



The FCI Volunteer News

Family Center, Inc.
500 25th St N

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June/July 2009



Notes from Rhonda's Desk

Hello!

It's gearing up to be a busy busy busy summer! We have the Cranberry Blossom Fest Brat Fry and Parade Float building is in the works! Then there is the upcoming Charity House Raffle, brat fries, Fish Fest and, of course, the day to day volunteer opportunities that are available!

If you would like to help with ANY of the extras please send me an email! We are in need of people to help with Charity Raffle and the Cranberry Blossom

Fest.

We have a new advocate on staff—Robin, who took Stephanie's place. She is quickly catching on to the Family Center philosophy and is doing a great job. She will have an introductory column in our next newsletter.

Our next FULL volunteer meeting will be July 29th from 5:45pm—7:15pm (place to be announced!)

Until we meet again...

Rhonda



Happy June and July Birthdays!

Don E—6/9

Michael B.— 6/15

Sandy J—6/15

Kathy T—6/17

Eddie B—6/24

Joan B—6/24

Rita V— 7/6



We are in need of help with the at the **Cranberry Blossom Fest Brat Fry on Sunday; June 28th at Veteran's Park** (where we have held the chair auction in the past) as well as the parade. Please call Rhonda for more information!

July 4th; Pittsville Parade

Someone to pull the float and 4 -6 people walking along side to hand out flyers announcing our Charity House Raffle. IF you or your family would be willing to help please call Rhonda @ 421-1511

“ Don't ever question the value of volunteers. Noah's Ark was built by volunteers... the Titanic was built by professionals.”

~Unknown

How to Manage Anger



Heat and humidity can play a big part when it comes to being angry. The following is an article to help you (or someone you know) keep their cool this summer...

Frequently losing your temper not only alienates others, it can contribute to health problems, including headaches, upset stomach and heart attack. *To take control:*

COUNT to 10. When some-

thing angers you, give your body time to defuse before you react. Take three or four deep breaths. *Ask yourself:* "Will this really matter a week or a month from now?"

WALK it off. Go for a short stroll until you calm down. *Helpful:* Find a quiet place where you can think things through calmly and take a second look at how you're reacting to a situation.

DISTRACT yourself. *Example:* Instead of pounding on the horn in a traffic jam, play soothing music or listen to an upbeat program. At work, dive into a task to turn negative energy positive.

KEEP a log [or a journal]. Monitor hostile thoughts to discover how frequently your temperature rises. *Benefit:* You'll help sort out the real causes of your anger, which are often things over which you have no control.

ASK for help. If managing outbursts seems impossible, don't be afraid to try counseling, meditation, lifestyle changes or other kinds of ongoing psychological help. Your health—and your relationships—may depend on it.

(reprinted from Top Health newsletter. May 2006)

Charity House Brat Fry's

June 27th—Piggly Wiggly in Nekoosa 9am—3pm

July 11th—Grand Avenue IGA; 9am—3pm

For both brat fry's

- we need someone who would be willing to pickup the grill and supply box on Thursday
- cook, serve and cashier both days.

PLEASE CALL—421-1511



Handling Discouragement

“People are about as happy as they make up their minds to be.”
~Abraham Lincoln

Most people have the notion that happy people never have “one of those days” when it seems as though nothing goes right. They are never late for work. Their kids are always well-behaved, get good grades, are on the honor-roll...etc. Blah, blah, blah!

NOT SO! Happy people face discouragement, too. They work to manage how they handle it to maintain a positive attitude.

You have surely heard the saying, “attitude determines your altitude”. Yet often it is a challenge to maintain a 100% positive attitude when faced with an alarm clock that doesn’t go off, traffic, kids that don’t want to get up, phone calls that don’t get returned, etc.

So...how do happy people handle discouragement? Let’s take a look...

- **They try to find the positive** in any adversity. For example...you are 15 minutes from where you are scheduled to be at and now...you are stuck in traffic.

1) *Look at it is an opportunity for some “me” time...and just breathe.*

2) *If your appointment is at a busy traffic time—think*

to yourself, “I’ve learned something here and that is I either have to leave earlier the next time or schedule the appointment at another time of the day.”

- **Look at the bigger picture.** Are the events unusual? Is everyday a battle getting up the kids up in the morning.

You may have to put the kids to bed earlier or get them up earlier in the morning. Some motors are just harder to start.

Think to yourself: “It’s one day...I can start over any time and I am going to start over right now.”

- **Aim for consistency.** Start going to bed and getting up at the same time everyday.

Establish a bedtime routine for yourself and your family. You may experience some resistance at first. Children and adults like to have routines...it’s reassuring to know what is expected.

- **Celebrate Successes**—no matter how small. When your family gets up in the morning and are ready when you are...celebrate that night with a special meal or treat.
- **When the going gets tough...**the tough get going.

In other words, if you have

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By: Rhonda Kaenan, Volunteer Coordinator

a day or two (or three) that you find yourself slipping back into old habits...pick yourself up and start all over...call someone who you know has a positive attitude and let them know you need some of their positive life outlook.

Don’t get sucked into the “AIN’T IT AWFUL” syndrome.

- **Focus on your purpose.** Establish the reasons why you wanted to work towards being more happy and positive in the first place.

Try taking yourself mentally back to that place where you were feeling frazzled and out of sorts to begin with.

- **Happy people** remind themselves that unhappy circumstances are only temporary.

Make motivational signs and hang them up around your home...even Walt Disney failed seven times before he hit it big. “This too shall pass” will become your life motto.

Life is a journey...not a destination. Enjoy the moments; by living in the moments.

“What you sow...so shall ye reap.” Sow some good seeds and reap a good harvest. Be a positive person and become more successful.

Abraham Lincoln, 16th President of the United States, went through one of the bleakest periods in our nations history. To watch the country that you have been given care of break into two; brother against brother fighting for what they believed to be a correct way of life...through all of the chaos and discord Mr. Lincoln never lost sight of the strength and the tenacity of what we (Americans) can achieve when we come together.

A quote I found relates to the article on being happy and positive. “I am not bound to win, but I am bound to be true. I am not bound to succeed, but I am bound to live by the light that I have. I must stand with anybody that stands right, and stand with him while he is right, and part with him when he goes wrong.” ~Abraham Lincoln. We weren’t promised a rose garden but we were promised that we would learn to cope with whatever life can throw at us. My challenge to you is to find something positive in each day...a lesson learned...something to smile at...create a happy memory today.



The Family Center, Inc.
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