

# #HEALTHCORNER

## CHIA SEEDS HEALTH BENEFITS & RECIPE

Despite their small size, chia seeds are full of important nutrients. They are an excellent source of omega-3 fatty acids, rich in antioxidants, and they provide fiber, iron, and calcium. Omega-3 fatty acids help raise HDL cholesterol, the “good” cholesterol that protects against heart attack and stroke.

Chia seeds can be eaten cooked or raw, but they should be added to another food or soaked before eating. Never ingest chia seeds dry alone.

Try this refreshing recipe for your next get-together and let us know if you added a twist on our Facebook Page!

### Chia Strawberry Lemonade Recipe:

6 servings / 1 serving = 1 cup

#### INGREDIENTS:

- 1 liter water.
- 1 cup fresh strawberries, halved.
- ½ cup freshly squeezed lemon juice.
- ¼ cup agave nectar.
- 3 tablespoons chia seeds.
- 2 tablespoons mint leaves, crushed

#### DIRECTIONS:

1. Combine water, lemon, strawberries, and agave nectar and blend.
2. Add chia seeds and mint.
3. Let sit for 1-2 hours before serving to allow the chia seeds to gel up.
4. Serve chilled.

Facebook Page:  
<https://www.facebook.com/securing.resources>  
 Facts & Recipe Reference:  
<https://www.chefsa.org/project/strawberry-lemonade-with-chia-seeds/>  
<https://www.hsph.harvard.edu/nutritionsource/food-features/chia-seeds/>

## JOB OPENINGS AT SRFC INC:



Spread the word to your friends and family that SRFC needs more helping hands. Feel free to invite them to come to our main office and inquire for an employment application. Currently, we are seeking Periodic Support Staff that are bilingual (English-Spanish) and also someone that speaks sign language. Please spread the word to your community.

Employee	
Mar 1-15	4/1/2019
Mar 16-31	4/15/2019
Apr 1-15	5/1/2019
Apr 16-30	5/15/2019
May 1-15	6/3/2019
May 16-31	6/17/2019

Contractors	
Mar 1-15	4/3/2019
Mar 16-31	4/17/2019
Apr 1-15	5/8/2019
Apr 16-30	5/22/2019
May 1-15	6/5/2019
May 16-31	6/19/2019

Employee Office only (current period)	
Mar 16-31	4/1/2019
Apr 1-15	4/15/2019
Apr 16-30	5/1/2019
May 1-15	5/15/2019
May 16-31	6/3/2019
Jun 1-15	6/17/2019

For your convenience, you can now log into your ADP profile for paystubs, tax forms, etc.



<https://runess.adp.com>



# THE RESOURCE

## NEWSLETTER

SPRING EDITION  
 APRIL 2019  
 Volume 4 Issue 1

## SPRING REBIRTH OF THE MIND

By: Kevin Brooks

After a long winter, spring has finally arrived. Although we still have a little way to go to really enjoy consistent warmth, we can take some time to reflect about what we can do to renew ourselves and balance our lives. What better time than spring to re-group, re-prioritize and/or re-invent ourselves. Here are some things to consider during this season:

1. **Rid-** your home of anything you no longer need. If you haven't used it during these past two years, get rid of it.
2. **Clear Out-** kitchen cabinets of items that have been lying around, especially, if the expiration date exceeds six months.
3. **Declutter** Your Mental and Emotional State- Why not use this season as a reminder to get rid of things that are weighing you down, sapping your energy or get more support for the issue. Challenge limiting beliefs about yourself and about how things should be.
4. **Start a Practice-** A new discipline will ensure that you invite mindfulness into your life. A spiritual practice such as yoga, meditation or tai-chi can be helpful outlets. Walking is a wonderful way to help your body while clearing your mind.
5. **Begin** something brand new and focus on spring as the time of new beginnings and resolve to do something you've always wanted to do.
6. **Assess** your health and create an inventory of your health including diet, exercise and stress level. Remember to schedule an annual physical and follow your doctor's recommendations.
7. **Volunteer** your time and become a mentor or help clean up your community.
8. **Enjoy Nature-**take time to see and take in the beauty of the outdoors.
9. **Take a Vacation** or a trip to decompress from your hectic life.
10. **Get Support-** Spend time with family, friends and loved ones to get create stronger bonds.

Finally, take a deep breath and just enjoy being you!

## VISIT OUR NEW PSR LOCATION



1408 Christian Ave Ste. 4 Durham NC 27707  
 Telephone (984) 439-2737 • (984) 439-2904 • Fax (984) 888-0063

## INSIDE THIS ISSUE

Spring Rebirth.....Pg. 1  
 New PSR Location.....Pg. 1  
 New SRFC Members .....Pg. 2  
 Anniversary & Birthday.....Pg. 2  
 Medicaid Changes.....Pg. 2  
 Autism Awareness.....Pg. 3  
 Looking Back at Holidays....Pg. 3  
 Health Corner.....Pg. 4  
 Payroll Calendar .....Pg. 4  
 Job Openings.....Pg. 4  
 ADP Info.....Pg. 4

### QUOTE OF THE ZEIGEIST:

I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.

-Maya Angelou

## SRFC IN SOCIAL MEDIA

We are currently revamping our social media platforms to have a more interactive approach with our staff, clients and audience.

Stay updated and visit us at:



Website: <http://www.srfcinc.com>



Facebook Page:  
<https://www.facebook.com/securing.resources>

### A Word From the Editor:


I'd like to thank everyone that advised me, contributed articles & alerted me of community events to make this 1<sup>st</sup> Issue of 2019 beautiful & informative. I hope to hear feedback on what our readers would like to see in our next new issue.

Contact me at: [ana.chavez@srfcinc.com](mailto:ana.chavez@srfcinc.com)

## ZENDANGLE COLORING:




**JOINING OUR TEAM**

**Happy Anniversary to All of Our Staff Who Have Helped Us Serve Our Community.**

*We want to wish a Happy BIRTHDAY to wish all of our January, February, March & April Babies!*



*Welcome to the* **TEAM**

SRFC Inc. extends a warm welcome to all of our new staff!

**GIRL SPEAKOUT Summer Camp 2019**  
*Empowering Girls Through Art*

**#GIRLSPEAKOUT**

**Free Registration**  
Ages 10-18  
10am-4pm

**Camp Dates**  
June 15th  
June 22nd  
June 29th  
July 13th  
July 20th  
July 27th  
August 3rd

Dance  
Music  
Poetry  
Theater  
Arts & Crafts

Yoga & Meditation  
Self Defense & Safety  
Health & Wellness  
Nutrition & Fitness

Registration Begins April 1st-May 15th  
Limited Slots Available Per Day Camp  
All Day Camps held at:  
WD Hill Recreation Center  
1308 Fayetteville Street  
Durham, NC

SPONSOR-A-GIRL  
Ask Us How!

FMI: Call 919-824-0494 or Email info@susonc.org  
To Register visit www.susonc.org

**MEDICAID CHANGES**

**WHAT IS GOING ON WITH MEDICAID?**

Will be a question that you will most certainly hear in the upcoming months. Medicaid is currently undergoing through statewide changes that will affect all aspects of Behavioral Health.

Only thing beneficiaries need to do now is update their information:

- Help will be available for beneficiaries to select a plan based on what makes the most sense for them
- Beneficiary rights will be protected
- Many things are not changing
  - Eligibility rules are the same
  - Same services/treatments/supplies will be covered
  - Cost-sharing is not changing

Please inform yourself on these changes to better serve our community. For more information you can visit the following website:  
<https://www.ncdhhs.gov/assistance/medicaid-transformation>

**APRIL IS AUTISM AWARENESS MONTH**



The main question is what is Autism? Will I be able to identify it? How does it really affect me and my family? How does it affect my community and businesses? Autism spectrum disorder (ASD) is a complex developmental disability; signs typically appear during early childhood and affect a person's ability to communicate, and interact with others. ASD is defined by a certain set of behaviors and is a "spectrum condition" that affects individuals differently and to varying degrees. There is no known single cause of autism, but increased awareness and early diagnosis/intervention and access to appropriate services/supports lead to significantly improved outcomes. Some of the behaviors associated with autism include delayed learning of language; difficulty making eye contact or holding a conversation; difficulty with executive functioning,

which relates to reasoning and planning; narrow, intense interests; poor motor skills' and sensory sensitivities. Again, a person on the spectrum might follow many of these behaviors or just a few, or many others besides. The diagnosis of autism spectrum disorder is applied based on analysis of all behaviors and their severity.

In 2018, the Centers for Disease Control and Prevention issued their ADDM autism prevalence report. The report concluded that the prevalence of autism had risen to 1 in every 59 births in the United States – twice as great as the 2004 rate of 1 in 125 – and almost 1 in 54 boys. The spotlight shining on autism as a result has opened opportunities for the nation to consider how to serve families facing a lifetime of supports for the individual with autism. In June 2014, researchers estimated the lifetime cost of caring for an individual with autism is as great as \$2.4 million. The Autism Society estimates that the United States is facing almost \$90 billion annually in costs for autism. (This figure includes research, insurance costs and non-covered expenses, Medicaid waivers for autism, educational spending, housing, transportation, employment, related therapeutic services and caregiver costs.)

As a behavioral health company, we must be aware of those that surround us and be able to assist if we can see someone with ASD in a uncomfortable situation. Companies now are starting to ask themselves are we ASD friendly? How can we become more involved in our community? What are we doing to help raise awareness? Let's start by wearing our puzzle ribbon this month. <https://www.autism-society.org>

**OPENING HEARTS AND MINDS THROUGH BOOKS**

book harvest

**BOOK HARVEST**  
Read. Buy. Donate. Volunteer

2501 University Drive,  
Durham, NC 27707  
Monday-Saturday  
9 a.m. to 5 p.m.  
(252) 497-BOOK  
<https://bookharvestnc.org>

Visit Today to Enrich Your Mind!

**LOOKING BACK 2018 HOLIDAYS**

**Thank You...**

On behalf of SRFC Inc., we would like to thank all of our staff that participated in the Angel Tree gift giving! Thank you for taking the time to shop and making each gift personal. You brought delight on Christmas for all of our Residential Program Clients! You were the ones that took joy and surprise to two families in Henderson! We hope that during this year's holidays we can reach more families!

