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Coffee and Conversation

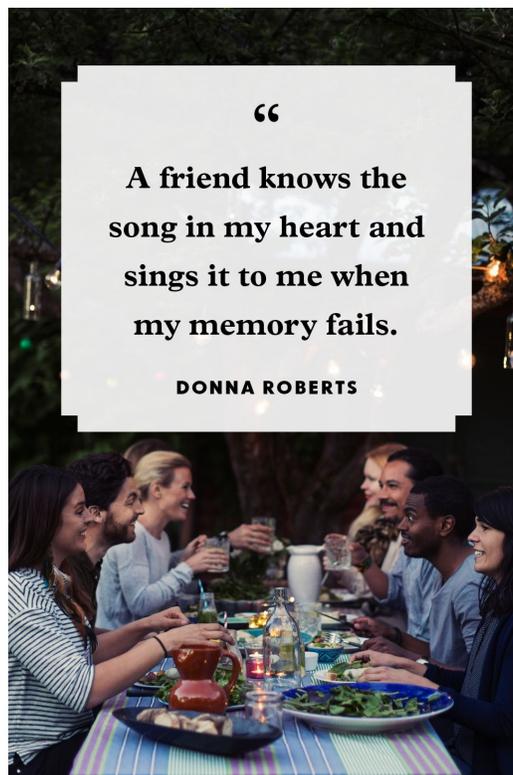
A New Year, A New time to Heal. The Holidays are over, and we can start anything in this new year we want.

Whether we want to clean out, organize, get healthy, or be better, this is the time to prioritize yourself!

Reach out to me if you need some help!

"Keep going, keep growing."

~Laci Graham, LPN
Executive Director



THOUGHTS FOR 2023...

January is the start of a whole new year, new energy, new challenges, and new opportunities. What better time is there for us to stop a moment, and reflect on some of the wise sayings around

friendship? Developing, cultivating, nurturing, and expanding friendships might just be the smartest place we can start to fashion and shape a new year: starting 2023 on its way to becoming a corner stone in our new world.

Let's get started. Here are some food-for-thought quotes. The Irish say, "When I count my blessings I count you twice." So, these may help you also count anew the blessings of your already blessed life. We're suspecting it may also help to notch up our respect for the friends we treasure as we search to expand our hearts and minds for others we are about to embrace with enthusiasm. (For the record, when we count the blessings of 'our newsletter friends', we count you more than twice!)

(excerpted from 68 BEST FRIEND QUOTES THAT SHARE HOW IMPORTANT

FRIENDSHIPS ARE, LEAH HILL, July 25, 2022

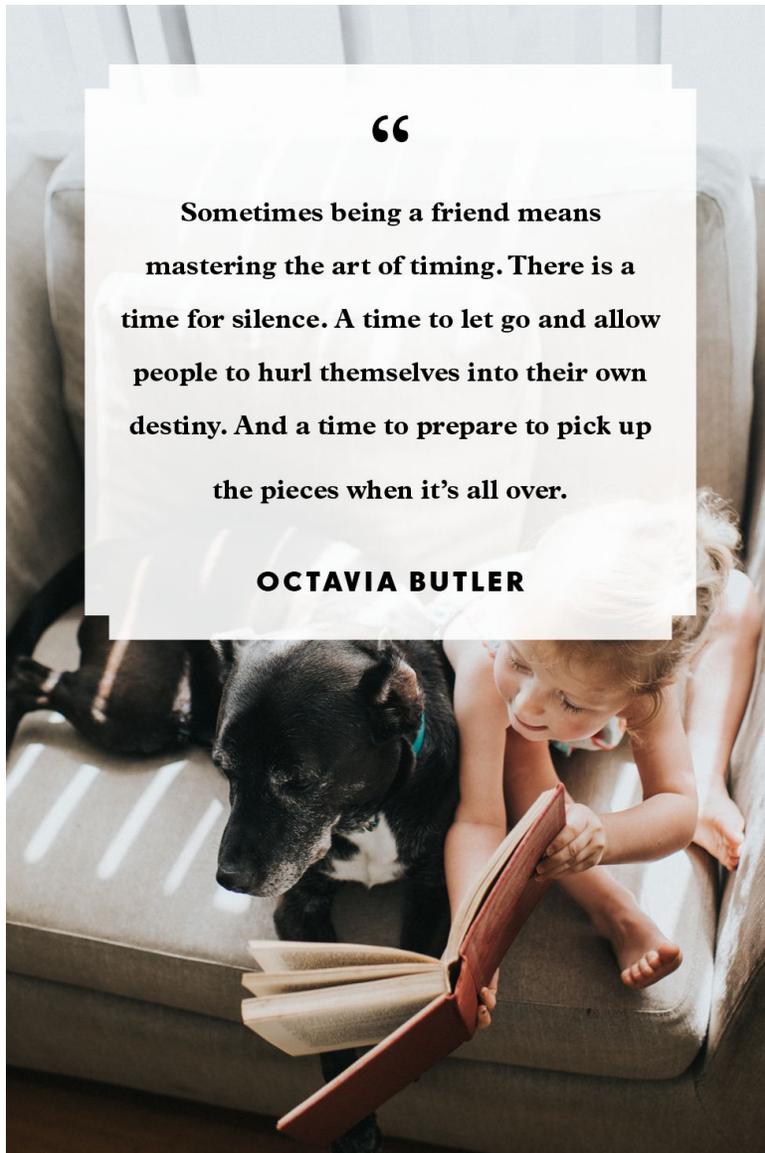
<https://www.countryliving.com/life/g5021/best-friend-quotes/>

always timely-FRIENDSHIP- never out of style

“

Sometimes being a friend means mastering the art of timing. There is a time for silence. A time to let go and allow people to hurl themselves into their own destiny. And a time to prepare to pick up the pieces when it's all over.

OCTAVIA BUTLER



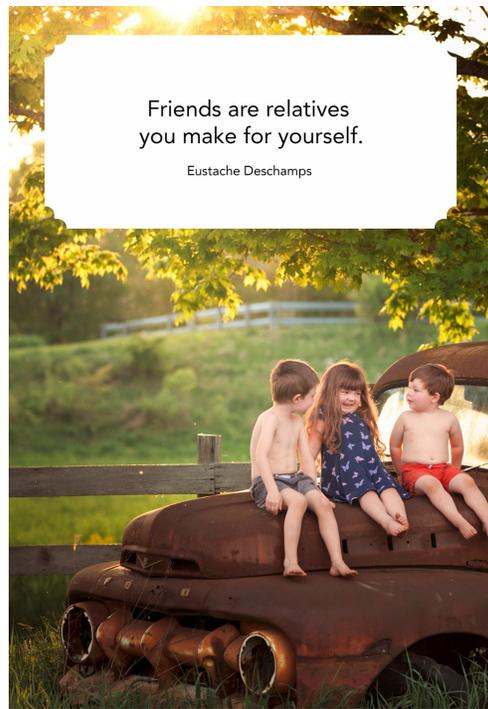


The truth is, no matter how lonely you might feel, you're never going through anything alone...you can choose your family.

JENNIFER LOPEZ

Friends are relatives you make for yourself.

Eustache Deschamps



“
I knew when I met you an adventure was going to happen.”

WINNIE THE POOH



The most beautiful discovery true friends make is that they can grow separately without growing apart.

Elisabeth Foley





Timely Tips

Driving in snow and ice

Safety on snowy, icy roads

- Decrease your speed and leave yourself plenty of room to stop.
- You should allow at least three times more space than usual between you and the car in front of you.
- Brake gently to avoid skidding. If your wheels start to lock up, ease off the brake.
- Turn on your lights to increase your visibility to other motorists.
- Use low gears to keep traction, especially on hills.
- Don't use cruise control or overdrive on icy roads.

If your rear wheels skid...

- Take your foot off the accelerator.
- Steer in the direction you want the front wheels to go. If your rear wheels are sliding left, steer left; if they're sliding right, steer right.
- If your rear wheels start skidding the other way as you recover, ease the steering wheel toward that side. You might have to steer left and right a few times to get your vehicle completely under control.
- If you have standard brakes, pump them gently.
- If you have anti-lock brakes (ABS), do not pump the brakes. Apply steady pressure to the brakes. You will feel the brakes pulse — this is normal.

If your front wheels skid...

- Take your foot off the gas and shift to neutral, but don't try to steer immediately.
- As the wheels skid sideways, they will slow the vehicle and traction will return. As it does, steer in the direction you want to go. Then put the transmission in "drive" or release the clutch, and accelerate gently.

Necessary equipment

An emergency situation on the road can arise at any time and you must be prepared. In addition to making sure you have a tune-up, a full tank of gas, and fresh anti-freeze, you should carry the following items in your trunk and refresh after use:

- Properly inflated spare tire, wheel wrench and tripod-type jack
- Jumper cables
- Tow and tire chains
- Shovel
- Tool kit
- Flashlight and extra batteries
- Windshield cleaner
- Non-perishable, high-energy foods like unsalted canned nuts, dried fruits, and hard candy
- Reflective triangles
- Wooden matches in a waterproof container
- Ice scraper and snow brush
- Brightly colored cloth
- Scissors and string/ cord
- First aid kit
- Bag of salt or cat litter

If you get stuck...

- Do not spin your wheels. This will only dig you in deeper.
- Turn your wheels from side to side a few times to push snow out of the way.
- Use a light touch on the gas, to ease your car out.
- Pour sand, kitty litter, gravel or salt in the path of the wheels, to help get traction.
- Try rocking the vehicle. (Check your owner's manual first — it can damage the transmission on some vehicles.) Shift from forward to reverse, and back again.

If you become stranded...

- Do not leave your car unless you know exactly where you are, how far it is to possible help, and see certain you will improve your situation.
- To attract attention, light two flares and place one at each end of the car a safe distance away.
- Hang a brightly colored cloth from your antenna.
- If you are sure the car's exhaust pipe is not blocked, run the engine and heater for about 10 minutes every hour or so depending upon the amount of gas in the tank.
- Keep at least one window open slightly. Heavy snow and ice can seal a car shut.
- Eat a hard candy to keep your mouth moist.

More Winter Safety Tips

Winter is a beautiful time of the year; however, winter weather conditions can create dangerous situations. The Centers for Disease Control and Prevention (CDC) provides several [winter safety tips](#) that can help you prepare for freezing temperatures. When it comes to preparing your home, car, and family during the winter months, safeguard yourself with these winter safety tips.

Prepare your home

- Winterize your home with sound insulation. Use caulk and weather-strip frames for your doors and windows.
- Heat your home safely. If you plan to use a wood stove, fireplace, or portable space heater, be extremely careful and follow the manufacturer's instructions. Protect your home with tips and tools from the U.S. Fire Administration.
- Have your furnace system and vents inspected by a qualified technician to confirm they are functioning properly.
- Check the batteries in your carbon monoxide and smoke detectors.
- Keep an emergency kit in your home that includes nonperishable food, water, flashlights, extra batteries, a first-aid kit, extra medicine, and baby items, if necessary.

Prepare your car

- Make sure your tires have enough tread and check the air pressure for winter driving.
- Keep your gas tank full to help prevent ice in the tank and fuel lines.
- Replace your windshield-wiper fluid with a wintertime mixture.
- Check antifreeze levels and have the radiator system serviced.
- Equip your car with an emergency kit that includes water, snacks, first-aid kit, blankets, flashlight, extra batteries, portable cell phone charger, and emergency flares.

Prepare your family

- Check the air temperature and wind-chill factor before engaging in outdoor activities.
- When participating in outdoor recreation, take a buddy and carry a cell phone.
- Dress in layers of light and warm clothing. Keep your feet, hands, and head well covered.
- Avoid overexertion when engaging in outdoor tasks, such as shoveling snow. Take breaks when you feel tired or strained.
- If you have pets, bring them indoors. If you cannot bring them inside, provide adequate shelter to keep them warm and make sure they have access to water.
- Sprinkle cat litter or sand on icy patches.
- Be prepared for an emergency. Know the signs of frostbite and hypothermia. Seek emergency help right away if numbness or pain doesn't go away.

Taking preventive action is your best defense against having to deal with extreme cold-weather conditions. By preparing your home, car, and family in advance for winter emergencies, and by observing safety precautions during times of extremely cold weather, you can reduce the risk of weather-related health problems. For more winter weather safety tips, visit the [CDC website](#).

The Benefits of Singing-Let's Sing in The New Year!

Excerpt from Daily OM



The act of singing is one of the easiest ways of raising the vibration of your body as you harmonize with the universe.

Singing is an act of vibration. It takes music from the realm of the unformed -- whether that is in your mind or from that magical space of inspiration -- and moves it from within to without. From the first breath, singing moves the energy in a circular way inside your body. As the breath fills your lungs, it brushes against the second and third chakras -- the centers of creation and honoring self and others. Instead of merely exhaling, pushing the air past the fourth and fifth chakras where heart chakra and the center of will and intention reside, singing engages both the heart and mind. Sound vibrations from vocal cords resonate in the sinus cavities, filling the head with motion and sound while the brain lights up with the processing of the mathematics of music. This marriage of activities brings the third eye into play and opens the door for inspiration from the crown chakra before sending the sound out into the world.

Once the vibration begins, it is sustained with each note, moving throughout your body and the space around you. This can help you to harmonize your frequency with the world and with the divine. The use of the voice can bring about catharsis, a cleansing from the expression of emotion, which is why we feel better after singing certain types of songs. All of this occurs even if we are not conscious of what we are singing, but when we really connect with an intention, the power of the voice and music together are powerful tools in creation.

Even if you are not a singer by nature or talent, you are not left out. If you have a voice, it is your birthright to celebrate life with song. It doesn't matter if you don't feel you have a nice voice. Chanting or humming, singing solo or with others, your voice is yours to enjoy. Whether you sing along to the radio or use vocalization as part of your meditation time, singing and harmonizing are healing activities that bring your body's vibrations into

Food For Thought

Best Ever Potato Soup



Total Time

Prep/Total Time: 30 min.

Makes

8 servings (2 quarts)

You'll be surprised at the taste of this rich and cheesy easy potato soup. It really is the best potato soup recipe, ever. I came up with it after enjoying baked potato soup at one of our favorite restaurants. I added bacon, and we think that makes it even better. —Coleen Morrissey, Sweet Valley, Pennsylvania

Ingredients

- 6 bacon strips, diced
- 3 cups cubed peeled potatoes
- 1 small carrot, grated
- 1/2 cup chopped onion
- 1 tablespoon dried parsley flakes
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon celery seed
- 1 can (14-1/2 ounces) chicken broth
- 3 tablespoons all-purpose flour
- 3 cups 2% milk
- 8 ounces Velveeta, cubed
- 2 green onions, thinly sliced, optional

Directions

1. In a large saucepan, cook bacon over medium heat until crisp, stirring occasionally; drain drippings. Add vegetables, seasonings and broth; bring to a boil. Reduce heat; simmer, covered, until potatoes are tender, 10-15 minutes.
2. Mix flour and milk until smooth; stir into soup. Bring to a boil, stirring constantly; cook and stir until thickened, about 2 minutes. Stir in cheese until melted. If desired, serve with green onions.

BEST-EVER POTATO SOUP TIPS

How do you make potato soup thicker?

If you prefer a thicker soup, you can add an additional tablespoon of flour, or substitute some of the 2% milk for

whole or heavy cream. These thickening ideas work just as well, too.

What if I don't have Velveeta?

If you don't have Velveeta, cheddar or Colby jack are good substitutes. Have extra cheese on hand? Put it to good use with these [recipes that use up your favorite cheese!](#)

What goes well with potato soup?

There's nothing like oven-fresh bread to go with homemade soup! Check out [Mom's Italian loaf](#) , [icebox rolls](#) or any of our other [bread recipes](#).

Simple Hot Cocoa for One



Ingredients

2 tablespoons unsweetened cocoa powder

1 to 2 tablespoons sugar (depending on how sweet you like it) Pinch of salt

1 cup milk or any combination of milk, half-and-half, or cream 1/4 teaspoon vanilla extract

Step 1

Whisk together the cocoa, sugar, salt, and about 2 tablespoons milk in a small saucepan over medium-low heat until cocoa and sugar are dissolved. Whisk in the rest of the milk and heat it over medium heat, whisking occasionally, until it is hot. Stir in the vanilla and serve.

Step 2

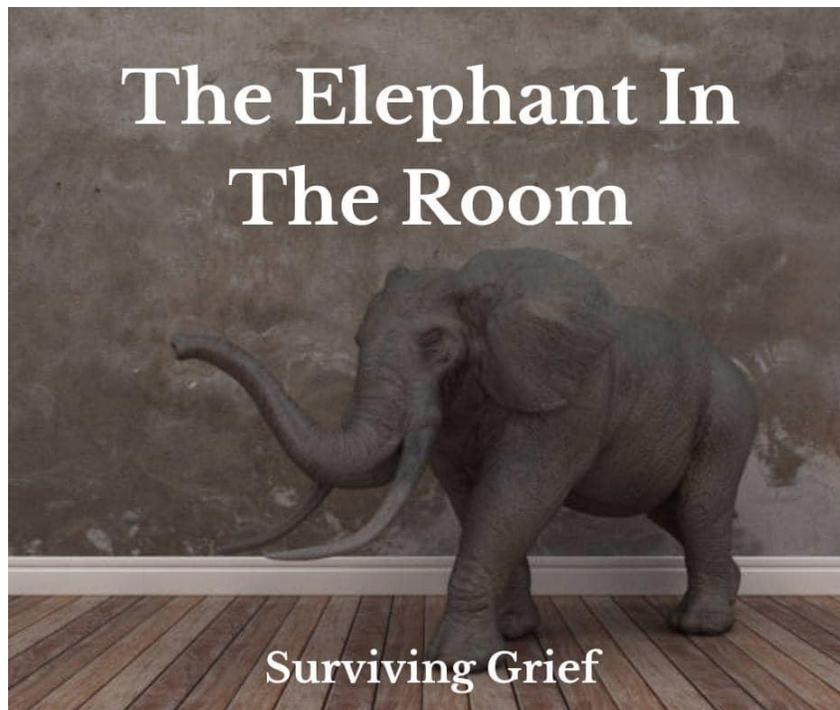
If you like it frothy, blend it in the blender.

Step 3

This recipe multiplies easily. When you get up to a quart of milk, use 1/4 teaspoon salt.



Shared Moment...



I always notice that when I come across someone I haven't seen in a while, and I bring up the person I lost, they look at me in horror. Their face changes and they suddenly look like they're trying to figure out what they should say...or that they can't believe I'm still talking about it.

Sometimes it feels like there's an elephant in the room...and that elephant is my grief.

If I say his name in a crowded room it goes quiet. If I start to tell my story nobody really wants to listen. My grief is the elephant in the room because everybody is always trying so hard to get around it...and pretending it's not there...but for me that's never been an option.

Here's the thing...what some people don't understand is that I can't just live the rest of my life pretending what happened...never happened. It's crazy to think that I would stop speaking about someone I love so much...because that would be like pretending he didn't exist. Instead of avoiding the elephant in the room...I wish people would just ask me questions, share a memory...or even just be kind.

I did some research and found out that elephants are actually big-hearted, compassionate and very protective of those they love. They also have some very unique ways of dealing with their own grief. So maybe the elephant in the room isn't just my grief...maybe it's also me...and the only people that can really see me are those that have their own elephant in the room.

Gary Sturgis - "Surviving Grief" - Author Gary Sturgis knows first-hand the pain of grief after becoming a widower in his early 50s. He suffered profound sadness along with anger, guilt, loneliness, confusion, and heartache to name just a few. But Gary found his way from grief to healing and is surviving after his loss. You can too. [Surviving Grief](#)



GOOD NEWS

14-Yo Crowned 'America's Top Young Scientist' For Headphones That Treat Ear Infections With Blue Light



A 14-year-old in San Diego, California, was named the grand prize winner of this year's 3M Young Scientist Challenge, the nation's premier middle school science competition.

Leanne Fan developed Finsen Headphones, a low-cost headphone device that uses machine learning and blue light therapy to detect and treat mid-ear infections in children—potentially preventing up to 60% of hearing loss in children.

The world sees 700 million cases of mid-ear infections and nearly 21,000 deaths annually. Many of those impacted are children in underprivileged populations. Without medical access and or healthcare, diagnosis and treatment are often difficult. Leanne's invention aims to provide an antibiotic free, low-cost option to detect—and treat—any mid-ear infection.

The incoming high school freshman won a \$25,000 cash prize, a special destination trip, and the prestigious title of "America's Top Young Scientist". She is planning to use some of the prize money to start the patent process for the headphones.



'Ground Breaking' Patient Who Survived 12 Different Types of Cancer Could Hold Key to Detection and Treating

By
Andy Corbley

Nov 4, 2022

<https://www.goodnewsnetwork.org/ground-breaking-patient-who-survived-12-different-types-of-cancer-could-hold-key-to-detection-and-treating/>

utm_campaign=newsletters&utm_medium=weekly_mailout&utm_source=08-11-2022

A unique patient who has survived a dozen different types of cancer tumors over a lifetime could provide the key for researchers to develop new early detection and immunotherapy treatments, say scientists.

A cancer diagnosis can change someone's life, but 12 is nothing that any of us could probably comprehend. The course of this individual's life has been nothing short of extraordinary. They first developed a tumor when almost still a baby, followed by others every few years. In less than forty years of life, the patient has developed twelve tumors, at least five of them malignant, each in a different part of the body. Despite this death sentence as most would see it, the patient's immune system seems to be supercharged, and capable of producing anti-inflammatory responses strong enough to fight off all these various cancers.

"Academically we cannot speak of a new syndrome because it is the description of a single case, but biologically it is," said co-author of the study, Miguel Urioste from CNIO.

It is the hypothesis of the reporting authors that the constant production of these double-mutated copies has created a chronic immune system defense to these types of cells, which helps tumors disappear more quickly. The discovery that the immune system is capable of unleashing a defensive response against cells with the wrong number of chromosomes is, according to the authors, "one of the most important aspects of this study, which may open up new therapeutic options in the future." Seventy percent of human tumors have cells with an abnormal number of chromosomes.

Furthermore, this literally one-of-a-kind person could pave the way for better diagnoses. The researchers propose in their paper that single-cell analysis can be used to identify cells with tumor potential long before the appearance of clinical symptoms or markers observable in analytical tests.



WOMAN TAKES STRANGER IN, SAVES HIS LIFE DURING BLIZZARD.

As a powerful storm battered western New York with blinding blizzard conditions in the early hours of Christmas Eve, a Buffalo woman, Sha'Kyra Aughtry jumped into action when she saw a man out her window in the frigid cold, caught in the storm, screaming for help. She found 64-year-old Joe White, confused, freezing, covered with ice.

Aughtry and her 39 yr old boyfriend, carried Joe White into the house, and she used a blow dryer to melt the ice off his red and blistered hands and used a 'grass cutter' to take his rings off. She called emergency responders; no one came. Without a medical care background, and scared for Joe's life, Aughtry turned to Facebook Live Stream with a plea for help. "I'm going crazy because I'm scared", she said. "I'm starting to see his body change too much from the time that I had him -- his body has changed rapidly every hour."

As the storm buried Buffalo in thick snow, emergency responders were unable to answer calls for hours over the weekend -- with even ambulances and rescue crews getting stuck in the snow. "I've called the National Guard. I've called 911. I've called everybody -- they just keep telling me I'm on a list. I don't want to be on a list", Aughtry said on her livestream. "I don't care about nothing else. This man is about to die over here. Y'all need to get this man some help. He needs to go because he needs medical attention."

Eventually her pleas were answered when a group of men came over; one man shoveled her out after her first plea. "I'm in the car with him after some nice Samaritans came and snowplowed us out. They're taking us to the hospital Christmas night." Her posting continued "You're doing an excellent job, Joe," she said, reassuring him.

"You've just got to breathe, right?"

Joe is disabled and lives in a group home. He has had a part time job for more than 30 years at the North Park Theater. Although it was his day off, he mistakenly set out for his job and became confused and disoriented in the swirling white-out, helpless and lost until found by Aughtry. White is now recovering in the ICU with fourth-degree frostbite after arriving at the hospital Sunday night, his sister Yvonne White told CNN. "I'm hoping and praying for the best", she said. "This woman did something an angel would do, to take in a perfect stranger. She took him into her home on Christmas Eve." Miraculously Joe remembered Yvonne's phone number, as family and friends were frantically searching for him.

"We were all trying to help each other and it was wonderful. And now I feel like I have a sister and three nephews. They feel like family," says a grateful Yvonne.

Aughtry adds: "This man, 64 years old, could have died outside. I wasn't letting that happen on my watch, and he wasn't going to die in front of my kids."

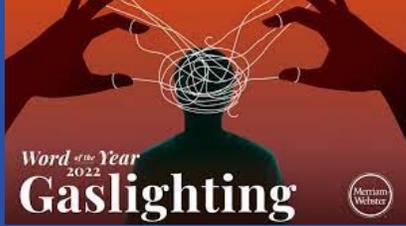
The theater started fundraisers for Aughtry and for White, which have together raised over \$50,000. The theater honored Aughtry and her boyfriend Trent with a message on its marquee.

Thank you Sha'Kyra and Trent. Get well soon, Joe!

<https://www.cnn.com/2022/12/27/us/buffalo-woman-saves-man-frostbite-facebook/index.html>

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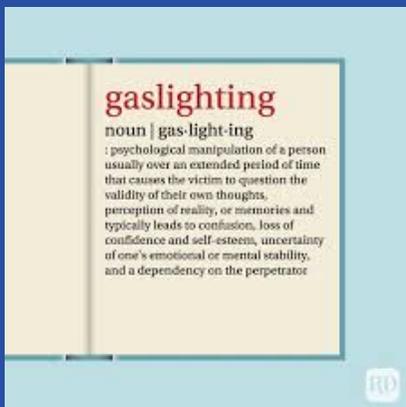


Merriam Websters Word of the Year for 2022

You may not know there is a yearly search to find the most looked up, sought out and used 'Word of the Year' by the Merriam-Webster Institute. In 2022 the word that stood out, much to everyone's surprise is:

GASLIGHTING

More people looked up that word every day than any other word and the count was up 1,740% from last year! Where did this term originate?



Perhaps you remember, or have seen the movie *GASLIGHT*, from 1944 starring Ingrid Bergman. It is the story of a wealthy woman whose husband was attempting to convince her she was mentally ill and losing her faculties in order for him to steal her jewelry. Gaslights preceded electrical ones; he would turn up the light in the attic where he was rifling through her jewelry and the lights downstairs would dim. That was a fact he denied, every time she noted it, assuring her no one else saw it; she must be imagining it; and he was concerned about whether she was "well".



It was used as a psychological term for decades, but started to become popular for the general public in 2018. Now it emerges as the most popularly sought out word in 2022. Merriam-Webster's editor at large, said in a press release. "In our age of misinformation – "fake news," conspiracy theories, Twitter trolls, and deepfakes – gaslighting has emerged as a word for our time."

Thinking is difficult,
that's why most people judge.

CARL JUNG

THINKING MINDS

On the Lighter Side



**Bumper Stickers you were never
close enough to read**

**DON'T BELIEVE
EVERYTHING YOU THINK**

**Life is short.
Smile while you still have teeth**



**Having weird parents
builds character**

**CRITICAL THINKING:
the Other National Deficit**

**The more people I meet,
the more I love my dog** 🐾

**When you throw something away,
where is away?**



Want to see God?
Keep texting while you drive.



ENGLISH IS HARD...
IT CAN BE UNDERSTOOD
THROUGH TOUGH THOROUGH
THOUGHT THOUGH!

Gardening is cheaper than therapy
-and you get tomatoes!



HONK IF
PARTS FALL OFF

Blessing

A New Year's Blessing

May God make your year a happy one,
Not by shielding you from all sorrows and pain,
But by strengthening you to bear it, as it comes;
Not by making your path easy,
But by making you sturdy to travel any path;
Not by taking hardships from you,
But by taking fear from your heart;
Not by granting you unbroken sunshine,
But by keeping your face bright, even in the shadows;
Not by making your life always pleasant,
But by showing you when people and their causes need you most,
and by making you anxious to be there to help.

God's love, peace, hope and joy to you for the year ahead.

- Unknown

Ramblings of the Clairy



SOME DAYS YOU WILL BE THE LIGHT
FOR OTHERS, AND SOME DAYS YOU
WILL NEED SOME LIGHT FROM THEM.
AS LONG AS THERE IS LIGHT, THERE
IS HOPE, AND THERE IS A WAY.

~JENNIFER GAYLE



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