

IN THIS ISSUE

Caring for Yourself in the New Year

Strategies for mental and physical wellness

Did you know that 80% of New Year's resolutions fail by February? Do you have plans for this new year? Are you wondering if they will stick? Let's explore dynamic and practical strategies to maintain mental and physical wellness throughout the year, not just in the fleeting glow of New Year's resolution season.

1. Set Goals With Intention

Setting intentional goals creates a roadmap that leads us closer to our authentic selves.

For instance, your goal is to embrace a healthier lifestyle in the new year. The "what" in this scenario might be "I want to exercise more and eat healthier." However, the "why" is vitally important because you value your health and want to feel more energetic and focused daily. Remember, your goals should reflect who you want to become, not just what you want to do.

2. Establish Healthy Boundaries

Boundaries are a powerful tool for self-care. They allow us to honor our needs and make space for our well-being. In the coming year, reflect on areas where you may need to establish or strengthen boundaries.

3. Cultivate Mindfulness

Mindfulness is the practice of being fully present and engaged in the current moment, a powerful antidote to the modern world's constant rush and distraction. For example, start a daily meditation practice where you spend 10 minutes each morning quietly focusing on your breath. Cultivating mindfulness can help reduce stress and improve mental clarity, making it an essential wellness practice for the new year.

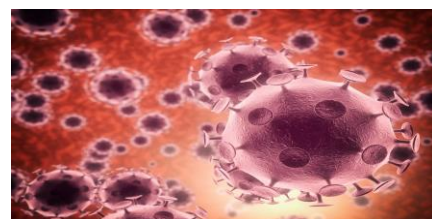
4. Nourish Your Body

Your body is the vessel that carries you through life — so treat it with love. This means eating nourishing foods, staying hydrated, exercising regularly, and ensuring enough sleep. Remember, small, consistent actions are more impactful than drastic, short-lived changes.

5. Practice Self-Compassion

Finally, remember to be kind to yourself. You will have days when you falter, and that's OK. Self-compassion means treating ourselves with the kindness and understanding we would offer a friend. It's acknowledging that we're all human, and it's OK to be a work in progress.

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With an increase in **COVID-19, RSV, and flu** cases this winter, please make sure that you inform any staff you plan to see in person when you are not feeling well. We want to make sure that all participants and staff stay healthy and do not meet with anyone if they are sick.

If you live in Impact's housing and have a non-urgent maintenance request, email: maintenance@impactbehavioral.org or call (847) 220-4433 anytime. If you live in Impact's housing and you have an emergency maintenance request, call (847) 532-0026 during business hours or call (847) 220-4433 after business hours.

Need PPE? Ask Us! Impact has masks, hand sanitizer, and nitrile gloves available for participants.

IPS Spotlight!

*By, Sara Tucci
Employment Specialist*



Michael has been working with Impact since July 2023. When he first met Sara, he told her that he had applied to numerous jobs with no luck. Michael has a degree in Computer Science and was looking for some type of IT support or help desk position. Sara had informed Michael about a position for an IT Support Services Analyst – Office of the Vice Chancellor for Research at the University of Illinois at Chicago. Michael applied for the job and shortly after received an interview. The first interview went well for Michael, and he was asked to do a second interview. The second interview went even better than the first one and Michael said that they really liked him. It was a couple of weeks after the second interview and Michael was getting worried because he had not heard back from them at all. Sara helped calm Michael's nerves during this time and told him that they are probably conducting other interviews, and that this is a long process. Michael finally heard back from UIC, and they gave him a third interview. Michael was very nervous for the third interview. Sara reassured him to keep pushing through and that he is doing great. The third interview went exceptionally well and shortly after, he was offered the position. Michael's first day on the job was January 8.



- 140 participants have started jobs this fiscal year!
- 2,500 employers have been contacted on behalf of our participants since 7/1/23!
- 90-day job retention rate continues to hold steady in the 80th percentile!
- "Opportunities are usually disguised as hard work, so most people don't recognize them". - Ann Landers

Tips to Help Beat the Winter Blues

Clinical
Corner

Take a Break From the News

To help minimize stress, sadness, and despair from the news, try to limit the amount of time you spend in front of a screen. If possible, schedule one hour for news. You can watch this in one sitting or break it up into chunks.

Boost Your Mood with Food

A simple change to boost your mood is to consider the food you eat. Consuming protein with breakfast, lunch, and dinner can enhance mood and prevent sugar and carb cravings later in the day. Also, including foods high in vitamin D such as fatty fish, fish oil, and vitamin D fortified foods like milk, orange juice, breakfast cereal, yogurt, and other food sources can help balance mood.¹ According to one meta-analysis, researchers found that people with depression have low vitamin D levels, and people with low vitamin D are at a greater risk of depression.² If you are not getting enough vitamin D in your diet or through sunlight, talk to your doctor about taking a supplement, especially in the winter months.

Keep Up Your Sleep Routine

Sleep is a huge component of mood. Without adequate, regular sleep our circadian rhythm can get disrupted, which also disrupts cortisol rhythms and impacts hormone production. To improve your sleep:

- **Go to bed and wake up** at the same time every day.
- **Follow a simple bedtime routine** that signals rest, such as taking a bath, turning down the lights, or drinking a cup of herbal tea.
- **Expose yourself to light** as soon as you wake up.
- **Sleep** in a cool, dark room.
- **Don't use electronics** in your bedroom.
- **Write all of your worry thoughts on a piece of paper** before bed so that if you wake up in the night, you can tell your mind you don't need to worry because the thoughts are captured on paper and will be waiting for you to tackle in the morning.

Do Some Physical Activity

Physical activity has been shown to boost mood, decrease the symptoms of depression, and reduce stress. Getting outside daily, even for a few minutes a day, can make a huge impact on your mood and help target the specific symptoms of SAD related to a lack of daylight.

Try the 10x10x10 Plan

It's not uncommon to feel overwhelmed, lethargic, and unmotivated to exercise when feeling depressed. So, instead of committing to one longer workout, break the time up into chunks.

Call on Your Support System

Loneliness and isolation tend to make the effects of the winter blues worse. That's why your support system, which may include friends, family, co-workers, and sponsors, should be on speed dial.

Seek Out the Sun

Getting outside needs to be a priority during the winter months. Since SAD symptoms are worsened by a lack of sun exposure, soaking up the sun—even in winter temperatures—is critical.

Light Therapy

If you're not finding relief from some of the more low-level interventions, you may want to consider light therapy. This form of treatment is common for people diagnosed with SAD.

Impact's Housing Inspection Dates for 2024

If you are part of Impact's Housing program, please mark these inspection dates on your calendar. The Housing Team will post reminders closer to each inspection date.

March 18-22
July 15-19
November 18-22



Pro Tips for Extreme Winter Weather

Clothing

- ✧ Please dress warmly and in layers.
- ✧ Try not to have any exposed skin when out in the cold air and cover all areas of exposed skin with gloves, mittens, warm socks and boots that are well insulated and waterproof if you have them available.
- ✧ Frostbite is dangerous and it only takes a few minutes for exposed skin to be subject to frostbite.

How to Treat Frostbite

- ✧ Get to a warm place asap. immerse areas of exposure into warm , not hot, water, and stay as warm as you can.
- ✧ Do not use a space heater or stove to warm the frostbitten area.
- ✧ Go to ER or immediate care if possible.
- ✧ Skin may start out being red and irritated, than can turn several colors, and area becomes numb.

Ice/Falls

- ✧ Ice is usually the primary reason for falls in the winter. There are several ways to minimize risk for falls including staying aware and focused as to where you are going.
- ✧ It is recommended to not talk on the phone while walking in the winter, it's too distracting.
- ✧ If you do fall and are unable to get up because of severe pain or you hit your head, get help right away.
- ✧ Falling on concrete is especially dangerous.
- ✧ There is such a thing as "black ice" or hidden ice and it's tricky because a fall can happen on black ice, and you have no warning.
- ✧ Also be careful with ice that might be hidden under newly fallen snow on streets/outdoor stairs or other outdoor surfaces.

Driving

- ✧ If you drive, please keep an emergency kit in your car such as salt, a shovel, flashlight, blankets, change of clothes or extra sweater, jacket , socks, hat and gloves or mittens.
- ✧ Make sure and have a tank of gas, good tires, your oil change up to date and windshield wiper fluid.
- ✧ Spare tires are good to have.
- ✧ Drive carefully and slowly if conditions are bad, and definitely find the closest place to pull over safely.
- ✧ Don't slam on your brakes on icy or snow packed streets to avoid fishtailing or an getting into an accident.

In the Home

- ✧ Please use caution with space heaters and do not ever leave them unattended.
- ✧ Most importantly, use common sense, it usually is one of the best things to rely on.

Warming Centers

- ✧ Be aware that there are several warming centers in Evanston.
- ✧ Call 311 for Chicago warming centers.
 - Connections for the Homeless
 - Evanston Public Library
 - Fleetwood-Jourdain Community Center
 - Hilda's Place
 - Interfaith Action of Evanston
 - Levy Senior Center
 - Mary Lou's Place
 - Robert Crown Community Center
 - St. Mark's Episcopal Church
 - Susan Murphy Berube
 - YWCA Evanston/North Shore

Producemobile!

- Fresh fruits and vegetables.
- **Free of charge.**
- 2nd Tuesday of Every Month, 9:30 am to 11:30 am.
- **Upcoming Dates: Feb 13, March 12, April 9.**
- Will be asked to register one time only and be given a GCDF pantry card to use in the future. Those who have already registered should bring their GCDF pantry cards with them.
- Walk-up line only, help will be available to carry your produce to your vehicle.
- Masks required.
- Bring a wheeled cart and/or strong bags with handles.
- Cook County residents only.
- While supplies last.

Robert Crown Center

1801 Main St., Evanston

Call (847) 475-1150 for more information.



Free! Chicago walking tours!

Book yours now and see what the city has to offer. <https://freetoursbyfoot.com/chicago-tours/book-chicago-tours/>

Chicago Chinatown Lunar New Year Parade Year of the DRAGON - 4722



**1:00 - 3:00pm, Sunday
Feb 18, 2024**

Chinatown Parade

Location: at the intersection of 24th St. and Wentworth Ave, traveling north on Wentworth towards the viewing stand at Cermak and Wentworth.

Chinese New Year falls on Saturday, **February 10, 2024** (Year of the **Dragon**, 4722), and the Lunar New Year parade will place on Sunday, **February 18, 2024**. The parade will begin at **1:00 p.m.** at the intersection of 24th Street and Wentworth Avenue and travel north on Wentworth towards the viewing stand at Cermak and Wentworth.

The parade will feature traditional dragon and lion dancing teams, colorful floats, marching bands and marching groups. Sponsorships are \$3,000 or \$5,000. See below.

The following year, Chinese New Year will fall on Wednesday, **January 29, 2025** (Year of the Snake, 4723), and the parade will be on Sunday, **February 9, 2025**.

February 2024

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	3
4	5	6	7	8	9	10
		Noon: Knitting Online with Briana			11am: Art at Lanam-Rapp with Tiana & Briana	
11	12	13	14	15	16	17
		Noon: Knitting Online with Briana	Valentine's Day		11am: Art at Lanam-Rapp with Tiana & Briana Lanam-Rapp Game 1pm: Bingo with Lois/Group Game Contact Briana/Dan	
18	19	20	21	22	23	24
	President's Day Impact Office Closed				11am: Art at Lanam-Rapp with Tiana & Briana Lanam-Rapp Game 1pm: Bingo with Lois/Group Game Contact Briana/Dan	
25	26	27	28	29		
		Noon: Knitting Online with Briana				

To Join a Group, Contact the Group Organizer

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

Dan Grinberg-email dgrinbrg@impactbehavioral.org or call (872) 230-6918

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