

Wellness Notes

January, February, and March 2008

A QUARTERLY PUBLICATION FOR CLIENTS AND FRIENDS OF THE WRIGHT HOUSE WELLNESS CENTER

Greetings from The Wright House Wellness Center! 2007 was a great year for us, and we hope to do even better things in 2008.

In order to help us do that, we will be sending out a quarterly newsletter letting you know what's going on here at WHWC so that you can make the most out of your interactions with The Center.

The newsletter committee hopes that you enjoy the information we have to share with you.

You want to stick me with *needles* to make me *feel better*? by Jonnetta W.

That's a very normal question for someone who is new to the therapy known in the Eastern world as Acupuncture. Traditional Chinese medicine uses this technique in order to help the flow of energy called qi (pronounced "chee") through the human body. This process helps the body to get rid of the bad energy by placing needles in key pressure points so that good energy can flow through.

According to www.thebody.com, patients with HIV and cancer routinely use this technique in order to help lessen the symptoms of their chronic conditions as well as the side effects from western medicine. This process has been known to help with fatigue and neuropathy (burning and/or tingling in the hands and feet).

Do you know that your Wright House Wellness Center has an acupuncturist who can help deal with side effects which can come from living with HIV and cancer? Call The Wright House to find out how you can start using this service to help improve your quality of life. Also, read the Q and A with Tim B (pg 4) where he talks about his experience with acupuncture.

Get in Shape and Stay in Shape for 2008: *How to make those New Year's resolutions stick for good!*

by Deborah P., Certified Personal Trainer

We all wake up on January 1st with the same plan. We want to be healthier and more fit. We start by joining a gym, buying new workout clothes, having every good intention of making a drastic, lifestyle change, but for some reason after two weeks we find ourselves back where we started, on the couch with a bag of potato chips in our hands. Has this already happened to you? Here are some helpful hints to starting a successful exercise program and to make those New Year's resolutions last for the long haul.

Set goals: To be successful at an exercise program, you need to set both long-term and short-term goals. Make some goals easily attainable and others more of a challenge. Write down each goal and put them where you can see them every day. It feels good to accomplish a goal and to mark it off of your list. This will act as an incentive to keep you going.

Start slow. If you are beginning a new workout program, start slow and let your body adapt. Try not to burn yourself out in the first week. Start with exercising 2-3 days a week for 20-30 minutes at a time. Keep the intensity light. Focus on this being a lifestyle change. You must be consistent to see change.

Change one thing at a time. We all want to see change quickly, but making too many changes at the beginning can lead to disappointment. Try to change one element each week. You have a better chance of being successful if you can master one area before tackling the next.

Make it social. Whether it's a trainer or a friend, find a workout partner with the same fitness level and goals. This is one of the surest ways to keep yourself honest and motivated. **Get involved with The Wright House yoga classes held on Tuesdays and Thursdays.** This is an excellent way to make working out a social event.

Find a daily activity you enjoy. You don't have to be at a gym to make the exercise count. Grab a friend and go for a bike ride or take your dog for a long walk every day. It's amazing how fast you can burn calories even when you are doing something that is fun and enjoyable. Start today and have a happier, healthier tomorrow!

The Wright House Wins Austin Chronicle's Best Nonprofit of 2007!!!

Congratulations are in order at The Wright House Wellness Center. Due to the quality of services provided at WHWC, we were awarded the 2007 award for "Best Non-Profit Group" in Austin by the Reader's Poll which claimed, The Center is "the kind of nonprofit that gives Austin its stellar reputation for helping those in need." Check out the full article on the web at www.austinchronicle.com

Jingle Bell Jubilee Recap by Jonnetta W.

For those of you who missed it, the Jingle Bell Jubilee was fantastic. There was tons of food, the entertainment was amazing, and the holiday spirit could be felt everywhere you turned. Here are some pictures from the event. Special thanks to the United Court of Austin for providing the fantastic entertainment, to all of the volunteers who assisted, especially to Al S. who brought stuffed animals and candy and to Courtney B for leading the task force who provided the decor and ambience for this event .

2007's Jubilee was spectacular, so be on the look out for this and other WHWC events this year.



Who's Who at The Wright House Wellness Center? by Matthew A.

Name: Joe McAdams

Position: Events Coordinator.

Employment Length: I have been with The Wright House Wellness Center for about 1 year. I have been the Events Coordinator for 3 months, and before that, I was a Client Advocate.

Inspiration: As a person who has experienced personal trials and have friends with health problems, I felt that I can really understand and convey the WHWC's needs to the Austin community. My former career goals have directly focused with people with HIV. So, I hope to parlay my personal and professional experiences into profitable gain for WHWC.

The Present: We are gearing up for the CulinART: A Fantasy of the Healing Hearts, which will be sponsored by The International Special Events Society (ISES) Austin Chapter on March 6, 2008. This event will be a cocktail formal set at the UT Alumni Center starting at 6 PM.

It will be an all-sense overload the minute you walk in; the fantastical event will be a mirror of visual arts and culinary creativity fusing with the nurturing spirits of selfless Austinites. This atmosphere will be colored in rich jewel tones and warm lighting. Silent and art auctions will coincide along with various performers such as a Burlesque troupe and a fire dancer! The **crème elate** will be on stage. There five chefs will demonstrate their culinary prowess live.

Contact: to donate, offer your assistance, or buy tickets call (512) 236-8901 #210.

How The Wright House helps those with HIV, Hepatitis C, and Cancer by Jonnetta W.

Since you have received this newsletter, you have probably used The Wright House for at least one service. Are you using all of the services that The Center has to offer? For example, there are yoga classes, massage therapy and acupuncture offered to help you de-stress in order to cope with the physical and emotional issues associated with living with a chronic condition. Also, there are case managers who can help by acting as an advocate for you by providing information on other services you might be eligible for and let you know about community resources that may be able to help during difficult times. And of course, there is the food pantry and nutrition classes (for those who qualify) that provides nutritious foods in order to help stimulate the body and promote healthy habits needed while living with these diseases. Call The Wright House to find out more about these amazing services that can change your life.

Q & A with Tim B., WHWC volunteer

by Matthew A.

Matthew: Which of the programs that The Wright House provides have you experienced?

Tim: I have done massage, acupuncture, and I volunteer for the food pantry.

Matthew: How was the acupuncture?

Tim: Well, I had the acupuncture done to quit smoking. The first time I went was January 9th, 2008. It was great!

Matthew: Wow. Did it help?

Tim: Yea, I haven't smoked since.

Matthew: That's amazing. You aren't experiencing any withdrawal? No desire for nicotine?

Tim: Nope

Matthew: Impressive. What was the process like? Did you get it done on your face? Or was it your entire body?

Tim: Well [he's thinking for a second], I got it done in my ears, legs, and hands. It was really good.

Matthew: And how did you feel? Did you enjoy it?

Tim: At first I was a little nervous...

Matthew. Oh really! How so?

Tim: I was always told that it would hurt. But, it didn't...It's a good thing and I enjoyed it.

Calendar of Events

Volunteer Night is 5:30-8pm every Monday here at our 2326 E. Cesar Chavez (ECC) location. If you are interested volunteering at the Wright House, call Mark Johansen at (512)236-8901 or e-mail mark@thewrighthouse.org

March

- 3/6/2008 **CulinART; A Fantasy of the Healing Arts Gala** - 6pm, The University of Texas Alumni Center
- 3/3 - 3/7 Black Church Week of Prayer
- 3/12 National Womens and Girls HIV/AIDS Awareness Day
- 3/19 Volunteer Orientation: 6pm-9pm, WHWC ECC
- 3/21 GOOD FRIDAY - All Wright House Offices will be CLOSED

April

- 4/12/2008 United Court of Austin Monarch Show 7pm @ Charlie's
- 4/16 Volunteer Orientation: 6pm-9pm, WHWC - ECC
- 4/17 WHWC Volunteer Appreciation Dinner: 6:00pm-8:30pm, Klieburg Hall behind The Wright House at 4301 N. I-35, Austin, TX
- 4/26 Hill Country Ride for AIDS (Volunteers and Riders Needed!) www.hillcountryride.org

Wish List for 2008

The Wright House Wellness Center

1. In Kind Web Design and Upkeep
2. Non-Perishable Food Items for Clients Living with Chronic Disease
3. Wellness Supplies including massage tables, oils, acupuncture needles, yoga mats, blankets, sheets, scented candles, exercise and yoga videos etc. Exercise Balls and equipment.
4. DVD Player/VCR, Computer Projector for Staff & Client Presentations/Entertainment Center/Stereo
5. Video Camera for Client Events / Socials / Functions
6. Car Washing & Cleaning Services for Our Vans
7. White Noise Sound Machines for Client Counseling Sessions
8. Office Supplies for Both Administrative and East Austin Offices
9. Signage & Banner Services
10. Give-away & In Kind Donations for Client Socials (gift cards, gift baskets, etc.)
11. Exercise equipment (treadmill, elliptical, free weights etc.)

Our Vision: Everyone in our community affected by chronic illness will experience an improved quality of life.
Our Mission: The Wright House Wellness Center gives care and compassion to Central Texans living with or at risk of chronic illnesses by providing resources for support, education and empowerment.