



January 9, 2020

Issue | 003



News from Babette

Important Reminder - Office will be closed 1/1/20 & 1/20/20

Happy New Year!

Welcome 2020! Our hope is that your holidays were great and we want to thank you for being a part of our community. I hope you all enjoyed our holiday festivities and if you have any ideas for upcoming activities, please stop by the office and let us know. We would love to get your feedback.

With the new year comes some new staff updates! I am happy to share that Juanita Paul has been promoted to Property Manager of Maxwell

Garden and Crisetty has been promoted to Senior Property Manager of Pathlight HOME, effective January 1, 2020. Crisetty's office has been moved to Maxwell Terrace full time, but she'll be by Maxwell Garden from time to time. Be sure to stop in and say Hello! We are incredibly thankful for all that both Juanita and Crisetty have contributed to this organization. Help me congratulate Crisetty & Juanita!

MLK Day Fun Fact!

Martin Luther King, Jr. Day is January 20th! This federal holiday was first observed in 1986. In 1994, Congress passed the King Holiday and Service Act, designating the Martin Luther King Jr. Federal Holiday as a national day of service (AASCU.org). The United States Post Office is closed in observance of MLK Day; therefore, there will be no mail delivery.

Garden & Terrace News

Miracle of love is back! Starting in January Miracle of Love will be bringing their mobile unit back to both Maxwell Terrace and Maxwell Gardens to offer free and private HIV testing and consultations. The Miracle of Love mobile unit will be at Maxwell Terrace, January 9th 10am-3pm and Maxwell Gardens, January 16th 10am-3pm. From February on, the mobile unit will be at Maxwell Terrace on the 1st Thursday of every month and Maxwell Gardens the 2nd Thursday of every month.

Maxwell Gardens has gotten a bit of a makeover! This past month a group of volunteers from The Beam Team was gracious enough to come and paint some of our walkways, apartments, kitchen and the front office. Keep an eye out for more updates to come!



Get Healthy with Audrey: How to Get the Best Night's Sleep

There's a reason you're meant to spend a third of your life in sleep. Good health depends on it.

During sleep

- A. Your brain sorts the important elements of the day from the unimportant and stores memories allowing for more efficient long-term memory recall
 - B. Your body regulates hormones to manage stress and repair muscles
 - C. Sleep helps rid wastes from your cells leaving the immune system restored
- Have you ever wanted to fall asleep and something kept you awake? Chronic sleep deprivation impairs attentiveness, coordination and reaction time. It also increases the risk of obesity, high blood pressure, heart attack, diabetes and depression.

Making sleep a priority takes time and patience, just like any other health behavior change. First, determine with your doctor if it's not a chronic health issue that needs to be addressed. Then, identify the sleep busters that are robbing you of sleep. They may be late-night caffeine or food, alcohol, disturbing noise, light exposure from television or cell phone, a late-day nap or exercise. Worry, anxiety, or pain also interfere with sleep.

Experiment with changing your sleep schedule, add a daytime walk, or keep a journal to jot down your thoughts or intentionally shift your focus to gratitude. Practice deep breathing, meditation or prayer. If you've been in bed for what feels like 20 minutes, get up and do something relaxing until you feel sleepy, listen to soothing music or take a warm bath. Your mental and physical health will thank you.

A Note From Rotaya & Gail

We know the holidays can bring mixed emotions. Here are a few tips that may help you during this holiday season.

1. Keep your regular routine
2. Think moderation
3. Stay connected
4. Throw guilt out the window
5. Don't be alone if you don't want to be
6. Focus on today, not yesterday
7. Ask for help

If you are feeling blue, pamper yourself. Try to take a walk or spend time alone, if that is what you want. Remember, this is your season, too, and you can be there for yourself just as if you try to be for everyone else.

Here are a few important numbers

Crisis Text Line Text HOME to 741741

National Suicide Prevention Lifeline 1-800-273-8255

Have a peaceful New Year!

Rotaya Cobb, Safe Haven Case Manager &

Gail Smith, Homes for New Beginnings Case Manager

January 2020 Calendar of Events

SUN	MON	TUE	WED	THU	FRI	SAT
			01	02	03	04
			Office Closed – Happy New Year!			
05	06	07	08	09	10	11
				Miracle of Love 10am-3pm Maxwell Terrace		
12	13	14	15	16	17	18
				Miracle of Love 10am-3pm Maxwell Gardens	Lobby Closed to the Public	
19	20	21	22	23	24	25
	Office Closed – Martin Luther King Jr Day!				Lobby Closed to the Public	
26	27	28	29	30	31	

Chef's Corner

Chef Esteban always prepares delicious meals with the culinary students at Pathlight Kitchen. Today he's passing along a quick recipe that you can make at home!

Meat Loaf In A Mug

Ingredients

2 tablespoons 2% milk

1 tablespoon ketchup

2 tablespoons quick-cooking oats

1 teaspoon onion soup mix

¼ pound lean ground beef

Instructions

- ◆ In a small bowl, combine the milk, ketchup, oats and soup mix.
- ◆ Crumble beef over mixture & mix well.
- ◆ Pat into a microwave-safe Mug or custard cup coated with cooking spray.
- ◆ Cover and microwave on high for 3 minutes or until meat is no longer pink.
- ◆ Let stand for 3 minutes then enjoy!