



The SPARK Newsletter

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

keep it
simple.

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.



(Libby's Place Continued)

- 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.





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

Bacon Wrapped Dates Stuffed

with Blue Cheese



Ingredients

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

Directions

Preheat the oven to 375 degrees F
(190 degrees C).

Slice dates in half, and open them up.

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.

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

Gather the ingredients.

Pour the tequila, cranberry juice, and lime juice into a cocktail shaker with ice cubes.

Shake well.

Strain into chilled stemmed glasses. Add a splash of Grand Marnier to each glass.

Garnish each glass with a slice of lime.

Serve and enjoy!



Important Numbers:
Empire Blue Cross/ Blue Shield
24 Hour Nurse Line
1-866-784-2643

Member Services 1-844-235-4455
Provider Services 1-800-676-2583

*PUT YOURSELF
AT THE TOP
OF
YOUR
TO-DO LIST
EVERY
SINGLE DAY
AND
THE REST WILL
FALL INTO PLACE*

QUICK QUOTES

**DO WHAT'S GOOD FOR
YOU OR YOU'RE NOT
GOOD FOR ANYBODY**

BILLY JOEL

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**



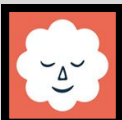
IMPORTANT INFORMATION

For Self-Care & Emotional Support-
The Best Free Meditation Apps you can Download

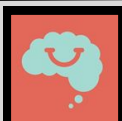


Insight Timer -#1 Free App for Sleep, Anxiety and Stress. 14 million people +

www.headspace.com/ny—Provides meditation and mindfulness resources to New Yorkers. Free guided meditations, at-home mindfulness exercises & additional resources for help w/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,

**New York
Mental Health
Hotline**

1-844-863-9314

**Free emotional
support,
consultations and/or
referrals to a provider
8AM-10PM**

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