

## The Hill Country Ride

What an event! After a scary night of severe storms with loud claps of thunder and blinding lightening the skies cleared and by morning the sun came out, dried up all the rain and the The Hill Country Riders got on the road again!

This time, in 2006, the goal was a record setting \$500,000.00 and we came close with some monies still coming in.

Achieved to date: \$486,905.01

Goal: \$500,000.00

Go to [hillcountryride.org](http://hillcountryride.org) for more details on the ride and how you can make your donation to help achieve the goal.

There is so much praise and thanks that need to be showered on the riders of this wonderful event. They have done a wonderful job in raising money to help such a great cause.

All of the sponsors and beneficiaries were fantastic as well. It was an absolutely well run and well equipped event.

The Wright House Wellness Center provided The Practitioners Area where riders who had completed the ride could come and receive acupuncture, chiropractic work or a 15 minute massage and relax in the gentle breeze of the cool shade. Many of the riders partook of all three services.

All of these services were provided by some outstanding people who wanted to contribute and help with this great function.

We take our hats off and bow low in thanks to these giving individuals who provided excellent service to the riders.

As the Coordinator of the Practioners Area, I also want to thank the GREAT volunteers who helped keep this part of The Ride running quickly and smoothly. It would not have been any kind of success without your help. Salute!

As a first time participant in this wonderful event I strongly encourage any of you that have never done it to sign up as a rider or a volunteer for the 2007 Ride. Keep your eyes open for more information in future issues of this Newsletter for more information. It will be here before you know it!



## Editor's Note

First of all I want to say Thank You to those of you who took the time to tell me how much you liked "The Right House" story. We, at The Wright House Wellness Center, have decided, though, that the Wellness Notes needs to maintain a factual basis and fictional stories and articles are really better served in another venue. What that venue will be has not been determined at this point.

I apologize for any misinformation mentioned in the previous newsletter. Please continue to read our newsletter to find out important information as we receive it and can get it to you.

## WHWC Summer Social

This is a notice to invite all Clients, Staff and Board Members of The Wright House Wellness Center to our Annual Summer Social.

Our very first Summer Social is coming on **August 1<sup>st</sup>, 2006**. The Wright House Wellness Center is holding the event on Tuesday, August 1<sup>st</sup> from 6:30-8pm at the East Cesar Chavez location. It will be a **Pot Luck Dinner** with The Wright House Wellness Center providing a meat dish and beverages. **We are asking all those attending to bring a side dish or dessert.**

We are going to try to do these Socials twice a year. One Social will be held in the summer and then we will also do one in December and call it The Holiday Social. The date for The Holiday Social will be announced at a later time.

We will have Food, Games and Music, so come planning to have a great time and Let's Get to Know Each Other!

R.S.V.P. to [mark@thewrighthouse.org](mailto:mark@thewrighthouse.org) or call Mark at 236-8901 to sign up.

**Mark this DATE on your CALENDAR!**

# Breath of Hope

This was the theme of The Wright House Wellness Center's entry into the 2006 Gay Pride Parade. With a multi colored Awareness Ribbon reaching twelve feet up to the sky and displaying Red (HIV/AIDs), Red/ Yellow (Hepatitis C.), Pink (Breast Cancer) and Yellow for Liver Disease it was a sight to behold. Surrounding the huge Ribbon of many causes were light blue and white streamers attached to blowers that rose up to whip around and brush the towering Ribbon which signified Our Breath of Hope.

It was a fantastic day for those of us at The Wright House Wellness Center who participated in this event. All of the preparations ran like clockwork and as the Coordinator of this event I need to thank my Wonderful Volunteers. YOU WERE and ARE GREAT!

We started up Congress Ave with growing crowds on both sides of the street. By the time we got to 4<sup>th</sup> St. and turned left we could barely make it through the clogged street of excited and proud onlookers.

As our Float Entry glided along behind the "ID Lube Boys" we had several volunteers walking alongside our vehicle handing out Condom Packets with condoms, lube and information pertaining to The Wright House Wellness Center.

Crowds cheered as we passed by recognizing our well known organization as well as the significance of "A Breath of Hope" and our ongoing work to achieve our goals.

The Wright House Wellness Center especially wants to thank Kevin Schmidt whose help in this event made it happen in such a fast and smooth manner.

Kevin provided the vehicle that our entry was displayed on. He built the frame that the ribbon was constructed on and donated the use of a rented generator that kept our wonderful Ribbon lit and streamers blowing as well as his time in preparation and driving during the parade.

Kevin is a contractor here in Austin. If you are in need of home repair, home additions, would like to remodel or do anything pertaining to your

property structure contact me, Mark Johansen, at The Wright House Wellness Center East Cesar Chavez Location and I will get you in contact with Kevin for a quote.

## Summer Fan!

Are you a fan of summer or do you just need a fan for summer?

If the summer heat is getting to you, you can cool down with a free fan!

The Wright House Wellness Center, in conjunction with Family Eldercare, has fans available for our clients.

Please call us at 236-8901 and ask for Marie Gonzalez at Ext. 105 or Linda Williams at Ext. 101 if you are interested.

There is a limited supply and fans will be available on a first come, first serve basis.

## What Yoga Did for Me

by Everitt Allen

I am pleased to give you a short article on my experiences with Yoga. My first thoughts prior to my practicing Yoga were not very positive. I thought they were probably a bunch of hippies, vegetarians, and pot smokers who did strange things like Yoga. Those thoughts were to be short lived.

My first introduction to Yoga was through my chiropractor who suggested that I might want to consider taking some Yoga classes to assist in my recovery plan. Well, I took a beginners course in February of 2005. I had no expectations on what was to take place on the first session. One and one half year later, what happened as a result of taking classes was that my cholesterol went down instead of the usual upward spiral and my shoulder pain was relieved. Those were some of the benefits from taking Yoga.

Currently I am involved in teacher training for Yoga and I plan to graduate in August of 2006. To become licensed as Yoga instructor, one has to complete independent teaching with at least three students for three different classes. I would be

interested in Restorative classes, which requires several props per student and would like to find out if there is an interest for this class (see "Downward Facing What?!?" article). I have spoken with one of the owners of Yoga Yoga and he has expressed his willingness to let us use a room at the Westgate or possibly the South location, where props would be available.

**Please contact Ruth Franklin at 512-236-8901 or [ruth@thewrighthouse.org](mailto:ruth@thewrighthouse.org) to let her know what you are interested in or to find out more about yoga at WHWC.**

## The Jeff Janosek Emergency Fund

This fund has been created to assist clients and remember our long-time friend and staff member Jeff Janosek. Jeff passed away at the end of April after living with HIV for 14 years. He believed in helping others and this fund honors his spirit. In the future, WHWC will be able to assist clients with small, limited monetary needs for medication co-payments, holistic therapy co-payments, fees for bus and ID cards, etc. **WE ARE CURRENTLY BUILDING UP THIS FUND AND NEED DONATIONS.** If you or anyone you know would be interested in donating to the Jeff Janosek Emergency Fund, please contact Gary Godbey at 512-467-0088 or [gary@thewrighthouse.org](mailto:gary@thewrighthouse.org). *We are not currently assisting clients from this fund at this time.* Once the fund has reached a sufficient amount, we can begin assisting clients. Look for details in future Wellness Notes.

# Do YOU have High Blood Pressure?

## Do you know that there are foods that can control High Blood Pressure?

On Tuesday, July 18<sup>th</sup> 2006 Dr. Galloway, a Licensed Naturopathic Physician and graduate of Bastyr University, will hold a Nutrition Class from 1:00pm – 2:00pm.

Dr. Galloway attended Bastyr University in Seattle Washington specializing in allergy/asthma treatments, chronic medical conditions, menopausal symptom relief, skin problems, sleep disorders, gastrointestinal issues and promotion of Optimal Wellness. Dr. Galloway completed 6 years of training, 2 years of Pre-Med studies and 4 years of medical school.

Optimal Wellness means you are not “just settling” for average.

Classes will be held at the East Cesar Chavez Location of The Wright House Wellness Center. 2324 E. Cesar Chavez, Austin, TX 78702 (512) 236-8901

## Wish List

There are a few things that we would really find nice to have at The Wright House Wellness Center East Cesar Chavez location.

- A Picnic Table for our clients
- Comfortable Reception Area Chairs
- A Bench that Clients may sit on outside while waiting for their appointments or food.
- Sponsors for Events
- Electrician Services
- Two File Cabinets
- A fax machine that can handle more than 50 pages at a time.
- Postage Stamps
- Snacks for Clients.

If you would like to donate any of the items listed above, please contact Mark at 236-8901 or email at [mark@thewrighthouse.org](mailto:mark@thewrighthouse.org).

# Downward Facing What?!?

**Downward Facing Dog**...an all-over, rejuvenating stretch in Yoga that can calm the brain and help relieve stress and mild depression; energize the body; strengthen the arms and legs; help prevent osteoporosis; improve digestion; and relieve headache, insomnia, back pain, and fatigue. Wow! Could yoga do this for you? Yes, it can but you have to come to class.

Yoga is a form of exercise - gentle stretching, breathing and meditation that helps the body and the mind. It is not a religion or a cult! You make your yoga practice whatever you want it to be for you. You do not have to keep up with anyone else. You can even practice with your eyes closed!

The Wright House Wellness Center would like to begin holding weekly Yoga classes. We will be working with Austin Yoga School to hold an on-site Iyengar Yoga class and with Everitt Allen to hold an off-site Restorative Yoga class but we must have a minimum of five people signed up per class for the classes to begin. Clients may bring one other person with them to class – partner, caregiver, loved one, family member, etc. See below for style descriptions.

**Iyengar yoga** a form of Hatha Yoga that “places emphasis on proper alignment. Alignment of the bones and joints leads to better balance with less work of the muscles. Proper alignment improves circulation, creates inner space (literally in the joints), and brings a balanced flow of energy through the whole body, which leads to health and well-being. Attention to alignment in yoga is about developing a body awareness that reaches into all aspects of life” (<http://www.bluespruceyoga.com/iyengargiubilaro.html>).

**Restorative yoga** “is a form of active relaxation that uses props and blankets to modify traditional yoga poses. The supportive postures gently open the body to deep relaxation and healing. Restorative Yoga classes are ideal for those going through stressful times, suffering from chronic pain, illness, or injury, or major life changes” (<https://clients.mindbodyonline.com/home.asp>).

Austin Yoga School is available on Tuesday afternoons beginning at 3:30 or 4:00 PM or on Thursday afternoons at 4:00 or 5:00 PM. Each class will go for 60-75 minutes.

Input for days/time for Everitt’s class is still needed. Classes will be held at either Yoga Yoga’s Westgate or Yoga Yoga’s South location.

*WHWC needs to know:*

- 1) Which style are you interested in?
- 2) What day works the best for you?
- 3) What time works the best for you?
- 4) Can you climb a flight of stairs?

**Please contact Ruth Franklin at 512-236-8901 or [ruth@thewrighthouse.org](mailto:ruth@thewrighthouse.org) to let her know what you are interested in or to find out more about yoga at WHWC.**