



Reclamation Clubhouse

Belonging • Wellness • Purpose

January Newsletter



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Seasonal Affective Disorder

Seasonal affective disorder, also known as SAD or Seasonal Depression, is a type of depression that happens in certain seasons of the year. It is thought that the shorter days and decreased daylight in fall and winter trigger a chemical change in the brain.

The following are the most common symptoms of SAD:

- Increased sleep and daytime drowsiness
- Loss of interest in activities formerly enjoyed
- Social withdrawal
- Increased irritability and anxiety
- Feelings of Guilt and Hopelessness
- Fatigue, or low energy
- Decreased ability to concentrate
- Trouble thinking clearly
- Increased appetite

Symptoms seem to come back and then improve at around the same time every year.



January Birthdays

Anthony T. - 1/13
Jordan T. - 1/13
John S. - 1/15
Joseph N. - 1/16
Eric F. - 1/17
Molly P. - 1/18
Eryca Z. - 1/23
Carole T. - 1/29



JANUARY FUN FACTS

Abraham Lincoln issued the Emancipation Proclamation in 1863.

The plum blossom is the Chinese floral emblem of January.

The month of January is named after Janus, the Roman god that has two heads, one to look backward and one to look forward towards the New Year.

Ellis Island opened on January 1st, 1892 allowing more than 20 million immigrants to enter the United States.

Lion's Club of Olathe will help with your eyeglasses

Need new eye glasses? The Lion's Club of Olathe knows how important it is for you to see straight. Contact them if you need any help paying for your exams and glasses, they want to help you!

Contact:

Lion Becky Burns - Membership Chairperson 913-522-9842



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 OPEN	2 Decision for MLK Day vote	3 Medical Lodge, Paola leave 9:45am 5:30 Center of Grace, Free meal 	4 Chair Yoga at Library 1-1:45 pm	5 Intern Levi's First day 	6
7	8 Main Event 	9 Intern Kamryn's First day TOMORROW 	10 Table Talk with Executive Director 12 - 1 pm Advisory Council 5:30	11 Crochet 1:15	12	13 Melissa's Second Chances 11 am - 1 pm 
14	15 MLK DAY of Service Clubhouse Open	16 Thrift Store 1:00 NCM Volunteers Helpers	17 Vote for Feb. event calendar 5:30 Cent of Grace,  Free meal	18 Crochet 1:15	19	20
21	22 McDonald's 12 pm, Bring money 	23 Stretch and Restore at Library 11-11:45 am	24 5:30 Cent of Grace,  Free meal	25 Crochet 1:15	26 Swimming at Community Center 4:30 pm 	27
28	29 Celebrate Birthdays and Game Night 4:30 pm 	30	31 5:30 Cent of Grace,  Free meal			