



# New Dimensions Inc.

NOVEMBER, 2013

## Inside this issue:

|                         |          |
|-------------------------|----------|
| <b>Weather</b>          | <b>2</b> |
| <b>Cards for Vets</b>   | <b>2</b> |
| <b>Suicide</b>          | <b>2</b> |
| <b>Prevention</b>       |          |
| <b>Art</b>              | <b>3</b> |
| <b>Interpretations</b>  |          |
| <b>Vacation</b>         | <b>3</b> |
| <b>Holiday Schedule</b> | <b>3</b> |
| <b>Public Resources</b> | <b>4</b> |

**Please remember  
to make  
recommendations  
for January's  
Employee of the  
Month!**



## 2-1-1 Helpline of Northeast Michigan

With the holiday season approaching, it is reassuring to know that help is always available. 2-1-1 is a free helpline for individuals in need of resources. Resources and services include:

**Food** - *food pantries, hot meal locations, commodities, meals on wheels*

**Utilities** - *gas, water, electric*

**Deliverable Fuels** - *propane, oil, wood, wood pellets, corn*

**Rent Assistance** - *must have received eviction or 7-day notice*

**Tax Assistance** - *free to eligible families and individuals*

**Children's Health Insurance** - *Call for eligibility criteria*

**Compulsive Gambling** - *contact Michigan Department of Community Health for self assessment and list of treatment resources*

**Clothing** - *School, work and career clothing*

**Temporary and Transitional Housing** - *Federal Rapid Rehousing program*

**Community Shelters** - *homeless, at-risk homeless, domestic violence*

**Substance Abuse** - *alcoholism and drug addictions*

### Other home and family needs

Just dial 211. The helpline is available 24/7, or you can visit <http://www.211nemichigan.org/> for more information. Here, live chats are available Monday– Friday 7:30 am– 5:30 pm.

## Employee of the Month— Anna T.

For the month of November, Anna has stood out as a good role model. She has wowed both co-workers and staff at New Dimensions with her desire to get better at her job. Specifically, Anna has improved her capabilities with social interactions. She is an effective communicator, which is a desirable characteristic for those seeking employment. Anna is also very open to new opportunities. She participates in volunteer sites such as Bangor Central Elementary School, and she works especially hard in her position at Tim Horton's. Anna favors these sites because she enjoys helping people out. New Dimensions is proud to recognize Anna. Congratulations!

## Weather Safety

With the winter months approaching, we will likely encounter icy weather conditions. Here are some ways to prepare and protect yourself. First, proper footwear can lessen the chance of slipping on ice. Boots or shoes that contain warmth and have good traction are the best choice. Wearing gloves is not only a way to keep warm, but also a way to protect yourself. In the case of a fall, gloves can prevent your hands from cuts and scrapes. Obviously falls are not completely preventable, but you can also lessen your chance of falling with your pace. When icy, take smaller steps, and more importantly take your time. Please take these recommendations into account over the next few months, and stay safe and healthy for work!

*“During the holiday season, I especially miss my family member who serves our country. I know and appreciate what you do to make my time with loved ones special. Thank you for what you do. Merry Christmas!”*

*-Regina*

## Holiday Mail for Heroes

In celebration of Veterans Day, the American Red Cross hopes to honor everyone who has served our country. Those in the Reserve, along with veterans and current members of the Armed Forces will be receiving holiday cards from New Dimensions and others across the United States. Some at New Dimensions were unsure of what being a member of the Forces consisted of. Group discussions revolved around empathy and patriotism when preparing to create these cards. The hope is that these cards truly brighten another person's day, and reminds them of how much they mean to a fellow American.



## Becky's Programming Corner

This month the Staff at New Dimensions was provided information on suicidal warning signs and given prevention tips. We learned some facts such as: there were 38,364 suicides in 2010 in the U.S.

- an average of 105 each day. An estimated 8.3 million adults in the U.S. reported having suicidal thoughts during 2008-09. We learned that bringing up the subject of suicide and discussing it openly is one of the most helpful things you can do because it relieves the sense of isolation a suicidal person experiences. So, if you see something that concerns you about a person's intentions, talk to them, listen, ask if they are having thoughts of suicide, and if they are, urge professional help and don't keep their secrets.

\*Statistics found at [cdcinfo@cde.gov](mailto:cdcinfo@cde.gov).



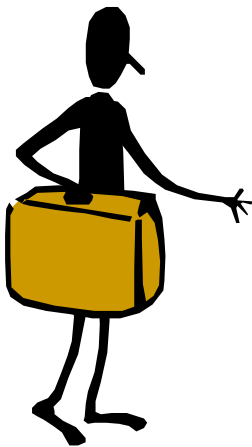
## Art Interpretations

New Dimensions proudly displays artwork created by Stephanie B. and many others. Upstairs, a picture of an owl constructed of paper and crayon catches the eyes of many. In particular, Brenda C. mentioned that seeing the owl reminds her of her childhood. These thoughts bring her to a place of happiness, and relieve her from stress. This is useful in the workplace because stress is often encountered to some extent. Allison B.'s thoughts were along the same lines. Artwork in the workplace takes you out of the moment and provides a sense of paradise for the worker. This is beneficial to the employer in that workers are happier and more apt to work.



## Vacation Time

New Dimensions is looking forward to vacation time in December. What are we looking forward to most over that period of time?



There were 56 people surveyed. The most popular choice was spending time with friends and family. Not too far behind was sleeping in. Both of these remedies are perfect ways to spend time away from work as are the other choices. As a result, we feel energized and motivated to return back to work.

|                            |     |
|----------------------------|-----|
| Time with friends & family | 33% |
| Sleeping in                | 19% |
| Outdoor activities         | 9%  |
| Receiving gifts            | 8%  |
| Purchasing gifts           | 6%  |
| Christmas plays            | 5%  |
| Relaxing                   | 5%  |
| Watching TV                | 5%  |
| Good Eats                  | 5%  |
| Look for job               | 2%  |
| Travel                     | 2%  |

## Holiday Schedule

New Dimensions will be closed December 23th, 24th, and 25th. Checks will be given out on December 27th. New Dimensions is also closed on New Years Day.

**CLOSED 12/23, 12/24, 12/25, & 1/1/14**



## BWW Fundraiser

Buffalo Wild Wings received many coupons for the New Dimensions Fundraiser held on November 18th. We want to thank everyone who participated!



## New Dimensions, Inc.

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**BUILDING FUTURES  
IN OUR COMMUNITY**

[NewDimensionsInc.org](http://NewDimensionsInc.org)

## Sundays in the City

Catch the last two dates!  
December 8th and 15th

- ◆ Showcases shops and eateries
- ◆ Chance to win Sleigh of Gifts and one of the Festival of Wreaths
- ◆ Holiday decorations
- ◆ Free horse-drawn carriage rides
- ◆ Strolling carolers
- ◆ Holiday movies at the State Theatre



### Emergency Food Assistance

Food Vouchers  
Provided  
by United Way  
(909 Washington Ave., Suite 2,  
Bay City, MI.)  
**Call (989) 893-7508**  
Ask for Archie!

## Public Resources



### Food Drive

December 5th, 2013  
(Salvation Army-401 10th St.,  
Bay City)  
December 12th, 2013  
(Salvation Army-401 10th St.,  
Bay City)  
9:30 a.m. -until food is  
gone!

### Dental Clinic

December 13th  
(Salvation Army  
401 10th St., Bay City)  
By appointment only,  
from 10:00 A.M.-3:00  
P.M.  
**Call (989) 983-3041**

Through the Copy & Print curriculum, many were involved with this newsletter. Thanks, contributors!

**Debbie F., Greg J., Trevor D., Jordan G., Allison B., Brenda C.**