

# WHAT'S HAPPENIN'?

## PROMISE CENTER

531 Church St.  
Ottumwa, IA 52501

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### March 2018 STATS

In March 2018, Promise Center was open 22 days with 323 contacts by 59 members for a daily average of 15 (high was 22, low was 10). Promise Center opened two weekend days this month with 10 unduplicated visits. 764 individuals have become members since we opened in 2001.

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### MARK YOUR CALENDAR

2<sup>nd</sup> – Julie from AEA  
4<sup>th</sup> – Center closed due to staff training  
3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> – 4Mind4Body worksheets  
7<sup>th</sup> – Birthday Luncheon  
9<sup>th</sup> – Drum Circle  
11<sup>th</sup> – Promise Center Open House  
15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> – Art Therapy  
17<sup>th</sup> – Pastor Phil's Story  
23<sup>rd</sup> – Karaoke Contest  
25<sup>th</sup> – Amana Trip  
28<sup>th</sup> – Memorial Day (Center closed)

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### Member News

April has come and gone. Members are looking forward to warmer weather and getting outside for activities! Promise Center members went to Champion Bowl April 20<sup>th</sup>.

A huge thank you to Ottumwa Transit for the free ride and to Champion Bowl for the generous discounts and being such gracious hosts! Everyone had a great time. Members are looking forward to our open house on the 11<sup>th</sup> and the Karaoke Contest on the 23<sup>rd</sup>. Members voted and approved to have an aquarium for the Promise Center.

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### May is Mental Health Awareness Month:

Mental Health America is raising awareness about the connection between physical health and mental health, through the theme Fitness #4Mind4Body. The campaign is meant to educate and inform individuals about how eating healthy foods, gut health, managing

stress, exercising, and getting enough sleep can go a long way in making you healthy all around. A healthy lifestyle can help to prevent the onset or worsening of mental health conditions like depression and anxiety, as well as heart disease, diabetes, obesity and other chronic health problems. It can also play a big role in helping people recover from these conditions. Taking good care of your body is part of a before Stage Four approach to mental health. Getting the appropriate amount of exercise can help control weight, improve mental health, and help you live longer and healthier. Recent research is also connecting your nutrition and gut health with your mental health. Sleep also plays a critical role in all aspects of our life and overall health. Getting a good night's sleep is important to having enough physical and mental energy to take on daily responsibilities. And we all know that stress can have a huge impact on all aspects of our health, so it's important to take time to focus on stress-reducing activities like meditation or yoga. Mental illnesses are real, and recovery is always the goal.

*(Excerpts taken from MHA/Mental Health America B4STAGE4)*

[www.mentalhealthamerica.net](http://www.mentalhealthamerica.net)

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### ELLIOT SAYS

- “Our Greatest Weakness lies in giving up. The most certain way to succeed is always to try just one more time”

• Thomas Edison

### TIDBITS

From: unknown

Subject: Some useless things I know.

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- 1) Charles Lindbergh took only four sandwiches with him on his famous transatlantic flight.

- 2) Goethe couldn't stand the sound of barking dogs and could only write if he had an apple rotting in the drawer of his desk.
- 3) If a statue in the park of a person on a horse has both front legs in the air, the person died in battle; if the horse has one front leg in the air, the person died as a result of wounds received in battle; if the horse has all four legs on the ground, the person died of natural causes.
- 4) Gilligan of Gilligan's Island had a first name that was only used once, on the never-aired pilot show. His first name was Willy. The skipper's real name on Gilligan's Island is Jonas Grumby. It was mentioned once in the first episode on their radio's newscast about the wreck.
- 5) In England, the Speaker of the House is not allowed to speak.
- 6) Playing cards were issued to British pilots in WWII. If captured, they could be soaked in water and unfolded to reveal a map for escape.
- 7) The "L.L." in L.L. Bean stands for Leon Leonwood.
- 8) Ivory bar soap floating was a mistake. They had been overmixing the soap formula causing excess air bubbles that made it float. Customers wrote and told how much they loved that it floated, and it has floated ever since.

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## COOK'S CORNER

### SPINACH AND ARTICHOKE DIP SERVES 8-10

#### Ingredients

5 tbsp. [olive oil](#)  
 2 tbsp. unsalted butter  
 10 oz. baby spinach  
 1 lb. thawed frozen artichoke hearts  
 1 medium onion, chopped  
 3 cloves garlic, finely chopped  
 1 cup grated parmesan  
 2/3 cups grated mozzarella  
 1/3 cup cream cheese  
 1/4 cup mayonnaise  
 1/4 cup sour cream  
 1/4 tsp. grated lemon zest  
 1/4 tsp. dried mustard powder  
 1/4 tsp. Tabasco

1/8 tsp. grated nutmeg  
 Kosher salt and [freshly](#) ground black pepper  
 Toasted pita wedges

#### Instructions

Heat oven to 375°. Heat 1 tbsp. of the oil and 1 tbsp. of the butter in a 12" skillet over medium-high heat. Add spinach; cook, stirring, until wilted, about 3 minutes. Transfer spinach to a colander; let cool briefly. (Wipe out and reserve skillet.) Squeeze excess liquid from spinach and roughly chop; transfer to a bowl.

Return skillet to medium-high heat and heat 3 tbsp. of the oil. Add artichoke hearts; cook, stirring, until browned, about 12 minutes. Transfer to bowl of spinach.

Wipe out skillet; place over medium heat; add remaining 1 tbsp. of the oil and remaining 1 tbsp. of the butter and heat. Add onions; cook until soft, about 8 minutes. Add garlic; cook for 2 minutes more.

Transfer onion mixture to a food processor along with 3/4 cup of the parmesan, mozzarella, cream cheese, mayonnaise, sour cream, lemon zest, mustard powder, Tabasco, and nutmeg. Process until smooth.

Fold cheese mixture into spinach and artichokes, season with salt and pepper to taste, and transfer to a greased 2-qt. oval baking dish. Sprinkle with remaining 1/4 cup of parmesan; bake until golden brown and bubbling, about 30 minutes. [Serve](#) with toasted pita wedges