



DRC

## Newsletter

522 W Arbor Ave.  
Bismarck, ND 58504  
701-255-6402

February 2024 Issue

NEW HOURS IN JANUARY:

Monday-Thursday: 8a-4p

Friday: 12p-6p

Saturday : 11a-3p



### How Healthy Relationships Can Induce Wellness

Anyone who has ever been in love can recall that feeling of walking on air. Being in a loving relationship has a profound affect on our mood, sparking increased production of endorphins, oxytocin, dopamine, and serotonin, the feel-good brain chemicals. This chemical action helps cultivate an emotional connection as we bond with the person. As the attachment deepens, so do the feelings of love and contentment. All of this impacts our overall mood for the better.

Multiple scientific studies have demonstrated the relationship between positive interpersonal connections and better mental and physical health. Benefits include reduced heart disease, lower blood pressure, higher self-esteem, and reduced rates of depression and anxiety.

In recovery, healthy relationships are beneficial in many ways. A loving relationship can result in a higher degree of emotional stability. Knowing that you matter to someone will make you feel valued, something that can ultimately help reduce the risk of relapse.

### 5 Ways to Improve Our Relationships in Recovery

February is an excellent time to ponder 5 ways we can improve our interpersonal relationships and thrive in recovery:

- **Improve communication.** Healthy and enduring relationships depend on open and ongoing communication between the partners. Don't hold back your feelings. Although communicating our emotions may make us feel a bit vulnerable, it is through this communication that we grow closer and more trusting.
- **Thoughtful gestures.** When we do an act of kindness for someone we care about, or even a perfect stranger, it has a boomerang effect. The recipient of the thoughtful gesture will respond with gratitude, and then this good will is reciprocated. Being thoughtful, such as baking these yummy strawberry cupcakes, makes the recipient feel cherished and valued.

- **Keep your word.** In recovery it is common to be repairing damaged relationships. By staying true to your word and being mindful about keeping your promises it is possible to mend broken trust bonds and rebuild the emotional connection.
- **Respect boundaries.** In early recovery it is essential to honor the healthy boundaries that a loved one has put in place. These boundaries are set for good reasons, such as to prevent co-dependency, or even enabling on their side. Understand the need for reasonable boundaries, respect them, and see your relationship blossom.
- **Prioritize recovery.** No relationship will thrive—much less survive—unless you make recovery the number one priority. By communicating your commitment to sobriety through your words and actions, you send a clear message to your partner that you are serious about your *own* wellbeing.

Make the month of Valentine’s Day the month for renewing your relationships. Learn to enjoy the many benefits of caring for someone else, and being cared for yourself.



## HEALTHY RELATIONSHIPS



# February Zodiac Signs and Personality Traits

People born in February are often seen as unique, innovative, and compassionate individuals. Their personality traits can be attributed to the influence of their zodiac signs, Aquarius and Pisces, as well as the peculiarities that come with being born in the second month of the year. In this article, we will delve into the various aspects of their personalities, including positive and negative traits, and highlight some famous individuals who share a February birth month.

Those born in February exhibit a wide range of personality traits that make them stand out from the crowd. Here are some of the most common characteristics:

## Personality Traits

- **Independent:** February-born individuals value their autonomy and strive for self-reliance. They are not easily swayed by others' opinions and prefer to forge their own path in life.
- **Intuitive:** People born in this month are gifted with heightened intuition and can often perceive things that others may not be aware of.
- **Original thinkers:** February-born people are known for their innovative and unconventional thinking. They are not afraid to challenge the status quo and push the boundaries of what is possible.
- **Compassionate:** Individuals born in February are empathetic and caring, often putting the needs of others before their own.
- **Romantic:** February-born individuals are passionate and romantic, making them great partners in relationships.
- **Socially conscious:** People born in February are often concerned with social issues and strive to make a positive impact on their communities.

## February Zodiac Signs

There are two zodiac signs associated with people born in February: Aquarius (January 20 – February 18) and Pisces (February 19 – March 20).

- **Aquarius:** Those born under the Aquarius sign are known for their intellect, curiosity, and humanitarian nature. They are often seen as visionaries who are eager to make the world a better place. Aquarians are typically extroverted and social, making friends easily and enjoying a wide variety of interests.
- **Pisces:** Pisces individuals are characterized by their empathetic, compassionate, and sensitive nature. They are highly intuitive and often possess a deep connection to the spiritual and emotional realms. Pisces people are also creative and artistic, with many turning to music, dance, or other forms of expression as an outlet for their emotions.

## Positive Traits

People born in February possess a variety of admirable qualities that make them unique and endearing. Some of these positive traits include:

- **Creativity:** February-born individuals are known for their creative thinking and innovative problem-solving skills.
- **Loyalty:** Those born in February value trust and loyalty, making them reliable friends and partners.
- **Adaptability:** People born in this month can easily adapt to different situations and thrive in change.
- **Perseverance:** February-born people are determined and persistent, willing to work hard to achieve their goals.
- **Empathy:** Individuals born in February are highly empathetic and can easily understand the feelings and emotions of others.

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## Negative Traits

Despite the many positive aspects of February-born individuals, there are also some negative traits that they may need to work on:

- **Stubbornness:** People born in February can be very stubborn, often refusing to change their opinions even when presented with evidence to the contrary.
- **Overthinking:** February-born individuals tend to overthink situations, which can lead to stress and indecision.
- **Sensitivity:** Those born in this month can be highly sensitive, sometimes taking criticism or negative comments to heart.
- **Aloofness:** February-born people may come across as aloof
- or detached, making it difficult for others to connect with them on a deeper level.
- **Mood swings:** Individuals born in February may experience mood swings, which can make them appear unpredictable or emotionally unstable at times.
- **Procrastination:** People born in this month may struggle with procrastination, putting off tasks until the last minute and causing unnecessary stress.

## Famous People Born in February

Numerous successful and influential individuals were born in February. Their achievements span various fields such as entertainment, politics, sports, and more. Here are some notable figures who share a February birth month:

- **Abraham Lincoln** (February 12, 1809) – The 16th President of the United States, Lincoln is best known for his leadership during the American Civil War and his role in the abolition of slavery.
- **Rosa Parks** (February 4, 1913) – Known as the “Mother of the Civil Rights Movement,” Rosa Parks played a pivotal role in the fight against racial segregation in the United States.
- **George Washington** (February 22, 1732) – The first President of the United States, Washington was a key figure in the establishment of the nation and its government.
- **Elizabeth Taylor** (February 27, 1932) – A legendary actress and humanitarian, Taylor is remembered for her beauty, talent, and philanthropic work, particularly her efforts to raise awareness about HIV/AIDS.
- **Michael Jordan** (February 17, 1963) – Widely regarded as one of the greatest basketball players of all time, Jordan’s achievements include six NBA championships, five MVP awards, and two Olympic gold medals.
- **Ed Sheeran** (February 17, 1991) – An award-winning singer-songwriter, Sheeran has gained worldwide acclaim for his heartfelt lyrics, captivating melodies, and unique blend of pop, folk, and hip-hop.

## Conclusion

People born in February possess a unique blend of characteristics that make them intriguing and multifaceted individuals. Their zodiac signs, Aquarius and Pisces, contribute to their innovative thinking, compassionate nature, and strong intuition. February-born individuals are known for their creativity, loyalty, and adaptability, as well as their sensitivity, stubbornness, and tendency to procrastinate. Regardless of their challenges, many successful and influential people share a February birth month, demonstrating the potential for greatness in those born during this time.

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# Peer Support Hub

Peer Support Groups should provide a safe nonjudgmental space to share experiences; reduce feelings of loneliness and isolation; encourages taking control of ones own recovery and well being; and helps build a support system and coping skills box. DRC Peer Support Group Times:

## **Monday's :**

2pm: **Peer Support:** Check in's, sharing experiences and discussing our recovery journey.

## **Wednesday's:**

2:00pm **Women's Support Group**– Peer to Peer led group sharing their lived experiences, create a support network and working on recovery skills and so much more. Come be a part!

2:00pm **Men's Group** Peer to Peer led group sharing their lived experiences, create a support network and working on recovery skills and much more! Come gather here.

## **Friday:**

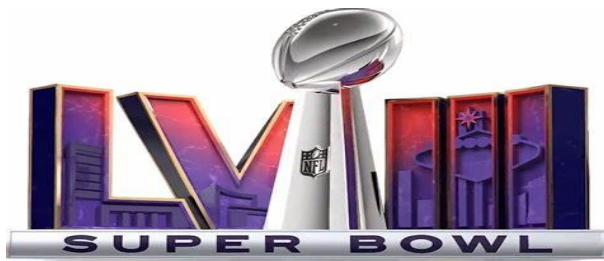
February 2nd; **All Members Round Table** and Lunch– Members meeting to discuss upcoming events, making decisions on next months activities etc.

4:30pm: **Peer Support:** Check in's, sharing experiences and discussing our recovery journey.

# Fun at DRC

## SUPERBOWL PARTY!

February 11th from 4pm-9pm.

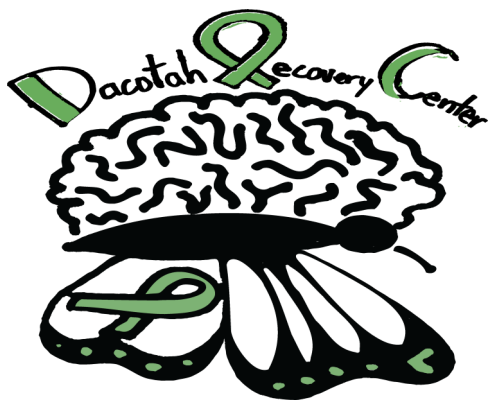


*Member's Meeting is on February 2nd. Lots of great discussions regarding upcoming events at the DRC. Be part of the conversation!*

*NDSU Nursing Staff have started and their topics have been great so far! Don't miss what they have instore for us!*

## Intern

We will be having an intern from University of Mary started in January. Let's all welcome Regina!



Looking at shirt orders with our logo! Who is interested!! Please let us know at the Member's meeting!





## ALL MEMBERS ROUND TABLE

Member's meeting will be held on January 5, 2024 starting with lunch at 12pm and meeting to follow. Topics will be:

### A. DRC Business

1. Approve new DRC Brochure
2. Approve Grievance form
3. Review Handbook updates



### B. Activities, Educational Topics and Peer Support

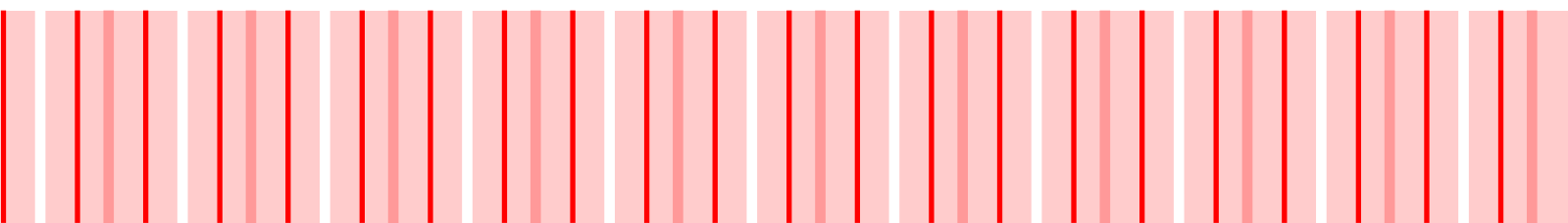
### C. Other Business

Please come out to vote! Remember as a member it is not only your right to vote, it is one of the responsibilities as a member. Be your own advocate!

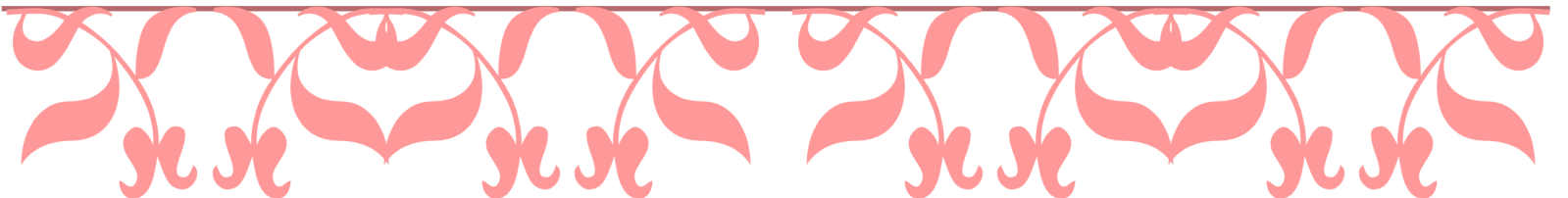


## Saturday's at the DRC

Saturday's are for fun! We will be playing BINGO, POOL, PINACHLE, and more.....



Thursday's at 1pm we will continue Individual Mental Illness and Recovery Group. This group will be educational in nature and discussed several different mental illnesses. Please come and join us! We will be hosting this downstairs at the DRC each week. Topics are listed on the activity calendar.



# Membership Corner

Member Meetings are held monthly where all members are encouraged to help assist in researching any areas of interest that are generated at the meeting, reviewing policies and procedures, and is a vehicle to bring concerns and issues to discuss. All meetings are documented, including a compilation of members comments and votes. Documentation is maintained by the Recovery Center and is open for review.

## Hours of Operation for 2024

February Monday-Thursday 8a-4p; Friday 12p-6p; and Saturday's 11a-3p. Sunday, February 11th from 4p-9p for the Superbowl. We will continue these hours until April and then the member will decide if they want to change to different hours for the Summer!

## Closing and Holidays

For the safety of our members, the DRC will be closed during inclement weather and when no public transportation is available. If the DRC will be closed due to inclement weather, notifications will be given via KFYZ TV news or under the cancelations on the KFYZ Website. You may also check the Dacotah Recovery Center Facebook page where it will also be posted. If you do not have access to the above notifications and you question if the DRC will be closed, please call 255-6402

The DRC will be closed on February 19th to observe Presidents Day.

