

Hands of Healing Monthly Newsletter March

March 2021

HANDS OF HEALING, BIGGER AND BETTER

Hello Hands of Healing Family and Friends. It is our hope that each and every reader is healthy and well!

Although this is a very common sentiment, in this case, it is definitely not being used lightly. February is generally known for being a month to celebrate love, to celebrate history and to celebrate culture. However, this year, it turned out to be a month where millions figuratively and literally weathered the storms and experienced a snowstorm in Texas, yes Texas! That is newsworthy by itself. While I am sure that no-one wants to revisit the catastrophe that we all just witnessed and endured, the purpose of bringing up this topic is to acknowledge the resilience that was demonstrated by many men and women who served the “at risk” population throughout the state of Texas, but most importantly to use this platform to publicly praise and applaud the dedicated men and women of Hands of Healing for your valiant response in a crisis. In our Harlingen residential program, the Administration, and staff immediately

went into action, securing refuge (a local hotel) to take shelter. The Executive Team could not be prouder of how this “state of emergency” was handled.

Our Baytown location was faced with a similar and even more challenging dilemma, losing power and water in the middle of the night while caring for 27 residents. Our tenured and dedicated staff stepped into motion and regarded the care of our boys as if they were their own biological children. We would like to publicly thank the entire shift for coming together and stepping up. Together they cautiously and safely caravanned 49 miles away to Beaumont TX, where hotel rooms were secured to get through the worse of the storm. Although they were split into groups between 2 different hotels (due to occupancy constraints), our staff seamlessly ensured that the children remained safe, cared for, and that no child had to fear being left in the dark of the storm. They are true heroes! Thank you, thank you, thank you!

Our Mission

Our mission is to deposit seeds of balanced mental health, happiness and hope into the minds of youth with challenges, by creating a nurturing and structured environment, that will instill in them principles and values that will enable them to become productive members of society.

We strongly believe that youth belong at home with their families and that youth are most effectively served in their own communities. Our expert staff takes pride in providing high-risk adolescents with the educational and emotional support, structured supervision, and guidance needed to empower youth to make positive changes in their lives.





SPRING HAS ARRIVED

March is the month when spring officially begins, and Daylight Savings takes root typically the second Sunday in the month. It will be March 14th this year. It can be a dramatic month with sometimes wild and shifting weather as Mother Nature tries to shed her winter coat. Spring, also known as springtime, is one of the four temperate seasons, succeeding winter and preceding summer. There are various technical definitions of spring, but local usage of the term varies according to local climate, cultures, and customs. When it is spring in the Northern Hemisphere, it is autumn in the Southern Hemisphere and vice versa. At the spring (or vernal) equinox, days and nights are approximately twelve hours long, with daytime length increasing and nighttime length decreasing as the season progresses.

Spring and "springtime" refer to the season, and also to ideas of rebirth, rejuvenation, renewal, resurrection and Meteorologists generally define four seasons in many climatic areas: spring, summer, autumn (fall), and winter.

These are determined by the values of their average temperatures on a monthly basis, with each season lasting three months. The three warmest months are by definition summer, the three coldest months are winter and the intervening gaps are spring and autumn. Meteorological Spring, can therefore, start on different dates in different regions.

In the US and UK, spring months are March, April, and May.

In Australia^[3] and New Zealand, spring begins on 1 September and ends on 30 November. In Ireland, following the Gaelic calendar, spring is often defined as February, March, and April. In Sweden, meteorologists define the beginning of spring as the first occasion on which the average 24 hours temperature exceeds zero degrees Celsius for seven consecutive days, thus the date varies with latitude and elevation. In Brazil, spring months are September, October, November, and December.

Resources:

Parenting tips:

<https://hernexxchapter.org/blog/2020/06/15/6-parenting-tips-to-adjust-to-your-new-normal/>.

Parents - GetParentingTips.com

Housing Assistance:

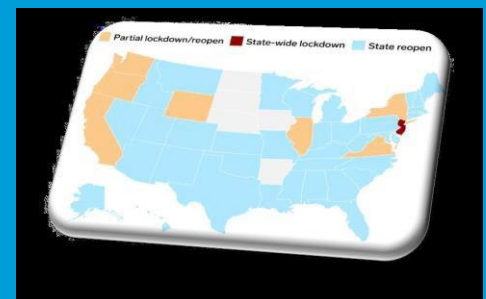
<https://www.tdhca.state.tx.us/txehs/txehs.htm>

Food Assistance

USDA Information Hotline:
(202) 720-2791

Supplemental Nutrition Assistance Program Employment & Training:

<https://www.twc.state.tx.us/programs/supplemental-nutrition-assistance-program-employment-training-program-overview>



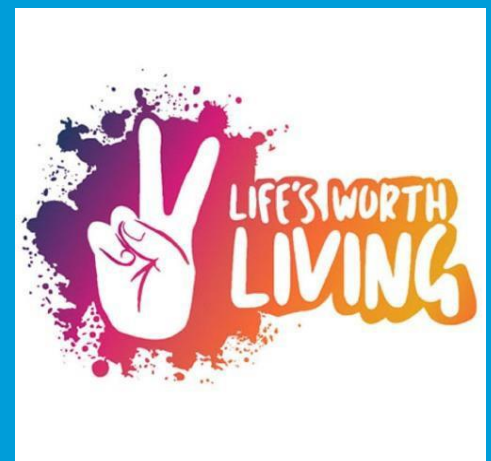
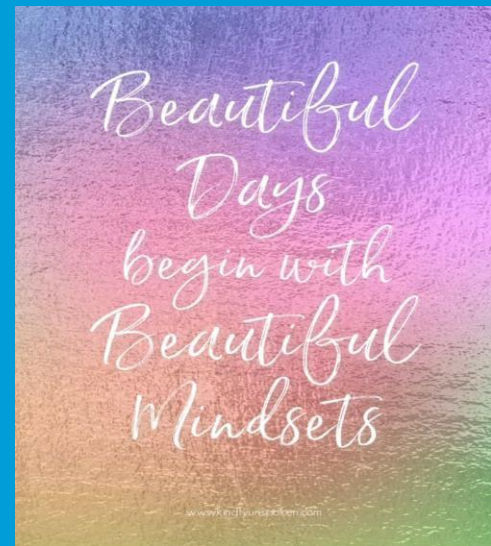


FACTS AND TRIVIA ABOUT MARCH

1. Say Happy New Year to Ancient Romans as March was the first month of Roman calendar when January and February were not included.
2. The name of March month is named after Mars, the Roman god of war as it was the month in which the military campaigning season got underway after winter.
3. Each year, March and June months end on the same day of the week. Quite interesting!
4. Did you know March is the only month having a total of 3 consecutive consonants in its name?
5. Saint Patrick's Day is celebrated in the month of March.
6. There is a famous quote about this month which states "March comes in a like a Lion and goes out like a Lamb", which means that winter is ending and spring has started.
7. The name of this month is an acronym for the Medically Aware and Responsible Citizens of Hyderabad.
8. One more name is given to this month which is "Hlyda" which means "loud" because of winds blow in this month.

March Month Interesting Facts And Trivia | CalendarBuzz

Quotes for Daily Encouragement:





Happy St. Patrick's Day

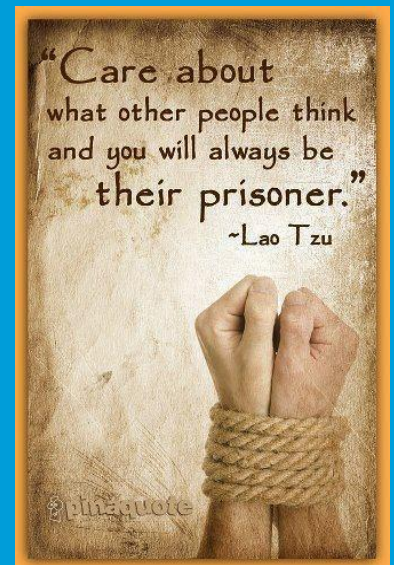
St. Patrick's Day observes the death of St. Patrick, the patron saint of Ireland. St. Patrick, who lived during the fifth century, is the patron saint of Ireland and its national apostle. Born in Roman Britain, he was kidnapped and brought to Ireland as a slave at the age of 16. He later escaped but returned to Ireland and was credited with bringing Christianity to its people.


In the centuries following Patrick's death (believed to have been on March 17, 461), the mythology surrounding his life became ever more ingrained in the Irish culture: Perhaps the most well-known legend of St. Patrick is that he explained the Holy Trinity (Father, Son and Holy Spirit) using the three leaves of a native Irish clover, the shamrock.

The Irish have observed this day as a religious holiday for over 1,000 years. On St. Patrick's Day, which falls during the Christian season of Lent, Irish families would traditionally attend church in the morning and celebrate in the afternoon. Lenten prohibitions against the consumption of meat were waived and people would dance, drink and feast on the traditional meal of Irish bacon and cabbage.

Since around the ninth or 10th century, people in Ireland have been observing the Roman Catholic feast day of St. Patrick on March 17. The first St. Patrick's Day parade took place not in Ireland but in America.

PEOPLE OFTEN
FORGET
THAT
KINDNESS
IS
FREE.





More than 100 St. Patrick's Day parades are held across the United States; New York City and Boston are home to the largest celebrations.

St. Patrick's Day Celebrations Around the World

Today, people of all backgrounds celebrate St. Patrick's Day, especially throughout the United States, Canada and Australia. Although North America is home to the largest productions, St. Patrick's Day is celebrated around the world in locations far from Ireland, including Japan, Singapore and Russia. Popular St. Patrick's Day recipes include Irish soda bread, corned beef and cabbage and champ. In the United States, people often wear green on St. Patrick's Day.

What Do Leprechauns Have to Do With St. Patrick's Day?

Well...one icon of the Irish holiday is the Leprechaun. The original Irish name for these figures of folklore is "lobaircin," meaning "small-bodied fellow." Belief in leprechauns probably stems from Celtic belief in fairies, tiny men and women who could use their magical powers to serve good or evil. In Celtic folktales, leprechauns were cranky souls, responsible for mending the shoes of the other fairies.

Though only minor figures in Celtic folklore, leprechauns were known for their trickery, which they often used to protect their much-fabled treasure. Leprechauns have their own holiday on May 13, but are also celebrated on St. Patrick's, with many dressing up as the wily fairies.

St. Patrick's Day: Origins, Meaning & Background - HISTORY - HISTORY





Fun Family Activities for St. Patrick's Day

Like most holidays, Saint Patrick's Day evolves as you get older. When you're a child, March 17 means wear your favorite green outfit to school and softly pinching your classmates who forgot to wear theirs. When you're in your 20s, the holiday gives you an excuse to drink green cocktails and all of the Guinness your little heart desires.

As a parent, figuring out ways to celebrate St. Patrick's Day with your kids becomes more of a priority. But even those who aren't parents may be looking for new St. Patrick's Day activities to try this year, instead of heading to the local pub with friends or family and grabbing a few rounds of their holiday-themed drinks.

From cookie decorating contests, to drinking games, to colorful crafts, there are countless ways to celebrate St. Patrick's Day this year that don't involve leaving the comfort of your living room.

Make an Irish meal.

There are so many delicious St. Patrick's Day recipes out there to make your celebration even more authentic this year, like a traditional beef stew infused with two cups of Guinness or corned beef and cabbage.

Wear green.

Of course, March 17 can't come and go without you donning at least one piece of green clothing or accessory. Whether you're trying to avoid being pinched, or you want an excuse to wear your green pleather pants, consider embracing the colorful tradition.

Have a shamrock cookie decorating contest.

Decorating cookies can be a part of any holiday, not just Christmas. Gather your little ones (and even your big ones) for the shamrock cookie decorating contest of the ages. Winne gets bragging rights and maybe an extra cookie or two after dinner. No matter the champion, however, you and your team will have cookies for days.

Play a St. Patrick's Day-themed game.

With all of the St. Patrick's Day-themed games that exist, you could have a different one for every hour of March 17, if you really wanted to. From St. Paddy's Bingo for the whole family to green drinking dice for the adults, everyone's bound to find a game they won't want to put down.

Make green slime.

Slime on its own can be really fun but making your own slime? That takes the fun to the next level. You and your quarantine pod can watch the goo come to life in front of you. And the best part? This slime kit comes with a bunch of colors, so you can make green on St. Paddy's and any other color another day.

Virtually attend a St. Patrick's Day parade.

St. Patrick's Day parades are popular in the United States, Dublin, and other parts of the world on March 17. Though the ongoing COVID-19 pandemic may hinder your chances of seeing your local parade in person this year, you can probably find a virtual one to watch with the whole family.



(cont...)

Whip up a Shamrock Peppermint Shake.

Don't limit your St. Paddy's Day drinks to alcohol. With some vanilla, ice cream, peppermint, and green food coloring, you can have the most beautifully delicious and festive milkshake.

Watch a holiday-inspired movie.

Move over, Christmas movies. Why aren't St. Patrick's Day movies more of a thing? Spend the night watching one of these holiday movies at home with an Irish float. And that's particularly appealing this year, since the holiday falls on a weekday.

Make St. Patrick's Day cards.

Cards are one of the easiest ways to brighten someone's day, even if it's for a holiday you don't normally dish out cards for. The options are endless: Make some for your grandparents, people at your church, or the kids at the local hospital, and you'll bring smiles to many faces on March 17.

Plan a socially distant scavenger hunt.

Test your luck this year by setting up a scavenger hunt with a few friends, family, and the kids — with green masks, of course. You can hide treats around the neighborhood with clues, and, who knows, you just may win the pot of gold!

Listen to Irish music.

Irish music gets the heart going. So, throw on some classic Irish tunes and bust out a jig in your living room with the whole family. You can listen to a 3-hour compilation of some of the best Irish music @: [The music of Ireland: Jigs and reels - YouTube](#).

Search for four-leaf clovers.

Take the kids on an adventure in search of lucky four-leaf clovers. They'll be endlessly entertained searching through a clover field to find the lucky ones, and it's a good way to get outside and get the imagination wandering.

Give to a green cause.

Concern Worldwide is one of the largest international charities based in Ireland that provides food, shelter, and healthcare to those in need. Consider donating water or supplies at [ConcernGifts.org](#).

Learn Irish dancing.

Irish step dancing is a completely unique and recognizable style of dancing. If you're in it to break a sweat and try a fun new way of working out, or you're looking to really hone a new skill, an Irish step class is a fun way to try something new and get out of your comfort zone on St. Paddy's. There are plenty of online videos to teach you, so you can learn from the comfort of your own home.



ST. PATRICK'S DAY

WORD SEARCH

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

RAINBOW	GREEN	CHARM
SHAMROCK	HAPPY	IRELAND
CLOVER	LUCKY	
WISH	GOLD	

www.momgenerations.com

Movies about St. Patrick's Day

1. Leprechaun (1993)
2. In Bruges (2008)
3. Once (2007)
4. The Commitments (1991)
5. Far and Away (1992)
6. The Boondock Saints (1999)
7. The Quiet Man (1952)
8. The Secret of Kells (2009)
9. Gangs of New York
10. The Guard

[movies about st. patrick's day - Bing](#)

The Cook's Corner

Irish Potato Cakes



Ingredients:

2 cups of mashed potatoes
1/3 cup of flour
2 tablespoons of milk
1 tablespoon of chopped mixed herbs
1 ½ tablespoons of butter (poss a little more)
Salt
Pepper

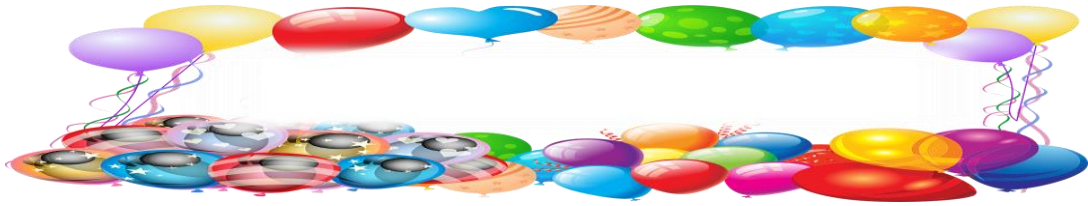
Prep: 10 min

Cook: 20 min

Directions:

Combine mashed potatoes, flour, milk and chopped mixed herbs in a bowl. Knead until smooth. Season with salt and pepper. Divide into 4 balls on a floured surface and flatten each into a 3-inch patty. Melt butter in a large skillet over medium-high heat; add the patties and cook until golden brown (4 to 5 minutes per side), adding more butter to the pan as needed. Season with salt.

[Irish Potato Cakes Recipe](#) | [Food Network Kitchen](#) | [Food Network](#)



Happy Birthday Shoutouts!!!!

March Birthdays

Timothy Marx	3/3
Aubrey Huerta	3/9
Reginald Green	3/14
Peretua Ekeh	3/18
Mae Rencher	3/19
Carlianne Turner	3/19
Brenda Lewis	3/24

March Holidays

St. Patrick's Day	3/17
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Foster Parent Referral Bonus

Talk to your Administrator for details!

Payable to current foster parent for referring each new foster parent that becomes licensed by Hands of Healing.

Share your experience with friends or family who you believe have the heart to be a Foster Parent. We would love to have them become a part of the Hands of Healing Family!



A note from our Organization Vice President:

I would like to thank each and every Foster Parent for all that you do for our Foster Children. It truly takes a very special person to find the capacity within themselves to raise and parent a child that does not have your own DNA. Thank you for being the person to wipe their tears, wash their laundry, and hold them in your arms in their moments of despair as well as triumph.

With all that you do, make sure that the compensation that you are receiving is in accurate. Below are the descriptions of the “levels of care” for your review. Take a look, and if you believe that the children that you serve requires a review, please contact your Program Administrator or Case Manager to discuss possible changes. Also, if you would like to begin accepting children who require a higher level of care, begin that discussion with your Program Administrator or Case Manager. Again, thank you for all that you do, and know that you are the best part of Hands of Healing.

*Kindest regards,
-Sheila Weetly*

Description of the Basic Service Level

The Basic Service Level consists of a supportive setting, preferably in a family, that is designed to maintain or improve the child’s functioning, including:

1. Routine guidance and supervision to ensure the child’s safety and sense of security;
2. Affection, reassurance, and involvement in activities appropriate to the child’s age and development to promote the child’s well-being;
3. Contact, in a manner that is deemed in the best interest of the child, with family members and other persons significant to the child to maintain a sense of identity and culture; and
4. Access to therapeutic, habilitative, and medical intervention and guidance from professionals or paraprofessionals, on an as-needed basis, to help the child maintain functioning appropriate to the child’s age and development.

Description of the Moderate Service Level

The Moderate Service Level consists of a structured supportive setting, preferably in a family, in which most activities are designed to improve the child’s



functioning including:

- 1. More than routine guidance and supervision to ensure the child’s safety and sense of security;
 - 2. Affection, reassurance, and involvement in structured activities appropriate to the child’s age and development to promote the child’s well-being;
 - 3. Contact, in a manner that is deemed in the best interest of the child, with family members and other persons significant to the child to maintain a sense of identity and culture; and
 - 4. Access to therapeutic, habilitative, and medical intervention and guidance from professionals or paraprofessionals to help the child attain or maintain functioning appropriate to the child’s age and development.
- A. In addition to the description in subsection (a) of this section, a child with primary medical or habilitative needs may require intermittent interventions from a skilled caregiver who has demonstrated competence.

Description of the Specialized Service Level

The Specialized Service Level consists of a treatment setting, preferably in a family, in which caregivers have specialized training to provide therapeutic, habilitative, and medical support and interventions including:

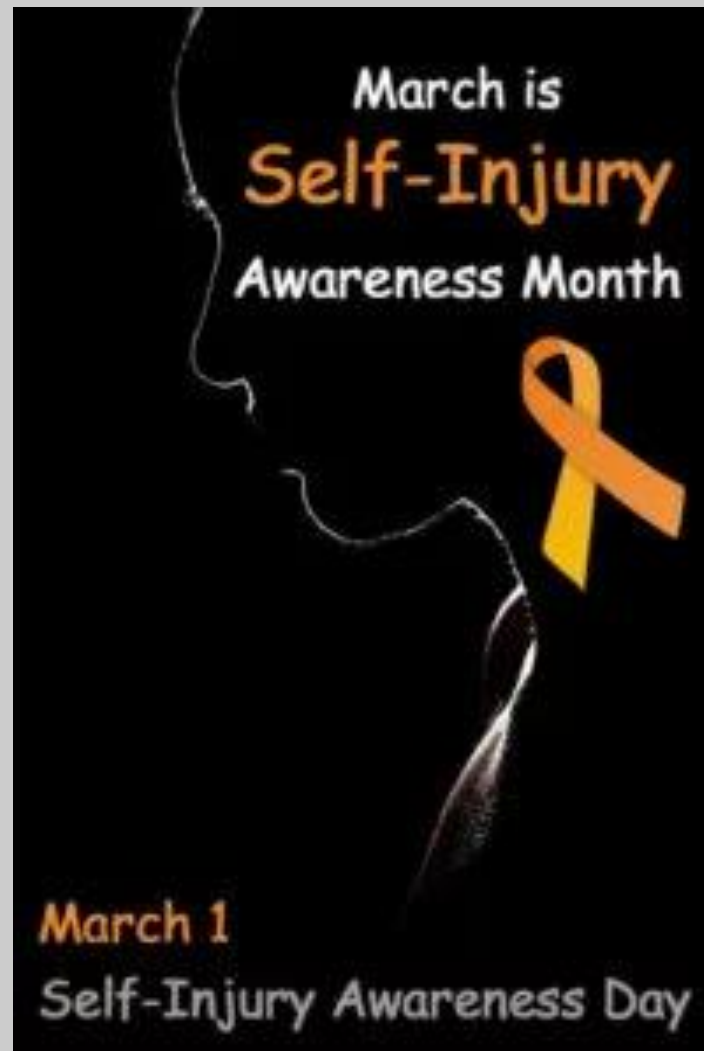
- 1. 24-hour supervision to ensure the child’s safety and sense of security, which includes close monitoring and increased limit setting;
 - 2. Affection, reassurance, and involvement in therapeutic activities appropriate to the child’s age and development to promote the child’s well-being;
 - 3. Contact, in a manner that is deemed in the best interest of the child, with family members and other persons significant to the child to maintain a sense of identity and culture; and
 - 4. Therapeutic, habilitative, and medical intervention and guidance that is regularly scheduled and professionally designed and supervised to help the child attain functioning appropriate to the child’s age and development.
- A. In addition to the description in subsection (a) of this section, a child with primary medical or habilitative needs may require regular interventions from a caregiver who has demonstrated competence.

Reimbursement Daily Rates

Basic	\$27.07
Moderate:	\$47.37
Specialized:	\$57.86



March is Self Harm Awareness Month!



March is Self-Harm Awareness Month

For some people, severe emotional and psychological pain can drive them to hurt themselves physically. Because it is such a widespread problem, March is recognized as Self-Injury Awareness Month to bring attention to the issue. Self-injury or self-harm, sometimes known as “cutting,” is an intentional, predominantly non-lethal way people struggling with mental health issues sometimes manifest their intense and stressful emotions. Self-injury can also be a form of distraction or temporary relief from the psychological turmoil they’re experiencing.



(cont..)

For almost 20 years, mental health organizations like Life Signs and others have designated March 1 as Self-Injury Awareness Day. It is the start of a month-long push to raise awareness and understand people suffering from self-harm issues.

- Some people write “LOVE” on their wrist or wear an orange ribbon to raise self-injury awareness.

According to data published by the National Institutes of Health (NIH), just under 17 percent of people will engage in some form of self-harm during their lifetime.

- This study found that the most common reason people hurt themselves is for “relief from thoughts and feelings.”

Teenagers are at the most significant risk for self-injury issues, with the average age a person starts this type of behavior being 13 years old.

Some of the most common ways people self-harm include:

- Carving, cutting, or embedding objects under the skin
- Repeatedly hitting or banging the head
- Hair pulling, not just on the head but also on the arms and legs
- Burning the skin with lighters or cigarettes
- Beating, pinching, or bruising
- Picking at wounds, making it difficult for the healing process
- Consuming dangerous substances

Though a person might harm themselves anywhere on the body, the hands, arms, wrists, thighs, and stomach are most frequently the sites of self-injury.

Intentionally injuring oneself is more common than many people might think. It carries such stigma and shame, those struggling with these problems are often likely to hide their wounds.

- The perception is that younger, white females are most likely to self-harm. Still, the American Psychological Association (APA) reports that as many as half of self-harm victims are men.


Self-harm issues show up among all races and socioeconomic levels, although sexual orientation may play a factor. A more significant number of gay and bisexual males and females admit to issues of self-injury. It doesn't mean it only happens to these demographic groups, but they are the ones most open to discussing it.

What are the Signs of Self-Harm or Self-Injury?

It can be particularly difficult for friends and family to notice self-injury issues right away simply because cuts, nicks, bumps, and bruises are just a fact of everyday life. It's especially true for teens and young adults who are active in sports and other activities.

However, it's essential to pay attention, especially when a person has suffered from or is currently having mental health issues.

Signs that a person is engaging in self-harm may include some of the following:

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- Sudden withdrawal from friends, family, and activities that they usually enjoy
 - The presence of unexplainable injuries – burns, cuts, bruises, scabs, etc. – regularly
 - Wearing concealing clothing, such as long-sleeve shirts, pants, or coats even when it's warm inside or outside
 - Having a seemingly prepared story for injuries

It's critical to understand that self-injury is a symptom of a more significant mental health condition. Anyone who is harming himself or herself needs the injuries examined by a physician and seek treatment for their mental wellbeing.

There isn't a specific treatment for self-injury or self-harm, as most treatment protocols focus on the underlying issue that is causing the self-harm, such as depression, stress, anxiety, or others.

Fortunately, many of the mental health concerns respond to some of the following:

- Psychotherapy
- Cognitive-behavioral therapy
- Meditation and mindfulness training
- Dialectical behavior therapy
- Medications like antidepressants

These therapy types can help improve mood and focus and learn how to break free from toxic mental health habits.

Friends and loved ones can play a critical role by not criticizing a person struggling with self-harm. Listening, showing compassion, and helping them reach out for professional help are all good strategies.

During March, take the opportunity to learn about the issues of self-injury and self-harm.

Understanding the underlying causes that can lead to this type of behavior and the warning signs that it might be occurring may help someone who has been suffering in silence.

March is Self-Injury Awareness Month | Addict Help (addict-help.com)

Organizational Overview

Hands of Healing is a non-profit Organization committed to make a difference in the lives of Children, Youth and Families, by seeding Health, Happiness and Hope one home at a time.

Our Organization provides an wide array of social services to underserved and "at risk" communities, in response to multiple contracts secured with the Texas Department of Family Protective Services and Texas Health and Human Services.

We currently operate two General Residential Operation facilities, providing care and services to 33 male youth, ages 8-17, in Baytown TX, and 30 male youth in Harlingen TX. Each program is regionally, demographically and culturally supportive and serve the needs of youth who are a ward of the state, from all regions of the state of Texas.

As an Organization providing wraparound services, Hands of Healing possesses a contract and license with the state of Texas to provide Foster Care credentialing. This includes recruiting Foster Parents and providing development and training with the ultimate goal of placing children, ages 1 day to 17 years old, in suitable Foster homes. Our Agency is licensed to provide these services in our Houston and Harlingen offices. In June of 2020, we obtained a contract with the state of Texas to complete adoption services. Our contracts for Substance Abuse, Substance Use, and Evaluation and Treatment with the State, as well as our contracts with Medicaid and multiple Managed Care Operations are our primary referral source for clients in need of Mental Health services. These services include individual and group therapy, outpatient drug treatment, drug education, anger management, parenting classes and much more. These services are currently available onsite in our Baytown office and Harlingen.

Additional Sources:

