

**EPIC** *news*  
Empowering People in Communities (EPIC)  
A Quarterly Newsletter for the EPIC Program



## POEMS AND HAIKUS...

### A POEM INSPIRED BY THE EMPOWERMENT TREE...by TF

Like the stars in the sky, He will lift us high  
From trouble 2 success, Just remember  
You're the best!  
You made it this far! So you've earned ur STAR!  
Don't forget ur 1 of a kind!, So if u choose a leaf  
Know you too are on R mind  
For #1 is better that the others cuz, Always know  
Through the highs and lows, We love you and R proud of you  
And never let you go



### A HAIKU by CM

I come here daily  
I hone all my coping skills  
Per chance for others



## HEALTH AND WELLNESS



### **Learn proven skills to reduce your pain, for free.**

When pain is a part of your life, it's hard to think of anything else. While medication can help, it may also have undesirable side effects.

Empowered Relief™ is a free, two-hour class that shows you how to manage and minimize your pain. You'll gain pain-relief skills you can practice at home, so you can get back to the activities and people you care about.

### **Proven methods for pain relief.**

You will learn self-directed relaxation skills using audio therapy to reduce the intensity of your pain and improve overall well-being.

**What:** Relief for pre- or post-surgical pain or ongoing, chronic pain

**Who:** For people with pain, their family members, and caregivers

**Why:** To change how pain influences your thoughts and behavior

**How:** By developing a personal plan for pain relief, you'll learn how to reduce stress and pain.

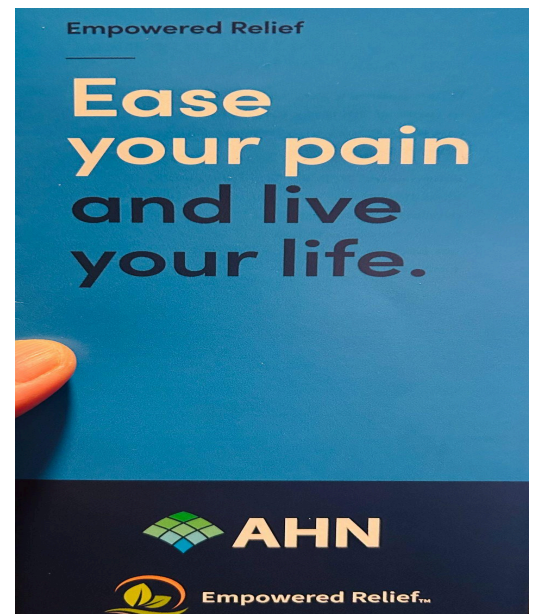
### **When**

### **Classes are held via Zoom on the following dates:**

- Wednesday 4/3/24, 12p-2p
- Wednesday 5/1/24, 12p-2p

### **Evening classes are held via Zoom on the following dates:**

- Wednesday 4/17/24 4:30p-6:30p
- Wednesday 6/19/24 4:30p-6:30p



# Jokes & Toons

## Corny Dad Jokes

- "I'm afraid for the calendar. Its days are numbered."
- "Why do fathers take an extra pair of socks when they go golfing?" "In case they get a hole in one!"

EVEN WHEN YOU'RE DOING FINE



*DJEMBE ...*

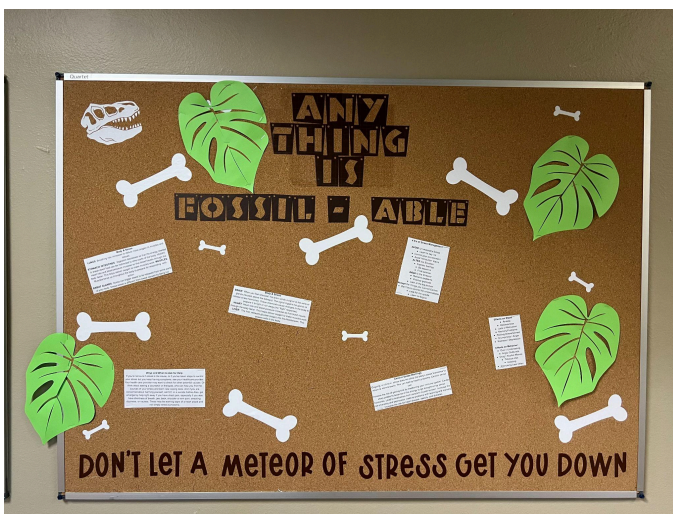
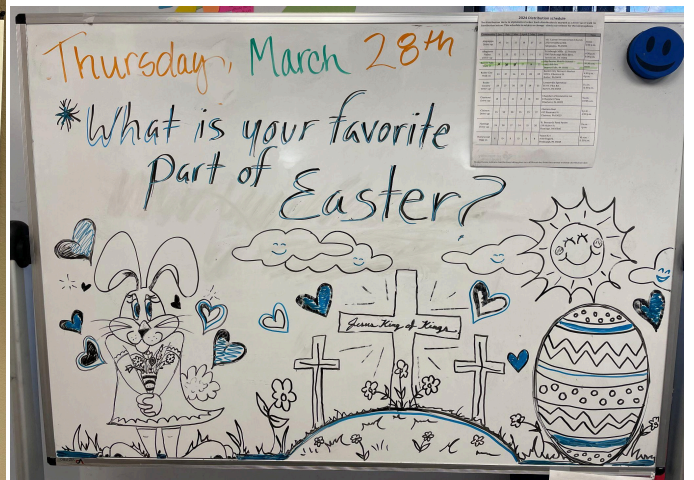
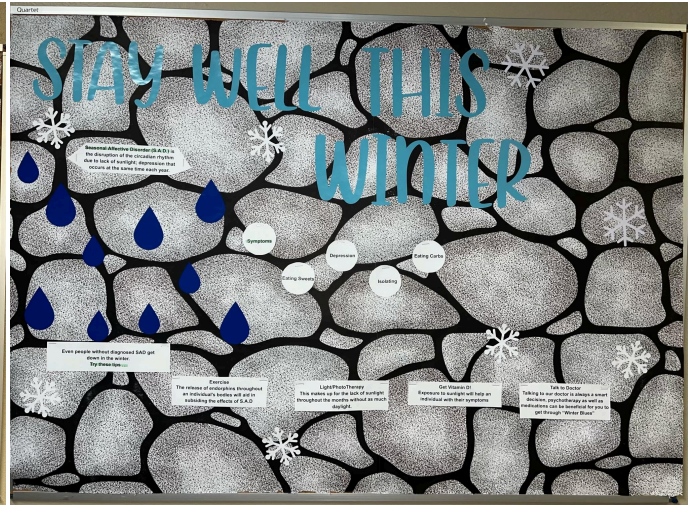
**WE GOT THE BEAT!**



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**CREATIVITY using Bulletin Boards**



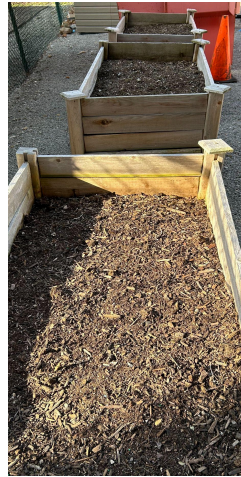
**CREATIVITY**  
 using  
**Bulletin and Dry-Erase Boards**

**GROWTH AND CHANGE...**

**GARDEN!** Try it!

**WATER!** Do it!

**EAT!**



**Sow, Water, Wait**

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**Message from Psych Rehab  
Worker:**

**It is a humbling experience  
to be a part of someone's  
recovery journey. I'm  
learning how to be a formal  
support.**

**Message from PRS  
Director:**

