



# the Visionary

*“Transforming Lives Through Choices in Wellness”*

**Hatcher**  
601 W Hatcher Rd  
Phoenix, AZ  
(602) 944-2880

**Scottsdale**  
6411 E Thomas Rd  
Scottsdale, AZ  
(480) 994-4866

**Family Support**  
Community Based  
Susan Junck  
(480) 586-7362

**Information & Referral**  
(480) 994-4407

**Warm Line**  
Mon- Fri 12p-12a  
Sat-Sun 4p-12a  
(602) 347-1100

## CEO Corner

Happy New Year! I hope this message finds your 2014 off to a happy and healthy start; and, if you are the resolute type, that you are sticking to the New Years resolution you made.

Now that the holidays have passed and warmer weather is just a couple of months away, you might want to shed a few fluffy pounds. If so, Visions of Hope can help! David Cummings, a certified personal fitness instructor, knows how to bring the best out in your traps, delts, and pecs. Most of all, he knows how to bring out the shining inner strength in you.

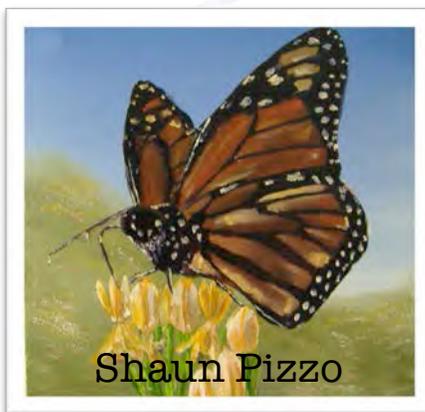
Feel like adding a skill to your resume? If so, Visions of Hope can help! Join in on some culinary fun, learn how not to burn water and earn Food Handler's Card at the end of the program.

Want to share your experience, help others and make a difference? Sign up for our renowned Peer Support Training. Earn your Peer Support Specialist certificate to join the cause for improving the lives of persons diagnosed with serious mental illness.

It is a new year, hope still lives and recovery is yours to enjoy and to share! Visions of Hope is here, today, and each day to help you achieve your goals.

Faron Jack, CEO

## Member Spotlight



Shaun Pizzo

I have been drawing as far as I can remember sometimes I would just doodle as a kid at the kitchen table, even then family would walk by and seemed to be impressed with what a child can put out.

I remember one thing in particular, as a kid, well I suppose like any kid really, sometimes lines would show up that should not be there, and I noticed one day after watching a cartoon, that the

background never went through the characters, so that was something I changed.

I suppose you could say art is in my blood. Art feels like the proper niche I am supposed to fit into in this life.

As for art in my recovery, it's my decompress time. In classes I take, it's My Time, it's about what knowledge I can soak up. There in class it sometimes could be stressful and intense, however at home, when I'm on my own, this is when the greatest of emotions come out in my art, if you can't see it in the pictures provided your blind. In short Art allows me to express what I keep bottled up inside of me, even if I am doodling in a recovery class, it helps me to hear people better.

My goal, is simply to continue to produce art, so far I have been at one art show, and now my art will be featured in a news letter, those are events that even a year ago I could not even imagine... I would love to teach art... I would love to make art...I would love to become a rockstar artist... I would like to never stop dreaming...

Shaun Pizzo

## February Outings

**Butterfly Wonderland**  
**February 1<sup>st</sup>**  
Join us for Rainforest Experience!

**AZ Mills Mall**  
**February 8<sup>th</sup>**  
Care for some Retail Therapy?

**Bowling**  
**February 15<sup>th</sup>**  
Socialize at a game of Bowling!

**Movies:**  
**February 11<sup>th</sup>**  
**February 22<sup>nd</sup>**  
**February 25<sup>th</sup>**

Members can sign up for Outings at either location. Outings are subjects to change.

## What about Grandma's chicken soup?

Chicken soup is a must with cold-like symptoms. In fact, in a study published in the journal *Chest*, researchers confirmed that chicken soup had a mild anti-inflammatory effect that reduced symptoms of upper respiratory tract infections. Today, more than ever, we're aware of the healing power of food to enhance immunity and aid in recovering from illness. Of course, proper nutrition is necessary for maintaining good health, but when your body battles flu symptoms for days or even weeks, your diet becomes even more essential to promote a speedy recovery. It's important to get necessary vitamins and minerals in your daily diet to help you build your strength.

Whether you are sick with the flu or not, protein is always necessary to keep your body strong. Proteins are essential to help your body maintain and build strength. Lean meat, poultry, fish, legumes, dairy, eggs, nuts and seeds are good sources of protein. By eating foods high in protein, we also get the benefit of other healing nutrients such as vitamins B6 and B12; both contribute to a healthy immune system.

Vitamin B6 is available in a wide selection of foods, including turkey, beans, potatoes, spinach, and enriched cereal grains. Proteins such as meats, milk, and fish also contain Vitamin B12, a powerful immune booster.

Minerals such as selenium and zinc work to keep the immune system strong. These minerals are found in protein rich foods such as beans, nuts, meat, and poultry.

Remember, research suggests that following the right diet can not only help prevent colds and flu, but help ease symptoms if we get sick. Go into flu season in good physical condition, with low stress, a plan for eating balanced meals that minimize candy, soft drinks, fast food and junk food.

Dena, Nutritionist

To inquire about Nutrition Classes please contact Dena Wombolt, Nutritionist (480) 994-4866



Art by Shaun Pizzo

## New Fitness Classes!

### Sit and Stretch

Sit and Stretch is an excellent class for those who may be confined to a wheelchair, use a walker, or may have some physical limitations that make standing difficult. Participants perform stretches and functional movements to improve their quality of life while.

### Sit and be Fit

Sit and be Fit is an excellent class for all levels of fitness, especially for those looking to begin an exercise program. Participants are encouraged to use household items including cans, ties, and belts to help strengthen the whole body. Log your workouts at home and share your progress with others.

Dave, Fitness Instructor

To inquire about Fitness Services please contact Dave Cummings, Fitness Coordinator (602) 944-2880

## Dena's Healthy Snack Corner White Chicken Chili

Prep Time: 15 min. Cooking Time: 35 min. Yield: 6 servings

- 2 tsp. grapeseed or olive oil
- 1 large onion, finely chopped
- 4 large cloves garlic, minced
- 1# boneless, skinless chicken breast, cut into bite-sized pieces
- 1-4.5 oz can chopped green chiles, undrained
- 3-10.5 oz can low-sodium chicken broth
- 1-19 oz can cannellini beans, rinsed and drained
- 1 cup frozen white corn, thawed
- 1 tsp cumin
- 1 tsp oregano
- 1 tsp white pepper

Optional but highly recommended: low-fat sour cream or Greek yogurt, sliced green onions, chopped fresh tomatoes, and chopped avocado for garnish.



1. Heat oil over medium heat in a heavy bottomed Dutch oven.
2. Sauté onion for 5 minute.
3. Add garlic and chicken and sauté for about 5 minutes.
4. Add remaining ingredients and simmer for 30 minutes, or longer. For thicker chili, use a spoon or potato masher to mash some of the beans in the pot as it simmers.

Serve with optional garnishes



To inquire about training opportunities, please contact Debbie Ludlow, Training Program Coordinator (602) 944-2880

On February 24<sup>th</sup>, 2014 we will be hosting **Peer Support Specialist Training** class and we are looking forward to a large class. This class is made up of peers who want to further their recovery and support others who are discovering their own recovery journey. The peers who graduate from class and complete a forty hours internship will become certified Peer Support Specialists and are eligible to receive a Certificate.

I will also be facilitating a **WRAP Workshop** that will be available for our Members in the near future. Please keep an eye open for the announcement as to when it will begin.

I look forward to the many classes and trainings Visions of Hope will be offering to its Members, Employees and the Community.

Debbie Ludlow, Training Program Coordinator

Mondays, Tuesdays and Wednesdays from 10am to 3pm for 5 weeks plus 2 weeks Internship.

### Family Support – You are not alone!

The **Family Support** Program offers help to individuals who are supporting a family member or a friend who is recovering from a mental illness. We can help with navigating the behavioral health system, attending meetings with the family, providing education, problem-solving and creating a Family WRAP. We can meet with you one-on-one when and where it is convenient for you. If you feel like you could use someone to talk to who really understands the ups and downs of this journey, please call us to schedule an appointment. For an idea of the benefits our program offers, please read the testimonial below from one of the families we support.

“I cannot say enough about the Visions of Hope program. This organization has helped my family on so many levels. Several roadblocks to recovery in mental illness are the feelings of being all alone, no one understanding my unique situation and nobody caring.

Visions of Hope is unique because once your family becomes a member the major roadblock of feeling isolated begins to disappear. You are assigned a family member who is an ally, coach, friend who helps guide your family through this roller coaster ride lovingly called the "system."

Your family support provider will meet with you whenever and wherever you want. If you need someone to go to court with you, or visit the hospital, or attend Service Planning meetings, they will go with you. Even though these family support providers have several families they are working with, they always make you feel that you are their only focus. This program reminds me of the saying that ‘nobody cares how much you know until they know how much you care.’ Vision of Hope cares.”

Denise

To inquire about Family Support, please contact Susan Junck, Family Support Manager (480) 586-7362

### From Board of Directors – Mike Franczak

I am **Michael Franczak** and I have been on the Visions of Hope Board of Directors for almost 8 years. I currently serve as the Chief of Operations for the Marc Community Resources in Mesa, Arizona. I received a Ph.D. in Psychology in 1976 and for the past thirty years have been involved in Mental Health, Substance Abuse and Development Disability services in Pennsylvania, North Carolina and Arizona. During this period I have also been employed as an expert witness for the US Department of Justice and have been involved in many landmark cases concerning mental health and mental retardation services across the country. Some of these include the Willowbrook in New York, Pennhurst in Pennsylvania, Lelz in Texas, Jackson in New Mexico, Felix in Hawaii, Laguna Honda in California and Olmstead in Georgia.



Art by Shaun Pizzo

One of the most amazing things that I have seen in my professional career is the development of the recovery and peer support movement. That was one of the reasons that I became involved with Visions of Hope. I have witnessed Visions of Hope develop into one of the most respected Peer Support organizations in Arizona. This could not have been accomplished without the ongoing critical involvement of the individuals who participate in the program. During each Board meeting one of the members comes to tell the group about their experiences and what attend Vision means to them.

I always leave re-inspired by what the program has done for so many of the participants. The growth of any program creates both opportunities and challenges. Vision’s has been able to maximize the opportunities and has met the challenges with courage and conviction. I am very proud to be associated with the participants and staff at Visions of Hope and I know that whatever may come with the next system change, Visions mission will remain clear.

**GED at Visions**

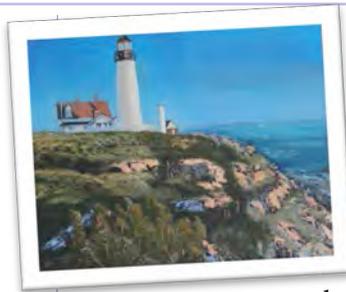
Congratulations to **Ricky**, who earned his GED at Visions of Hope!" Ricky routinely attended his scheduled classes and was diligent with homework. Due to Ricky's dedication, he earned his GED in only 4 months! Way To Go, Ricky!!!

Visions of Hope offers a flexible, self-paced, learning environment in our GED Classes. Classes are taught one subject at a time. Presently, we are teaching Math.

Classes are held Monday through Friday from 9am to 11am and 1pm to 3pm. To meet the demands of our working Members, evening and Saturday classes are forthcoming. These classes will be held Tuesday and Thursday, 5:30pm to 7:30pm and Saturday 10am to 12pm. Hope to see you there!

Beth Felton

To inquire about GED Program, please contact Beth Felton, GED Instructor (602) 944-2880 ext 1106



Art by Shaun Pizzo

such as past trauma and abuse, grief and loss, or guilt and shame. Members have the opportunity to regain control of their lives and start living for the present and future rather than being stuck in the past.

Counseling is available to all title 19 members with a referral by their case manager. In addition to providing individual and family therapy, I co-facilitate a suicide prevention group with Jordan Langley called "A Life Worth Living." It is currently held on Thursdays at 9am at the Hatcher location. In addition to one licensed therapist, an intern counseling program has recently been added to expand therapy services to members. Counseling interns are working on their Masters degree from Ottawa University and will stay at Visions of Hope for the remainder of their internship.

I have found it to be rewarding to be a witness to the courage and resiliency of people and to be a part of their recovery journey. In closing, "Never give up, go around, go under, go through, but never give up!"

Jennifer Kizer, MA LAC BHP, Therapist

To inquire about Counseling, please contact Jennifer Kizer, MA LAC BHP, Therapist (480) 944-2880

**Information and Referral (480) 994-4407**

*Free of Charge...* Information & Referral Coordinator Andy Arnowitz enjoys helping people, like you, navigate through the often confusing world of the Arizona mental health system, getting his clients to the people and organizations best able to serve them.

\*Follow up calls offered.

\*\*Call Andy at Visions of Hope Arizona M-F 9am-4pm, 480-994-4407

**Telephone Support Service WARM LINE (602) 347-1100**



The **Warm Line** is a confidential, non-crisis and non-judgmental support line. We are here to support persons who need someone to listen. We are all peers, so we have "been there, done that." We understand, acknowledge and embrace the process of recovery. We are here to empower and hold the hope for people who are living with mental illness. We are honored that our callers allow us to walk with them on their personal path of recovery. Callers are able to call in once, every hour and talk to our Call Specialists for 15 minutes. The **Warm Line** is available Mon-Fri: 12pm-12am and Sat-Sun: 4pm-12am.

**How to enroll with Visions of Hope**

Visions of Hope offers services for Adults, enrolled in Magellan SMI Program (AHCCCS and NON-AHCCCS).

To enroll with Visions of Hope, please get in touch with your case manager/ treatment coordinator and ask them to contact Elizabeth Dominguez, Intake Coordinator for Referral Packet Requirements.

Phone: (602) 944-2880 Fax: (602) 867-2435 E-mail: [elizabeth.dominguez@hopeaz.org](mailto:elizabeth.dominguez@hopeaz.org)

