This month let’s talk about......Self Love

Sometimes it feels as though it’s much easier to love others, take care of others, do for others, give of our time to ensure the health, well being and happiness of others. Whether it’s focusing on our family, our friends, people with disabilities or our colleagues, giving of ourselves may seem like a way of life. But when was the last time you gave to yourself? Many of us come from the school of hard knocks where rewarding ourselves (think warm aromatherapy bath, reading a good book, taking a long walk, having a piece of dark chocolate...) is thought of as decadent or a waste of time. How have you been monitoring your health? Have you been scheduling (AND actually going) to doctor’s appointments? Are you being mindful of your weight (A Body Mass Index –BMI of 30 or higher is considered to be a health risk. To calculate, enter height, weight, gender for BMI into Google). Are you eating fruit (berries contain the lowest sugar and are antioxidants), vegetables (leafy greens & brightly colored) while reducing sugar and dairy? Having you been connecting with your faith? Spending time with people who make you laugh? Have you been making sure you get 7-9 hours of sleep each night? What have you been doing to manage your stress? Not what have you been thinking about doing to manage your stress, but, what are you actually DOING to manage your stress? (Think being in nature, planting something, listening to soothing music, deep breathing, praying, meditating, getting a massage, flipping through a magazine, etc.) The bottom line is, have you been paying attention to your own needs? And also, do you do at least ONE thing each day that brings you joy? This month, take the time to take care of, and do something for yourself that you would do for someone you love. The people around you will thank you for it...and so will you! Be well.— Mary Frank

Libby’s Place (From the Desk of Executive Director, Libby Traynor)

Every day, each of you, show love and kindness to the individuals we support.

• You say positive things to our individuals

• You forgive them when they make mistakes

• You would never let others take advantage of them

• You prioritize their health and well-being

Helpful Hints & Stuff (By Eileen Keegan, Director of Human Resources)

Hey You! Did you know you are very special? There is no other person in the world like you. You deserve to be loved not only by those around you, but, by the most important person in your life—YOU!!! You simply cannot take care of others until you take care of yourself first. When you love yourself you can move through life with a deeper compassion for others. Let us start getting in touch with ourselves, our well-being and our happiness so we can truly live a life that truly shines. Some ways to increase your self-love.... clear your mind, take time to do healthy activities, ask for help, be assertive, forgive yourself when you mess up, challenge yourself, pursue your interest and goals and live within your values. Remember, self-love does not mean not caring for others, it means giving yourself the same kindness you give to others.
• You recognizing their strengths
• You value their feelings
• You help them make healthy choices
• You help them pursue their interests and goals
• You challenge them
• You accept their imperfections

Do you do that for yourself? Do you say positive things to yourself and forgive your mistakes? Do you show yourself that same love and kindness every day? This month’s SPARKS theme is about self-love. In this month of heart shaped cards and flowers the greatest gift you can receive is that of loving yourself.

You must have a core belief that you are worthy and deserving of good things. This is the basis of Self Love. Do for yourself what you do for our individuals every day. Show yourself the same loving kindness you show our individuals and you will find your own self-love.
### Cocktails by Kathy

#### Passion Cocktail for Two

**Ingredients**
- 2 ounces tequila
- 3 ounces cranberry juice
- 1 ounce lime juice
- 2 splashes orange liqueur (Grand Marnier)

**Garnish:** lime slices

**Directions**
1. Gather the ingredients.
2. Pour the tequila, cranberry juice, and lime juice into a cocktail shaker with ice cubes.
3. Shake well.
4. Strain into chilled stemmed glasses. Add a splash of Grand Marnier to each glass.
5. Garnish each glass with a slice of lime.
6. Serve and enjoy!

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### Bacon Wrapped Dates Stuffed with Blue Cheese

**Ingredients**
- 1 pound sliced bacon, cut in half
- 1 pound pitted dates
- 4 ounces blue cheese

**Directions**
1. Preheat the oven to 375 degrees F (190 degrees C).
2. Slice dates in half, and open them up.
3. Pinch off pieces of blue cheese, and place them into the center of the dates. Close the halves of the dates, and wrap a half-slice of bacon around the outside. Secure each one with a toothpick. Arrange in a baking dish or on a baking sheet with sides to catch any grease.

Bake for 30 to 40 minutes in the preheated oven, or until the bacon is crisp. Turn dates over after the first 20 minutes for even cooking.

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### Shebitz IRA's
### HOT PIX of the MONTH

**Movie:** Love & Basketball, I Am Sam, High School Musical
**Music/CD:** Hello (Kes The Band) All I Want Is You (Miguel)
**Book:** The Homeless Bird, Lord of the Flies
**Theater/Play:** Wicked, Mad Black Woman
**Restaurant:** IHOP, Maggiano’s (Little Italy)
**Fragrance:** Libre (YSL), Chance (Chanel), Bath & Body Works, Sweater Weather
**Food:** Chicken Franchise, Lasagna, Chinese
**Stress Reliever:** Spa Day, Sleep, Lavendar Candle, Spending time with your children
COVID Vaccines

_LAST CALL_
As you know AABR has partnered with Total Care Pharmacy to bring COVID-19 Vaccines to AABR. Vaccines will be scheduled at AABR’s Main Office & St Pascals. Appointments will be scheduled for those AABR Employees who express interest, shortly.
If you would like to receive the COVID vaccine
Or
If you have questions about the vaccine, please contact:

Mary Frank
(718) 517-0360 (Cell)
AABR is looking for the best of the best. Help us by using our Employee Referral Program.

REFER-A-FRIEND

$300

Tell a friend

Friend is Hired

You Get Referral Bonus*

Contact Human Resources (718) 321-3800
or email HUMANRESOURCES@AABR.ORG

*$300 Bonus awarded after the referred friend has been employed for 6 months
and $300 bonus after the referred friend has been employed for one full year
**Important Information**

### For Self-Care & Emotional Support

**The Best Free Meditation Apps you can Download**

- **Insight Timer** - #1 Free App for Sleep, Anxiety and Stress. 14 million people +

- [www.headspace.com/ny](http://www.headspace.com/ny) — Provides meditation and mindfulness resources to New Yorkers. Free guided meditations, at-home mindfulness exercises & additional resources for help with rising stress & anxiety.

- **My Life: Stop, Breathe and Think** — a custom designed meditation app based on your feelings, state of mind and body to come up with a specific meditation for you.

- **Smiling Mind** — Very short meditations to help adults and young people develop healthy coping skills.

### Comprehensive Counseling Center

— offering Tele-Therapy in areas including depression, anxiety, grief and bereavement (718) 830-0246, (516) 594-0247. Accepts United Health Care, Medicare, etc.

### GriefShare.com

— free Grief & Bereavement Groups

- **24/7 New York State HOPEline (OASAS)**
  - Call 1-877-8-HOPENY or text 467369 Re: Addiction

### Center for Suicide Awareness

— Free emotional support for ANY difficulty/struggle
  - Text HOPELINE (4673-5463) to 741741

### United Health Care

— Call the number on the back of your Insurance Card to get in touch with professionally trained mental health experts.

### Safe Horizon Hotline

1-800-621-4673 (HOPE) or www.safehorizon.org
For victims of domestic violence, sexual assault, emergency housing, etc.

### National Domestic Violence Hotline

1-800-799-7233 (SAFE)

Just need to talk? Overwhelmed? Stressed out?

We’re here for you.

**SPARK Employee Assistance Program**

Caron Gelfand, LCSW, ACSW (516) 319-8618
Mary Frank, LCSW (718) 517-0360

Confidential, Short Term Counseling, Referral