



**Headwaters, Inc.**  
Empowering Lives

# Headwaters Headlines

Volume 7, Issue 4

[www.headwatersinc.org](http://www.headwatersinc.org)

Oct Nov Dec 2017



## Director's Notes

I can't believe it's already 2018, what a whirlwind this last year has been! Here are just a few of the highlights from 2017:

Headwaters became part of a new Project SEARCH site located at Howard Young Medical Center in Woodruff. This is a partnership that includes the Howard Young Medical Center, the Division of Vocational Rehabilitation, Lakeland Union High School, and Rhineland High School, just to name a few. The Project SEARCH High School Transition Program is a unique, business led, one year school-to-work program that takes place entirely at the workplace. Total workplace immersion facilitates a seamless combination of classroom instruction, career exploration, and hands-on training through worksite rotations.

In July, the funding management for the majority of the services we provide transitioned from the Human Service Center to Family Care. Family Care is a Medicaid long-term care program for frail elders, and adults with physical, developmental, or intellectual disabilities. This program started in several Wisconsin counties in 2000, and it's now expanded since that time to include every county in the state. Forest, Oneida, and Vilas Counties were among the last counties to transition to Family Care.

In October we were awarded a grant from the UW Madison Waisman Center to assist them in enhance screening, referral for diagnostic and early intervention services for children at risk, and timely enrollment in treatment services for children with ASD/DD (Autism Spectrum Disorder and other Developmental Disabilities).



RESIDENTIAL SUPPORT



**Northwoods Transit  
Connections**



ONEIDA-VILAS  
TRANSIT COMMISSION





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## January is National Mental Wellness Month

January is National Mental Wellness Month and a chance to respect our mental well-being as part of our total body health. There is more to mental wellness than just mental health, defined by the World Health Organization (WHO) as “a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community.” The wellness movement teaches people to take care of their health before they develop an illness by eating well, exercising and getting enough sleep. The same approach is valuable for mental wellness and a proactive approach is crucial to warding off a negative mental state.

Many aspects of day-to-day life can have a negative impact on emotional and cognitive well-being, including relationships, financial issues, work, school, excessive stress, or even substance abuse. Physical limitations and chronic illness can also make a person susceptible. Fortunately, there are easy strategies that can be adopted to improve your mental well-being:

**Develop a positive attitude**—People with positive attitudes are apt to be happier, more successful, and better able to handle crisis and stress. Positive thoughts and a positive attitude help you have a better perspective on circumstances or events in your life. You are more likely to achieve goals if you believe in yourself. Be thankful for what is good in life, and avoid dwelling on the negative issues.

**Self-appreciation**- Recognize your strengths and weaknesses, avoid speaking negatively about yourself, laugh at your mistakes, and learn from them.

**Mental resilience**- View a crisis situation as an opportunity. Creative problem solving, like listing the positive things that can result from the problems you face, can expand your options and help you cope and recover.

**Laughter**- Humor is a great stress reducer and laughing can improve both physical and mental health.

**Affiliation**- Developing and maintaining friends and an extended support network is crucial for a state of well-being. People need one another to share and cope

**Exercise**—Regular physical exercise increases energy and releases important neurotransmitters in the brain to ward off depression and anxiety. Self-awareness and mental exercises such as yoga and meditation can also reduce stress and improve mental health.

**Improve your diet**—During times of stress people often skip meals, overeat, and/or eat bad foods. A diet rich in fruit, vegetables and fiber will help you maintain the physical and mental stress you need to deal with the situation.

**Get enough rest**- Adequate sleep is needed to improve physical health and cognitive function to help you cope with stress.

**Be good to yourself, physically and mentally for improved health!**



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# Halloween Party



## Anniversaries

### October

- Steve O. 5 years
- Linnea S. 3 years
- Jill G. 2 year
- Jennifer B. 1 year
- Tammy D. 1 year
- Julian F. 1 year

### November

- Brandy G. 8 years
- Marcy E. 3 years
- Nancy C. 3 years
- Wendy W. 27 years
- Sheila P. 16 years
- Katherine G. 7 years
- Allie F. 2 years

### December

- Sheila M. 4 years
- Sheryl M. 3 years
- Bryana H. 1 year

### Upcoming

### Birthdays

- Heather P. 01/10
- Joe S. 01/11
- Russel B. 01/12
- Jonathan E. 01/16
- Alex B. 01/18
- Bea Y. 01/20
- Steve K. 01/20
- Brandi K. 01/25
- Tracy N. 02/09
- Desirae K. 02/9
- Terry Z. 02/13
- Chad P. 02/18
- Missy Y. 02/23
- James O. 03/03
- Missy J. 03/19
- Carol Anne M. 03/20
- Holly C. 03/23
- Natalie S. 03/23



Headwaters staff and participants had a great time at our annual Halloween party!



## COMMUNITY EMPLOYMENT

Rose Rouse recently was recognized by Goodwill, as she just celebrated her 5th year of employment with them.

**Congratulations Rose!**



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## Wisconsin Bill LRB 0753

Headwaters and our Participants are proud supporters of Wisconsin Bill LRB 0753. A small group of our participants went to Madison for a hearing on the bill. More information will be available in our next issue.



## *2017 Christmas Party*

