

Take a Look, It's More Than Books: Evanston Library!

One-On-One Technology Classes

Tech trainers are available to help you with:

- Computer basics
- Email
- Google apps
- Device troubleshooting
- Microsoft Office
- Smartphones and tablets
- Much more!

To schedule a 45-minute appointment, call the library's Tech Desk at (847) 448 - 8635

HIV/STI Screening

Staff from Howard Brown Health will be onsite at the Downtown Branch (1703 Orrington Ave) offering free HIV/STI screening.

Services include:

- HIV prevention counseling
- Rapid HIV screening (finger prick)
- Confidential syphilis, gonorrhea, and chlamydia screening

Screenings will take place on Tuesday, November 23 from 3:00 pm to 7:00 pm

Therapy Dogs

Upcoming sessions at the Downtown Branch (1703 Orrington Ave)

- Thursday, November 4 from 2:00 pm to 4:00 pm
- Thursday, November 18 from 2:00 pm to 4:00 pm

Call (847) 448 – 8600 for more information

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Need PPE? Ask Us! Impact has a large amount of masks, hand sanitizer, disinfecting wipes, and nitrile gloves available for participants. Talk to your clinician or employment specialist if you're in need.

Participants are welcome to drop documents and rent checks through the mail slot, but you will not be allowed inside the office and may not be seen if you show up unannounced. Instead of going to the office, please call (847) 868 – 8664 for help.

Impact is requiring all housing participants to wear a mask or face covering while staff are present in an apartment. Impact staff will also be wearing masks.



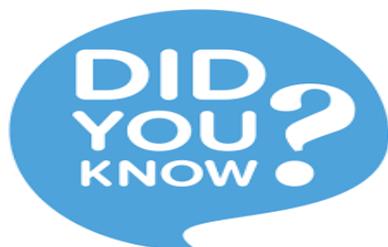
IPS Spotlight!

By Michelle Bonnici, Employment Specialist

Lucy joined the employment program a couple of years after having her first child. She was managing symptoms of anxiety and depression and had not been employed for a few years. She was extremely eager to begin working again, so she and her Employment Specialist immediately began discussing what types of jobs she may be interested in, what skills she can bring to an organization, and how many hours she would like to work each week.

After working together for a few weeks and completing a vocational assessment and job search plan, her Employment Specialist quickly learned that Lucy liked to interact with the public and would prefer a position at a grocery store. Lucy had a particular store in mind, but she told her Employment Specialist that she was concerned about the assessment portion of the application. Lucy and her Employment Specialist decided to work together on the application and assessment. In one hour, they were able to successfully complete it. One day later, Lucy got a call and was offered a new position.

Lucy has been working as a Greeter, helping customers in the self-checkout lanes, and answering their questions. She is enjoying her position and is happy to be making money while interacting with customers and providing them support. Lucy continues to meet with her Employment Specialist for support while she works, and she may even be interested in finding a second position! The opportunities are endless for Lucy and we are happy to be here for her throughout her employment journey.



- Welcome Marvin Fourte to the Employment Team!
- As of September 11, federal unemployment has ended in the state of Illinois. If you are looking for a job, now would be a great time to see an Employment Specialist! Talk with your clinician or case manager today!

Clinical Corner

Five-Minute Morning Habits to Bring Focus to Your Day

Silent Stretching: Whether it is on your yoga mat or in your bed, spend five minutes in the morning stretching out your body while taking big deep breaths in and out.

Shower Power: Jumping into the shower in the morning is often rushed, but what if you took an extra five minutes to enjoy your shower? Close your eyes and let the hot water wash over your body. Then, indulge in a good smelling, foaming body wash or scrub. Sing, play music, and imagine washing away your sleepiness and re-energizing your body for the rest of the day.

Allow Mother Nature into Your Morning: Whether it is sitting on your porch in the sunshine for five minutes, or going for a five-minute walk outside, spending time in nature in the morning is restorative and can help you be ready for your day.

Listen to Music: Spending five minutes listening to your favorite song, favorite playlist, or favorite radio station can boost your mood to start your day. Music is healing, and it can make you smile inside and stir up warm memories.

Write Down Your Daily Goals: We live such busy lives with so many tasks that seem never to get done. Spend a few minutes each morning writing down what you want to accomplish for the day. This can include work tasks, household chores, or personal tasks. Once you have a list of goals written down, they often become more attainable when you set your mind to them.

Anchor Your Daily Routing by Starting One More Chore: Whether it is emptying the dishwasher, taking out the trash, folding clothes, or washing the bathroom mirror, a straightforward morning chore can not only help you declutter your home, but it can also motivate you as you have one less task to do at the end of the day.

Express Gratitude: Spend five minutes each morning expressing gratitude for the things you have in your life. Whether it is a life full of friends and family who love you, your health, a roof over your head, or a warm bed to sleep in, actively expressing gratitude each morning can help ground you and appreciated the gift of the present.

Connect With a Loved One: Send a quick text message or email to someone in your life and let them know you are thinking about them. Practicing kindness in the morning towards others can come back to you ten-fold throughout the day.

Exercise Increases Endorphins: Physical activity helps clear and settle the mind, and it also increases endorphins which elicit pleasure. So daily exercise is not only good for your physical body but also good for the mind.



Am I eligible for a booster shot?

COVID-19



Who?

If you received a Pfizer or Moderna series:

- > 65 years and older
- > Age 18+ who live in long-term care settings
- > Age 18+ who have underlying medical conditions
- > Age 18+ who work or live in high-risk settings

If you received a J&J vaccine:

- > Age 18+

When?

- > At least 6 months after Pfizer or Moderna
- > At least 2 months after J&J



Which booster shot do I get?

- > You may have a preference, but you can get any booster shot.



FIND OUT MORE AT [CDC.GOV](https://www.cdc.gov) & [VACCINES.GOV](https://www.vaccines.gov)



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Find COVID-19 Vaccines Near You

COVID-19 vaccines are free and available to anyone who wants one, and are accessible in many locations throughout the community. Vaccines are available regardless of documentation status or insurance.

Vaccines.gov allows you to search by your zip code to locate the type of vaccine you want to receive.

To find a vaccine, visit [vaccines.gov](https://www.vaccines.gov) or call 1-800-232-0233



Encuentre Vacunas Contra el COVID-19 Cerca de Usted

El Gobierno federal está proporcionando la vacuna de forma gratuita a todas las personas que viven en los Estados Unidos, independientemente de su estado migratorio o de si tienen seguro médico.

Vacunas.gov lo ayuda a encontrar sitios que tengan vacunas contra el COVID-19 usando su código postal y el tipo de vacuna que quiera.

Si necesita ayuda para encontrar un proveedor de vacunas que le quede cerca, o si tiene preguntas generales sobre la vacuna contra el COVID-19, por favor llame al 1-800-232-0233.



November 2021

Important Dates, Groups, and Events

If you have an appointment scheduled with Dr. Solomon, someone from Impact will contact you about your appointment.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 <i>Election Day</i>	3	4 1pm: WRAP Group with Ana and Maria	5 11am: Knitting Online with Briana 2pm: Game Group with Tiana and Ana	6
7	8	9	10 <i>Veterans Day</i>	11 1pm: WRAP Group with Ana and Maria	12 11am: Knitting Online with Briana 2pm: Game Group with Tiana and Ana	13
14	15	16	17	18 1pm: WRAP Group with Ana and Maria	19 11am: Knitting Online with Briana 2pm: Game Group with Tiana and Ana	20
21	22	23	24 <u>Impact Office Closed</u>	25 <u>Impact Office Closed</u> <i>Thanksgiving Day</i>	26 <u>Impact Office Closed</u>	27
28	29	30				

To Join an Online Group, Contact the Group Organizer

Ana Poulos – email apoulos@impactbehavioral.org or call (224) 308 - 7995

Briana Hornsby - email bhornsby@impactbehavioral.org or call (847) 323 – 5682

Tiana Smith – email tsmith@impactbehavioral.org or call (847) 440 – 6201

Maria Moreno – email mmoreno@impactbehavioral.org or call (847) 316 - 1497