

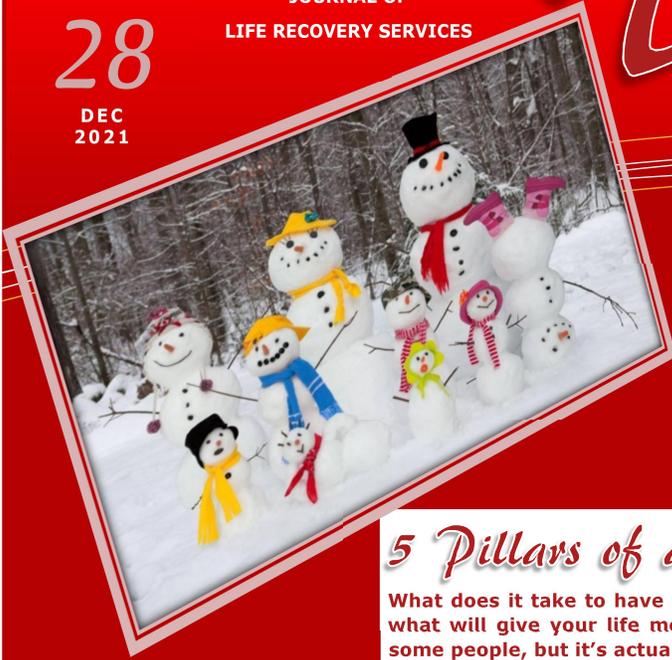
ISSUE

28

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2021

THE MONTHLY  
JOURNAL OF  
LIFE RECOVERY SERVICES

# The Phoenix



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## Administrative Office Hours

**Mondays - Fridays**  
6:00am – 6:00pm

**Saturdays**  
10:00am – Noon



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## 5 Pillars of a Meaningful Life

What does it take to have a meaningful life? Money? Love? Adventure? Ultimately, it's up to you to decide what will give your life meaning. Some people say there's no inherent meaning to life. That might scare some people, but it's actually great news. You can choose what is meaningful to you.

While it's an individual decision, there are a few common starting points. The real individuality comes from how you choose to apply them.

Consider these crucial aspects of life to create a fulfilling life that has meaning:

1. **Evolution.** It's a little sad when someone reaches the pinnacle of their life at 35 and coasts to the end. To have a meaningful life, it's important to grow and evolve. Otherwise, you'll feel as if you've wasted your life. You'll wonder what you could have accomplished with a little more time and attention.
  - How have you changed over the last 10 years? What do you know now that you didn't know then? What can you do now that you couldn't do then? What new skills have you developed? How has your view of the world changed?
2. **Purpose.** Everyone needs a purpose. We all have heard of someone that died shortly after retiring. Studies have shown that even something as simple as taking care of a plant extends the lifespan of those living in nursing homes. Fortunately, you can have a purpose without having to go to work for the rest of your life!
  - Volunteering is a simple way to make a meaningful contribution that can make life worth living.
  - You just need someone or something to serve. What is important to you? How can you contribute in a way that you believe is meaningful?
3. **Belonging to a group.** It can be a large family, an extensive network of friends, a church, where you work, a club of some sort, or any other type of organization. We all need to belong to a group and to be accepted by the other members of that group.
  - Where is your tribe? Without a group, we tend to feel ignored and unappreciated.
  - If you don't have a tribe to call your own, go out and find one. You could even start your own.
4. **A meaningful past.** Over time, we all develop a past. One of the worst outcomes of a long life is to look back on a past that we regret. A past of squandered opportunities is sure to make you cringe when you look back on your life. We all want to have a great story to tell and share.
  - What kind of story will you have? What stories do you have to share right now?
  - How have you lived the last 10 years? How will you live the next 10?
5. **Value experiences and relationships over possessions.** Our society is perhaps the most materialistic on Earth. Our society also doesn't rank anywhere near the top for happiness. That's a strong clue that possessions aren't all that meaningful.
  - How much enjoyment have you gotten from purchasing something expensive? How long did that enjoyment last? Did it give your life meaning?
  - Ensure that you're spending enough time on accumulating experiences and meaningful relationships. The Ferrari will mean less to you than you think.

What is meaningful to you? How do you need to live in order to believe your life is meaningful? In what ways do you need to grow and contribute to feel that your time on Earth has meaning?

You can choose what will give your life meaning. It's entirely in your hands, but it's important to make a conscious choice.

## End of Year Giving

Dear Supporter,

As 2021 comes to an end, I want to take a moment to thank you for your kindness and support. Your frequent donations helped us give a new start to those struggling with substance use, problem gambling, and mental health concerns. To this day, we have served over 2500 families across the state of Oklahoma. They have received not only the counseling and support that they needed urgently, but also an opportunity for hope and happiness.

This year we have seen some of the following real-life examples:

- ❖ Over 150 clients received individualized support to address their addictions.
- ❖ Over 60 families received assistance through our connections with local food pantries.
- ❖ Over 40 individuals received medication to address their withdrawals from opioids/heroin.
- ❖ Over 35 families received clothing and household items.
- ❖ Over 15 outreach events were conducted to connect with and give back to our surrounding community.
- ❖ Over 10 pro-bono clients were treated this year.
- ❖ Over 5 families received assistance to secure shelter while in domestic violence situations.

As we approach the joyous celebrations of Christmas and New Year, we urge you to come forward and support more families in need.

- ❖ Donate \$50 to help alleviate intake costs for 1 individual.
- ❖ Donate \$75 to help defray transportation costs to and from treatment.
- ❖ Donate \$100 to help pay for medications.
- ❖ Donate \$250 to help purchase new evidence-based treatment curriculum.
- ❖ Donate \$500 to help equip staff with updated educational trainings.
- ❖ Donate \$1000 to help upgrade computer software and equipment.

Our clients dream of starting a new, sober life. Even the smallest of donations can make that possible.

Thank you for your support!

*Cody Shoemaker MSC, NCGC-2, LADC/MH, MAT*

Cody Shoemaker, MSC, NCGC-2, LADC/MH, MAT

## Services Available

We currently offer individual, couples, family, and group sessions.

Our staff members provide trauma-informed services in the office, in various confidential settings within the community, and via tele-health.

We have staff who speak English, Spanish, Portuguese, and Vietnamese.

We offer urine testing, pre-marital counseling, wedding officiating services, parenting, and the co-parenting course for those getting a divorce.

Please call the office to schedule an appointment or visit us on Tuesdays or Fridays for walk-ins.

Donations are tax deductible!

VISA MasterCard DISCOVER

\$LIFERECOVERYSERVICES

Givelify Tap. Give. Done.

## 8 Things You Can Do When Loneliness Strikes

Loneliness can hit us at any time. Even those with a lot of people in their lives can feel lonely. It's possible to feel lonely in a crowded room. Loneliness isn't about the number of people in your vicinity. It's about feeling isolated and the lack of meaningful connections. Some people feel lonely more easily than others, but everyone is capable of experiencing loneliness. Rest assured that you're not alone in feeling lonely, and there are solutions you can try.

Try these actions when you feel lonely:

1. **Make a list of the connections you currently have.** You might not currently have access to your normal social circle, but there are other people in your life. There's a whole list of people that you could talk to if you really wanted it.
  - Reach out to a few people. At the very least, just remind yourself that you have other options.
2. **Find a good way to spend the time.** Most people complain that they don't have enough time. Well, now you have some of that free time that others crave. How are you going to use it?
  - Rather than sitting around and ruminating on how lonely you are, try doing something else, instead. Work on a hobby or put on a funny movie.
3. **Relive some positive memories.** Instead of thinking about how unhappy you are, dig up some positive memories and think about those for a while. Here are a few ideas:
  - Your favorite vacation
  - The best date you ever had
  - The most exciting day you ever had
  - Your child walking for the first time
  - Your high school friends
  - Your first kiss
  - Your best day at the beach
4. **Remember that you're not the only one.** Loneliness is a common experience. Some studies have found that over 60% of adults report feeling lonely. More than half of the people you see or know are feeling the same thing you are. That's over 4.5 billion lonely people! You're not alone.
5. **Volunteer.** Volunteering is a great way to take your attention off yourself and put it on someone else. It's quite a relief to think about someone else. You might meet a new friend in the process.
6. **Talk to your pet.** Pets are a great way to prevent loneliness. Don't have a pet? Get one. Ask the neighbor if you can play fetch with his dog or take it for a walk. You won't be denied.
  - Every dog wants to go for a walk, and nearly every dog has an owner that would rather not go for a walk!
7. **Call someone.** Pick up the phone. You can use it for things other than texting, checking the weather, and surfing the internet. Call someone and have a conversation.
8. **Be sociable.** The world is full of people. All you have to do is look out your window or go to the store. Ask someone to meet you for coffee. Say hello to a stranger. Throw a party. Invite people over to play cards. Go sit in a coffee shop and chat with others.

There might be nearly 8 billion people in the world, but there are still a lot of lonely people. If you happen to be one of them, don't despair. You can turn the situation around if you're willing to do a little work.

With so many lonely people out there, it's not that difficult to make a meaningful connection. All you have to do is reach out to a few people. Other people are craving meaningful connections, too and they'll be glad that you reached out to them.



Happy  
Employment  
Anniversary!

Rebecca Williams  
12/27/17



Ongoing

Native American Cultural  
Competency Training

To enroll contact:  
[www.odmhsas.interactyx.com](http://www.odmhsas.interactyx.com)

Ongoing

Youth & Young Adult Crisis  
Intervention Training

To enroll contact:  
[www.odmhsas.interactyx.com](http://www.odmhsas.interactyx.com)

# 2022 Schedule of Office Closures

Please be aware that the offices will be closed for the following holidays:

January 1, 2022  
New Year's Day

January 17, 2022  
Martin Luther King Jr. Day

May 30, 2022  
Memorial Day

July 4, 2022  
Independence Day

September 5, 2022  
Labor Day

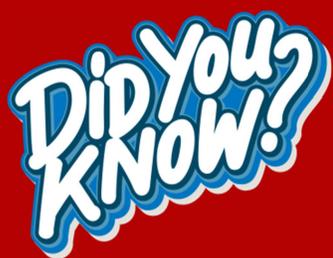
October 10, 2022  
Indigenous Peoples Day

November 1, 2022  
Veterans Day

November 24, 2022  
Thanksgiving

December 24 -25, 2022  
Christmas

In the event of inclement weather, our offices follow the delay/closure policy for Mid-Del Public Schools



Over 450 people receive our newsletter on a monthly basis!

## Agency Outreach

### Be a Santa to a Senior

Your Key to Change & Life Recovery Services have partnered together to bring Christmas joy to approximately 30 Senior Citizens living in a low-income apartment complex.

We are going to present a gift basket to each one. Baskets will contain food, fun items, household supplies, gloves, socks, etc.

Gift supplies can be brought to either Your Key to Change or Life Recovery Services by Noon on December 20, 2021.

Financial donations are tax deductible when donated to Life Recovery Services.

For more information call Sandra @ 405-842-8396!



## HOMELAND

### First Sunday Community Day

## SUNDAY, DEC 5

625 NE 36th at Lincoln Ave.  
1:00pm - 4:00pm  
**FREE EVENT!**

- Community Organizations
- Local Food Trucks
- Made in Oklahoma Products
- Music by DJ D Chappell

**AND...Photo Opportunity with our NEW Murals!**



## End of Year Celebration & Awards Ceremony



Janna Sharp  
Case Manager



Pashen Bennett  
Administrator



Deralin Ritter  
Therapist



## Brown Butter-Cardamom Spitzbuben

### Ingredients

- 1 1/2 cups unsalted butter (12 ounces)
- 3 3/4 cups all-purpose flour (about 16 ounces)
- 1/2 teaspoon kosher salt
- 1/2 teaspoon baking powder
- 1/2 teaspoon ground cardamom
- 1/2 teaspoon ground ginger
- 1 vanilla bean or 1 teaspoon vanilla bean paste
- 1 1/2 cups packed light brown sugar
- 1 large egg, at room temperature
- 2 large egg yolks, at room temperature
- Powdered sugar, for dusting
- 3/4 cup apricot, cherry, blueberry, or seedless raspberry jam, stirred until smooth

### Instructions

1. Heat butter in a large saucepan over medium, stirring occasionally, until butter is lightly browned and smells nutty, 6 to 8 minutes. Transfer butter to the bowl of a stand mixer; let cool completely, about 1 hour and 30 minutes.
2. Stir together flour, salt, baking powder, cardamom, and ginger in a medium bowl; set aside.
3. Split vanilla bean lengthwise, and scrape seeds into butter. Add brown sugar, and beat on medium-high speed until light and fluffy, about 5 minutes. Add egg, and beat until fully incorporated. Add yolks, and beat until fully incorporated. Reduce speed to low, and add flour mixture in 3 additions, beating well after each addition.
4. Turn dough out onto a work surface, and knead to make sure all ingredients are incorporated, 1 to 2 minutes. Divide dough in half, and shape each portion into a disk. Wrap each disk in plastic wrap, and chill until firm, about 2 hours or up to overnight.
5. Preheat oven to 350°F. Remove 1 dough disk from refrigerator, and let stand at room temperature to soften slightly, about 20 minutes. Unwrap dough, and roll between 2 sheets of parchment paper to about 1/8-inch thickness. Using a 2-inch round cutter, cut out cookies, and transfer to parchment paper-lined baking sheets, leaving about 1 inch between cookies. Gather scraps once, reroll, and cut out more cookies. (Refrigerate rerolled dough before cutting if it becomes too soft.) Repeat softening, rolling, and cutting with remaining dough disk, making sure to cut the same number of cookies you cut from the first disk. Using a 1-inch cutter, cut the centers out of half of the cookies. Bake in preheated oven until golden brown around edges, about 10 minutes. Let cookies cool on baking sheets about 30 minutes.
6. Dust cutout cookies with powdered sugar. Flip remaining cookies over, and spread each with about 1 teaspoon jam. Sandwich with cutout cookies.



## Staff Spotlight

### Deralin Ritter, MA, CM II, LADC/MH Candidate Therapist

- Graduated with honors from the University of Central Oklahoma
- Loves to see the best in people
- Considers herself the proudest dog mom in the world of 2 pups, Lincoln & Phoenix



Ashanti Mensah  
12/1

Shanae Stoner  
12/12

Jalea Shuff  
12/16

Shelley Evans  
12/28