

ELDER WISDOM ACADEMY

ancient practice - new understanding

Linwood Tall Bull Meditation Circle - One Year Later

May 18th
4:00 PM

Orchard House @
Crown Point Ecology Center
3220 Ira Rd, Akron,
OH 44333



It has been one year since Crown Point Ecology Center dedicated the Meditation Circle and planted a variety of native plants that Linwood Tall Bull, of the Northern Cheyenne Tribe, sent from Montana. We will have an opportunity to engage with Linwood, learn more about the native plants that are thriving and help Crown Point plant more specimens from the his original seeds.

WHAT'S INSIDE THIS ISSUE:

Linwood Tall Bull
Medicine Wheel -
One Year Later
Crown Point Ecology
Center

Better Together –
Improving our Mental
Health through
Connections
Buffy Ramos, LSW

Christmas in April -
Conversation Circle
John Bennett



Summer 2022 @ Crown Point Ecology Center

Thomas Shoulderblade, of the
Northern Cheyenne Tribe,
blessed the medicine wheel.
Families and friends helped with
the first planting.





Better Together –
Improving our Mental
Health through
Connections
Buffy Ramos, LSW
Director, Older Adult
Services
JFS Akron

This spring, we embark on the fourth year of living with the novel Coronavirus. Life has changed for all of us. Each person, family, and community has been impacted in ways that we are still learning about. Research is underway to explore the effects of the pandemic: How do we grieve the loss of a loved one who died of Covid? How will the American health care system adapt to the new challenges? How did the pandemic affect children, and students of all ages? What about the significant isolation endured by our older adult population, whom we know already suffers from loneliness? And, how did all of this affect our collective mental health, or, make it worse for those of us who were already living with a mental health diagnosis? All of these questions swarming around in our heads can be overwhelming. Part of the answer may lie in getting out of our heads – and getting back into meaningful relationships and connections with others.

All of the uncertainty, not to mention the current economic climate, has many of us on edge. There are so many people seeking professional help that the mental health support systems are overwhelmed. In late 2021, the United States Surgeon General warned that young people are facing “devastating” mental health effects as a result of the challenges experienced by their generation, including the coronavirus pandemic (HHS.gov). We know that many of our older adults worry about their grandchildren growing up in a very different world than they did. All of our clients have daily challenges that weigh heavily on their minds. As a community mental health service provider, JFS Akron has been on the front lines, caring for those in need of professional support through counseling and case management services. Every day, we witness the strength of our clients as we help them find mental and emotional stability in an ever-changing world.

<https://thenucleus3.org/ewa>

**“Nobody can go
back and start a new
beginning, but
anyone can start
today and make a
new ending.”**

— Maria Robinsonn



Christmas in April - John Bennett
Listen to his presentation here:
<https://thenucleus3.org/events-resources-22-23>

Continued from page 2

At JFS, while the broader answers may be complicated, we believe that one way we can help ourselves is by being social with one another and having face to face contact once again. Connecting to others in this way is a basic, foundational tenant of a healthy human experience. Though not perfected, we have figured out how to live with a measure of public health safety in the United States. We have vaccines to protect us to some degree. In Ohio, with spring and summer coming on, the time is opportune to get outside and meet-up with a friend at the park. The season is ideal for sharing coffee or tea on the porch or in the living room of our neighbors. Libraries, Senior Centers, your very own JCC, and JFS Akron have intentionally created spaces and opportunities for community members to connect with one another in meaningful ways.

One thing is clear: social isolation is a killer. Our mental and emotional health has suffered as the result of loneliness or living behind a computer screen. We do better together – living, sharing, and hoping with one another.

JFS Akron is committed to helping people connect with one another through meaningful experience. We are not alone in our struggles, and finding solutions as we bond together can help. Because we are created as social beings, it is best for all of us to have healthy attachments to others. Older adults need to join with others in their communities, and relate with old and new friends. Kids need to get out and play with one another at the park. Individuals with mental health challenges need natural community supports that uplift them and create hope. JFS Akron has paved the way for solutions: through arts and culture programming, clients can enjoy concerts or educational experiences together; classes such as Art 101 encourage older adults to grow and learn. JFS's group trips to local attractions are already being planned for the spring and summer. If there is a need that goes beyond social or educational connections, our mental health services can help: therapeutic counseling may be part of the solution for folks needing that extra professional support.

We have all been through a great deal the past few years. Let's look to the sunshine and new life that Spring brings as a sign of hope. The vitality of the season can help usher in a "re-start": make plans to catch up with old friends...Or create a goal to put in a little extra effort to make a new friend this year. Re-connect to family members. Let's all plan to participate in activities where others can help get us out of our heads, and into the light. And, let's get back into our communities to mingle, laugh, and enjoy one's company. We are better together!

If you wish to get involved in any JFS service or program, we are just one phone call away: Call the JFS Akron Office at 330-867-3388 to explore what program or services may help or be of interest to you.

**“A year from now,
you will wish you
had started
today.”**

— Karen Lamb