



THE NEW LEAF



OAK HOUSE Newsletter

Director's Corner:

NOVEMBER

Salutations November Readers!! It's hard for me to believe that the wintery season has already begun. It seems like just yesterday we were all walking around in t-shirts and shorts complaining about how warm and sticky it was outside. But, alas, we do live in Ohio so some strange heat wave could still happen sometime this month depending on what Mother Nature feels like throwing at us. November also means that we will have the privilege of voting to elect officials and pass issues. By voting we make sure our country stays a democratic nation where all who are eligible to vote have a say so this November 6th get out and vote. Next, November is a month of giving thanks, and we will be celebrating that with our annual Thanksgiving Feast this will be held on November 15th at Noon, make sure you sign up so we make enough food it will definitely be worth it! Finally, here's a little tid-bit to think about.....

He who thanks but with the lips, Thanks but in part, The full, The true Thanksgiving, Comes from the HEART!

Do not forget we will be closed three days in November, 2 days for Thanksgiving and November 28th when we take a trip to Columbus to visit the Ohio History Museum.

NOVEMBER POEM

"How silently they tumble down
And come to rest upon the ground
To lay a carpet, rich and rare,
Beneath the trees without a care,
Content to sleep, their work well done,
Colors gleaming in the sun.

At other times, they wildly fly
Until they nearly reach the sky.
Twisting, turning through the air
Till all the trees stand stark and bare.
Exhausted, drop to earth below
To wait, like children, for the snow."

- Elsie N. Brady, *Leaves*

Have a wonderful beginning to your Holiday Season and we look forward to seeing you all at Oak House soon!

Wendy

Dear Members,

November is the time to reflect on the past year and count your blessings. This year, the newest thing to do and turn into a family tradition, is to make a "Thankful Pumpkin." It can be made with your children, grandchildren or by yourself. First buy a pumpkin big enough to be displayed on your kitchen table then have someone with permanent marker write one thing you are thankful for every day. Start doing this on November 1st through Thanksgiving, it will make a great conversation piece and remind others how much they are appreciated.

Don't forget that we will be serving our annual Thanksgiving Feast November 15th and look forward to seeing you here. There will be a sign up sheet for the Feast and you must sign up at least one week in advance so we can buy enough food.

Also, look for our special trip to the Ohio History Museum in Columbus.



Julia

**OCTA Is Closed
November 22**

**Oak House
Thanksgiving
Feast
Thursday
November 15th
12:00 NOON**

**MENTAL HEALTH
& RECOVERY BOARD
of ERIE & OTTAWA
COUNTIES**

**HOTLINE
NUMBER
1-800-826-1306**

**November
2018**

Birthdays

- Phyllis H. 11-1
- Joseph H. 11-2
- Celeste E. 11-2
- Nancy H. 11-4
- Brenda P. 11-6
- Lisa L 11-6
- Monique A. 11-8
- Charles C. 11-9
- Mike M 11-9
- David K. 11-10
- Martha R. 11-10
- Larry B. 11-11
- Sally N. 11-15
- Christy S. 11-18
- Gail S. 11-20
- Stanley S. 11-20
- Robert A. 11-22
- Dan A. 11-22
- Stephanie A. 11-24
- Mildred M. 11-24
- Gina S. 11-24
- Kristy S. 11-24
- Kurt Y. 11-24
- Alex S. 1-25
- Margaret B. 11-25
- Patricia B. 11-28
- Sandra S. 11-29
- Olivia S. 11-29
- Dave S. 11-30



Oak House News Letter



Eating Disorders

When you become so preoccupied with food and weight issues that you find it harder and harder to focus on other aspects of your life, it may be an early sign of an eating disorder. Studies suggest that 1 in 20 people will be affected at some point in their lives. Ultimately without treatment, eating disorders can take over a person's life and lead to serious, potentially fatal medical complications. Although eating disorders are commonly associated with women, men can develop them as well.

Symptoms

Eating disorders are a group of related conditions that cause serious emotional and physical problems. Each condition involves extreme food and weight issues; however, each has unique symptoms that separate it from the others.

Anorexia Nervosa. People with anorexia will deny themselves food to the point of self-starvation as they obsesses about weight loss. With anorexia, a person will deny hunger and refuse to eat, practice binge eating and purging behaviors or exercise to the point of exhaustion as they attempts to limit, eliminate or "burn" calories.

The emotional symptoms of anorexia include irritability, social withdrawal, lack of mood or emotion, not able to understand the seriousness of the situation, fear of eating in public and obsessions with food and exercise. Often food rituals are developed or whole categories of food are eliminated from the person's diet, out of fear of being "fat".

Anorexia can take a heavy physical toll. Very low food intake and inadequate nutrition causes a person to become very thin. The body is forced to slow down to conserve energy causing irregularities or loss of menstruation, constipation and abdominal pain, irregular heart rhythms, low blood pressure, dehydration and trouble sleeping. Some people with anorexia might also use binge eating and purge behaviors, while others only restrict eating.

Bulimia Nervosa. People living with bulimia will feel out of control when bingeing on very large amounts of food during short periods of time, and then desperately try to rid themselves of the extra calories using forced vomiting, abusing laxatives or excessive exercise. This becomes a repeating cycle that controls many aspects of the person's life and has a very negative effect both emotionally and physically. People living with bulimia are usually normal weight or even a bit overweight.

The emotional symptoms of bulimia include low self-esteem overly linked to body image, feelings of being out of control, feeling guilty or shameful about eating and withdrawal from friends and family.

Like anorexia, bulimia will inflict physical damage. The bingeing and purging can severely harm the parts of the body involved in eating and digesting food, teeth are damaged by frequent vomiting, and acid reflux is common. Excessive purging can cause dehydration that effect the body's electrolytes and leads to cardiac arrhythmias, heart failure and even death.

Binge Eating Disorder (BED). A person with BED losses control over their eating and eats a very large amount of food in a short period of time. They may also eat large amounts of food even when he isn't hungry or after he is uncomfortably full. This causes them to feel embarrassed, disgusted, depressed or guilty about their behavior. A person with BED, after an episode of binge eating, does not attempt to purge or exercise excessively like someone living with anorexia or bulimia would. A person with binge eating disorder may be normal weight, overweight or obese.



Oak House News Letter



Causes

Eating disorders are very complex conditions, and scientists are still learning about the causes. Although eating disorders all have food and weight issues in common, most experts now believe that eating disorders are caused by people attempting to cope with overwhelming feelings and painful emotions by controlling food. Unfortunately, this will eventually damage a person's physical and emotional health, self-esteem and sense of control.

Factors that may be involved in developing an eating disorder include:

- **Genetics.** People with first degree relatives, siblings or parents, with an eating disorder appear to be more at risk of developing an eating disorder, too. This suggests a genetic link. Evidence that the brain chemical, serotonin, is involved also points to contributing genetic and biological factors.
- **Environment.** Cultural pressures that stress "thinness" as beautiful for women and muscular development and body size for men places undue pressure on people to achieve unrealistic standards. Popular culture and media images often tie being thin to popularity, success, beauty and happiness. This creates a strong desire to be very thin.
- **Peer Pressure.** With young people, this can be a very powerful force. Pressure can appear in the form of teasing, bullying or ridicule because of size or weight. A history of physical or sexual abuse can also contribute to some people developing an eating disorder.
- **Emotional Health.** Perfectionism, impulsive behavior and difficult relationships can all contribute to lowering a person's self-esteem and make them vulnerable to developing eating disorders. Eating disorders affect all types of people. However there are certain risk factors that put some people at greater risk for developing an eating disorder.
- **Age.** Eating disorders are much more common during teens and early 20s.
- **Gender.** Statistically, teenage girls and young women are more likely to have eating disorders, but they are more likely to be noticed/treated for one. Teenage boys and men are less likely to seek help, but studies show that 1 out of 10 people diagnosed with eating disorders are male.
- **Family history.** Having a parent or sibling with an eating disorder increases the risk.
- **Dieting.** Dieting taken too far can become an eating disorder.
- **Changes.** Times of change like going to college, starting a new job, or getting divorced may be a stressor towards developing an eating disorder.

Diagnosis

A person with an eating disorder will have the best recovery outcome if they receive an early diagnosis. If an eating disorder is believed to be an issue, a doctor will usually perform a physical examination, conduct an interview and order lab tests. These will help form the diagnosis and check for related medical issues and complications.

In addition, a mental health professional will conduct a psychological evaluation. They may ask questions about eating habits, behaviors and beliefs. There may be questions about a patient's history of dieting, exercise, bingeing and purging.

Symptoms must meet the criteria in the *Diagnostic and Statistical Manual of Mental Disorders* (DSM) in order to warrant a diagnosis. Each eating disorder has its own diagnostic criteria that a mental health professional will use to determine which disorder is involved. It is not necessary to have all the criteria for a disorder to benefit from working with a mental health professional on food and eating issues.

Often a person with an eating disorder will have symptoms of another mental health condition that requires treatment. Whenever possible, it is best to identify and address all conditions at the same time. This gives a person comprehensive treatment support that helps insure a lasting recovery.

Nutritional counseling and weight restoration monitoring are crucial. Family-based treatment is especially important for families with children and adolescents because it enlists the families' help to better insure healthy eating patterns, and increases awareness and support.

Just A Reminder For All Members: Please make sure you are breaking those big bills before you come to Oak House. Unfortunately, we do not have enough change to break everyone's \$20's and \$10's, so please get change before coming to Oak House. Thank you!!!

<p>PLEASE NOTE!!!!</p> <p>Reminder to all - please clean up after yourself when at Oak House it is not the responsibility of staff to clean up after members. Members need to take pride in Oak House and help in the efforts to keep it clean and in turn we will make every effort to make sure you have a wonderful time at Oak House!</p>	<p><u>REMEMBER</u></p> <p>Just a reminder to smokers, cigarette butts belong in the containers by the picnic table NOT ON THE GROUND. All smokers will clean up the Oak House grounds of cigarette butts once a week.</p>	<p><u>REMEMER</u></p> <p>Please remember to:</p> <ul style="list-style-type: none"> ◆ Sign up for lunch or call 419-734-4417 to sign up by 10:30 am and be courteous at the Acorn Café. ◆ Please attend outings you sign up for! These outings have been planned because you as members have asked for them. 	<p><u>REMEMBER</u></p> <ul style="list-style-type: none"> ◆ Food Bank is open Monday, Wednesday, and Thursday 10:00 am to 11:00 am and 1:00 pm to 3:00 pm ◆ Tuesday 1:00 pm to 3:00 pm <p><u>Food Bank will be closed on all Fridays and during Bingo and during Holiday Parties</u></p> <p>Please be respectful and come when food bank is open.</p> <p>Thank you for understanding!!!</p>
---	---	--	---

OAK HOUSE IS A 501-(c)3 NON-PROFIT ORGANIZATION

HOURS: MONDAY 9:30 am—8:00 pm TUESDAY - THURSDAY 9:30 am—4:00 pm

FRIDAY 9:30 am—12:30 pm

TO MAKE A DONATION OR A MEMORIAL CONTRIBUTION SEND CHECKS TO:

1819 E. STATE ROAD, PORT CLINTON, OH 43452.

FOR FURTHER INFORMATION, CONTACT WENDY

419-734-4417 or wendya@oakhouse-pc.org




OAK HOUSE
1819 E. State Road
Port Clinton, OH 43452

