

WELLNESS GAZETTE

Leap into
SPRING 2019

Mar • Apr • May

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From The Executive Director & Program Director

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WELLNESS GAZETTE

Spring 2019 - Mar • Apr • May

Volume 2, Issue 1



From The Directors' Desks

Special points of interest:

- **Welcome back to another volume of Wellness Gazette.**
- **November 2019 marks our 20th Year Anniversary!**
Follow us on Facebook at facebook.com/HeartsAndEars to stay in the know.

Happy Spring Everyone! The flowers are in bloom and so are things here at Hearts And Ears. There are new groups in our spring schedule as well as upcoming events and celebrations. Our eight-week WRAP class will be starting on May 10th; seats are limited so make sure you RSVP for your seat. There is

also a DBSA group starting on May 15th, and in the beginning of June, we will be attending the annual On Our Own of Maryland conference in Ocean City. As for celebrations, Hearts And Ears is turning 20 this year! Keep an eye out for information about our big celebration this fall. Last but

not least, take note of the new design of our newsletter, giving you more of a magazine appeal! Remember spring is a time of renewal and growth, and it's also time to appreciate nature in its blooming season (just remember to take your allergy medicine before smelling the flowers)!

“Wives In Recovery” by DeAnn W and Laura H

Having a wife in recovery is fabulous but also quite challenging at times. When we're both doing well, we soar. It's like a natural high. We both have bipolar, anxiety, PTSD, and addiction.

We had to learn each other triggers. We both get a “tone” to our voices when hungry, stressed, anxious or tired. And, we both get triggered by the tone in each other's voice. Then, we're snipping at each other and get angrier and angrier until one of us finds some softness in each other's voice. The thing is we know each other's issues. When one of us is symptomatic, we recognize it and are very compassionate in helping to work through our symptoms. We recognize each other's symptoms

because we have a lot of issues in common and we know each other so well.

We have strong love for each other. Love carries us through.

Laura: It can be very difficult when she is symptomatic especially for long periods of time. It's difficult to keep myself in check and don't let her illness set off mine and vice versa.

When we're both in our illness, all hell breaks loose. We go to 12 step meetings together a lot and we must maintain our recovery separate from each other. We maintain our own sponsors and work on our own sponsors separately. We go to separate therapy and psychiatry offices. It's difficult

at times but we try to stay out of each other's recovery business unless we ask each other for specific needs.

We try not to assume each other's needs and remain in constant communication together regarding needs and wants including physical intimacy, emotional needs and spiritual desires.

Each of us has our own concept of a Higher Power. We discuss our thoughts about spirituality and a higher power and we never negate each other's beliefs. We don't agree on everything but we discuss everything, leave room for each other's musings and enhance each other's lives. We love each other through all of life's experiences.

“Ivy” by Cleopatra B

Trans people are like ivy. Some of us are growing in the dark, some are growing in the light.

Just like ivy, trans people are being exterminated. Ivy and trans people are killed every-day, being cut, destroyed by the roots.

People fear the unknown. Ivy and trans people survive like all living beings.

They take us out one by one came back over and over again.

What people fail to understand is you take us out all we are go to do is grow, just like ivy we

slowly grow back, slowly by the hundreds.

So people please understand we're everywhere and we're just like you.



“...Ivy and trans people survive like all living beings.” - Cleopatra B.

Positive Thought - Quotes from Gautama Buddha

"A jug fills drop by drop."

"Love the whole world as a mother loves her only child."

of beautiful deeds."



Lotus flower

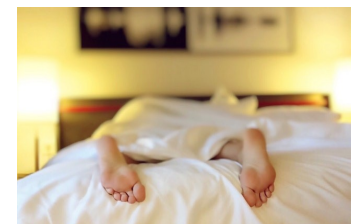
“Sleep Awareness” by Eryn A

Sleep. It is a mysterious thing. Some people may jokingly ask “what is sleep” because sleep seems elusive or sleep presents complications for many. In fact, 50-70 million adults in the United States have a sleep disorder.

According to the American Sleep Association, insomnia is defined by when a person has trouble falling or staying asleep. With 30% of US adults having had reported short-term

insomnia and 10% of US adults reporting chronic insomnia, the sleep disorder insomnia is one of the most common of sleep disorders. That’s roughly 130 million people dealing with insomnia! About 25 million people suffer from obstructive sleep apnea, a condition referring to having frequent pauses in breathing caused by muscles in the back of the throat relaxing and blocking air passage.

Continued on Page 3.



“Sleep Awareness” continued from Page 2

Problems with sleep can not only be harmful to your life, but sleep disorders can also be disruptive or even dangerous to others. Approximately 48% of U.S. adults have reported snoring while 4.7% of U.S. adults have reported falling asleep while driving a motor vehicle. If you are experiencing problems associated with sleep, one of the best courses of action is to talk to your doctor or nurse practitioner as soon as possible.

In the meantime, people with disorders might want to try avoiding caffeine and nicotine close to bedtime while avoiding alcohol near bedtime. Alcohol may temporarily help with sleep for a night but the second half of that night might be disrupted. Also, exercising in the daytime or early evening might help with good sleep hygiene or practices associated with good sleep. Keeping cell phones away from or out of the bedroom may help. One

might even go as far as to keep televisions and tablets out of the bedroom as well.

Sleep is not a dirty word. Let's talk more about sleep hygiene and sleep health. Let's make sleep more of a priority. We're not machines - unless you have something to confess.



Lamp

“Ken’s Kitchen & Garden” by Ken J

Spring Gardening

Spring is here! Now is the time to start gathering materials and planting seeds for vegetables, fruits, and herbs. You will first want to decide what your garden looks like and how you want it set up. Do you have enough space in your yard to plant a garden? Are you renting or have a small space and want to have a container garden? What area gives the most sunlight for your garden? These are questions you want to ask yourself before you plant any

seeds. Next, you will want to purchase the right kind of containers and soil to start planting your seed in. You can get inexpensive containers from stores like Walmart, Ollies, or the Dollar stores. As for soil, I recommend Miracle Gro Seed Starter soil if you are planting seeds, it contains the nutrients needed to help you seed sprout. If you are transplanting larger plants to bigger containers, I found that Miracle Gro Organic Potting soil works well. When it comes to growing potatoes, you can use a large tote filled with a mix of

Miracle Gro Organic soil and Miracle Gro Potting soil. Take a few red and gold potatoes (and a sweet potato or two) and bury the potatoes deep in the dirt. With regular watering and sunshine, you will have potatoes growing in for the fall harvest. As for my garden, I chose to grow my fruits and vegetables in containers and so far they are doing very well. I have planted a bunch of different vegetables and a few fruits, as well as an herb garden indoors.

Continued on page 5.



“Spring is here!”
- Ken J.

“Community Memories of LGBT Spaces” by Laura P

LGBT meeting places around Mount Vernon and surrounding areas have closed. It is so sad the LGBT community of Mount Vernon and downtown area lost so much of its meeting and hangout spots. It feels like it has lost so much of its history for all of us who are under the LGBT spectrum or umbrella.

To those who missed so much of it like myself who did not have the experiences that most have had, we wished they did and have to depend on or trans elders to learn

what it was like. The places like The Hippo, Coconuts, The Allegro, Bun To Bun (Club Bunnys), Mardi Gras, Gampy's and others will be so missed.

The news that Grand Central will be closing next year is another blow to the community!

After the stonewall riots in New York in 1969 Downtown Baltimore and Mount Vernon was the place to be here in

Baltimore. It was our mecca! It will have to be remembered by those who lived it and for those who have not it should be told to.



LGBT Pride Flag

"Ken's Kitchen & Garden" by Ken J

Growing a garden of healthy food can be very beneficial as well as economical. Why run to the store to pay a high price for something you can grow on your own? Happy Spring and Happy Gardening!



*"...Ivy and trans
people survive like
all living beings." -
Cleopatra B*

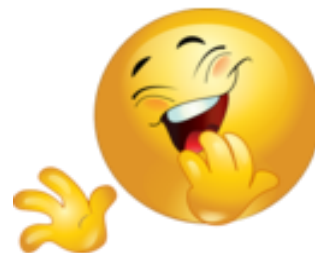
Jokes

Why does a bicycle have a kickstand?

It's too tire to stand on its own.

How can you make a tissue dance?

Put a little boogie in it.



Laughing face

Board of Directors Update

Now let's find out the reason why Board President Jill Crank chose to be on the Board.

Jill Crank: I joined the Board because I think it is of the utmost importance for LGBTQ people experiencing mental illness to have a sanctuary where they feel supported by their peers. Stigma and discrimination can worsen mental illness and substance use disorders, but at Hearts And Ears

our members can feel safe, share their experiences, learn new skills, and make new friends. Hearts And Ears is a service we must continue to provide for our community for years to come!



People sitting and talking

I Love You, Baltimore: Baltimore Calendar

Volume 2, Issue 1

Arts Of Asia

This event features a new art exhibit at **The Walters Art Museum** located at **600 North Charles Street, Baltimore, MD 21201**. The dramatic display offers a rich exploration of artistic traditions from diverse cultures and regions across India, Nepal, Tibet, China, Korea, Japan, Myanmar, Thailand and Cambodia. The museum opens at 10am and the Arts Of Asia exhibit availability repeats weekly Sunday and Wednesday through Saturday -- until Thursday October 1, 2020. Admission cost is free.

Family Second Sundays

There are FREE events for families on the second Sundays with **Maryland Historical Society** located at **201 West Monument Street, Baltimore, MD 21201**. No advanced registration is required. The Maryland Historical Society's free family event started in January and repeats monthly on the second Sunday.

April's Free Family Second Sunday Drop In: Quiltfest

April 14, 2019 - 1:00pm

Make a quilt-related to craft in celebration of the "Hometown Girl" quilt exhibition. Museum admission is free on Second Sundays and no advanced registration is required.

May's Free Family Second Sunday Drop In: Maryland Mothers

May 12, 2019 - 1:00pm

Take a self-guided tour to learn about mothers who shaped Maryland history. Create a special Mother's Day craft. Museum admission is free on Second Sundays and no advanced registration required.

June's Free Family Second Sunday Drop In: Selfie Workshop

June 9, 2019 - 1:00pm

Connect with the collections and learn the basics of taking a good selfie using your own smart phone. Museum admission is free on Second Sundays and no advanced registration required.

Free First Thursdays

April 4, 2019 - 10:00am, May 2, 2019 - 10:00am, June 6, 2019 - 10:00am, ongoing

Visitors can enjoy free admission to the entire museum this day as part of our Free First Thursdays with **Maryland Historical Society** located at **201 West Monument Street, Baltimore, MD 21201**.

Thursday Night Comedy

Join **Baltimore Improv Group (BIG)** for free shows every night of the week! Shows at The BIG Theater in Station North now include improv comedy (of course!), stand-up, and sketch. At 1727 North Charles Street, Baltimore, MD 21201, Baltimore Improv Group's weekend starts early with a rotation of wild Thursday comedy shows weekly on Thursday, 7:30 p.m. to 9:30 p.m. -- until December 26, 2019.

Casually Dope: Improv Comedy

Casually Dope invites you to start your Saturday night with us. Turning the stories of our community into comedy, each show we'll invite a guest or just chop it up with the audience and use those discussions to create a show like none other. You might learn something, you might not, but you'll definitely leave full of laughter. At 1727 North Charles Street, Baltimore, MD 21201, Baltimore Improv Group's Casually Dope happens weekly on Saturday, 7:00 p.m. to 8:00 p.m. -- until December 28, 2019.

Spring At The Center

Find the hidden words

C R O M E J B S R W E A P O K U I U J A B J D P U
T V B U F G I C R E A T I V E W R I T I N G V M E
P P Y S H I M D R N A Y L M U T V I R L F U N O G
G W X I Z Q T G K O D Z U G B J P C F W T H V V F
X S X C Y T X K N Y B B W L G H F H I B E D T I G
M U S A X H F R E D E X F F G D O S Q K U Y M E S
Z K F P P P Y S L A J K J M X R S I G G V N N D H
D D S P R I N G V E M K B E D O W N I F G B N A P
C R I R F W A I B Y M Y B U H R Z R L L Y V N Y L
H B S E L J R Q V B U A W F Q P G Q G J G A W B N
W B A C O O C C U R R I N G S U P P O R T W N P O
O J H I W A U T F A K B T R F Z X Z R R U E B K X
C F U A E Z L M N I T Q G O P H I F Z N M Z G Q Z
U H Q T R W E L L N E S S U A K D H W I V C J D Y
E W D I S T O A W B V N Y S U W Z J T V W V N P W
T Z G O T E F S U O I Y M U Y L G E Q C G S A J M
G A D N D K G V O W P L T R E L M I Y K C R K K M
F O O D T A L K O S U K V R Q A N E F S E B Z D E
N O R E K V H V J A L Z B G G L A V F H D W D R Y
Z C A G N Q E O N Y E V X O R C X S T Y M R Q U H
O Q Q S D H C W X L G T T K B N A T K F E A P C B
S L T G P F D V V V B U T B J E R G A Y D P V E R
X R L X R L F E D W Z O U J I A F J U W D C E I L
B U Z A I V K N T M W I J J J L Q V R I F M G P Z
P Z T N C S P Q O Y M B S X V W R I K B R R B J N

WELLNESS

MUSIC APPRECIATION

FLOWERS

BUNNY

MOVIE DAY

COOCCURRING SUPPORT

WRAP

ART THERAPY

SPRING

RAINBOWS

FOOD TALK

GAME TIME

CREATIVE WRITING

Group & Event Schedule — April - June 2018

	Wednesday	Thursday	Friday	Saturday
1 st Week	12-1p Wellness Check-In 1:30-2:30p Art Therapy 4:30-6 DBSA Group (starts 5/15)	12-1p Wellness Check-In 1-2p Music Appreciation 2-3p Food Talk	12-1p Wellness Check-In 1-3p WRAP Class (starts 5/10) 3-5p Movie Day	11-12p CMA Group 12-1p Wellness Check-In 1-2:30p Hearing Voices Group 3-4p Support In Transition 4-6p Dual Diagnosis Support
2 nd Week	12-1p Wellness Check-In 2-3:30p Art Therapy 4:30-6 DBSA Group	12-1p Wellness Check-In 1-2p Music Appreciation 2:30-3:30p WRAP Support 3:30-4:30p Newsletter Group	12-1p Wellness Check-In 1-3p WRAP Class 3-4p Game Time	11-12p CMA Group 12-1p Wellness Check-In 1-2:30p Hearing Voices Group 4-6p Dual Diagnosis Support
3 rd Week	12-1p Wellness Check-In 2-3:30p Art Therapy 4:30-6 DBSA Group	12-1p Wellness Check-In 1-2p Music Appreciation 2-3p Food Talk	12-1p Wellness Check-In 1-3p WRAP Class 3-5p Movie Day	11-12p CMA Group 12-1p Wellness Check-In 1-2:30p Hearing Voices Group 3-4p Support In Transition 4-6p Dual Diagnosis Support
4 th Week	12-1p Wellness Check-In 2-3:30p Art Therapy 4:30-6 DBSA Group	12-1p Wellness Check-In 1-2p Music Appreciation 2:30-3:30p WRAP Support 3:30-4:30p Newsletter Group	12-1p Wellness Check-In 1-3p WRAP Class 3-4p Game Time	11-12p CMA Group 12-1p Wellness Check-In 1-2:30p Hearing Voices Group 4-6p Dual Diagnosis Support

Hearts And Ears

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Email: info@heartsandears.org

Hearts & Ears is open Wednesday — Saturday 10a — 6p. The center is closed Sunday-Tuesday (this does not include after-hours events). We are also closed on major holidays (i.e. Thanksgiving, Christmas, & New Years). For more information, call 410-523-1694.

