



Eagles Eye View

News Letter for "Eagles' Nest Clubhouse"
Town of Ellsworth Maine

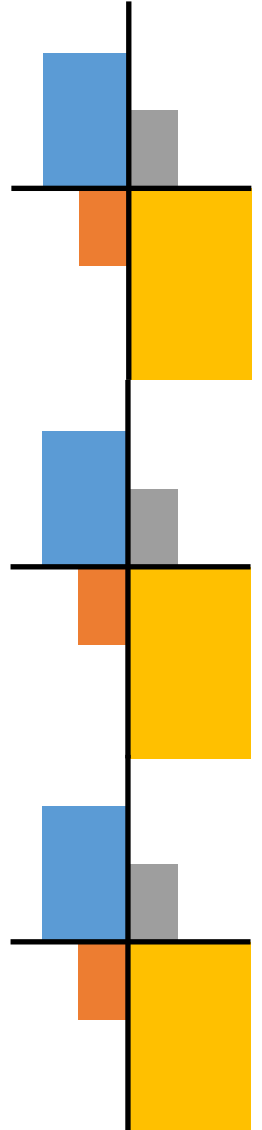
Volume 5

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August



Happy Retirement Peter!!!

Peter is a familiar face in Ellsworth, especially the downtown area. Peter reports he was only 14 in 1975 when he started his own window washing business. He purchased his own bucket, brush, squeegee and wagon for \$20 and the rest is history. Now after close to 49 years, he has decided to hang up his brush and squeegee. Peter, we wish you well in your retirement and hope you enjoy whatever else life has to offer.



We've got them! Eagles' Nest Clubhouse T-shirts are now available for sale in our Snack Shack. They come in a variety of colors and are available at \$18 each for sizes S-XL, and \$20 for 2X and larger. If your size and/or color is not available, don't worry, we can always order more. Just let Alice know @207-389-3300. Thanks to our model Janet Lydick.



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August Lunch Menu -

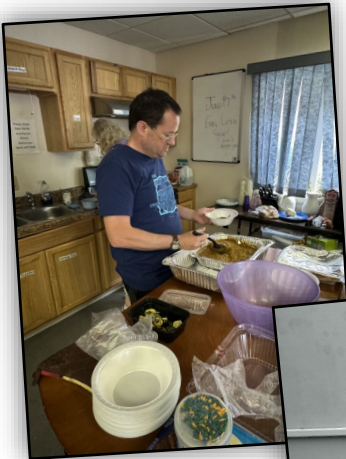


Two of our lead Chef's

Janet and Paige, (And Alice peeking her head through)



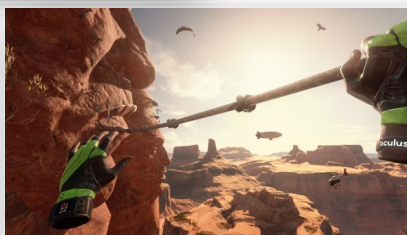
Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Sand-	Pork Chops	Whole Chicken	English Muffin	Left – Over
Breakfast Sand-	Pork Chops	Whole spiced	English Muffin	Left—Over
Breakfast Sand-wich	Shrimp	Ham	English Muffin Pizza	Left—Over
Breakfast Sand-	Spaghetti and	Chicken	English Muffin	Left—Over
Breakfast Sand-wich	Mac and Cheese	Hot Dogs	English Muffin Pizza	Left—Over





Oculus

Discover Health and Wellness Through VR Gaming



We have been introduced to oculus from two of our staff. BJ is the most passionate about the game device. She says often how much she needs a good half hour of oculus to get in gear for the day. Without it her depression can take a hold of her. For me a good cup of coffee and a brisk walk can wake me up.

What is it about the oculus that she needs each morning to start the day?

I feel like it might be the physical expression and exercise which she admits is part of the exertion. The challenge of playing Beat Saber stimulates me enough every morning and gets me through the day. It stimulates the brain and staves off age related brain atrophy.

On the idea of physical exercise and mental health. We all know the basics, here's what a few members say about physical exercise and how it helps them.

Nick: It helps to be physically active to release energy

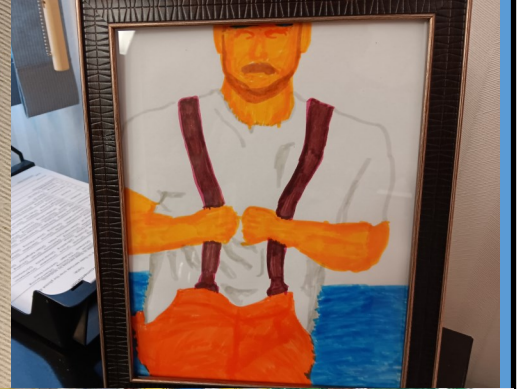
Jess: It releases Serotonin which helps in the same way as some Anti Anxiety medication.

Andy: Helps me have fun, and helps me remember to lighten up and also gives me challenges. Nothing is better and more stimulating than matching someone else's score.



ENC—MEMBERS ART GALLERY

Laura Hoard — A. J. York



The Chakras and how they relate to mental health

By, Danny S.



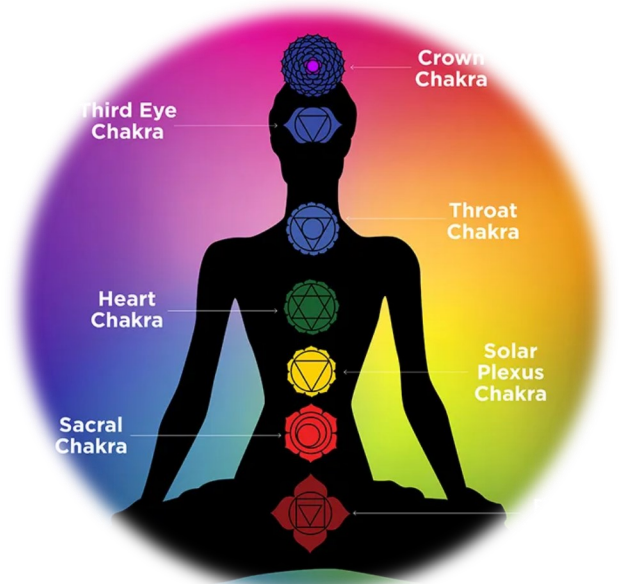
Avatar the Last Airbender Season 2 episode 19 the Guru: This is the episode where Aang is taught by a spiritual teacher to master the avatar state (this is where the current avatar when under extreme duress can tap into their past lives knowledge and power. There is one set back to it though, if the avatar is killed in this state the cycle ends with them) by mastering the chakras. The avatar is the reincarnation of a light spirit called Raava. They have the ability to bend all 4 elements and also the spiritual head of their generation. Each

past life is connected through this state where they can tap into the power and knowledge of every avatar prior to them.

Every Avatar normally has a guru that guides him or her in all matters that are spiritual. At this point Aang was the last known Airbender (men and women who are born that can manipulate and use the air in unique ways. The first Airbenders were flying bison) in the world so there were no Airbending elders. Each avatar comes from each of the 4 nations: water earth fire air.

When one dies the next is reborn in the cycle of the next nation. Guru Patit related each of the chakras to an element. Examples of this are as follows. The Earth Chakra which is located at the base of the spine handles fear. The water chakra which deals with pleasure and is located at the sacrum. The fire chakra which deals with will power and is located in the stomach. The air chakra which deals with love and is located in the heart. The sound chakra which deals with truth is located in the throat. The light chakra which deals with insight and is located in the forehead. Now for the final chakra the thought chakra which deals with pure cosmic energy located in the crown of the head. Patit taught Aang to release and unlock them through hard meditation and channeling of the spiritual energies that surround the Avatar who is the bridge between the spirit world and the physical world. The focus of all of this was to unlock and unblock the 7 chakras to gain mastery of the avatar state and allow him to go in and out of it at will. Unfortunately Aang does not succeed and his chakras are locked and blocked.

Chakras and how they play a role in mental health: The chakras or energy centers in our bodies play big roles in the balance and harmony between our mental and physical healths along with spiritual healths. Chakras are represented by colors and emotions. Each are centrally located in the body. Ranging from the throat to the heart to the solar plexus and more. One thing most people do not understand is that they are affected and balanced by human emotion. There are two chakras that come to mind when it comes to mental health. The root chakra which is located on the spine. This is tied into survival and safety. When this chakra is locked a lot of emotions are tied into it . I.E. Anxiety depression low self esteem anger and rage over thinking and feeling unable to take action. Along with the added feelings that come with a blocked root chakra there are other side effects. You have difficulty accessing feelings of balance, peace and security. So the last chakra that plays a role at least in my mind is the throat chakra. So this chakra is used for expression, creativity and communication. People with prognosis mental health have a very hard time expressing what is going on internally. The throat chakra becomes blocked and becomes not in unbalance.



Remembering Audrey Rose



Eagles' Nest clubhouse had a member who was very near and dear to many people. Most people only knew her as the really sick girl in a wheelchair who kept going to dialysis appointments but before then she was an outgoing, caring member who fell under the guidance of her peer support worker Nikki.

Andrew, (Who is writing this article) met Audrey several years ago in a homeless shelter and soon became close friends moving into courtship and then marriage. We felt we needed help getting back to living life more fully so we contacted CHCS in Ellsworth where Nikki showed up for several years and became a good support. Helping us both with good counsel and very good friendship.

Nikki soon told us about Clubhouse, where Audrey fell in love as an opportunity to serve and help others; which is what she was looking for. She wanted to follow close to Nikki as a peer support worker before doing it on her own. Unfortunately health problems leading from a long life of type one diabetes led to kidney failure.

Her heart broke much, but in all the battles of trying to make it through these difficult years she kept on trying to educate herself. Truly Audrey Rose was a strong and courageous woman. Fighting long physical and mental health problems most of her life.

While in the hospital one time, she ended up with a bed sore on her foot. This led to a serious open sore on her foot that refused to heal for over a year. She could hardly walk, and her foot eventually became infected. On her birthday on Sept 6th she had her lower leg removed.

A long four months in the hospital. Through a lot of hardships she held on hoping for recovery. Right before her passing she made up her mind to get into physical therapy and continue with her education.

For reasons unknown she passed away in the hospital on January 3rd.

Her mother Janet and I remember her each day, and are inspired by her efforts to continue to do her best in life the way she felt she could. She helped Janet and I see the clubhouse as a new family, with opportunities to help others like Audrey, and to help ourselves to what clubhouse offers us.



Event Calander—August 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 -WONKA at Dusk Knowlton Park -Ukulele Camp at Library 2:00 PM	2 -The Bullseye Band at 6:00 PM at Harbor Park Gazebo	3 -Clubhouse Game Night at 9:00 PM -Fiber Arts Group at Library 10:00 AM	4
5 -Move & Groove at Library 10:30 AM -Computer Tutor Appt at Library 9:30 and 11:00 AM	6 -Computer Tutor Appt at Library 1:00 and 3:00 PM	7	8 -Caregivers Support Group at Library 2:00 PM (In Person) -Ukulele Camp at Library 2:00 PM	9 -Teen Author Talk at Library with Brook Merrow 3:00 PM	10 -Clubhouse Game Night at 9:00 PM	11
12 -Move & Groove at Library 10:30 AM -4-H Workshop at Library 1:00 PM -Computer Tutor Appt at Library 9:30 and 11:00 AM	13 -Computer Tutor Appt at Library 1:00 and 3:00 PM	14	15 -Ukulele Camp at Library 2:00 PM	16	17 -Clubhouse Game Night at 9:00 PM -Fiber Arts Group at Library 10:00 AM	18
19 -Move & Groove at Library 10:30 AM -Computer Tutor Appt at Library 9:30 and 11:00 AM	20 -Computer Tutor Appt at Library 1:00 and 3:00 PM	21	22 -Murder Mystery Night at Library 6:00 PM -Friends Book Sale at Library 2:00 to 6:00 PM	23 -Friends Book Sale at Library 9:00 AM to 4:00 PM Advisory Board Meeting 5:30—6:30	24 -Clubhouse Game Night at 9:00 PM -Friends Book Sale at Library 9:00 AM to 1:00 PM	25
26 -Move & Groove at Library 10:30 AM -Computer Tutor Appt at Library 9:30 and 11:00 AM Camp Capella	27 -Computer Tutor Appt at Library 1:00 and 3:00 PM	28	29 Hannaford Bag Fundraiser	30	31 -Clubhouse Game Night at 9:00 PM	