



DEAF AWARENESS AND FAMILY HEALTH



Seasons Greetings from the Chairman's Desk.

A sense of *Déjà Vu* is upon us once again as we find ourselves disconnected, isolated and in my case unemployed. And of course the employment department has decided to deny my claim until I fill out paper work that is in the mail over a holiday... Fortunately my dad's neighbor at the beach didn't want to drive round trip for 6 hours and work 10 each day, so I have a temporary roommate during the week. It's the little things in life -



Anyway - the past, the present and our future is filled with obstacles. Our challenge is to overcome them. I will admit I like the quote:



Which gave me the idea of jumping in mud puddles - more on that later.

To make a long story short- my garden is in winter mode and my over active imagination is running wild as I sit with pen and paper at hand because I can't see to drive at night.

And it is during those long winter nights that I stumbled across something I wish to share with you. It has lifted the sagging spirit and filled the - let's call it "quiet hours" (see page 3 & 4)

There are beautiful people out there we find them in our daily life and sometimes we get lucky and run across Angles -



BRIGHTER DAYS



When Virginia and I came up with the “Brighter Days Mental Health Fair” we were going through challenging times and wanted to change the way people thought about mental health. To this day I still believe in the basic concept of our program we put together. It has not been possible to implement our program as of late but that doesn't mean things have gotten better, especially when you look at the suicide table Oregon has. In a nutshell Oregon is the top contender for suicide and it is the leading cause of death among Oregonians aged 10 to 24. Can you image a 10 year old committing suicide let alone an adult.

The situation will not get better with our current environment. It is time to come up with creative ideas to reach out and let them know others are sharing the same decision on which path to continue their journey. It looks dark and stormy no matter which route you choose.

So - first we need an umbrella to shelter from the rain or as the saying goes:



I am all for dancing in the rain:



And those who were seen dancing were thought to be insane by those who could not hear the music

Second, we need someone to make that journey with us



& something to hug



[J-L F 1 year ago](#)



Take a deep breath. It's a bad day. Not a bad life.

Go to "8 hours of Beautiful Paino Music." Read the comments & listen to the music:

https://www.youtube.com/watch?v=OeHLHNKQCXA&list=RDQMA6yX6mBaBYU&start_radio=1

[Maxwell Crane 1 month ago](#)

... I feel like this place is as safe as it gets. For whoever reads it, things do get better. I'm just a 16 year old boy, but I've learned time only continues to pass and that means that any pain you have now will fade, any new pain you experience will eventually go away. So make the most of it. Don't constantly believe you are hurt because then you can't see beautiful things in our world. Yes, there is violence, hate, oppression, sadness, anger, and so much more. But the world has beautiful things to offer, it has love, happiness, laughter, care, tenderness, and a million more things that make life worth living. So whatever pain you might be going through, whatever bad thing you think of about this world. It will always get better, just be a kind person, and kindness will come back to you. I love making new friends, I always try to help people. I doubt people will read this actually. But I want to put it out there, maybe add some good to the world. Sleep well

This young man received 226 likes & 37 replies at the time I read his post. Here are some of the replies:

[Owen Morton 1 month ago](#)

Well said buddy. Hope you're doing well, I appreciate you and all your wisdom.

[Racheal Bowers 1 month ago](#)

God Bless You! Thank you for sharing! Keep loving others- that is the key to life.

[Deborah Watson 1 month ago](#)

You have a wisdom well beyond your age, thanks for those words.

[Linda Koester 4 weeks ago](#)

Continue on young man. I'm sure your parent are proud of you. I am.

[Cuban supra 2jz 4 weeks ago](#)

Amen little brother, the world we live in needs more of this, blessings.



[J4 Genius 3 months ago](#)

This comment section literally restores my faith in humanity and I'm NOT kidding! Oh my god, where are all these beautiful people in my day to day life? Where are U all hiding? I wish the world was like this, imagine us all having these kind of interaction: all the time, being understanding and supportive of each other. This

meaningless existence of ours would be more bearable. I should come here more often, I definitely will

[Soothing Relaxation Music 2 months ago](#)

I've been depressed for a long time, I seem useless and bad This music has helped me relieve fatigue and stress. Thanks for sharing it The person who is reading this comment, I wish you great success , health, love and happiness !

[John Fix 2 months ago \(edited\)](#)

when the clouds are gray doesn't mean that there is no sun, Its right there its always right there behind those dark clouds and so was I, we might never meet and saw each other but that doesn't mean that I am not here, that doesn't mean no one is thinking about you about how you felt right now, you might felt alone but I am thinking of you right in this very moment, I care so you might as well. we are all in this together in this beautiful gift of life, take some rest for now pull yourself back together, cry if it's deemed necessary release the pressure INSIDE of you. sleep well my friend - sleep well -john



WASHINGTON-YAMHILL POMONA GRANGE

COMMENTS

CONTINUED FROM PAGE 3

TRICIA LIM YUNFEI E1
(commented) [2 months ago](#)

"Telling a depressed person not to be sad is like telling a color-blind person to see color" If you are telling anyone in this world "I feel you / its alright "....Please stop.. It makes things worse.....NEVER EVER tell anyone that you understand them, It's not gonna be alright, cause.....no one understands the pain you/he/she is going through..... Everyone is different, we all have different opinion, different thoughts, different taste.....etc. We ain't the same and our definition of sad is different.....To some people, sad is just a - but to the rest of the peoples, sad means ----We need to respect each other even if we have different opinions on things.....right now, you might be experiencing

pain that no words can explain. No one can understand how you feel, but I just want to let you know that even though no one can understand how you feel about things, try to give in. Life is about giving in and letting go. Life teaches us extremely tough, rough lessons and testes us. We do fail in test sometimes, but not always.....We would pass When you do pass, don't just think: I SUCCEED... Remember the sad times when you became stronger, remember the times when no light is shining at your direction...Who was even next to you? Who was even holding your hands and helping you? No body. Absolutely nobody...make true friends and give up those who just need u when they need help. Talk to me, reply to me.....I'm a very active person!! I can talk to you and

maybe try my ... best to make you smile. It's impossible to change anyone, they are they We have follow their way sometimes....They have to follow your way sometimes.....That's fair isn't it?? Talk things out, don't use vulgarities or fighting Most of all, I wish you guys all the best in life. and may this comment bring you some joy. I love you all, remember this....



Do not judge.
You don't know
what storm
I've asked her
to walk through.
-God

Mental Health:

Editor's note: Not one size fits all and Tricia is correct in that each of us is unique in our own way. I know this in my heart and have embarrassed the heck out of fellow members when I stand up to individuals who like to lump a group of people into a category. There comes a time when someone needs another to stand up for them.

Our journey may seem like an empty road, but there are others using the same path, we just don't always see them. It is my hope that we can share in building a brighter path to walk upon.



**The loneliest people are the kindest.
The saddest people smile the
brightest. The most damaged people
are the wisest. All because they do
not wish to see anyone else suffer the
way they do. - Dustin Wynn**
-Dustin Wynn

Ownquotes.com/quote/53013



sometimes
the smallest
things take
up the most
room in your
heart



-winnie the pooh



One of the simplest
ways to stay happy is...



Letting go of the thing
that makes you sad.

- Daily Dose

**‘SUCCESS ISN'T
ABOUT HOW
MUCH MONEY YOU
MAKE, IT'S ABOUT
THE DIFFERENCE
YOU MAKE IN
PEOPLE'S LIVES’**

First Lady Michelle Obama



THE LIFE IN
FRONT OF YOU
IS FAR MORE
IMPORTANT
THAN THE LIFE
BEHIND YOU



"What day is it?"

It's today," squeaked Piglet.

My favorite day," said Pooh."

A.A. Milne



"Sometimes you just have to jump in a mud puddle because it's there. Never get so old that you forget about having fun."
- Tom Giaquinto



WHEN LIFE HANDS YOU RAINY DAYS, WEAR CUTE BOOTS & JUMP IN THE PUDDLES



MUD PUDDLE Challenge!

Challenge
Best Looking Boots/Shoes for puddle jumping
Take a photo & send it to
Yours Truly
Theresa
Tthorud@hotmail.com



**Until Next Time:
Bear Hug**



