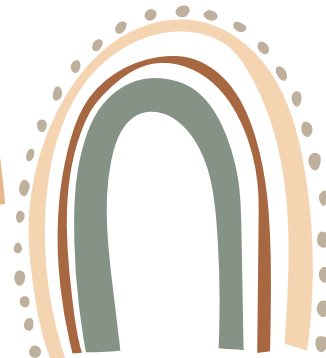
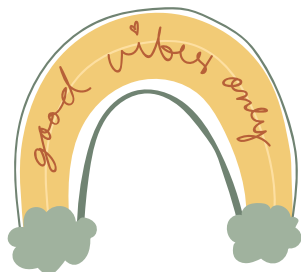
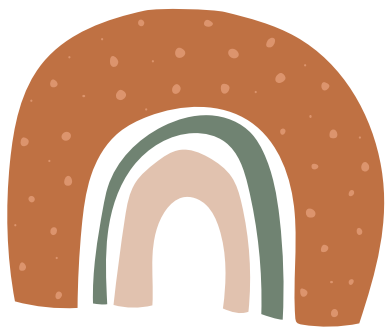


April Newsletter



Everyone Needs Some Peace of Mind

Aging Allies is actively preparing for the Peace of Mind Health Fair. This event aims to foster relationships with local organizations that deliver mental health support services in our area. While not everyone has specific mental health needs, all individuals can benefit from some form of mental health care and support.

Life presents challenges that often require us to develop effective coping strategies, whether through relaxation techniques, community engagement, or positive outlets such as listening to music, painting, hiking, taking classes, volunteering, or joining support groups. Access to mental health care is vital for maintaining well-being, connection, and resilience amid life's demands.

The Peace of Mind Health Fair will feature a variety of esteemed organizations, offering resources and services tailored to all ages. We invite attendees to explore the diverse opportunities available in Tamaqua and connect with providers from across the region.

Peace of Mind Health Fair

Date: May 7

Time: 10:00-1:00

Location: LCCC- 234 High Street, Tamaqua

Service For All Get Involved!

Get involved with a community event!

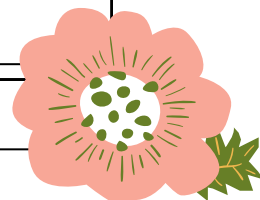
Volunteer at your church.

Do something kind for your neighbor.

Show kindness to someone who doesn't deserve it.

Share a smile with a stranger.

Help an elderly person.





Aging Allies is hosting a Mental Care Support Group!

Mental care is essential regardless of whether one is experiencing feelings of isolation, abandonment, rejection, dishonesty, happiness, joy, or gratitude. This support group is designed to foster a deeper understanding of thought processes and attentional focus, specifically for women aged 18 and above. The program emphasizes Bible and scripture-based discussions.

The group meets weekly on Tuesdays from 6:00–7:30 p.m., beginning June 2, over a span of ten weeks. Participants will develop a mental care support binder, with weekly materials and handouts provided; this resource serves as ongoing support after the conclusion of the program. A fee of \$25 per participant covers the binder, printing, and other supplies relevant to weekly topics.

To register, please contact Dana Oravitz by phone at 570-591-1919 or via email at danaoaging-allies@outlook.com.

Make a Gratitude List!

What are you grateful for?

At times, anxiety may prevent us from recognizing aspects of our lives for which we should be appreciative. It can also lead to feelings of self-pity or hopelessness. To address this, it may be beneficial to compile a list of items or experiences that you value, appreciate, and would not wish to lose. This gratitude list can serve as a constructive reminder; keeping it accessible reinforces the understanding that periods of adversity are often accompanied by opportunities for renewal. Maintaining gratitude provides valuable perspective during challenging circumstances.

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