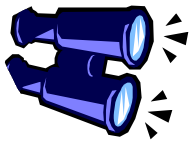


Chestor House News



Check it Out!!

Our new and improved web-site is up and running!

Go to www.chestorhouse.org.

Chestor House Holiday Open House 2010!



The stockings were hung by the chimney with care;

Lights were twinkling everywhere!

In their holiday finest everyone was dressed;

It was a lot of fun and no one was stressed!

Linda and Joan wore jackets bright red;

While Jan displayed his shark helmet proudly on his head.

Lynda Lou, Theresa and Lorraine party dresses they donned;

Griggs, Andrew, Jason and Gabe in their holiday best did respond.

Case Managers, Family and Friends galore;

Mingled together among each other and the holiday decor.

All agreed it was a lovely evening and everything was first-rate;

Same place, same time next year would be just great!





Nurses Nook



Fighting the Winter Blues

By Leigh Ann Frost, BS RN and Susan Miranda, LPN

Do you find yourself wanting to sleep more, eat more, and join social activities less? How about feeling a little more irritable, craving more sweets, or having an increase in headaches? Don't worry as you are not alone. Specialists believe about 14% of Americans experience this mild form of depression this time of year which is brought on by a decrease in exposure to sunlight during the winter months. Another 6% of Americans can experience the above symptoms so intensely that it affects their ability to lead normal product lives. This more serious form of depression is referred to as Seasonal Affective Disorder and often is treated with psychotherapy and antidepressants.

So although we are blessed here in Colorado with so many days of beautiful sunshine, the actual hours of daylight are shorter and often the winter weather can keep us cooped up inside and less active. This is why being proactive with these simple steps can help you and the ones you care for in avoiding needless suffering.

Exercise can play a significant role in preventing those winter blues as it releases endorphins and a feeling of well being. Also, improving your nutrition with a well balanced diet, drinking plenty of water, and taking a daily multivitamin will help maintain energy levels. Lastly, getting outside and exposing yourself to direct sunlight at least 30 minutes a day can be very beneficial. Many have had success in chasing the blues away by using a light box for light therapy on a daily basis when getting outside is not possible.

If you or any of the people you care for are experiencing the winter blues which is unrelieved by the above strategies, please contact your primary care physician or one of the nurses here at Chestor House. We can assist you in getting the help you need.

It's a Wrap!

Members of the Northern Colorado Buckaroo's fast-pitch softball team wrapped consumer gifts to be presented at our holiday party! Thanks so much ladies! The gifts looked awesome and all in attendance loved the special touches you added on each gift. You girls are amazing!



Dates to remember:

Host Home Days:

Monday February 28th

Thursday, March 31st

A new social committee has been formed for our consumers! It will usually be held at Chestor House and be an and simple event for our consumers. Look for details in newsletters and the provider mailboxes. Our next event will be a game night in March.

Artwork by David Kochis



A few changes at our office:

Now that our Nursing Department is fully-functioning we've made a few changes at the office.

Effective immediately Christine Bindi is now the Assistant Executive Director reporting directly to Debbie Spencer, Chief Executive Director. Radha Pillai is now our Intake Coordinator/Program Manager and Leigh Ann Frost and Susan Miranda are the members of our Nursing Team.

Hopefully these changes will assist with streamlining all of the different and diverse needs of our consumers and providers.

Upcoming BIRTHDAYS!

January

- Meg E.
- Sam G.
- Tony C.
- Joice M.

February

- Jeff D.
- Radha P.
- Jenn W.
- Dina M.
- David K.
- Lloyd L.
- Debbie S.
- Griggs W.
- Matthew G.
- Carolina R.
- Scott G.
- Theresa B.

March

- Bruce L.
- Reva C.
- Michelle S.
- Cat D.
- Patrick S.
- Warren S.
- Ricky H.

April

- Nick B.
- Lori S.
- Paul C.
- Dana B.
- Richard C.
- Sue M.

Welcome to Chestor House!

Dina Marquez



THANK YOU

Special thanks to a thoughtful young man named Casey and his mother Lillian. Casey decided to do a fund-raiser for his birthday and chose Chestor House as the recipient. For two hours at Chick-fil-A a portion of any purchase went to Chestor House in Casey's name. He and his mom had balloons and cake at the location to help commemorate his birthday! The money raised will go to help our consumer's with special activities or items needed. Thank you Casey!!

Check out all the fun things to do around the area (and beyond) at:

ACL--offers many different activities like meditation, reading, line-dancing, guitar, cooking classes and more! For more details contact Nicole at 303-527-0888 x221 or nnewsom@aclboulder.org.

DDRC offers behavioral support meetings. Contact Paula Emerson at 303-233-3363. for more information and details.

Attention HHP's--

If you are in need of back up assistance, a list of trained and qualified back-up service providers is available on the bulletin board in our Longmont office or call Cat or Brooke at 303-926-8840.



"Do one thing every day that scares you." Eleanor Roosevelt

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Longmont, CO 80501

Phone:30-926-8840

Fax 303-926-8838

E-mail: info@chestorhouse.org



We all know how great Chestor House is...now pass the word! We always accept applications for people interested in becoming Host Home Providers and Back-up Service Providers!

We especially have a need for people who reside in Boulder and Jefferson counties.

To complete an application go to www.chestorhouse.org or call Cat at 303-926-8840.

Now there are two ways to make a ***Tax-Deductible Donation*** to
Chestor House!!

If you would like to help, go to our website at www.chestorhouse.org.
There you will find a "donate" link. Our site is secure and very easy to use.

OR

Fill out this form and drop it in the mail to:

Chestor House; 1831 Boston Ave. Ste. 100, Longmont, CO 80501

Enclosed is my donation of \$_____. ***Any amount is greatly appreciated!***

In Honor of _____ . In Memory of _____.

Other _____.

Chestor House is a Non-Profit Residential Program serving adults
With Autism and other Developmental Disabilities.

ALL DONATIONS ARE TAX DEDUCTIBLE. THANK YOU!