumers International** – For more information, please call 1-800-577-3776 [www.prosumersInternational.org](http://www.prosumersInternational.org), Mailing Address: PO Box 120394, SA, TX 78212 1-800-577-3796 to RSVP

**24/7 Crisis Clinic**—Address is 601 N Frio 210-225-5481.

**Crisis Hotline** 210-233-7233 or 1-800-316-9241.

**CHCS** – Center for Health Care Services 3031 IH 10 West (Central Office) 210-261-1000

**CHCS Adult Mental Health Intake**—210-261-1250

**CHCS Children's Clinic** —227 West Drexel 210- 261-3500

**CHCS Children's Clinic for Eligibility/Enrollment**—Address is 6812 Bandera Road Suite 102 210-223-3500

**CHCS Burnet Clinic** – 1920 Burnet 210- 261-1300

**CHCS Palo Alto Clinic**-711 Palo Alto Road 210-261-3200

**CHCS Northwest Clinic**-5372 Fredericksburg Rd, Bldg. F, 210-261-1600

**CHCS Zarzamora Clinic** 806 S. Zarzamora 2 1 0 - 261-200

**Disability Rights TX**- If you think your rights have been violated call 800-252-9108 M-F, 9 am - 4 pm or go online [www.DisabilityRightsTx.org](http://www.DisabilityRightsTx.org) anytime

**DARS** Assist people w/disabilities with employment. 1-800-628-5115

**DBSA-Depressive Bipolar Support Alliance** 6851 Citizens Parkway (S.A. Clubhouse) 210-945-0689

**DBSA Bexar County**—Depressive Bipolar Support Alliance meets at 4623 Lord Road, call 210-262-2596

**DBSA Texas** (512) 407-6676, Toll-free: 1 (866) 327-2839, Fax: (281) 480-4333, P.O. Box 591342, Houston, TX 77259-1342

**Fair Housing Council of Greater San Antonio**— 4414 Centerview Drive, Suite # 229; 210-733-3247

**Mental Health Support Group** — St. George Episcopal Church 6904 West Avenue 210– 342-4261 for more information

**Methodist Aftercare Group** - 8109 Floyd Curl Classroom C 2nd Floor Every Saturday 1:30-2:30pm

**Methodist Saturday Woman's Group**—12-1:15 8109 Floyd Curl 2nd Flr

**NAMI SA/NAMI Connections**— at 6:30 PM-8PM Methodist Healthcare System 8109 Fredericksburg Rd, 78229 and 3:30 PM-5PM: Family Endeavors, 535 Bandera Rd NAMI Office 210.734.3349

**Prosumer Community Wellness Meeting** –Tuesday nights 6:30-8pm, 8109 Fredericksburg Road. 210-399-8734

**Recovery Inc.**—Recovery International, the Power to Change—an Abraham Low Self Help System, Call Patricia (210) 655-6875

**Tuesdays**, 10-12 Incarnate Word Retirement Center (The Garden Room); 4707 Broadway 830-216-4264

**Wednesdays**, 7:00 PM Ecumenical Center for Religion and Health; 8902 Ewing Halsell

**SAILS** – San Antonio Independent Living Services—1028 S. Alamo Drive 210-281-1878

**VIA Metro Center** — 1021 San Pedro 210-362-2020 M-F 7 am - 6 pm Call for help with bus schedules/transfers.

Special thanks to:



"Serving Humanity to Honor God"

[www.SAHealth.com](http://www.SAHealth.com)

Want to get involved? Contact Mary at 1-800-577-3795 ext 804. All kinds of volunteering are available!

## Useful Websites and Links

Substance Abuse Mental Health Services Administration [www.SAMHSA.gov](http://www.SAMHSA.gov)  
Information on national programs and services [www.Disability.Gov](http://www.Disability.Gov)  
The Prosumers website [www.ProsumersInternational.org](http://www.ProsumersInternational.org)  
Focus for Life [www.myFocus4Life.com](http://www.myFocus4Life.com)  
National Consumer/Survivor Coalition [www.ncmhr.org](http://www.ncmhr.org)  
The Center for Health Care Services [www.CHCSBC.org](http://www.CHCSBC.org)  
A website for all TX government departments [www.texas.gov](http://www.texas.gov)  
National Empowerment Center: [www.Power2u.org](http://www.Power2u.org)  
Depression and Bipolar Support Alliance (DBSA) [www.dbsalliance.org](http://www.dbsalliance.org)  
Mental Health America of Texas [www.mhatexas.org](http://www.mhatexas.org)  
Texas Legislature Online [www.capitol.state.tx.us](http://www.capitol.state.tx.us)  
Texas Administrative Code: [www.sos.state.tx.us/tac/](http://www.sos.state.tx.us/tac/)  
The Texas Election Division [www.sos.state.tx.us/tac/](http://www.sos.state.tx.us/tac/)  
NAMI [www.nami.org](http://www.nami.org)  
Via Hope, [www.viahope.org](http://www.viahope.org)  
Mental Health Self Help Clearinghouse [mhselfhelp.org/](http://mhselfhelp.org/)  
Website for Medications, Assistance Programs, Discount programs  
[www.needymeds.com](http://www.needymeds.com)  
TX Department of Housing and Community Affairs [www.tdhca.state.tx.us](http://www.tdhca.state.tx.us)  
Patient Assistance with Medications [www.phrma.org/](http://www.phrma.org/)  
Free Online Computer Classes through Global Community Foundation  
[www.gcflearnfree.org/](http://www.gcflearnfree.org/)  
For more information specific to their current situation and the transition to  
Medicare Rx [www.texasmedicarerx.org](http://www.texasmedicarerx.org)

## Your Elected Officials

**SENATOR CARLOS I. URESTI**, SENATE DIST 19 (210) 932-2568  
**SENATOR JUDITH ZAFFIRINI**, SENATE DIST 21 (956) 722-2293  
**SENATOR DONNA CAMPBELL**, SENATE DIST 25 (210) 979-0013  
**SENATOR JOSE MENENDEZ**, SENATE DIST 26 (210) 733-6604  
**REPRESENTATIVE ANDREW S. MURR**, HOUSE DIST 53 (830) 257-0432  
**REPRESENTATIVE DOUG MILLER**, HOUSE DIST 73 (830) 625-1313  
**REPRESENTATIVE TREY MARTINEZ FISCHER**, HOUSE DIST 116 (210) 737-7200  
**REPRESENTATIVE RICK GALINDO**, HOUSE DIST 117 (512) 463-0269  
**REPRESENTATIVE JOHN LUJAN** HOUSE DIST 118 (210) 922-1433  
**REPRESENTATIVE ROLAND GUTIERREZ**, HOUSE DIST 119 (210) 532-2758  
**REPRESENTATIVE LAURA THOMPSON**, HOUSE DIST 120 (512) 463-0708  
**REPRESENTATIVE JOE STRAUS**, HOUSE DIST 121 (210) 828-4411  
**REPRESENTATIVE LYLE LARSON**, HOUSE DISTRICT 122 (210) 402-5402  
**REPRESENTATIVE DIEGO BERNAL**, HOUSE DIST123 (512) 463-0532  
**REPRESENTATIVE INA MINJAREZ** HOUSE DIST 124 (512) 463-0634  
**REPRESENTATIVE JUSTIN RODRIGUEZ**, HOUSE DIST 125 (210) 521-7100

To find out who represents you go to [www.fyi.legis.state.tx.us](http://www.fyi.legis.state.tx.us)

**Texas Department of State Health Services Consumer Services and Rights Protection. 1-800-252-8154**

**Texas Department of Public Safety for Abuse and Neglect 1-800-252-5400**



Map to the  
CHCS Clinic  
on  
Fredricksburg

## **Changing Locations for the 3rd Friday Meeting**

### **Starting in November!**

**Prosumers have found a new meeting place starting in November at the CHCS Northwest clinic at 5372 Fredericksburg Rd, Bldg. F. Stay tuned for more info!! Exciting Times!!**

## **PROSUMER MEETING SAN ANTONIO**

**The 3rd Friday of the month at new location! 5372 Fredericksburg Rd, Bldg. F. November 17**

**Finding Joy in the Simple Things**

Thanksgiving is in the air and being able to find joy in the simple things, is truly satisfying. Why don't we do this year round? Life becomes so complicated and joy seems to get caught up in all the hype around the holidays. How do we keep in simple and stay true to the joy? Should be a thought provoking meeting where you come away being able to hold on the joy just a tad bit longer. The meeting on the 17th is a Potluck. We will bring the turkey, you bring your favorite side dish or dessert!!

## **Additional Prosumer Meeting November 14, 2017**

**Haven for Hope Volunteer Center  
One Haven for Hope Way, SATX  
2:30 pm to 4:30 pm NO POTLUCK**

### **Next Meetings:**

**December 12 & 15  
Holiday and Planning Party**

It's that time of year! We have had a wonderful year and its time to plan for an exciting 2017! Come with ideas on topics you'd like to see at meetings next year. Don't forget to bring your favorite side dish for our potluck and a gift (under \$5) for our Santa Gift Exchange. No gift cards or money please.



Prosumers wish  
Everyone a Happy  
Thanksgiving!

## VOLUNTEER OPPORTUNITIES

### Ongoing

#### **Gain Administrative Experience! Volunteer With Grace Hospice!**

4800 Fredericksburg Rd Suite 125 San Antonio, TX 78229  
The staff at Grace Hospice would love to have you join our team by helping us out in our office! Administrative Volunteers work right alongside our staff answering phones, filing paperwork, and doing any special projects needed at that time. Gain knowledge by working alongside our RN nurses, social workers, and chaplain and make a difference serving our community at the same time!! Click on the link below to be directed to our volunteer application on our website. Set the location to San Antonio and when you click submit your application will be sent directly to Diana Duran VCOR's email. **Or contact Diana Duran by email at [dduran@ghospice.com](mailto:dduran@ghospice.com). <http://ghospice.com/grace-hospice-volunteer-application/>**

#### **Seasonal Volunteer Opportunities San Antonio**

with Heart to Heart Hospice  
1000 Central Parkway North Suite 110 San Antonio, TX 78232  
Make a difference in someone's life. Heart to Heart Hospice has seasonal volunteer opportunities available for those looking to give back to their community. We service the greater San Antonio area and have opportunities all over San Antonio and Boerne. **Contact Sam Basaldua at (210)824-4113 for more information.**

#### **Front Desk Receptionist**

New Braunfels Food Bank  
1620 S Seguin Ave New Braunfels, TX 78130  
The New Braunfels Food Bank is looking for a front desk receptionist to work on Monday evenings from 4:00pm to 5:00pm. Some of the duties will be answering phone, greeting clients and volunteers, checking appointment times for clients and rescheduling appointments. Please contact Elizabeth Martinez at 210-431-8478 or [elmartinez@nbfoodbank.org](mailto:elmartinez@nbfoodbank.org) if you are interested!  
**For more information about New Braunfels Food Bank Volunteer Opportunities please visit: <https://nbfoodbank.org/volunteer/>**

#### **Help restore the Headwaters of the San Antonio River**

Headwaters at Incarnate Word, Inc.  
Help restore San Antonio's birthright, the Headwaters of the San Antonio River, which contains the historical source of the River, the famous Blue Hole spring. People have been drawn here for over 10,000 years. Ask us about the history. We make trails and replace invasive plants with native plants. We'll send you our Volunteers' Calendar and a map. Volunteers are just the best people!  
**Contact Pamela Ball at 210-828-2224 for more information.**

#### **Become a volunteer mentor for Youth in Bexar county**

with BEXAR COUNTY PARTNERS FOR YOUTH  
310 E. Mitchell Street, San Antonio, TX 78210  
There are many children under the supervision of the Bexar County Juvenile Probation Department in need of a positive adult role model in their lives; someone who can assist them in making better choices and inspire positive change. Bexar County Juvenile Probation (JPD) is actively seeking to match eligible adults who are 21 years of age and older with youth with like hobbies, interests and activities. Our goal is to provide a stable, adult influence who is patient and kind. For many of the kids you might be the only positive role model in their lives. **Contact LaJuana Hill Zanon at 210-335-7908 for more information.**

## VOLUNTEER OPPORTUNITIES

### Time Limited

#### **November 4, 2017 - Sun, November 5, 2017 Come Fly With Us!**

Andre Booker Foundation  
Lackland AFB 2230 Hughes Rd Lackland AFB, TX 7823 6Sat,  
We are volunteering at the Lackland Air Show at JBSA Lackland at Kelly Field. We need volunteers that will be able to work 5-6 hour shifts. After your shift you can visit the flight line and take in the Air Show. This will be our 3rd time volunteering and all of our past volunteers enjoyed themselves. **Contact Roger Booker, Jr at 210.362.0543 for more information.** <http://www.andrebookerfoundation.org>

#### **Sat, November 11, 2017 07:30 AM - 12:30 PM**

##### **Family, Fishing and Friends**

with FIN ADDICT ANGLER FOUNDATION 15662 FM 75 Floresville, TX 78114  
Fin Addict Angler Foundation is partnering with San Antonio River Authority for this exciting event at Helton San Antonio River Nature Park.  
Come see what we're about, visit our website [www.finaddictangler.org](http://www.finaddictangler.org)  
Volunteers role is to assist with one or more of stations including setup and clean-up.  
All materials for our stations will be provided by the foundation.  
Children age of 5 or older are welcomed to join the event and participate while their parents work their shift, but must be accompanied by an adult at all times.  
Volunteers will be asked to read the volunteer packet and provide the volunteer form on or before the day of the event.  
All fishing equipment will be provided.  
Volunteers will receive an event t-shirt from the Fin Addict Angler Foundation to be worn at the event (we will need your t-shirt size).  
Closed shoes, sunscreen, caps and sunglasses are recommended.  
Volunteers please check in at volunteer check-in table. Anyone 17 and older will need a fishing license.  
Clinic is November 11, 2017, 9a.m to 12p.m Registration from 9am to 11am.  
**Contact Oscar Castillo at 210-643-3396 for more information.**

#### **Thu, November 16, 2017 08:00 AM - 08:00 PM**

##### **6th Annual Thanksgiving Dinner**

West Side Girl Scout Leadership Center, 5622 W. Cesar Chavez Blvd. San Antonio, TX 78237  
Girl Scout and Community Thanksgiving Dinner. Decoration, set up, event and tear down shifts available. Troops can make baskets for giveaways, too. **Contact Kathryn Foley at (210) 349-2404 for more information.**

#### **Sat, November 18, 2017 07:00 AM - 02:30 PM**

##### **AccessAbility Fest**

with DISABILITYSA  
5106 David Edwards Dr San Antonio, TX 78233  
AccessAbility fest is an annual program that creates a gateway to resources, opportunities and independence for individuals living with a disability in the San Antonio and surrounding communities. The festival is FREE and OPEN for the public to attend. This experience is for individuals of all abilities, including those with physical, developmental, sensory and/or mental health challenges!  
Volunteers must be 16 years of age or older to volunteer without a supervising adult. Children, 12 and up are welcome to volunteer, but must be accompanied by an adult, 18 years of age or older.  
Rain or shine. Water and snacks provided for volunteers. Food concessions will be available for purchase. **Contact a DSA Intern at 210-704-7262 for more information.**

#### **Sat Nov 18, 2017, 12:00 PM - 09:00 PM**

##### **2017 Holiday Lighting of Travis Park**

301 East Travis Street San Antonio, TX 78205  
**Set Up - Assist Centro** with setting different activity and performance areas.  
**Activity Monitor** - All supplies will be provided but it will be the responsibility of the activity volunteer to monitor supply levels, ensure safety during activities, and provide overall supervision to the activity area.  
**Hot Chocolate & Pan Dulce Station** - We will have a FREE hot chocolate which will require direct supervision and monitoring. There will be two beverage tables for guests to enjoy. This activity requires direct and careful supervision and monitoring of supply levels.  
**Break Down** - Assist Centro with different activity tear down. Shifts Available 8:00-10:00 pm \*\*For this shift we kindly ask for you to bring your own work gloves  
**Contact Liz Burt at 210-225-3862 for more information.**

# Fun Events in San Antonio

## Wednesdays

### Exit 505 Farmers Market , Kerrville

3:00 pm - 8:00 pm

What do 100% Texas grown EVOO, aquaponic greens, fresh vegetables, seafood, organic beef & chicken, grass fed lamb, knife-sharpening, chair massage, wood-fired pizza & bread, live music, Texas wines and local artisan goods all have in common? They all can be found at Exit 505 Farmers Market, 908 Harper Rd, Kerrville TX. Every Wednesday, rain or shine, from 3 PM until dark. We'll be closed January 18th 2017 for the stock show. I-10 to Kerrville Exit 505

Repeats weekly, September 23, 2015 to September 30, 2018

<http://Exit505farmersmarket.com>

## Sundays

### World Dance of the People

Sundays, 1:00 pm - 3:00 pm Free

Every 1 week(s) between

January 8, 2017 and December 17, 2017

International Folk Culture Center, 411 SW 24th St. San Antonio, TX 78207, (210) 867-0692 [lbengtson@ollusa.edu](mailto:lbengtson@ollusa.edu)

<https://ollulofolkculturecenter.com/>

Enjoy fascinating rhythms and interesting dance steps from around the World! We learn international folk dances from dozens of countries--from France to Bolivia, from New Zealand to Sweden, from Serbia to South Africa! Usually, fresh fruit is provided for refreshments. Savor the different musical heritages of the world and enjoy some exercise as well!

## Fridays

### Planetarium Shows at the Scobee Education Center

Scobee Education Center and Planetarium, San Antonio

6:30 pm - 10:00 pm

Repeats weekly, January 21, 2016 to December 31, 2019

Scobee Education Center and Planetarium, 1300 San Pedro, San Antonio, TX 78212 210-486-0100 [sac-scobeectr@alamo.edu](mailto:sac-scobeectr@alamo.edu) <http://www.alamo.edu/sac/planetarium/>

Scobee Planetarium is open every Friday evening (except special events and holidays). Ticket sales begin at 6:00 pm. If weather permits, the observatory is opened after the last public show to observe celestial objects through the refracting telescope. Visit <https://www.facebook.com/scobeepanetarium> for schedule and information.

## Fall Craft Festival

**NOVEMBER 4** 10:00 am - 4:00 pm Free

Zion Lutheran Church, San Antonio

Over 50 vendors will have their handcrafted items for sale. These items include woodworking, art, jewelry, quilting, Christmas items, toys, baby items and more. Vendors will be located inside our Family Life Center and outside on the grounds. <http://www.zionsa.org>

## Joint Base San Antonio Open House & Air Show

**NOVEMBER 4 - NOVEMBER 5** 10:00 am - 5:00 pm Free

Kelly Field Annex, San Antonio

The 502nd Air Base Wing will hold the 2017 JBSA Air Show and Open House at JBSA-Lackland Kelly Field Annex Nov. 4 - 5 from 10 a.m. to 5 p.m. The two-day event will include support from all services. Headlining the schedule are the U.S. Air Force Thunderbirds, along with the F-35 Heritage demonstration flight team. The air show will also feature civilian flying acts, Heritage aircraft static displays and other active duty aircrafts. Children activities, play areas and food will also be available. The event is free and open to the public. Gates for base access will be publicized as the event nears. The schedule is subject to change and will be updated as information becomes available. For updates on the JBSA Air Show and Open House, go to [www.jbsa.mil](http://www.jbsa.mil).

## A Fierce Green Fire - The Battle for a Living Planet

**November 06, 2017 3:30 pm - 5:00 pm Free**

The Village at Incarnate Word- CHRISTUS Heritage Hall, 4707 Broadway. San Antonio, TX 78209 210-829-7561

<http://www.iwretire.org>

"A visually stunning survey of the environmental movement, from early battles to save American wilderness to international campaigns to save the health of human societies and the biosphere. Broad in scope and fast moving, A Fierce Green Fire introduces many of the leaders (both famous and little-known) who have shaped the struggle. This film is worthy of admiration, and has obviously been a major effort by the filmmakers. It will inspire the next generation of activists." Dr. Richard Tucker, Professor of Natural Resources and Environment, University of Michigan and author of *Insatiable Appetite: The United States and Ecological Degradation of the Tropical World*

## Luminaria Contemporary Arts Festival

**November 10, 2017 to November 11, 2017** 7:00 pm - 12:00 am Free

Yanaguana Garden, Hemisfair Park, 434 S. Alamo Street, San Antonio, TX 78205

[info@LuminariaSA.org](mailto:info@LuminariaSA.org) <http://luminariasa.org/tickets.cfm>

## The Joy of Nourishment

**November 14, 2017 6:30 pm - 8:00 pm Free**

Integrative Healing Institute, 7122 San Pedro Ave, Ste 106, San Antonio, TX 78216 (210) 967-4400

[info@naturalreflexes.com](mailto:info@naturalreflexes.com) <http://www.naturalreflexes.com>

"Am I allowed to eat that?" I hear this often when I talk with patients, family, and friends. Food can be powerful medicine, beautiful pleasure. It can also become poison. Our bodies are amazing in the way they report this to us. Unfortunately, fast foods, highly processed foods, and sugary drinks have numbed our bodies and minds to the effects of foods. We use food to cope with stress and fatigue. We use food for comfort. We use food for escape. How can we best use food as nourishment? Please join Lynda Sherland, APRN, FNP the second Tuesday of the month for an interactive, fun, 4 part expedition to explore the joy of nourishment. •Explore the meaning of nourishment •Discuss anti inflammatory food choices with snacks and recipes provided •Introduce practices to mindfully incorporate nourishment into our lives. About Lynda Lynda Sherland, APRN, FNP practices at Integrative Family Medicine in San Antonio. She is a graduate of the University of Arizona Center for Integrative Integrative Medicine Fellowship created by Dr. Andrew Weil. Lynda is an integrative practitioner who is exploring a unique, personalized definition of health with her patients. She offers a relationship, a partnership, a collaboration in exploring a healthier vision. Get to know Lynda better at [lyndasherland.com](http://lyndasherland.com)

## JISD Thanksgiving Feast

**November 18, 2017 10:00 am - 2:00 pm Free**

3000 N Foster Rd, San Antonio, TX 78244 (210) 945-5412

[mperezdiaz@judsonisd.org](mailto:mperezdiaz@judsonisd.org)

<http://www.judsonisd.org>

Join us for a free Turkey Dinner. There will be free entertainment, all families are welcome.

## Make Your Own Mole Workshop: Mole Poblano

**November 18, 2017 12:00 pm - 2:00 pm \$10.00 per person**

Casa Navarro State Historic Site, 228 S. Laredo St., San Antonio, TX 78207 (210) 226-4801 [nano.calderon@thc.texas.gov](mailto:nano.calderon@thc.texas.gov) <http://visitcasanavarro.com>

Mole, a traditional Mexican dish that blends the foodways and traditions of indigenous Mexico and Spain, has become a popular sauce to accompany Turkey during the Christmas and Thanksgiving holidays. Learn the ins and outs of making Mole Poblano from scratch using traditional cookware and methods at this hands-on workshop. Our recipes are adapted from *La Cocina en el Bolsillo*, a Mexican cookbook series published by Antonio Vanegas Arroyo in the early 20th century. Space is limited, please call 210-226-4801 to RSVP.

# Ways To Increase Motivation

## By [Peter James Field](#)

What pulls you, drives you, pushes you?

It might seem like the people around us are very polarized -- some people want to make a difference to the environment, while others want to retire at 50 -- but research shows that humans are actually much more complex and multifaceted than this.

It isn't just one thing that motivates and allows us to make that motivation breakthrough, but many things all at once. Researchers have narrowed down the many motivators to a few distinct categories. If you want to get to that motivation place within, then here are a few pointers that will aid in your self help motivation.

### Goal Setting

Setting goals can improve motivation and get you moving. But when setting goals make sure they feel achievable, realistic, and that they really do motivate you. Improving your average sale at work may not push your buttons, though it looks good on a resume -- so what does push your buttons? Saving up for a holiday to Fiji? Taking art classes at night?

These sorts of goals might inspire you to push your average sale up, for example, more than just focusing on improving your work performance.

Goals should feel exciting. They are tied in with your dreams you have for your future. If, however, you find that your goal setting is too daunting or feels too difficult, you may have overreached what you feel is achievable. Instead of writing a novel, maybe just start with a short story.

Then work your way up to 5 stories. Once you have completed 10 stories, even if it takes a whole year, writing a novel may not freak you out. It will probably feel more achievable by then.

### Understanding Your Drives

According to a study published by the Incentive Research Foundation in 2011, there are four basic drives that determine human motivation: acquiring, comprehending, bonding and defending.

Acquiring is about the tangible benefits we can gain e.g. money, skills, training, promotions, respect, etc. Comprehending has to do with doing something we feel is meaningful, such as working with complex ideas, creativity, or participating in a job that makes a difference to the world. Bonding all about friendship, camaraderie, and social connection.

Defending takes into account issues around fairness and justice -- we are more motivated to work with and for people who treat us (and others) well, than those who treat us (and others) unfairly.

While some people may feel they lean more towards one drive than another, the studies show humans actually need a

balance of all four areas. Failing in one area can negatively impact how we feel about all other areas. When you achieve a holistic balance of all four drives, you naturally access that motivation place within, make that motivation breakthrough, and become highly motivated.

### Teaming Up

Setting goals, chanting affirmations, working on projects -- it all helps, but sometimes you just need a bit more external support.

Some of us thrive from working alone, the triumph is all the more great once you reach the finish line all by yourself. But some of us are team players. Support, camaraderie, creative collaboration -- working with others brings a lot to our lives and the things we are trying so desperately to achieve.

If you are not sure what you prefer, just try it. Invite someone to collaborate on a project, partner up with some like-minded colleagues, or join a group. Not only does this sort of networking provide you with fresh perspectives and ideas, it also provides accountability. Tell people about your goals and projects.

It can really motivate you to know that someone supports your dreams, and is cheering you on.

### Conserving Energy

Increasing motivation is hard when you are tired. Often people are hard-working and dedicated to their goals. But dedication can lead to fatigue, if you don't pace yourself and self-manage your energy output. Even when you love what you do, even when you feel happy and excited, the mind and body need to rest.

Being "on" all the time, or worse, experiencing chronic stress, can lead to fatigue and exhaustion that feels as if it leeches into every part of life. At this point, you need to be realistic. It is hard to be motivated if you have pushed your system too hard.

To increase your motivation, the best thing you can do is take time out and re-fuel. Take a break from your goals, take a break even from your career or job, just for a little while, if it is possible.

People who care about you always want to help out. Ask those around you to share the load, so you can get away for a while. Ask yourself how long -- you know the answer. One weekend? A week? A month?

Soon as you get the rest you need, being motivated and enthusiastic about your goals becomes a whole lot easier.

## Discovering True Happiness

### By [RVM](#)

Some people are just enamored by the glamour of life. They think money and fame are everything. In reality, money, fame, and power are not truly everything. Could it be that happiness is everything? We all seek happiness. We act as if the goal of life is to be happy. Every human being in this world seeks happiness at some point. We want money because money will give us happiness. We want glory because the glory gives us happiness. We want name, fame, sex, and power because we think all these give us happiness.

But unfortunately, we do not know what is true happiness, beyond all, it is bliss, fulfillment and unbound joy. Unfortunately, because we are entangled with pleasures, we cannot see beyond pleasure. There is nothing wrong with pleasure, it just is not happiness. Happiness is a frame of mind. It is closely tied to the sense that we make a difference for others and it can be experienced even when we are in the middle of grief and pain. Dare to choose happiness where you are.



# Top 5 Theoretical Principles of Success

## By [Mohammad Shafie](#)

You've probably heard of Stephen Covey and his bestseller, "Seven Habits of Highly Effective People". While his 7+1 habits (the 8th released later) are good on their own, I have taken the liberty to take 5 principles from another time tested system, tested their validity on other existing success stories and evolved them to universally apply to this day and age.

These are universal and timeless principles, and brutal truths that do justice to those of us who crave to go beyond knowledge to wisdom and finally find and ultimately fulfill a grand self-defined purpose in life.

Without further ado, here are the top 5 theoretical principles of success:

### 1) Truth

Live, breathe, speak and act by the truth. Instead of living your life by the standards of something you had never understood, be true to yourself (a common phrase usually meant to tell people to follow their whimsical desires) and only think, say or do those things that you truly, deeply mean.

"This above all – To thine own self be true"

At the same time, always seek the Truth behind any and every matter, situation or circumstance. Do not be swayed by appearances or facades. Do not allow your most important decisions in life to be influenced by conclusions that you had come to without rigorous investigation and validation.

What is the reality behind this situation? What is the truth of the circumstance? What is realistically my place in this scheme of things? What can I really influence? What is outside my control? What had truly caused me to be in this place and time?

### 2) Justice

Justice means a certain sense of harmony or fairness. Fairness does not necessarily equate with absolute equality. Justice means placing the right things at the right places. Just as you should be fair to others, you must be fair to yourself. Why should you deprive yourself of the right to fairness? Why should you be a martyr for others who may not want to appreciate you?

More importantly, just because someone or a number of people had treated you unfairly or short-changed you before, you should not do the same to others, not even to those who had offended you. Justice also comes about as a natural extension of awareness of the truth.

### 3) Knowledge

Gain whatever knowledge is relevant and required of you at any moment. The first step to realizing the truth is to first gain knowledge

about matters you are currently dealing with.

Get the right knowledge from the right sources in whatever it is you are pursuing. Usually the best sources of specific knowledge are those who have successfully done before what you are seeking to now do.

### 4) Wisdom

You need to translate what knowledge you have into wisdom and the only way to do that is to practically apply the knowledge you have and gauge for yourself the details, nuances, personal evolutions and permutations that best suit you.

You can also gain wisdom from those who have successfully applied the knowledge you are exploring, and getting them to guide you, lead you or mentor you. Here, the wisdom of humility is apparent in becoming a student to these wise teachers – and they can be anybody or come in the guise of any vocation.

### 5) Purpose

Ultimately, all the values and principles up to this point have existed to serve the purpose of having a purpose. The 5 principles are listed not in any order of ascending or descending importance, but the principle of purpose can be said to be the overall overarching principle that encompasses the rest, made up of the rest of the parts, existent in all the other parts, at the same time. Purpose here apparently means having a purpose for your life, however you choose to define it.

You should take as much time as possible to define your purpose, constantly evolving it to suit current situations. The ultimate, universal end purpose of all humanity is to live a life good enough to warrant a sense of satisfaction and peace with oneself before death.

Think of death, not as something that haunts or looms over your life, but as an excuse to have a grand unifying purpose that satisfies you philosophically, emotionally and psychologically, as an excuse to make the best use of the time you have to live.

There you go. The 5 theoretical principles of success that are universal and timeless. The above pointers cannot do enough justice to the depth and scope of the principles, even extensive essays or books cannot achieve that. But only when you truly understand these principles will you be able to take full control of your life and ultimately your success.

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