



# Bird's-eyeView

**NEW HEIGHTS  
WE'RE ALL IN THIS TOGETHER**



It's been a challenging year, but we always have each other. Our *New Heights Summer 2021* is all about friends, family and fun.

## HOW DO WE COPE WITH COVID?

Each day I looked forward to the staff calling me. The staff worked hard to smooth the fear by giving people the hope and faith that they will overcome the fear of not having contact with those they love. I'm glad to see everyone at New Heights, their friendly faces and their compassion for each other. We hugged each other, we are family. - Rosanne

My Dog Sammy is such a very playful 7 year old dog. We play ball and tug of war. Mr. Kitty is a very good source of comfort for me too. He's always by my side, like a dog. During the summer I was in the pool a lot, swimming, laying on a float, watching the clouds or planes in the sky, listening to the birds, just relaxing. - Antoinette

I drank two cups of water every day, orange juice every day and saw a doctor every three months - Al

**I re-organized my life, and removed extra items and things that stand in the way of a quiet life. - Dolly**

**We listened to music every day and played games too. It has been very fun here at the learning building of New Heights. I want to say thanks to all my friends here at New Heights. - Bob**



Local Park Walks: NH members saw blooming flowers, birds, and horses while walking at Rogers & Tarrywile Parks. Nature eases anxiety and depression. Being outside is important for a healthy and happy life.



I did prayers, yoga and meditation which lead me to positive thoughts and got through the anxiety about the pandemic. I called New Heights and their support helped me. I listened to religious music, called family and friends. I kept six feet distances and always wore a mask. Doing arts and crafts at home and spent time with my children because colleges were closed.

- Hemant

When the Pandemic started my friend Jordan helped me out a lot with my online assignments because that was a big problem due to my learning challenges. Our friendship has blossomed in a beautiful rose.

- Danielle

## IT WAS THE LITTLE THINGS

What got me through the pandemic were phone calls, virtual groups at New Heights, friends and photography.

Anonymous

BE **YOURSELF**.  
AN **ORIGINAL**  
IS BETTER  
THAN A COPY.

Contemplation Corner: Submitted by Keven

The meaning of life  
is to find your gift.

The purpose of life  
is to give it away.

David Viscott



**Dr. Tracey Marks is a psychiatrist who makes mental health education videos on YouTube.**

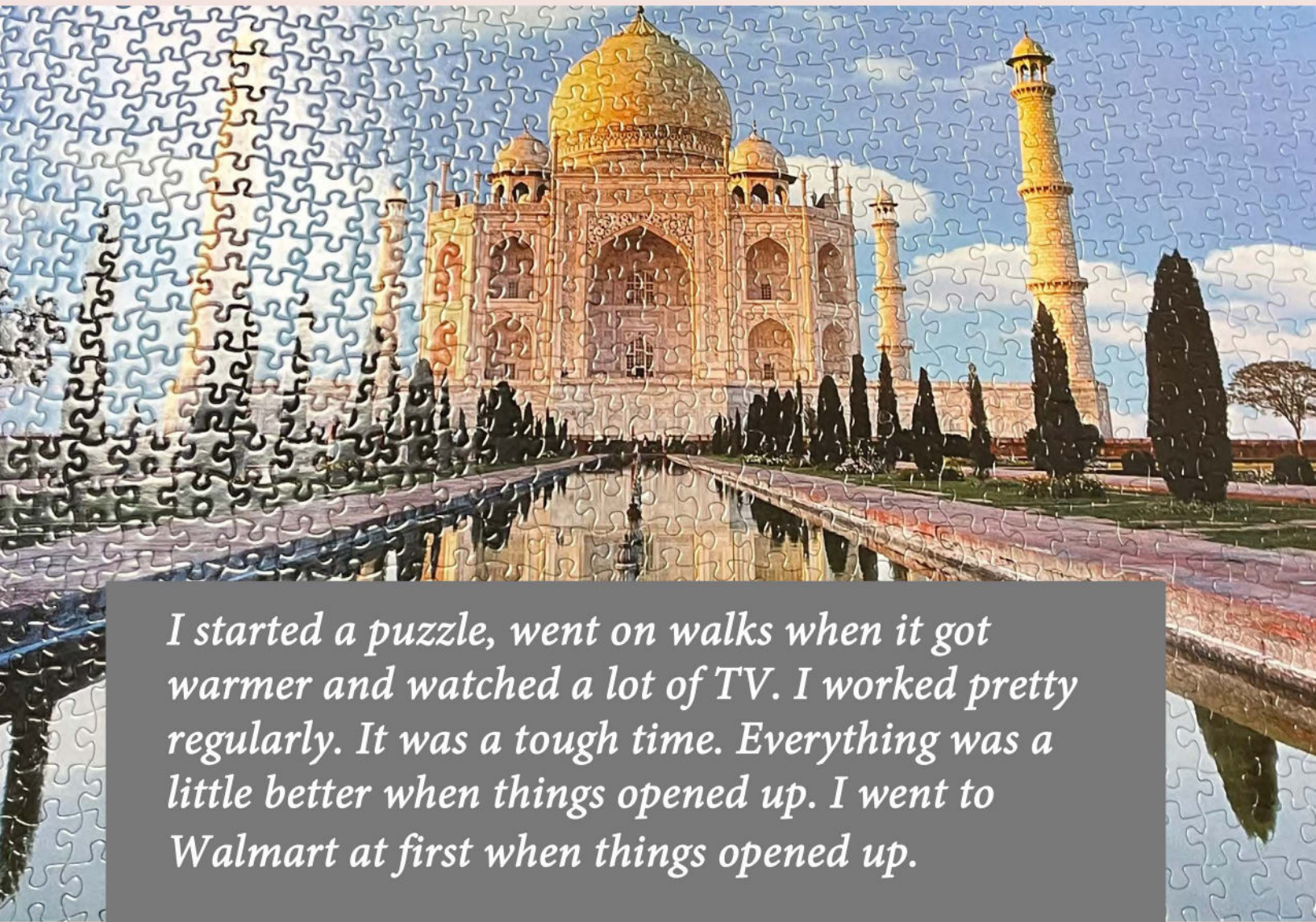
Did you know that a healthy diet is associated with an approximately **30%** reduction in the risk for depression and a **40%** improvement in your thinking? A growing body of research shows an association between diet, inflammation and depression. Recently two Australian studies show that eating a Mediterranean style diet actually improved depression symptoms. The results are consistent enough to recommend this as an intervention for depression.

The diet is a modified Mediterranean diet, called the Medimod diet. You don't count calories or keep up with points. Instead, eat brain healthy foods like whole grains, fruits and vegetables, beans, fish and extra virgin olive oil. You also reduce or eliminate foods that are bad for the brain like refined cereals, fried and sugary foods, processed foods and refined flour like white bread.

# Take our survey & help better define who we are!

New Heights wants to better define what we do. Please choose from one of the suggestions below, and place them in our suggestion box. The survey results will be printed in the September Bird's-eye View!

1. A Mutual Support Center
2. A Wellness and Recovery Center
3. A Center of Wellness and Recovery
4. A Holistic Health and Wellness Center
5. Other \_\_\_\_\_

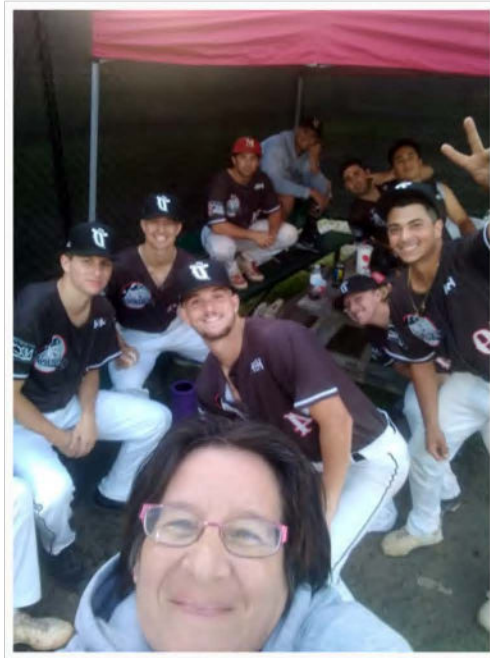


*I started a puzzle, went on walks when it got warmer and watched a lot of TV. I worked pretty regularly. It was a tough time. Everything was a little better when things opened up. I went to Walmart at first when things opened up.*

**Mindy**

## Danielle & The Danbury Westerners

In June of 2019 I started to volunteer for the Danbury Westerners Baseball team. I made some new friends with the players and cheered them on. We didn't make the playoffs that year. I also helped with the Mascot while he went to meet and greet the fans. In 2020 everything was canceled due to the pandemic. When I found out at the end of April of 2021 that the Westerners were coming back, I was so excited because that meant that I could see all my friends, and all the baseball players. This year when I volunteered was a bittersweet year for my extended family the Danbury Westerners. We had 30 wins, 9-1 in August, and then 7-1 in the playoffs. August 12, 2021, after 26 years of waiting, the Danbury Westerners finally reached their Destiny and won their first ever Fay Vincent Senior Cup in Franchise History in an 8-4 victory over the North Shore Navigators in Lynn Massachusetts. On August 13, 2021, was the trophy celebration and farewells until next session. I even got mentioned in the program for volunteering, cheering and selling 50/50 raffle tickets. I have become friends with some of the players and got photographs with them, even are friends with them on Instagram. I even got a poster of the championship picture with all their signatures and selfies also. I am so proud to be a part of this every summer.



Danielle



Bernie wants to remind us that apple picking at Bluejay Orchards begins September 4th!

Don't forget to take advantage of free bus fare every weekend ALL SUMMER!



# Creativity was found about :)

To cope with Covid 19 I wrote a couple books, one about poetry topics in my life and the other with my experience with mental health and my time in the hospital. I am also currently writing a second poetry book.

I attended New Heights groups virtually to cope with Covid. The groups were very helpful, thanks.

I listened to music. I enjoyed selecting music I wanted to hear, on Alexa. I did not have the premium package, so I had to learn artists and ask for music by the artist.

Andrew

## FREE LOVE POEM

LOVE Affair?  
I don't want to say  
What I want you to say,  
I don't want to break our hearts.  
It seems to me, it's better this way,  
We both will just play our parts.  
But where will we end up?  
Together, but alone?  
And is that a life that will last?  
And like regrets, so tightly they're sown,  
Will we look back at an empty past?  
So, I'll say I love you and hope for the best  
It's worth a chance to take,  
Will you reciprocate? I can only guess,  
Hopefully, it is a life of love we'll make.

Jeff



## WHAT ARE YOU GRATEFUL FOR?

I'm happy my mother loves me and was a good woman who protected me when I was a young boy.

Al

# BEV AUGUST 2021

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