



Chestnut Health Systems

1003 Martin Luther King Drive
Bloomington, IL 61701

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Making a Difference



A quarterly publication from Chestnut Health Systems Volunteer Services 2nd Quarter 2009

A Letter to Our Volunteers

Dear Volunteers,

Welcome to the 2nd Quarter edition of *Making a Difference Newsletter*. I am excited to announce that we have had several new volunteers over the past few months. The need for volunteers will continue to grow in the coming months as Chestnut Health Systems has worked towards integrating a more peer based recovery program for clients leaving treatment and returning to the community. This is a volunteer driven step that is focused on stronger support for long-term recovery within our community, and helping to reduce the stigma of addiction so that people can continue to get the help they need. There will be more information to follow in the months ahead.

Sincerely,
Amy Kennedy
Volunteer & Alumni Coordinator

Volunteer Orientation

Just a reminder that all new volunteers are required to attend an hour-long volunteer orientation session.

These orientations will be held on the first Wednesday of every month at 6pm.

Located at:

Chestnut Health Systems
1003 Martin Luther King Dr.
Conference Room (2nd Floor)

Orientation provides information about Chestnut and our services; gives volunteers the chance to meet fellow volunteers; provides information on the volunteer program and volunteer guidelines. All volunteers must participate in a volunteer interview *prior* to attending an orientation session.

Please forward any questions to Amy Kennedy.

MARK YOUR CALENDAR

Upcoming events Local Events

MAY

May - October
Downtown Bloomington Farmers Market
Saturdays 7:30am - Noon

May 1st - First Friday's in Downtown Bloomington. An evening of Arts & Entertainment.
5:00pm - 8:00pm

May 1st 5:30-8:00pm
Free Family Fun Carnival
Miller Park Pavilion—front lawn

May 10th Mother's Day

May 17th
3rd Sunday Market
Bloomington Interstate Center

May 23rd Local Pools Open

May 25th Memorial Day

JUNE

June 5th - First Friday's in Downtown Bloomington. An evening of Arts & Entertainment.
5:00pm - 8:00pm

June 13 - 14th 11:00am
Happy 118th Birthday Miller Park Zoo

June 13 GLT Summer Concert
Downtown Bloomington, IL
4:30-9:30 and it's FREE!

June 18th Franklin Park Concert
6:00pm Ice Cream
7:00pm Free Concert
(every Thursday through 7/30)

June 21st 3rd Sunday Market
Bloomington Interstate Center

June 21st Father's Day

June 3 - September 30th
Uptown Normal Trailside Market
Tuesday Nights 3:30 - 6:00pm
Across from Children's Discovery Museum.

JULY

July 3rd - First Friday's in Downtown Bloomington. An evening of Arts & Entertainment.
5:00pm - 8:00pm

July 4th
USA Independence Day
Firework Displays at several local parks

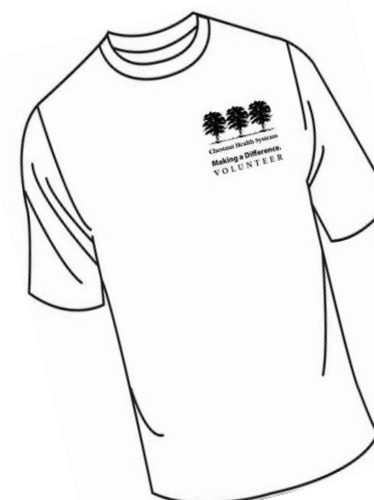
July 11-12th
Sugar Creek Arts Festival
Uptown Normal

July 19th
3rd Sunday Market
Bloomington Interstate Center

July 29 - August 2.
McLean County Fair
Bloomington Interstate Center

Official Volunteer T-Shirts

Wear your Chestnut Health Systems Volunteer T-shirt proudly and help promote the importance of volunteerism in our community.
Available May09!



ALL proceeds from the sale of the Volunteer T-shirts go to support sober events for our Chemical Dependency Alumni Program.

Sizes & Prices:
M, Lg, XL = \$5.00
2XL & 3XL = 10.00
Limited Quantities Available

To Purchase:

Volunteer@chestnut.org
(309)820-3819

Welcome, New Volunteers!

Please help welcome the following new volunteers who started volunteering at Chestnut:

Cyndi Houchins—Adolescent Chemical Dependency

Cal Hubbard—Adolescent Chemical Dependency

Bruce Hurley—Adolescent Chemical Dependency

Tim Allison—Adolescent Chemical Dependency

Carol Groskreutz—Adolescent Chemical Dependency

Janice Brown—Adolescent Chemical Dependency

Lawnyae Watson—Adult Women's Chemical Dependency

Ned Lawrence—Adult Men's Chemical Dependency

Vera Traver—Adult Women's Chemical Dependency

Stacey Fingerle—Adolescent Chemical Dependency

Lee Eutsey—Adult Chemical Dependency

Quote of the Month

The smallest act of kindness is worth more than the grandest intention. ~Oscar Wilde

MEDITATION CORNER

I came to understand that it was all right to do things for people as long as I did it for the sake of doing it... the value being more in the act than in the result.
--Joanna Field

We've all heard the sentiment that it is better to give than to receive. Yet we may find it difficult to give to others, whether that giving involves an actual gift or an act of giving of ourselves: caring for someone who is ill, running an errand for someone, giving a backrub, or extending an invitation to someone who is alone.

We may feel afraid to do for others without any expectations of receiving something in return. To give unselfishly exposes our feelings and shows we care. Yet if we can look beyond our fears to the selflessness of our giving actions, there is a great reward -- knowing we had the courage to risk giving to someone.

The risks we take in giving to others are lessons for ourselves as well as for those whose lives we touch.

From: *Night Light* by Amy E. Dean. Copyright 1986, 1992 Reprinted with permission from the Hazelden Foundation.

The Sun Is Good For Our Health

Even the Stone Age people knew the Sun brought life on Earth and that is why they used to worship it. But the sun waves can heal and destroy; they can be the kiss of life or death. It depends on the way we use them.

- The sunlight kills microbes. That's why it is important to put your carpets, blankets and other items that cannot be washed regularly, out in the sun.
- Exposure to the sun confers the skin a bright, healthy look and increased elasticity. A moderately tanned skin is more resistant to infections and sun burning than an untanned one. Many skin diseases (dermatitis) can be controlled and even cured through controlled exposure to the sun. The sun rays are proven to strengthen the immune system.
- Due to the sun our mood and morals improve. Sunlight helps in cases of chronic or acute depression, by stimulating the synthesis of endorphins (good-feeling hormones). That's why we get depressed in the cold and dark days of the winter.
- The sun is good against insomnia. Daytime exposure to sunlight increases the melatonin production during the night. This hormone helps regulate the sleep.
- Under the action of the sunlight, the skin synthesizes vitamin D, which makes possible calcium absorption in the intestine, helping the organism grow strong bones. This way the sun prevents rachitism in both children and adults and osteoporosis in elders.
- As vitamin D and some related compounds impede the development of some cancer cells, we can say the sun fights off this disease. Regular and controlled exposure to the sun has a preventive effect against cancer of colon, breast, leukemia and lymphomas.
- Exposure to the sun strengthens the cardiovascular system. Blood circulation is improved; the pulse, arterial pressure, moderately high glycemia and cholesterol levels can be normalized.
- The Sun's rays improve liver functioning, being effective in treating jaundice.
- They help the kidneys with a part of their job, as the sun waves favor the elimination of waste products through the skin, when we sweat.
- The sun also helps losing weight by increasing the metabolic rate through the stimulation of the thyroid. It also eases symptoms of premenstrual syndrome.
- The sun's rays also ease the healing of the swollen joints during peaks of inflammation in cases of arthritis.

Article By: Stefan Anitei, Softpedia Science Editor. Reprinted with permission from Softpedia.com Please consult your local Doctor for any prolonged sun exposure and sun related skin issues.



Volunteer Spotlight

By: Char Hicks

I found moving to a larger city and not knowing anyone to be very lonely. I had never done any volunteer work before, but I found I needed something to not only fill my time but a way to meet people and make new friends. This was an experience even better than I anticipated. I not only met people, made friends, got out of the house, but I felt fulfillment, a sense of accomplishment, a chance to learn new skills, that it was very rewarding and that it provided a much needed service to businesses and organizations. I found skills and talents I didn't even know I had.

My life now has a purpose. Volunteering gives me variety to my life, as I have worked in BroMenn gift shop, done mailings, worked special events, and now work in BroMenn Thrift Shop and Chestnut Health Systems. I have found challenges along the way and I do love challenges. At the Gift Shop I had never dealt with running a cash register and working with money, but I found it to be fun and an easy task for me. I love dealing with numbers, as in my past, I kept books for a library and did their payroll, and so this was a feeling of accomplishing something new.

After having a couple of surgeries I found once again the need to find something new in my life and I knew I needed to seek volunteer jobs once again. So I now volunteer at BroMenn Thrift Shop two mornings a week, once again running the cash register, which at one time seemed like a very scary thing. I also volunteer two mornings a week at Chestnut Health Systems doing data entry and again dealing with numbers. This assignment I find not only challenging but also very rewarding. It gives you a wonderful feeling to know how much your services are appreciated.

RSVP (Retired Senior Volunteer Program) is also an interesting source to do many tasks either on a long-term assignment or a short-term assignment. I found Chestnut Health Systems in the RSVP newsletter advertising for some one interested in data entry. I checked with RSVP and in a short time was taken in for an interview. It sounded like something I would like, so I gave it a try. This is my most rewarding task with a sense of accomplishment, fulfilling my needs, and being able to provide a service to their employees and the fact that I'm appreciated and needed makes my life complete once again.

Would you like to share thoughts about volunteering with us? If so, please send an e-mail to: volunteer@chestnut.org.

Volunteer Appreciation Luncheon



(L to R) Joan Hartman - Central Regional Manager
Russ Hagen - CEO Chestnut Health Systems
Jenny Riley - Volunteer Guest Speaker

Volunteer Week was April 19-25, and we honored our volunteers with an appreciation lunch catered by Panera and bakery cake. Our guest speaker was Chestnut's CEO Russ Hagen who talked about the vital importance of our volunteers. We also had a volunteer, Jenny Riley, talk about her experience as a volunteer with the adolescent boys unit and how fulfilling that has been for her and the boys that she comes in contact with.

We had several volunteers in attendance, as well as staff members. Each volunteer in attendance received a Chestnut Coffee Mug filled with spring flowers ready to plant. The beautiful flowers were donated from Niepagen Greenhouse & Garden Center on Fox Creek Rd.

Thank you to the over 50 active volunteers within Chestnut Health Systems Central Region, and many more who choose to remain anonymous in their gifts of service. We hope to see you at our luncheon next year.



Spring Into Service!

Being of Service is an important part of our community and what a better way to give back than by volunteering at Chestnut Health Systems?

- Recovery Phone Volunteers
- Recovery Coaches
- Adolescent Chemical Dependency Treatment Program Mentors & Tutors
- Adult Chemical Dependency Treatment Program Mentors
- Marketing Communications
- Clerical Support Services / Filing
- Independent Living (come and explain how you got into your business, education licensure/certification required, and their overall experience)
 - Graphic Designer
 - Military Recruiter
 - Social Studies Teacher
 - Finance/Stock Market Broker.
 - Small Business owner (Service oriented ie: restaurant, accountant etc..)
 - Marketing
 - Hair Stylist
 - Chef/Cook (and we could cook/grill)

More information, and a volunteer application can be found on our website: www.chestnut.org/volunteers.



Colorful, Cheerful, Bright Happy Lemons! Over the years I have included this tart fruit into many areas of my life, and I thought I would share some of my uses with you, as well as a favorite recipe handed down to me by my Great Aunt.

Frozen Slices - Sliced lemons will keep in a freezer for up to 6 months in a Ziploc bag. Great to drop in your water, tea, or for cooking.

Clean Wood Cutting Boards - Lemon juice is a natural bleach that will deodorize, clean and bleach away stains on your wooden cutting boards and wooden utensil. Add a little salt to the juice for a stronger abrasive on your boards. Wipe off and apply a little olive oil.

Freshen laundry & Brighten Whites - Add 1/2 cup lemon juice to laundry cycle.

Keep insects out of the kitchen - Squirt some lemon juice on door thresholds, windowsills and squeeze lemons into any holes or cracks where ants are getting in. Scatter small slices of lemon peel around the outdoor entrance. Lemons are also effective against roaches and fleas: Simply mix the juice of 4 lemons (along with the rinds) with 1/2 gallon (2 liters) water and wash your floors with it. They hate the smell.

Stop a nosebleed - Dribble a small amount of diluted lemon juice on a cotton ball and dab it repeatedly into the nose. The lemon's astringent effect draws the body tissues together.

Miracle No Bake Cheese Cake

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|------------------------------|------------------------|
| 1 pkg. Lemon Jell-O | 1tsp. vanilla |
| 1c. boiling water | 1c. sugar |
| 3 tbsl. lemon juice | 1/2c. butter (melted) |
| 1-8oz. pkg. cream cheese | 2/3lb. graham crackers |
| 1c. chilled Milnot (whipped) | |

1. Dissolve Jell-O in boiling water, add lemon juice and let cool.
2. Cream together cream cheese, sugar, & vanilla. Add cooled Jell-O from step 1 and mix well.
3. Fold whipped Milnot into Jell-O mixture.
4. Crush graham crackers into fine crumbs and add butter. Pack crumbs into 9x13 pan. Save some crumbs aside.
5. Pour filling into pan and sprinkle with remaining graham cracker crumbs.
6. Chill for 6hrs. Cut & Serve.