



January 2020 – Vol. 2, Issue 1

In the year 2020....

Here we are! Feels like not too long ago we were worried about Y2K and Prince was partying like it was 1999! Where in the world has time gone? Here are some fun facts from 20 years ago:

- ◆ Prince is no longer with us, sadly his addiction to pain killers took his life
- ◆ Blockbuster declined to purchase Netflix for \$50 million. Where is Blockbuster now?
- ◆ The hashtag symbol has become more popular. The actual name for the hashtag, according to Merriam Webster Dictionary is **octothorpe**.
- ◆ In 2000 a Super Bowl ad cost \$2,200,000. This year it will cost \$5,600,000.
- ◆ 2002 – Kelly Clarkson won the first American Idol contest.
- ◆ 2003 – Apple launches iTunes.
- ◆ 2004 – Facebook is launched.
- ◆ 2006 – Twitter is launched.
- ◆ 2007 – The iPhone is introduced.
- ◆ 2008 – Petroleum reaches \$100 per barrel in the U.S. and gas prices soar.
- ◆ 2009 – Michael Jackson passed away.
- ◆ 2010 – The iPad is introduced.
- ◆ 2011 – Prince William marries Kate Middleton.
- ◆ 2013 President Barack Obama was inaugurated for his second term.
- ◆ 2014 – Jay Leno hosted the Tonight Show for the last time. Robin Williams and Joan Rivers passed away.
- ◆ 2015 – 39 people died taking “selfies” and Disney banned selfie-sticks from all of its parks.
- ◆ 2016 – Deadpool was the highest R-rated film of all time and the highest grossing X-men film.
- ◆ 2017 – Donald Trump was inaugurated as the 45th President of the US. 2017 also marked the 20th anniversary of the death of Princess Diana.
- ◆ 2018 – the Golden State killer was identified as a former policeman, 72-year-old Joseph DeAngelo.

The Open Door

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Happy New Year's Eve Party at the Open Door!!

Rob, Kellie and Jessica opened the center from 6:00 p.m. to 10:00 p.m. on New Year's Eve for a party and dance. A DJ volunteered his time, equipment and lights. Fun was had by everyone. Thanks to DJ Kris and to everyone for making this a fantastic night!!



The Discovery Topic for January is Seasonal Affective Disorder

One of our friends, Aaron, developed a presentation to share. Here are some of the highlights:

- ◆ Season affective disorder (SAD) is a type of depression that is related to changes in seasons – SAD begins and ends at about the same times every year.
- ◆ Most people with SAD have symptoms that start in the fall and continue into the winter months. Signs and symptoms include feeling depressed most of the day, nearly every day, losing interest in activities you once enjoyed, having low energy, problems sleeping, changes in appetite, feeling sluggish or agitated, having difficulty concentrating and feeling hopeless.

Here are some ways to combat Seasonal Affective Disorder:

- ◆ Know the signs – sadness and lack of energy during the winter months.
- ◆ Exercise regularly
- ◆ Stay connected with friends and family
- ◆ Get enough light – open the blinds or get outside for awhile
- ◆ Light therapy from a light box. Talk to a clinician to learn if this option is right for you.
- ◆ Combat unhealthy habits; avoid overeating or overdrinking
- ◆ Write it out – having a personal journal can be an effective tool to combat depression.
- ◆ Meditate – meditation can have a positive impact on your mood because it can boost serotonin levels.
- ◆ Take a vacation or do something different to change up your routine.
- ◆ Seek professional help if you're feeling especially blue during the winter, asking for help is the healthiest thing you can do for yourself.

New Year Resolutions

Many people start off the New Year with resolutions; challenges or goals to change something in their life. Typically, these resolutions involve a big change like quitting smoking, dieting or working out. Sadly, most folks have given up on them already. Here are some simple things that you can focus on in 2020 that will help make your life happier and more meaningful.

- ◆ More *thankfulness* – be grateful for all you have. Chances are you have more to be thankful for than not. Being thankful can make you feel more positive about yourself and your life.
- ◆ More *helpfulness* – helping others can give you a sense of happiness and well-being.
- ◆ More *laughter* – Watch a funny movie, tell some jokes to friends. Laughter is the best “medicine.”
- ◆ More *love* – Express your feelings of love and connection with friends and family. You will get something out of it and so will those with whom you share.
- ◆ More *sleep* – Humans need good sleep to function at their best. Good rest and sleep are essential.
- ◆ More *patience* – Remember when mom said, “Patience is a virtue”? Practicing patience can help you feel less stressed and demonstrates respect.
- ◆ More *time with friends & family* – have meals together, give thanks, share laughter and joy.
- ◆ More *memories* – make memories with friends and family that you can treasure for a lifetime.