



## April 2024

Check out the Oak House Facebook page and website for fun virtual activities and Zoom meetings ☺

**Facebook:** [OakhousePC](#)

<https://oakhouseottawacounty.weebly.com/>

\*If you know anyone that would like to join our newsletter mailing list or join the Oak House, please have them call (419) 734-4417

### Suicide and Crisis Lifeline

988

### Crisis Text Line

Text HOME to [741741](#)

### HOURS:

**Monday** 9am—3pm

**Tuesday** 10am-5pm

**Wednesday** CLOSED

**Thursday** 9am-3pm

**Friday** Closed

(for Individual Appointments)

**Saturdays** CLOSED

(Open During Special Events Only)

TO MAKE A DONATION OR A MEMORIAL CONTRIBUTION SEND CHECKS TO:

**Oak House**  
62 GRANDE LAKE DRIVE,  
PORT CLINTON, OH 43452.

(419) 734-4417

Dear Members,

**Reminder: Please use OCTA as your first choice for rides.**

Spring has arrived! Remember April showers bring May flowers. Check out the April calendar for all the planned activities.

Have you seen the 2024 Oak House Recovery Meeting and Support Group Calendar? No. Check out our website or pick up a copy at the Oak House.

The Baumann Charity Auto Raffle tickets have arrived and are for sale for \$5 each at Oak House. Reach out to any Oak House staff member to purchase a ticket to support Oak House. 100% of the proceeds we sell come back to Oak House for programming. They do have the \$20,000 cash option again this year, so even if you have a new car, you could possibly win the cash to pay it off.

In April the first Adopt-a-Road cleanup is scheduled for April 5<sup>th</sup>. We will also be cleaning up the Oak House outdoor spaces and garden area. Look for a sign-up sheet to help out with clean up.

FYI – Ottawa County Community Day is scheduled for Saturday May 4<sup>th</sup> at the Connections Center (old Riverview School) in Oak Harbor. The event runs from 10am until 2pm. Everyone is welcome to come out and have some food, fun, and healthy activities. Activities and information for all ages. There are also some awesome raffle prizes up for grabs. So come on out.

Also, on May 4<sup>th</sup> at Connor Park in Fremont, NAMI is having its annual walk for Mental Health Awareness month. There is a sign-up sheet in Oak House if you would rather go to this and if you need a ride to the event.

Happy Spring!

Kristen

### Birthdays:



**Joe Nystrom**

4<sup>th</sup>

**Rebecca Key**

4<sup>th</sup>

**Wyatt Troup**

7<sup>th</sup>

**Jeff Moffit**

9<sup>th</sup>

**Lynne Smith**

9<sup>th</sup>

**Ilona Kovach**

17<sup>th</sup>



**Page 1**  
Spotlight  
Information

**Page 2**  
Activities

**Page 3**  
Recipes and  
Events

**Page 4**  
Flyers

**OAK HOUSE IS A 501-(C)3 NON-PROFIT ORGANIZATION**

Funding provided by Mental Health & Recovery Board of Seneca, Ottawa, Sandusky, and Wyandot Counties



# The New Leaf - Oak House Newsletter



## April

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

APRIL  
ARIES  
CALENDAR  
DIAMOND  
GREGORIAN  
SPRING  
ST MARKS EVE  
TAURUS  
TO OPEN  
YEAR

APRILIS  
AUTUMN  
DAISY  
FOURTH MONTH  
JULIAN  
ST GEORGES DAY  
SWEETPEA  
THIRTY DAYS



## Quotes/Thoughts from members/internet:

“Be yourself; everyone else is already taken.”

— Oscar Wilde

“You know you're in love when you can't fall asleep because reality is finally better than your dreams.”

— Dr. Seuss

“To live is the rarest thing in the world. Most people exist, that is all.”

— Oscar Wilde

“To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment.”

— Ralph Waldo Emerson

Do you have something you want to share with everyone?

Call, message, or stop by and we will put it in our next newsletter!

## Monthly Coping Skill

**5-4-3-2-1**  
*Grounding Technique*

**5 THINGS YOU CAN SEE**  
Look around your surroundings and describe what you see. You can do this out loud if you wish. Focus on one item and describe its physical appearance in detail for 10-15 seconds. Repeat this process until you have described five things.

**4 THINGS YOU CAN FEEL**  
Describe four things that you can feel around you. It may be an object near you. It can also be a physical sensation, such as a chair below you, the temperature of the air on your skin, or maybe an itchy nose.

**3 THINGS YOU CAN HEAR**  
Listen to the sounds around you, and describe three things you can hear. You may have to close your eyes and really concentrate, but if you try to listen closely you can always find at least three sounds in your environment.

**2 THINGS YOU CAN SMELL**  
Focus on the smell. What are two things you can smell right now? Pick up something and smell it if necessary.

**1 THINGS YOU CAN TASTE**  
Finally, what does your mouth taste like? Have a drink if necessary.



## Honey Lime Rainbow Fruit Salad

My favorite fruit salad! Perfectly right and refreshing with a beautiful combination of colors. This is the perfect summer side dish for cookouts or holiday parties. You can switch of the fruits listed here for others you may have on hand.

**Servings:** 5 servings

**Prep:** 20minutes minutes

**Ready in:** 20minutes minutes

### Ingredients

- 0.5 lb. fresh strawberries, chopped.
- 0.5 lb. chopped fresh pineapple,
- 6 oz fresh blueberries
- 6 oz red grapes, sliced into halves.
- 2 kiwis peeled and chopped.
- 1.5 mandarin oranges\*
- 1 banana, sliced (optional)



### Honey Lime Dressing

- 0.13 cup honey
- 1 tsp lime zest (zest of 2 medium limes)
- 0.75 Tbsp fresh lime juice

### Instructions

Add all fruit to a large mixing bowl.

In a small mixing bowl, whisk together they honey, lime zest and lime juice.

Pour over fruit and toss to evenly coat, serve immediately!

## EVENTS

**BINGO:** First Monday of Each Month at 11am

**Coffee & Conversation:** Mondays, Tuesdays, and Thursdays at 10am

**Guided Meditation:** Every Tuesday at 12pm [Link Here!](#)

**OSU EXTENSION SNAP-ED Lunch:** April Classes: 9<sup>th</sup> & 23<sup>rd</sup> at 10:30am

**Cooking with Staff:** April 16<sup>th</sup> & 30<sup>th</sup> at 10:30am

**Basic Transportation Needs:** EVERY Monday at 1pm

Check the [Calendar](#) for more activities!



# The New Leaf - Oak House Newsletter



## Basic Needs

If you need to go to the bank,  
library, laundrymat and/or store  
we are provide transportation  
weekly for two hours.

Every Monday  
1pm-3pm



Made with PosterMyWall.com



GUIDED  
MEDITATION  
WITH BARON AND  
LINDA



Linda and Baron are back on Tuesdays  
at 12pm on zoom. Please join us in  
person or at this zoom link  
<https://us06web.zoom.us/j/86005158124>

## Solar Eclipse Party

*We will be having snacks and watch the eclipses  
outside. Hope to see everyone there.*

*April 8th  
2pm-3:30pm*

## Adopt a Road Clean Up

April 5th  
@10am