

ANCHOR CENTER NEWSLETTER

SAYING GOODBYE TO THE WFC!

Special points of interest:

- Anchor Center Drop in will now be meeting at the Shakopee Library as the Workforce Center Building has been sold!
- Veteran's Day (11/11) and Thanksgiving (11/25 and 11/26) are Scott County Holidays - Scott County is closed in observance.

This is it! The Workforce Center building was put up for sale and is officially sold! We will be packing up our things and be out of the building this month (November). As they say, as one door closes another one opens - Our drop in events will change location to the Shakopee Library (small conference room) beginning on Tuesday, November 2nd. We will continue to meet from 1 - 4pm on Tuesdays and Fridays. We can offer a

limited amount of rides. If you need a ride, please call the Anchor Center voicemail line **(952)496-8666** and leave us your name and number. Ultimately, we will end up moving to our brand new Anchor Center space inside the Government Center - projected to open in March of 2022! Thanks to all of you for making Anchor Center a great place to be for all these years!



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Gratitude; Our Best Friend?

In an article written by Amy Morin (Forbes.com), Amy writes about 7 scientifically proven benefits of Gratitude. With Thanksgiving coming up, we often reflect on the people and things we are thankful for. It is worth consider-

ing adopting that thankful attitude EVERY day of the year and here's why!

1. Gratitude opens the door to more relationships. According to a 2014 study, simply thanking a new acquaintance

makes them more likely to seek an ongoing relationship.

2. Gratitude improves physical health. Grateful people experience fewer aches and pains and

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Dad Jokes!



You can tell what sex an ant is by setting the ant in a cup of water. If it sinks, it's a girl ant - if it floats, its "buoyant"

I'm afraid for this calendar - Its days are numbered!

What do a tick and the Eiffel Tower have in common? They're both "Paris sites".

What do you call a fish wearing a bowtie? "So-FISH-ticated"

If April showers bring May flowers, what to May flowers bring? "Pilgrims!"

What did the janitor say when he jumped out of the closet? "Supplies!"

What did the zero say to the eight? "Hey, that belt looks great on you!"

I don't trust these trees; they seem a little shady...

My wife was giving me a hard time about how I have no sense of direction. So I packed up my stuff and *RIGHT*...

Why did Billy get fired from the banana factory? He kept throwing away the bent ones.

What kind of car does an egg drive? A "YOLKS-wagon"

If two vegans get into an argument, is it still called a "beef"?

If a child refuses to take a nap, is he "resisting a rest?"

I once got fired from a canned juice factory, apparently I couldn't concentrate.

I used to play the piano by ear, Now I use my hands!

If you see a crime at an Apple store, does that make you an "iWitness"?

What do you call a fake noodle? An "Im-pasta"

What do clouds wear? "Thunder-wear".

Why are piggy banks so wise? They're filled with common cents!

Did you hear about the circus fire? It was "In - TENTS!"



Jacket Potato: The Old Fashioned

Ingredients

for 4 servings

- 2 russet potatoes
- cooking spray
- 1 teaspoon kosher salt
- ½ cup milk or stock
- cooked bacon
- queso
- green onion, thinly sliced

1. Preheat oven to 375°F (190°C). Line a baking sheet with parchment paper.
 2. Thoroughly clean and dry potatoes. Slice in half lengthwise. Spray potatoes liberally with cooking spray season with salt.
 3. Place potatoes cut side down on prepared baking sheet. Roast potatoes for 30 minutes or until the skin is crispy and the center is tender. Set aside to cool for 5 minutes.
 4. Spoon the “flesh” out of the potato leaving a ¼ inch (½ cm) border of potato in the skin. Place “flesh” in a bowl and set the skin aside.
 5. Add milk (or stock) to the bowl with the scooped out potato stir until smooth.
 6. Spoon seasoned potato back into the skins.
 7. Top with bacon, drizzle with queso, and garnish with green onion, salt to taste.
- Enjoy!

Gratitude; Our Best Friend?

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they report feeling healthier than others.

3. Gratitude improves psychological health.

Gratitude increases happiness and reduces depression.

4. Gratitude enhances empathy and reduces aggression.

5. Grateful people sleep better. Spend 15 minutes jotting down a few grateful sentiments before bed and you may sleep better and longer!

6. Gratitude improves self-esteem.

Appreciat-

ing what you have, reduces your resentment toward people who have more money or better jobs (which is a MAJOR factor in reduced self-esteem). Numerous studies have shown that gratitude reduces social comparisons. They appreciate other people's accomplishments.

7. Gratitude increases mental strength. For years, research has shown gratitude not only reduces stress, but it may also play a major role in overcoming trauma. A 2006 study published in *Behavior Research and Therapy*

found that Vietnam War Veterans with higher levels of gratitude experienced lower rates of Post-Traumatic Stress Disorder. Recognizing all you have to be thankful for - even during the worst times of your life - fosters resilience. We ALL have the ability and opportunity to cultivate gratitude. Simply take a few moments to focus on all that you have - rather than all the things you think you deserve. Developing an “attitude of gratitude” is one of the simplest ways to improve your satisfaction with life.

“Gratitude increases happiness and reduces depression”

Anchor Center
(952)496-8666

The Anchor Center is a community support program that is part of the Adult Mental Health unit of Scott County Health and Human Services. We have a calendar full of events to help and support adults with mental health issues. We welcome you to join us for a drop in - Check the calendar attached to this newsletter to learn more. We look forward to seeing you again or meeting you for the first time.



Veteran's Day

Word Search

FIND THESE WORDS

T S O L D I E R H I S N A T E
 I O N W I L O D N A M M O C C
 L R E M A I N B T H I I W W I
 E C I F I R C A S H O N O R T
 E N A V Y L A T E N D O F T S
 H E A F N R Y T E G E O V N I
 R L Y I A M Y L T S A A O L M
 E D T O R N G E A C L R S I R
 M N L A E F T I E O E S U M A
 E E A T T H O M R P E T O O H
 M F U O E M E R E E E D O O C
 B E S F V T T V C H E A E R B
 E D A R E A A V E E K Z C M P
 R R C R G R X N R X P T Y E L
 R R Y F B B F F M X M T C V B

- AIR FORCE
- ARMISTICE
- ARMY
- BATTLE
- BRAVE
- CASUALTY
- CEMETERY
- COMMANDO
- COURAGE
- DEFEND
- FREEDOM
- HONOR
- NAVY
- PEACE
- PROTECT
- REMEMBER
- SACRIFICE
- SOLDIER
- VALOR
- VETERAN
- WWII