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We have been
Waiting for!!

Beyond Recovery! PROSUMER NEWS

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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.

December 2017

Janet Paleo—Editor

Volume 16: Issue 12

Silent Nights Janet Paleo

Lately you cannot turn on anything without hearing accusations of sexual misconduct all over the media. I am thankful for the voice of a few, like Oprah who came out and said when it started, "if this is only about one person, we have lost the opportunity to bring a light to all of the misconduct and abuse which happens to mainly females, but also to males." She is right and women are standing up and speaking out. To bring voice and truth to an area which is often hushed and ignored. These acts often happen in silent nights, as you are told "no one will believe you" "I will hurt you or someone close to you if you tell" "you will lose your job if you tell". If someone does speak up, they are put through such a shameful experience as if they are the ones who have done something wrong. After the trauma of being attacked or harassed, they are re-traumatized by having to describe, re-live and defend their actions, as if they are the accused.

As a person who has experienced these types of events, I wonder where is the voice of those of us whose attackers weren't people in the public eye. The uncles, the grandfathers, the employers who took advantage of a young person, where is the public outcry about their behavior, of their misconduct, of their abuse? Who wants to listen to our accounts? Who will speak the outrage for the children that have been hurt, the misconduct towards young people and for all the people who have been harassed. Who speaks out against people who think they can use their position of authority to coerce or take what they want? How do we bring forth the abuse perpetrated by relatives and close family friends?

This new awareness of powerful people hurting others increases the gap between the outcry in the marketplace and the silence in the not so public places. Pointing out Hollywood stars and political leaders is a start, but when do we begin to attack the broader issues of abuse and harassment everywhere? The first thing we must do is believe people, the women, the children and the men who come forward. While you might have someone who claims something that is untrue, most do not want to re-live this and only do so to change the status quo. They say something so another will not have to experience what they have experienced. The only way to stop those who use their position, their power to force themselves on those weaker, those who are frightened and those who feel like their voice would not be heard, is to believe those who come forward. Those who put the victims on trial, who denounce them or ask for "proof", need to be called out as much as the perpetrators. Only until we begin to shine a bright light on these actions and begin to hold all perpetrators to account, can

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Ways To Increase Motivation 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 to difficult, you may have overreached what you feel is capable and 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

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Prosumer Meetings Currently Located in:
*** Denton * Houston * Plano * McKinney * San Antonio * Rio Grande Valley**

Editor in Chief—Janet Paleo Prosumers International P.O. Box 120394 San Antonio, TX 78212
Phone: 1-800-577-3795 Email: janetp@ProsumersInternational.org www.ProsumersInternational.org

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Silent Nights Continued from page 1

anything change. I am reminded of the quote by Edmund Burke, "The only thing necessary for the triumph of evil is for good men [and women] to do nothing."

While I have no delusions of this simple article changing the ways of the world, I am hoping that when someone comes to you to tell you they have been made to feel uncomfortable, harassed or have been hurt, you will believe them, support them. Let them know that it does not mean they are bad, dirty or at fault. Because we are not.

As survivors of assault, we must demand more accountability of those in power. We must stand to shine a light on relatives and close family friends who hurt us. We must let the public know this will no longer be tolerated in our society. We must believe those who are hurt and protect them from being hurt again. In short, we must put integrity back into our world. And above all, we must no longer be silent. Silent nights must be silent because nothing is happening, not because someone is being told to be quiet.

Living our life in integrity, and expecting that of all we encounter will bring about a better world where all are respected and are honored. Join me in expecting respect from ourselves and all those we encounter.

Ways To Increase Motivation Continued from page 1

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.

How To Generate An Influx Of Ideas And Effectively Do Things The Successful Achiever Way **Mohammad Shafie**

Brilliant ideas were at play when Sir Isaac Newton discovered gravity, when Thomas Edison discovered the light bulb or when Albert Einstein stumbled upon the famous energy formula. It was thought provoking ideas that led to the abundant mega structures around us and it was creative ideas working their charm whenever we see successful achievers after successful achievers being churned out.

But how then do you get an influx of ideas? Are ideas even things that you can conveniently buy from your hardware store? Or are they conjured up from some magical formula you can only see in a fairy tale? Frankly speaking, ideas are actually everywhere and all around you. They are in fact waiting in anticipation and begging for you to discover and utilize them. The onus lies on you to wisely and efficiently seek them out and use them to your best advantage.

Below are a few ways you can generate a massive influx of ideas:

- 1) observing your surroundings
- 2) observing your family and friends
- 3) reading materials such as books, magazines, newspapers, etc
- 4) admiring pictures or paintings
- 5) listening to inspirational sounds or music
- 6) watching movies, films or videos
- 7) surfing the Internet (in fact you can do some of the above and more through the Internet)

And definitely, much, much more ways to do so. Please note that the above list is not exhaustive and you should think or look into more ways of generating your ideas.

Anyway, it's prudent to note that it's not so important as to how many methods you try. Rather, what's important is that you benefit fully from them (even if it's just one or two methods) and constantly build up your flow of mind-blowing ideas and think of ways you can put them to practical use.

But then, you'll probably be asking, how do I put these ideas into practical use? Well, the most obvious answer is to emulate or model after already proven successful methods especially those by successful achievers themselves.

And here I present a simple 3-step method you can utilise to get you on course to effectively do things the successful achiever way:

- 1) Identify and find out in detail the successful achievers' already working/proven ideas, concepts and methods.
- 2) Reverse and modify them and test if your new and approved model works in the real world.
- 3) Constantly learn, upgrade and modify them to achieve better improvements and ultimately greater degrees of success.

So, there you have it. My simple explanation on how you can generate an influx of ideas and start your course towards becoming a successful achiever.

Prosumers San Antonio! December 2017

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

Inside Out—A Hearing Voices Network Group—210-322-5440

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:



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
Information on national programs and services www.Disability.Gov
The Prosumers website www.ProsumersInternational.org
Focus for Life www.myFocus4Life.com
National Consumer/Survivor Coalition www.ncmhr.org
The Center for Health Care Services www.CHCSBC.org
A website for all TX government departments www.texas.gov
National Empowerment Center: www.Power2u.org
Depression and Bipolar Support Alliance (DBSA) www.dbsalliance.org
Mental Health America of Texas www.mhatexas.org
Texas Legislature Online www.capitol.state.tx.us
Texas Administrative Code: www.sos.state.tx.us/tac/
The Texas Election Division www.sos.state.tx.us/tac/
NAMI www.nami.org
Via Hope, www.viahope.org
Mental Health Self Help Clearinghouse mhselfhelp.org/
Website for Medications, Assistance Programs, Discount programs
www.needymeds.com
TX Department of Housing and Community Affairs www.tdhca.state.tx.us
Patient Assistance with Medications www.phrma.org/
Free Online Computer Classes through Global Community Foundation
www.gcflearnfree.org/
For more information specific to their current situation and the transition to
Medicare Rx www.texasmedicarerx.org
Hearing Voices Network www.hearing-voices.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 DIST 123 (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

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

New Location for the 3rd Friday Meeting

**Prosumers have found a new
meeting place at the CHCS
Northwest clinic at 5372
Fredericksburg Rd, Bldg. F.**

PROSUMER MEETING SAN ANTONIO

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

December 15, 2017 Holiday and Planning Party

It's that time of year! We have had a wonderful year and its time to plan for an exciting 2018! 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) or we strongly encourage re-gifting for our Santa Gift Exchange. No gift cards or money please.

Additional Prosumer Meeting December 12, 2017

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

Next Meetings:

January 9 & 19, 2018 Visualization Boards

It works! All kinds of people have used visualization boards to accomplish a myriad of goals and dreams. I even saw a lady on Oprah who visualized her being on the show after visualizing her writing a book. And there she was. A powerful tool to have you realize your dreams. A visualization board helps you to stay focused on where you want to go. A great way to start off the New Year. Bring magazines, scissors and glue as you are able. We will have your boards waiting for you. It is going to be a great start to 2018!



VOLUNTEER OPPORTUNITIES

Ongoing

Volunteer at the Food Pantry

910 N. Flores St. San Antonio, TX 78212
The Salvation Army needs help in the food pantry to restock shelves with food items and put together emergency food bags. Tuesday-Thursday 9:00am-4:00pm For more information [Email Candace.torrez@uss.salvationarmy.org](mailto:Candace.torrez@uss.salvationarmy.org).

Between the Lines Book Club

Brookdale Hospice
Many locations in San Antonio, New Braunfels, San Marcos
You know that rich life experiences are indispensable. They've helped make up everything you are today. So just imagine how, patients that can no longer see can benefit from you reading to them. When you spend time reading to our patients, you'll benefit just as much as they do!
www.volunteermatch.org/search/opp2502673.jsp

Sketch a memory

Brookdale Hospice
You will visit patient and take a picture of patient, then sketch from that photo, or you can sketch from the bedside. The sketch is finished then framed and given to the family of the patient at the time of passing! If they are in a nursing facility we will give the facility a framed picture to display.
www.volunteermatch.org/search/opp2489679.jsp

Little Moments = Big Memories

Brookdale Hospice
Letting our patients tell their story. Our volunteers will help them to write their story, as well as many other things just use your creativity: A scrapbook/ pictures, keepsakes related to times in their life, A collection of favorite family recipes, A video message to their family, Address cards for special occasions for family and friends to be mailed after patient passes away, A poem or a song written to their family.
www.volunteermatch.org/search/opp2767625.jsp

Bat Rescue Seeking Volunteers

18771 FM 2252 San Antonio, TX 78266
Sticks and Stones Rescue
Volunteers can assist with outreach and tabling at community events or, with pre-exposure rabies immunizations, assist with rescue call pick-up and transport, and learn wildlife rehabilitation skills. With proven commitment and hours, volunteers can progress to teaching and presenting at special events, become sub-permittees working towards their own wildlife permits, or potentially earn the opportunity to apply to Board Member positions. We are also seeking innovative thinkers with artistic skills such as sewing, knitting, graphic design, photography, animation, videography, or even theatre and visual arts, who can assist us in creating unique and exciting media and workshops for promotional and educational purposes. **For more information and to apply directly, please visit: <https://www.sticksandstonesrescue.org/getinvolved/>**

Companions needed in San Antonio to socialize

Cima Hospice is looking for Volunteers to befriend our hospice patients and keep them company. Volunteers can use their imagination and/or simply offer their presence. Activities may include but are not limited to: Joining residence for lunch in the dining room, Bible study, Bingo, Movie time, Arts and crafts, Letter writing, Sitting and talking, **Please call or text Anika Lee @ 210-238-9872.**

VOLUNTEER OPPORTUNITIES

Time Limited

Mon Nov 27, 2017 - Fri Dec 01, 2017

Christmas Decorating

Alpha House - 419 E Magnolia 78212
We are in need of 9+ volunteers to help make our administration building shine with Christmas cheer. The duties will include hanging Christmas lights, decorating a Christmas tree, and general decorating around the building. Volunteers must be able to climb up a ladder as we'll be hanging lights on the outside of the building as well. **Email volunteer@alphahome.org or call 210-735-3822**

December 1-3

2017 San Antonio Rock 'n' Roll Marathon

Over 25,000 runners and walkers will take to the streets for music, fun and competition. Volunteers receive a Race Crew t-shirt, drawstring backpack, refreshments and snacks, free parking and community service hours. Volunteers help with race start and finish line, gear check and more. Online registration site link is sent to interested volunteers.
www.volunteermatch.org/search/opp2784123.jsp

Dec 04, 2017 09:00 AM - Dec 15, 2017 04:00 PM

Christmas Angel Tree Toy Shop

The San Antonio Event Center
8111 Meadow Leaf Dr. San Antonio, TX 78227
Need those in the Holiday Spirit to help set-up/organize/sort/handout Thousands of toys to the parents of kids for a special Christmas. Clean-up is also important!
Email the Volunteer Coordinator at Candace.torrez@uss.salvationarmy.org

Sat Dec 09, 2017, 10:00 AM - 12:00 PM

Help a Senior couple Paint Their Porch Work out Help Out

volunteers will join together to help paint and beautify this lovely couple's front porch! In addition, Volunteers are asked to bring at least one toy to be donated to Toys For Tots!
SIGN UP: <https://givepul.se/82zzl>

Sat Dec 16, 2017, 09:00 AM - 11:30 AM

Share YOUR love with children of abuse

2800 Broadway Street San Antonio, TX 78209
We are having a Christmas outing and it's going to be so fun....Peter Piper Pizza and then driving through Santa's Ranch! For more information **Email chicktimebulverde@gmail.com**
Chicktime Bulverde serves children of abuse/neglect in Bulverde, TX at St. Jude's Ranch for Children on the 3rd Saturday of every month! We host fun programs and events for the children and would love for you to get involved. Visit Our **Website @ chicktime.com/bulverde today!**

Thu Dec 28, 2017, 12:00 PM - 10:00 PM

Volunteers needed for the 2017 Alamo Bowl

100 Montana Street San Antonio, TX 78203
in San Antonio...This annual game between a college from the Big 12 and Pac 12 Conferences. We are in need of assistance of running our concession stand at Alamodome if you are interested in this outstanding opportunity please leave your contact information. Thanks! Driver's License Needed. Must be at least 18. Black Pants and Black Shoes
Sho. volunteermatch.org/search/opp2814843.jsp

Fun Events in San Antonio

Mondays, 6:00—7:00 PM

Get Healthy San Antonio

Location Lions Field Adult & Senior Center; 2809 Broadway St. All are welcome. This is a support group for people considering or practicing a Whole Food Plant Based lifestyle and who want to improve their health.

Mondays, 6:45—7:45 PM

Northwest Toastmasters

Patriot Heights, 5000 Fawn Meadow, San Antonio, TX 78240 Welcome to Northwest Toastmasters - Come visit us Monday evenings at 6:45! We provide a supportive and positive learning experience in which members are empowered to develop communication and leadership skills, resulting in greater self-confidence and personal growth.

Tuesdays, 6:30—9:00 PM

International Folk Dancing

Christus Heritage Hall at the Village of the Incarnate Word 4707 Broadway Street, San Antonio, TX 78209 Learn dances of peoples of the world. No partner and no experience necessary. Wear comfortable shoes and attire. First time free. If you are an experienced dancer and know dances that we don't we welcome you to participate in teaching. We are a community as much as a class. Every participant is a volunteer. This event is part of the Connections community outreach program which is open to the general public of all ages and is sponsored by The Village at Incarnate Word Retirement Community.

Saturdays

Yoga for Resilience

Mel Marie Yoga Studio inside Jugo Juicery +Body, 11858 Wurzbach Rd, San Antonio, TX 78230, (704) 962-0771, melmarieyoga@gmail.com, <http://www.melmarieyoga.com/lily>

Yoga for Resilience class is based off of Mindful Resilience For Trauma training with the Veteran's Yoga Project & 200 Hour Hatha with a Therapeutic focus training. This hour long class can benefit you regardless of physical or psychological limitations, to enhance overall well-being. We will focus about finding what works best for you in your practice. We will explore a variety of empowering asana postures & stress relieving breathing exercises that encourage healing, self-awareness, & inter-connectedness. Our goal is to equip you with mind, body awareness techniques that can be incorporated into everyday life & help calm the mind in various life situations.

Sundays, 11:00 AM - 5:00 PM, \$3

How to start your own small business

The Amusementum & Science Entertainment Centers, 1506 Blanco Rd, San Antonio, TX 78212, (210) 216-5955, utopiascientific@gmail.com, <http://www.amusementum.org> We will walk, each visitor to our museum, on the basic steps to starting a small business in San Antonio. We will do a powerpoint presentation showing exactly what to do. Then each visitor will receive a paper with the steps as written

Festival of Angels

December 1, 6:00—10:00 PM, Free

Hal Baldwin Municipal Complex, Schertz
1400 Schertz Parkway
Schertz, TX 78154

The City of Schertz invites you to kick off the holiday season at the annual Festival of Angels event on Friday, December 1. Located at the Hal Baldwin Municipal Complex, this festival incorporates all of your favorite holiday happenings all in one night! Be sure to mark your calendars for this fun filled community event featuring: -A Lighted Night Parade -Blue Santa Fundraiser -Pictures with Santa -Sounds of the season from local music groups -Food and Craft Sales -Mt. Schertz and much more! For more event details go to visitschertz.com or call (210) 619-1636

First Friday Stargazing at UTSA

December 1, 6:30—10:30 PM, Free

University of Texas at San Antonio - Curtis Vaughan Observatory, One UTSA Circle, San Antonio, TX 78249, 210-458-6316, astronomyevents@utsa.edu, <http://astronomy.utsa.edu> The UTSA Department of Physics and Astronomy invites the public to our monthly stargazing event "First Friday Stargazing" at the Curtis Flawn Jr. Observatory on the UTSA Main campus. Observatory telescopes will be setup on our star party deck and operated by experienced astronomers from UTSA and volunteers from the San Antonio League of Sidewalk Astronomers. This is a free event and open to all. NOTE: We are a weather dependent event, so it may be cancelled due to clouds and/or rain. Go to our astronomy events page at astronomy.utsa.edu for news on event cancellations.

San Antonio Potters Guild and the San Antonio Glass Guild present their Annual Christmas Clay and Arts Festival San Antonio Museum

December 2, 10:00 am - 5:00 pm Free

200 West Jones Avenue, San Antonio, TX, info@samuseum.org Come and Christmas Shop from a wide array of creations hand made by more than 35 local clay, glass and fiber artists. You will find unique gifts for those special people on your Christmas list. Food trucks to be onsite for your convenience.

Owl Prowl

December 9, 6:00—8:00 PM, Free

Phil Hardberger Park Salado Greenway Trailhead, 1021 Voelcker Lane, San Antonio, TX 78231, (210) 492-7472 <http://www.philhardbergerpark.org> Learn about the owls in our area and enjoy a 1/2-mile walk to listen to owls calling at night. Presenter is from Texas Parks and Wildlife. Registration is required and limited to 30 participants. Listening for the owls requires sitting quietly for 30-45 minutes. Children must be at least 7 years old and must be accompanied by an adult. Participants are asked to bring their own flashlights and portable chairs, and to dress for the weather. This event is presented by San Antonio Parks and Recreation and the Phil Hardberger Park Conservancy.

Christmas Pops with the Orchestra

December 16, 5:00 PM, Free

St. Mark's Episcopal church, 315 E. Pecan St., San Antonio, TX 78205, 210-226-2426, stmarks@stmarks-sa.org, <http://www.stmarks-sa.org>. A festive evening of music for the entire family. Highlights include Tchaikovsky "Nutcracker Suite"; Leroy Anderson "Sleigh Ride"; "Frosty the Snowman"; and "'Twas the night before Christmas."

Does An Increase Of Money Decrease Stress and Worry?

Janette Getui



Research today gives us some really wild statistics about the global wealth and the percentage of people actually experiencing that wealth. Although there is no shortage whatsoever of abundance in this world, we can see the facts screaming a different and very sad story. Limitation, scarcity and shortage is the false belief that clothes the mind of most human beings in this world and as a result we are told that approximately 97% of the manifested wealth is enjoyed by about 3% of the population. That's absurd! Because it means that approximately 97% of the population are stuck in unnecessary lack and fear. The stress that majority of the population experiences and the increased breakdowns that keep cropping up have their source in that fundamental misconception that has given birth to the belief in lack and limitation thus creating the perfect breeding ground for all kinds of fears.

As such, we have gone on to create belief systems that help foster that paradigm of lack and at a time when life has advanced as far as it has, it becomes a necessity to start finding ways of coping with the progress that's ongoing. Perhaps ten years ago having beliefs that repel abundance and a great lifestyle wasn't so painful because the need to have more money wasn't as great as it is today since luxury, comforts, facilities, inventions and opportunities were not as developed as they are today. This stands as a great thing, for the one who is awake and aware. Unfortunately most are not!

Carrying around an old mindset trying to squeeze it into a new economy and a new era where things are only moving forward is like Cinderella's stepsister trying to fit into the glass slipper. It just won't work! So one of the ways to start feeling like life is working out for you is to stop fighting against your own nature and start following the true and natural path that's already here and guaranteed to get you where you wish to be. By far the most important aspect of shifting into that state comes from understanding Truth about you and about life. It begins with the knowing that your life isn't just happening to you, it is happening through you and much of your surroundings and conditions have no way of changing unless you consciously start designing and directing your life.

One of the main areas where we see the ill effects of a lack of this knowledge is in the area of money. It's a hot topic; one of my favorites because growing up in the slums I was really desperate to have money since I thought it was the answer to all my problems. I thought having money would make me healthy because then I could eat the best food and wear the best clothes; I thought it would make me important and loved but most of all I thought it would make me intelligent because I associated intelligence with formal education. So all the stress, anger, worries and insecurity I battled with was in my opinion purely because I had no money. May I tell you; once I did get the money I became even more sick and dependent of medication because I realized how much I hadn't solved anything! I had a bunch of stuff, bought the gorgeous clothes travelled with style and so on but I was more miserable than before because I still had the same insecurities, fears and unhappiness. Part of the reason my work found me is because I have had the opportunity I suppose to be a walking example of how an individual has the power to produce two extreme lifestyles in one lifetime. But even more, it's been the great lessons that I've learned on how to relate to money in the true and right way that makes what I do special. Which leads me right into what I wish to share with you today...

Do not be fooled any longer into thinking that your current mental and emotional state will change for the better as a result of amassing more money. I know it may not sound reasonable to say this to you especially if you're currently in need of money, but I want to encourage you to give this idea some airtime in your mental home because it could very well change the course of your future and actually improve your financial situation for the better. Remember that ridiculous statistic about the fact that 97% of the population is stuck enjoying little to no wealth? Well, even if you rose out of that space and landed on great wealth today, your worries and fears would not be vanquished. You would still feel exactly as you feel now, maybe even worse and you know what? That would sooner rather than later repel the very thing that you desire to have.

Much of the population doesn't realize that it's not the conditions that bring the fulfillment and pleasure; it's the pleasure and fulfillment that brings lasting conditions. So if you know that you want to step out of that messy web of mass consciousness, if you want to be free and enjoy lasting prosperity that ever increases, then learn how to shift your mindset into abundance, confidence, prosperity and truth then take massive action to produce the physical money. Increasing money will not decrease your worries because with money you'll just be worrying about it from a different angle. Money is attracted to the mind that is rich and full of faith; get that and you'll effortlessly produce a thriving lifestyle.

Sharing the holiday with other people, and feeling that you're giving of yourself, gets you past all the commercialism. —
Caroline Kennedy



During the holiday season, it's easy to forget that sometimes the best gift of all is simply the gift of time. I can't think of anything a writer would appreciate more than being given time and space to work. — Kate Klise

Prosumers Recovery is Possible Contest

What: A contest to find the top 50 people who exemplify the Prosumer Lifestyle to produce an inspiration book.

Why: Prosumers have spot-lighted individuals in the past who had been successful in achieving their dreams, who spoke about how they did it and how you could do it too. Many other people have come forward with their own success stories. We want people to hear about achieving your dreams and how they can too! Upon publishing the book, we can then share these inspirational stories with others and show the world that **RECOVERY IS POSSIBLE!**

For Whom: Open to all Prosumers-people who are proactive in their recovery, give back to their community and who have gone on to be successful in their life. We know that many of you cannot attend the Prosumer meetings because you live out of the area, but are using the information and ideas in the Prosumer News to live the recovery lifestyle of a Prosumer. You can't spell? No problem. Spelling and grammatical errors are fine. If you want to call and talk about your recovery story, that is great. Contact Janet at 600-577- 3795 ext. 800 Monday – Friday, 8:30-5:30 if you have more questions.

How: Submit your story on your recovery utilizing the Prosumer Methodology or being proactive in your recovery and giving back to your community. Please consider the following questions for your story.

- * What is recovery for you?
- * What role did being a Prosumer play in your recovery?
- * What would you like people to know about the Prosumers and how it works?
- * Name one or two techniques that you utilize in difficult times that helps you through.
- * Did you learn those techniques from the Prosumer Meetings or the Prosumer Newsletter? If yes, please give more detail.
- * What does being a Prosumer mean to you?
- * How do you give back to your community?

Please tell us about any other success (es) you have had.

Winnings: All winners will receive a Certificate of Recovery Achievement suitable for framing. All winners will also be published in a book, Recovery-Prosumer Style and receive a copy of the book. All winners will be listed in the Prosumer News, parts of stories may be read on the Prosumer empowerment radio and will be featured on our website. The top 10 will receive a \$25.00 gift card.

When: All entries must be postmarked by **February 28, 2018**. Winners will be announced in the June edition of the Prosumer News.

Other Details: All entries become the property of Prosumers International. No monetary compensation will be given for the use of submissions. All entries may be edited. Please include your name, address, phone number, and email if you have one. Stories should not exceed 1,000 words. Send your story to: Prosumers, PO Box 120394, San Antonio, TX 78212 or email to janetp@prosumersinternational.org.

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Month	# Streamed Hours	# Access	# Distinct Ips	
October	9481.72	1968	367	

TOP Listening Countries for October 2017

- United States
- Germany
- Canada
- Portugal
- Jordon

Want to Own Your Own Home? Now it may be Possible!

Have you or someone you know let the dream of homeownership fade into the background because of their credit score? Get a new perspective on quality mortgage products and services that offer a fresh angle on home buying!

Here's a picture of Texas First Time Homebuyer opportunities that are sure to help buyers visualize their first home:

- Minimum FICO score of 620;
- Same mortgage interest rate for all qualified buyers with FICO scores at 620 and above; and
- Maximum benefits by combining a Texas Mortgage Credit Certificate and a My First Texas Home loan.

To learn more about the Texas Department of Housing and Community Affairs' ("TDHCA") First Time Homebuyer Programs, find a participating lender near you at MyFirstTexasHome.com or 800-792-1119.

**We Are the ones we
have been waiting for!!**