

# October is Fire Prevention Month



The goal of Fire Prevention Month is to raise fire safety awareness, and help ensure your home and family is protected. In 1922, the National Fire Protection Association named the second week of October Fire Prevention Week in commemoration of the Great Chicago Fire in 1871.

During this month, fire departments provide education to their communities, and encourage individuals to practice fire prevention and whole home safety.

Fire Prevention Month is the perfect time to test smoke and carbon monoxide alarms, change alarm batteries, learn how to use a fire extinguisher, and plan an emergency escape route.

Having functioning alarms installed throughout your home is the first line of defense for fire prevention. They work around the clock to provide you an early alert in the event of an emergency, providing you time to safely escape.

See page 4 of this newsletter for more information and tips on how you can practice fire safety in your home.

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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.

Impact's new office at 565 Howard St. remains closed to the public. 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.

Impact is happy to welcome Mia Erenberg-Harris, Impact's new Administrative Specialist, to our staff!

# IPS Spotlight!

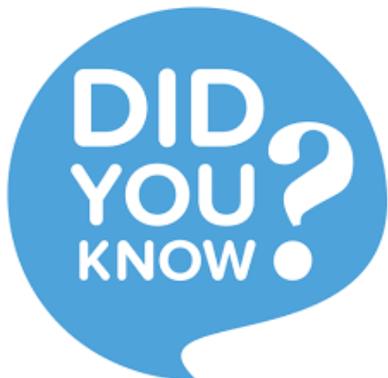
*By Mark Figley, Employment Specialist*

Sarah has been working with Impact since March of 2021. She has been struggling with severe social anxiety that got much worse during the pandemic. She was having trouble leaving the house and was not confident in her ability to find a job.

Her Employment Specialist worked with Sarah and her therapist to help make her feel comfortable going out in person through treatment meetings, and built up her confidence in herself.

Sarah was eventually able to find a job working at the AMITA Health Resurrection Medical Center as a Patient Observer, helping to make sure patients were safe and healthy during long stays in the hospital.

Sarah was so excited to be working in a job that helps people and works well with her schedule. She hopes to eventually go back to school to continue her education and earn a degree.



- The Employment Team has helped 44 participants obtain jobs since the start of July!
- We've had 364 new contacts with employers since the start of July.
- 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!
- *"Happiness is not in the mere possession of money; it lies in the joy of achievement, in the thrill of creative effort." – Franklin D. Roosevelt*

## Clinical Corner

# Will Seasonal Depression Be Worse This Year?

With fall and winter, our days get shorter, and, for many people, seasonal affective disorder (SAD) sets in. Typically, SAD is a depressive disorder that kicks in during the fall and winter months and abates in spring and summer. It is generally believed that SAD is caused by a neurochemical imbalance in the brain prompted by lessened exposure to sunlight, which directly impacts levels of melatonin, a sleep and mood-related hormone.

Unsurprisingly, the further north a person lives (in the northern hemisphere), the more likely he or she is to experience SAD. The further north one is, the shorter the days are during the fall and winter months. Moreover, the worst months for SAD tend to be January and February, the months with the least amount of daylight.

SAD symptoms are usually mild to moderate, but they can become severe. The most common symptoms of SAD include: sadness, hopelessness, social withdrawal, pessimism, anxiety, restlessness, irritability, loss of interest in normally pleasurable activities (hobbies, socialization, etc.), difficulty concentrating, fatigue, sleep issues (inability to fall asleep, difficulty waking up, etc.), lack of focus, lack of self-care, thoughts of death or suicide.

But what happens when SAD occurs in conjunction with other forms of depression, especially the situational depression we're currently seeing related to the COVID-19 pandemic, political strife, large-scale fires, hurricanes, racial divides, and other major societal issues? As of now, we don't really know how SAD will interact with pre-existing situational depression, but individuals who struggle with SAD could be facing a difficult fall and winter.



### What Are the Treatment Options for SAD?

- ✓ **Regular Sleep:** Going to bed and waking up at the same time every day no matter what is the easiest way to regulate sleep. Starting this process may result in a few sleepless nights, but if the individual can stick with the routine, it nearly always takes hold.
- ✓ **Exercise:** Regular exercise, especially aerobic exercise, is a proven way to combat depression. If that exercise can be done outdoors, all the better.
- ✓ **Healthy Eating:** Most people facing depression crave sweets, junk food, and soft drinks. These can provide a sugar/carb rush, but typically that rush is followed by a physical and sometimes emotional crash. Switching to complex carbs (pasta, rice) and natural sugars (fruit and juices) slows the rush/crash process, negating or at least lessening the impact.
- ✓ **Lightboxes:** Lightboxes are SAD-specific treatment. Lightboxes typically emit 2,500 to 10,000 lumens per square meter, as compared with the 100 to 500 emitted by standard interior light sources. Lightboxes are best used in the morning for anywhere from 15 minutes to 2 hours.

## A Note to Impact's Housing Participants

You may have seen new neighbors in some of our buildings in the last months. With fall here and the cold weather around the corner, many people are currently homeless or at risk of becoming homeless. Impact is working to try to help as many of these people as we can which is why Impact will be filling all shared living vacancies in our buildings in the coming months.

Impact will consider our current participants' preferences for roommates prior to scheduling potential roommate meetings. Everyone who is currently on our waitlist has been screened by Impact and has completed a roommate questionnaire, which helps us find the best matches for specific vacancies.

Thanks,

Kevin Zepeda  
Housing Stability Specialist



### *Did You Know? Unattended Cooking is the #1 Cause of Home Fires*

Grease fires are among the most difficult type of fire to put out. Attempting to extinguish it with water can make the fire grow, as water and oil do not mix.

Grease fires are often associated with kitchen fires, and they occur when cooking oil gets too hot. Oil will first begin to boil, then it will start to smoke, and then catch fire.

If you are faced with a grease fire:

1. **Turn off the Heat Source.** Your first instinct may be to move the pot or pan that is on fire to a different part of the kitchen, such as the sink, but this could end up splashing oil on yourself or throughout your kitchen. It is best to turn off the heat source immediately and keep the pot where it is.
2. **Use a Metal Lid to Cover the Pot or Pan.** Oxygen adds fuel to a fire. Without oxygen, the grease fire will no longer be able to thrive and spread. Once the heat source is turned off, find a metal lid that will cover the entire pot or pan. Make sure to use a metal lid instead of glass to ensure it does not shatter.
3. **Call 9-1-1.** If a grease fire is growing rapidly and you cannot put it out on your own, your number one priority is evacuating your home safely. Once everyone has safely evacuated, call 9-1-1.

### *Have a Plan Prepared if the Smoke Alarm Sounds*

Never ignore the sound of the smoke alarm. If the smoke alarm is sounding, there is a reason. Here are several tips you can practice to be ready for an emergency:

- Have a safety escape plan. Know where the exits are.
- Always feel the door to see if it is hot before opening it to escape. If the doorknob is hot, do not use that exit. Use your alternate exit to escape.
- Crawl on the floor. Smoke from a fire rises and so does the temperature. If you crawl on the floor, the smoke and the heat from the fire will be less severe.
- Meet at a pre-arranged spot outside the home to know who has escaped.
- Call the fire department once safely outside. Be prepared to give your full name and address to the operator. Stay on the line until the operator has the information needed.
- Do not return or go inside a burning building. The firefighters will be there soon.

#### ***Tips to Prevent Fires From Starting in Your Apartment:***

Use surge protectors to keep appliances safe, don't overload circuits, don't use cords that are frayed or cracked, don't run cords under rugs, never leave candles burning unattended, don't store flammable items inside of your apartment, don't leave food unattended on the stove if you are cooking something.

  
**Don't hesitate, vaccinate!**  
There is a lot of misinformation going around about the COVID-19 vaccine. Get the facts!

Myth	Fact
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<ul style="list-style-type: none"> <li>• The COVID vaccine is just another attempt at medical sterilization or experimentation on black and brown bodies</li> <li>• I could get COVID-19 from the vaccine</li> <li>• The vaccine will change my DNA</li> <li>• The vaccine was developed too quickly to know that it's safe</li> <li>• COVID-19 is less dangerous than the vaccine</li> <li>• If I've already had COVID-19, I don't need the vaccine</li> </ul>	<ul style="list-style-type: none"> <li>• The process for developing the vaccine included people from all races and backgrounds, and it was found to be safe in all groups.</li> <li>• None of the vaccines contain live virus that causes COVID-19. This means that a COVID-19 vaccine cannot make you sick with COVID-19.</li> <li>• The vaccine will not change or alter your DNA in any way. The vaccine is helping you make an antibody that fights COVID.</li> <li>• The technology used to develop the vaccine already existed, so it could be created quickly.</li> <li>• The chances of getting seriously ill from COVID-19 are much higher than the chances of getting sick from the vaccine.</li> <li>• Experts do not know how long you are protected from getting sick again after recovering from COVID-19, so you should still get the vaccine even if you had COVID.</li> </ul>
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Visit [cityofevanston.org/vaccine](https://cityofevanston.org/vaccine) for accurate vaccine information and to fill out the City's Vaccination Contact Form in order to be contacted when it's your turn to get the vaccine. No Internet? Call or text 847-448-4311!



**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://vaccines.gov) or call 1-800-232-0233**



  
**¡No lo Dude, Vacunese!**  
Hay mucha información incorrecta sobre la vacuna contra el COVID-19. ¡Conozca la realidad!

Mito	Realidad
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<ul style="list-style-type: none"> <li>• La vacuna del COVID-19 es un intento de experimentación médica o esterilización en contra de las minorías.</li> <li>• Me podría contagiar del covid-19 con la vacuna</li> <li>• La vacuna cambiará mi ADN.</li> <li>• La vacuna se desarrolló demasiado rápido para saber si es segura.</li> <li>• El COVID-19 es menos peligroso que la vacuna.</li> <li>• Si ya tuve COVID-19, no necesito la vacuna.</li> </ul>	<ul style="list-style-type: none"> <li>• El proceso para desarrollar la vacuna incluyó a personas de todas las razas y orígenes, y se encontró que era segura en todos los grupos que participaron.</li> <li>• Ninguna de las vacunas contienen el virus vivo que causa el COVID-19. Esto significa que una vacuna contra el COVID-19 no puede contagiarlo de COVID-19.</li> <li>• La vacuna no cambiará ni alterará su ADN de ninguna manera. La vacuna le ayuda a producir un anticuerpo que combate el COVID-19.</li> <li>• La tecnología utilizada para desarrollar la vacuna ya existía, por eso se pudo crear rápidamente.</li> <li>• Las probabilidades de enfermarse gravemente por COVID-19 son mucho más altas que, las probabilidades de enfermarse por la vacuna.</li> <li>• Los expertos no saben cuánto tiempo estará protegido de enfermarse nuevamente después de recuperarse del COVID-19, todavía debe recibir la vacuna incluso si tuvo COVID-19.</li> </ul>
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¿Todavía tiene preguntas? Escanee el código QR en la esquina para visitar el sitio web de la Ciudad de Evanston y obtener información precisa y actualizada sobre la vacuna contra el COVID-19, y también para apuntarse en la lista para ser contactado cuando sea elegible para recibir la vacuna. ¡Lame o envíe un mensaje de texto al 847-448-4311!



**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.**



# October 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 11am: Knitting Online with Briana  2pm: Game Group with Tiana and Ana	2
3	4	5	6	7 1pm: WRAP Group with Ana and Maria	8 11am: Knitting Online with Briana  2pm: Game Group with Tiana and Ana	9
10	11	12	13	14 1pm: WRAP Group with Ana and Maria	15 11am: Knitting Online with Briana  2pm: Game Group with Tiana and Ana	16
17	18	19	20	21 1pm: WRAP Group with Ana and Maria	22 11am: Knitting Online with Briana  2pm: Game Group with Tiana and Ana	23
24	25	26	27	28 1pm: WRAP Group with Ana and Maria	29 11am: Knitting Online with Briana  2pm: Game Group with Tiana and Ana	30
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To Join an Online Group, Contact the Group Organizer

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

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

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

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