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2010 Here and Gone...

“Whew,” Katherine and I both exclaim as Santa rides out of sight, “this year has flown right by!”

From January thru December we personally spread the joys of Community Programs to a whopping 64 sites.



We both attended the Youth Recognition Trip at the Great Wolf Lodge in Charlotte, NC. We also took some time and visited the Blue Ridge Assembly, which will be hosting the 2011 YRP trip.

Katherine was super busy with her Supportive Services Coordinator training, performing five ori-



entations and seven regular site visits. She even managed to attend four different conferences this year. While she was busy learning all kinds of goodies, I was teaching some of our friends at the site level all about our programs and a few improvements we have made. While I didn't attend

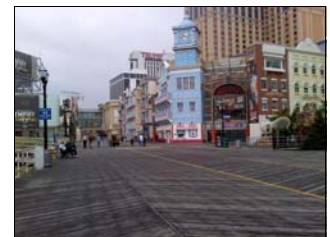


four separate conferences, I did teach my own class at the CAHEC conference and attended the N.C. Housing Conference with Katherine

Between the two of us

we facilitated nine on-site workshops in conjunction with the North Carolina Writers Network. We had some great writers this year and we absolutely love hearing your stories!

I attended the Parkview Manor Senior Recognition trip to



Atlantic City! Nope, I didn't win anything, but a few of the other ladies sure were smiling big on the bus trip home! I was also able to attend the Windsor

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BJ Versus the Winter Blues

If you have severe depression, whether it's related to the season or not, consult a mental-health expert.

I don't know about you, but gosh, this has been a difficult year for me. Every time I thought things were going smoothly, something would sneak up on me and turn my world upside down. My plate just kept getting loaded with unexpected surprises. To top it off, this is an extremely hectic time of year and it doesn't take much before a person can feel those blues creeping up.

I think it all begins with the dreaded colder weather, shorter days, and the hubbub of the holidays. That's when my symptoms of sadness, fatigue, and boredom begin. It is relatively easy to slip into a depression during this time of year. A mild case is referred to as the winter blues, however, severe cases are what experts refer to as Seasonal Affective Disorder (appropriately called SAD). **If you have severe depression, whether it's related to the season or not, please consult a mental-health expert.**

Luckily for me, I was only dealing with the blues so my first step was to acknowledge my mood. This was easy to do since Katherine was quick to point out I wasn't my usual chipper self. She even went



so far as to call me Oscar the Grouch! I was shocked!! I mean... could she really mean me?? Then I realized she was right, I WAS Oscar the Grouch. I could tell because even the task of brushing my teeth made me want to growl at my reflection in the mirror.

At this point I decided to try some simple tips to help myself beat these blues! First I decided to add some good ol' high-quality carbohydrates to my diet. Fruits, nuts and whole grains are good choices; as are beans and oat-



meal. Did you know that you need some carbohydrates at every meal for your brain to produce the mood regulator serotonin? In fact, craving comfort foods in the winter is your body's cry for more carbs to boost serotonin levels. But please remember to choose healthy carbs to keep your weight stable.

Next I went with a little sunlight. Not only did I utilize my car's sunroof, of course; but I went outside for brisk walks during the daytime as often as I could. Usually about 10 or 15 minutes while heading out at lunch, since I am one of those working gals! Haha. I have

always made myself feel better with light and exercise, since they both kick up my feel-good serotonin. Of course, if the wind-chill outside will deep-freeze your face, you may want to visit your Resident Wellness Center, hop on the treadmill or a stationary bike and get to moving! Another thing that helps me is to keep my curtains and blinds open during the day so light can pour into my personal space.

I also noticed that when it's cold and dark out, I tend to want to turn into a hibernating bear! It's cold, and I find myself confined home more often and socializing less and



less. This is a major setback for me, because I am a very social person, and the more time I spend alone, the more depressed I become. Therefore, when the weather is bearable, I try to get out and see people as much as possible, even if it's just to say hi as I walk my block.

Remember, it's important to take care of yourself. If you are doing a poor job of it; you and your friends, family, and co-workers will suffer!

Keep an eye out for our new website and Facebook page!

Katherine's Notes

CAHEC offers seven Community Programs to each of our sites: Adult Scholarship Program, Community Grant Program, Home Ownership Program, Resident Wellness Center, Senior Recognition Program, Technology Learning Center, and Youth Recognition Program. If you haven't heard of these programs, we'd LOVE to tell you about them!

Please remind your residents to come to you with their questions about Community Programs. BJ is being overwhelmed by calls from individual residents.

The new Senior Recognition Program launches

in May. If you want more information or are interested in having one of us attend a meeting of your residents, please call BJ. We're excited about the new start date!

CAHEC is creating a new website, so be expecting major changes soon! In the meantime, please be patient with our growing pains.

In addition to the new website, we're creating a Facebook page! The plan is to use it as a vehicle to boost communication between us and our partners..

Deadlines...RWC, TLC and CGP are all one year after FQO. ASP is two weeks after the individual school's drop/add

date. SRP is May 15. YRP is August 15. There is no deadline for HOP.

The art contest for the 2010 CAHEC holiday card went well. We had 23 entries from 11 different sites. After much deliberation, we chose Edith Cloud from Garden Walk Villas in Henderson, NC, as our winner. Please encourage your residents to participate in 2011!

We're getting ready to launch our 2011 writing workshops in conjunction with the North Carolina Writers Network. We have nine spots to fill, so please call BJ if you'd be interested in hosting!



Art Contest Winner

Putting Together an Information Fair

Want a great way to connect your residents with resources in the outside community?

BJ and I have been to a couple of information fairs at different sites and we LOVE this concept!!!

The idea is to set aside a day (most likely during the week), provide breakfast OR lunch for your residents, and invite folks from several different

agencies to talk for 10-15 minutes and bring materials to hand out to attendees.

Some local folks to invite include representatives of the Employment Security Commission office, a community college, your Department of Social Services, Medicaid/Medicare, a mental health agency, the health department and your hospital. Invitees could also include a local

banker to talk about services offered and the benefits of saving, someone from an insurance agency to talk about renters insurance, and a housing counselor to discuss home ownership. We'd love to come too!

Allow residents to come in and out as their time allows and be sure to keep copies of all handouts for the office!

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CAHEC's mission is to raise and invest equity capital in qualified low-income housing tax credit projects and other tax credit products and to provide capital through a series of Community Investments that (i) empower residents, (ii) promote the development of affordable rental and ownership housing, and (iii) foster sustainability within the communities we serve.

2010 Continued...

Thank you for everything you do!

Spring SRP onsite event. This site sure knows all the angles to winning some great BINGO prizes. Katherine became Pirate Kat for a few days and sailed the seven seas on Lafayette Senior Village's SRP trip!



Katherine and I try to attend as many events as possible together, since we know how much you guys love see-

ing both of us and we tend to have separation issues. But I must say after the Boyd S.C. Blitz in the spring, we were quite happy to have some time apart. I think we finally felt like hanging out together at their Managers meeting in May, but then it was June 'til we were ready again!

In December, while Katherine was traveling without me, I took two days and headed up our Holiday Outreach program which visited three



of our local senior sites. This was a great time for me; I was in true holiday form, playing games and wrapping presents. Definitely helped to overcome my wintertime blues!

Our thanks to everyone for making 2010 such a busy and fantastic year!

-BJ