



Touchpoints

PROVIDING YOU OPPORTUNITIES TO CONNECT ON YOUR JOURNEY OF PERSONAL GROWTH AND HEALING

From the desk of John ...

Greetings! I hope you had a Merry Christmas.

As reported in our last issue, the Personal Growth Business Office has now successfully transitioned to a brand new computer, a brand new all-in-one copier, fax, printer and scanner and to Office 2007. While the learning continues, I hope we are now better equipped to serve you.

December brought a significant increase in new cases so I apologize for any delays in getting back to you and in getting appointments scheduled or re-scheduled.

The Personal Growth Concepts staff had a great Christmas party and finally learned who their Secret Santas were.

Starting January 1st, most of our routine appointments will be scheduled at the top of the hour. During January, we are looking forward Joyce Evon's return after a several month hiatus and healing of her broken leg. Maria Valerian, our new counselor in Stratford has already started seeing clients and will continue to get up to speed.

As you enter 2010, I would like to strongly suggest that you set yourself some written goals. Goals should be S-M-A-R-T goals, that is, Specific, Measurable, Attainable, Realistic and Time-bound. A good idea would be to set three or four short term goals, goals that you can achieve within 2 or 3 months, and an equal number of longer term goals, goals that you can meet within the year. Now, here's a secret stolen from Tony Robbins, the great motivational speaker. Write the goals on a 3x5 card and read them every day. Yes, every day. I have found there is a magic that happens in doing this. The goals infiltrate your conscious self and your unconscious being and your psyche finds ways of bringing the resources together and moving you toward accomplishing them. One other secret, try to do something each day, no matter how small, toward accomplishing each goal. You will get there sooner than you can imagine. And, don't forget to ask for help as you are accomplishing your goals.

Perhaps you can help me with one of my goals.....

I am now on Facebook, Twitter and Linked-In, social and vocational networking sites that you can access from your computer or from many cell phones that have internet access. If you would like to join me, please do. You can add me as a friend on Facebook (www.facebook.com), follow me on Twitter (www.twitter.com), or add me as a connection at Linked-In (www.linkedin.com). Welcome aboard. I am also thinking about developing a blog. Although I am not very familiar with blogs, I am willing to learn. Are you willing to share some things you know about blogging that might help me? If so, please email me before January 15th.

May you have a very successful and peace-filled New Year. John



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Happy New Year, friends and family... make the most of every moment; enjoy your friends and family even when you don't want to; make memories, laugh more and use the best china, perfume and after shave; forgive quickly; try to understand the burdens people carry on their hearts and help them forget, even if its for a short time :) xoxoxoxox

- Barbara P.

Q: How does one "prepare" emotionally & spiritually for the death of a parent or a family member?

A: Some preparations for the death of a parent or family member are easier than others. For instance, insuring the person's financial and legal affairs are in order, that the right people know what the dying person's wishes are for the immediate plans regarding the wake, church service, funeral, etc., are usually easier. Normally, if there is a longer lead time preceding the death, these issues may be easier and even a bit distracting, especially if the dying person is willing/able to discuss their wants/wishes. One must respect the fact that many people in the dying process are in denial, or minimize the reality of their dying.

As far as preparing oneself for the death of a parent or family member, I believe it is important, if at all possible, to be on good terms with the dying person, to communicate and visit regularly, to accept the inevitableness of death after life and to be willing to let go of one's selfish needs for the person to remain and free them psychologically to the process. Making peace and saying good-byes are important too. Spending time with and listening to the dying person, may be important for both of you --- you will have to take your lead from the dying person. Finally, reminding your self that your life will continue and that, although it will be different, maybe difficult, you have the ability and resources to go on and live a productive life until your time has come. Dealing with another's dying almost always puts us in touch with our own sense of immortality. Having a clear spiritual belief, a Higher Power, God or sense about these matters is important and helps the journeying through the dying process and the grief that will follow.

I hope these few ideas help you on your journey. Peace, John

Our Q&A hopper is now empty. If you have a question you would like to ask John, please send it in as soon as possible. John answers them in the order in which they are received.

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You can choose to tend the garden of negativity or nurture the garden of positivity!



*If you have built castles in the air,
your work need not be lost;
that is where they should be.
Now put the foundations under them.*

-- Henry David Thoreau

Think freely. Smile often. Rediscover old friends. Make new ones. Tell those you love that you do. Dream. Hope. Grow. Give. Give in. Pick some daisies. Share them. Keep a promise. Laugh heartily. Sing. Dance. Reach out. Let someone in. Hug a child. Kiss. Slow down. Hold a hand. See a sunrise. Listen to the rain. Trust life. Share faith. Enjoy. Make some mistakes. Learn from them. Love everyone. Explore the unknown. Celebrate life and love.

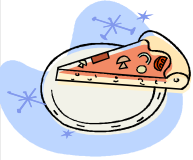
A special THANK YOU to Ken, Barbara & Joe, each of whom contributed materials to this issue.

SOME THINGS TO THINK ABOUT (but not for too long!)

Can you cry under water?

How important does a person have to be before they are considered assassinated instead of just murdered?

Why do you have to "put your two cents in"...but it's only a "penny for your thoughts"? Where's that extra penny going to?



Why does a round pizza come in a square box?

What disease did cured ham actually have?

How is it that we put a man on the moon before we figured out it would be a good idea to put wheels on luggage?

Why is it that people say they "slept like a baby" when babies wake up like every two hours?

If a deaf person has to go to court, is it still called a hearing?

Why are you IN a movie, but you're ON tv?

Why do people pay to go up tall buildings and then put money in binoculars to look at things on the ground?

Why do doctors leave the room while you change? They're going to see you naked anyway.

Why do toasters always have a setting that burns the toast to a horrible crisp, which no decent human being would eat?

If Jimmy cracks corn and no one cares, why is there a stupid song about him?

If the professor on Gilligan's Island can make a radio out of a coconut, why can't he fix a hole in a boat?

Why does Goofy stand erect while Pluto remains on all fours? They're both dogs!

If Wile E. Coyote had enough money to buy all that ACME crap, why didn't he just buy dinner?

If corn oil is made from corn, and vegetable oil is made from vegetables, what is baby oil made from?

If electricity comes from electrons, does morality come from morons?

Do the Alphabet song and Twinkle, Twinkle Little Star have the same tune?

Why did you just try singing the two songs above?



Why do they call it an asteroid when it's outside the hemisphere, but call it a hemorrhoid when it's in your butt?



Did you ever notice that when you blow in a dog's face, he gets mad at you, but when you take him for a car ride, he sticks his head out the window?

**Personal Growth
Concepts, Inc.**

Professional, Gentle, Caring

Personal Growth Concepts, Inc. is a private social service agency founded in 1980. Our staff provides high quality counseling, coaching, spiritual guidance and supportive services in a professional, genuine and caring manner. We are committed to partnering with you to improve your emotional health, to develop positive mental attitudes and habits, and to foster successes in your life.

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Saint Theresa's Prayer

*May today there be peace within.
May you trust God that you are exactly where you are meant to be.
May you not forget the infinite possibilities that are born of faith.
May you use those gifts that you have received, and pass on the love that has been given to you.
May you be confident knowing you are a child of God. Let this presence settle into your bones, and allow your soul the freedom to sing, dance, praise and love..
It is there for each and every one of us.*

5 Ingredients for a Healthy Relationship

1. respect,
2. acceptance (i.e. no control),
3. trust which equals consistency over time,
4. the ability to compromise and negotiate,
5. a sense of team or "partnership," not at the expense of either "I"