

STAR Project Newsletter

INTRODUCING NADINE...

Over the last 20 years The STAR Project has made lasting relationships with people from all different walks of life. These individuals have supported STAR by donating money, food, household items and more. Nadine Bogart is one such lady. Nadine supports The STAR Project with a monthly donation, which helps to keep STAR up and running.

When Nadine's brother passed away a year ago, she was looking to donate his bedroom set, and The STAR Project was recommended. Scott McIntosh, a STAR participant since his release from from Washington State Penitentiary, in August 2022 volunteered to pick up the set. Scott, and his son Cameron, picked up the bedroom set from Nadine and a lasting friendship was created. Nadine appreciates that Scott and Cameron are always there to help her with anything she has needed or just to stop and visit for awhile.

"Scott has done a magnificent job on raising Cameron. If all boys were like him, there would be no need for prisons." Nadine stated when asked to describe the two men. She admits that this is in part because Cameron was able to see what his father went through and to make different choices, but Nadine credits Scott with raising a wonderful son. Scott states that Nadine is a kind and wonderful person and that he is grateful to be in a place in his life where he can appreciate and not take for granted, the relationships he has been able to cultivate.

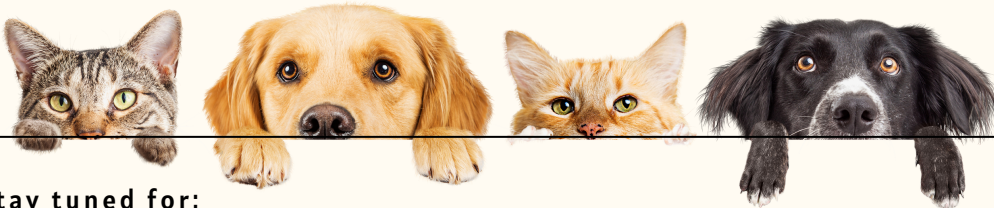
Cameron and his girlfriend Aspen just had their first baby, a little girl and Scott is overjoyed at being a grandpa.

Scott works hard every day to improve his life for himself, his family and his friends. Scott recently graduated from Walla Walla Community College this last June, and plans to keep moving forward with his education, one step at a time.



**GIVING IS NOT JUST ABOUT
MAKING A DONATION.
IT IS ABOUT MAKING
A DIFFERENCE.**

— KATHY CALVIN



Stay tuned for:

In September at the first annual STAR PARTICIPANT'S CONFERENCE a survey was given to find out what the participants want to do for community engagement and for group activities.

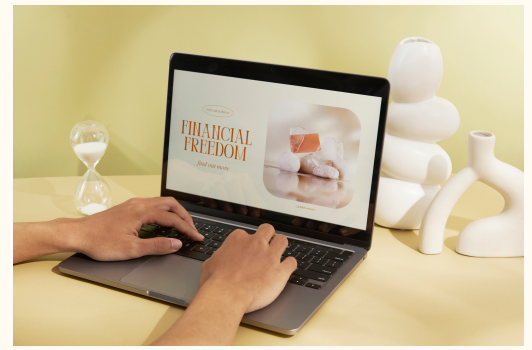
Animals won the community engagement vote by a landslide! We will be setting dates for the orientation at the Blue Mountain Humane Society. This will allow us to volunteer at BMHS as a group or a individual, as schedules allow.

Participants voted unanimously for starting a softball or pickleball team, something fun to do outside as a group, as well as changing our monthly dinners to Friday nights instead of Wednesday. This will start this month with our Halloween party with games and costume contests on Friday October 27th. At the Conference participants also voted to adopt a boy and a girl from an Angel Tree. These activities are only doable if you volunteer to make it happen. Please contact the office to let us know how you would like to help. Participation is a major factor in this program, but that can look like so many things! Who are our party planners and where are the sports buffs? Lets see all the different areas that we can help each other shine!

FREE Digital Literacy Workshops

OFFERED THROUGH GOODWILL

Lorraine Consoliver is a Digital Literacy Instructor for Goodwill Employment Connection Center. Classes range from Basic Computer and Internet Skills to Microsoft Word, Excel and PowerPoint. These classes are FREE and they are open to anyone who is interested, no matter your current skill level. If interested, call or email Lorraine and reserve your spot today! We live in a digital age and these are an invaluable skill set to possess. Her email is lconsoliver@goodwillotc.org and the phone number for Goodwill is 509-525-5999.



OPEN THE FIRST SUNDAY
OF EVERY MONTH
12 PM - 3 PM

COME AND SHOP FOR CLOTHES AND SHOES-
MEN, WOMEN, YOUTH, CHILDREN, ALL AGES!

CRAZY LOVE CHURCH, 66 S. PALOUSE ST., WALLA WALLA

ALL ITEMS ARE FREE!

QUESTIONS?
PLEASE LEAVE A MESSAGE AT THE
CHURCH OFFICE, 509-818-0293



CRAZY LOVE CHURCH

UPCOMING EVENTS

October 11th: IST YOUTH GROUP.
4pm @ STAR

October 14th and 28th:
Momentum Group. 10:30am @
STAR

October 27TH: HARVEST PARTY!
5:30 PM @ STAR. Pumpkin
painting and a costume contest!

NURSE CYNTHIA'S CORNER

In day-to-day life we can be so busy working, caring for family and trying to keep up on appointments it's easy to put mental health on the back burner. It can seem like mental health is the least important thing to focus on, especially if we are feeling stressed out. We often think about the ways our doctor might treat our mental health complaints, usually with the use of medications. While this can be a very important part of treatment, the three ideas below are simple, free and can help us improve our mental health.

1.) **GET ENOUGH SLEEP:** Sleep deprivation leads to memory loss, anxiousness, feeling irritable and makes it hard to focus. Our brain and body both use the time we are in a deep sleep to repair and refresh itself. Trying to keep it all together when we are sleep deprived is like trying to drive a car with no gas in the tank. Sleep is an important part of our body and mind's fuel.

2.) **MAKE HAVING FUN A PRIORITY:** Having fun, spending time with people we love and care for and doing things that we find enjoyable can help us feel more satisfied with our lives and bring a feeling of hope for the future. The activity itself is not as important as how it makes us feel. For example, Christmas cookies, taking kids to the playground or having dinner with friends are all simple things that can bring joy into our hearts and minds.

3.) **EAT HEALTHY FOOD AND DRINK WATER:** When we are feeling tired and run down it can be easy for us to sink into feelings of depression and hopelessness. Healthy food and drinking enough water will help us feel stronger, and able to accomplish all the things we need to do, like keeping appointments and working towards achieving goals. Wishing you all a happy October- Nurse Cynthia.

