

AMAZING LOVE

Straight from the Heart



HEALTH SERVICES

Because we care

n e w s l e t t e r

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FALL

Into Good Health With Amazing Love Health Services

INSIDE

Holiday Stress

P. 2



Consumer Turkey Hand-Out

P. 5



Success Story : Larry Wise

P. 6



Angela Tabey, new Clinician

P. 6



Building Bridges

P. 7



GEORGES'S CORNER

By Georges W. Ntemi

President/CEO



As we get into the fall season, we are pleased to affirm that Amazing Love Health Services is continuing her pursuit for excellence. We are consistently seeking

new ways to improve the quality of the services we provide, with the goal of uplifting the health and wellness of residents of Ward 6 and the District of Columbia at large.

The World Health Organization (WHO) has designated October as the Mental Health and Violence Awareness Month. Amazing Love Health Services is joining her voice to WHO's to spread the word about Mental Health and Violence as we empathize with members of our society who are susceptible to pure unadulterated violence.

Our concern is that although ALHS has programs that can address most of these concerns, those who need the help are usually not forthcoming for fear of being stigmatized or even ostracized by the community. That is why here at ALHS, we will not relent our efforts in continuously raising that awareness until people can one day equate a mental illness with cancer, diabetes, hypertension or any other illness. Nobody chooses to be mentally disabled that is why treatment is readily available here at ALHS.

Just like the trees shed their old leaves to give way for the new ones to bloom this fall season, it is our hope that we will throw away our mentality of stigmatizing mental health and adopt an open mindset to incorporate the fact that even the best of us could be faced with mental health issues now or someday. All we need is treatment, as conditions worsen when left untreated.

All our staff at ALHS are highly skilled and very passionate about making positive impact in the lives of those we serve. Because we care, ALHS invites you to join us in the struggle to eradicate the stigma associated with mental illness. Together, we can make the world a better place to live in.

HOLIDAY STRESS

It is the most wonderful time of the year. Not for everyone. Depression may occur at any time of the year but the stress and anxiety during the months of November and December may cause those who are usually content to experience loneliness and a lack of fulfillments...



While images of love and joy fill storefronts, TV screens, and magazine pages for many people the reality of the holidays isn't so cheerful for others. Constant reminders of other people's happiness and love that is lacking in one's life may cause feelings of despair. While research has found that depression reaches its peak in the spring, December can cause depression. The holiday blues are a very real phenomenon.

Feelings of depression and negative moods affect many people during the holidays. If you are struggling with feeling down, during the holidays, it is wise to avoid drinking alcohol as much as possible. Alcohol is known to worsen symptoms of anxiety and depression. This can be a particularly difficult time of the year for those dealing with family conflict, loss, break-ups, divorce, loneliness and mental health.

In addition to increased stress, eating and drinking excessively can also exacerbate issues like stress and anxiety.

HOW TO COMBAT HOLIDAY STRESS

Stress and depression can ruin your holidays and hurt your health. You can minimize the stress that accompanies the holidays. When stress is at its peak, it is hard to stop and regroup. With the following tips, you may be able to avoid holiday stress and depression :

- Acknowledge your feelings
- Reach out for help
- Be realistic
- Set aside differences
- Learn to say no
- Don't abandon healthy habits
- Take a breath
- Seek professional help

With a little planning and some positive thinking, you can find peace and joy during the holidays. ■

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A L H S

AMAZING LOVE HEALTH SERVICES



DDS



DEPARTMENT ON DISABILITY
SERVICES (DDS)

DEVELOPMENTAL DISABILITIES
ADMINISTRATION (DDA)

OUR HOME AND COMMUNITY BASED SERVICES INCLUDE

Wellness Services (Bereavement)

to facilitate a safe and healing grief process for persons with intellectual and developmental disabilities who are adjusting to a loss.

Supported Employment Services

provide employment opportunities for persons with disabilities in competitive, integrated work settings.

In-Home Supports

 provided by Direct Support Professionals in the home, or community, with the place of residence as the primary setting.


Behavior Support Services

provided to persons with intellectual and developmental disabilities.

Because We Care

FOR MORE INFORMATION : Visit us at www.alhs-health.com

702 15th Street, NE, Washington DC. 20002

 202-388-8500  202-388-8509  1-844-388-8500

Ref: 08302017

AMAZING LOVE HEALTH SERVICES CONSUMERS



Because we care, once again Amazing Love Health Services, LLC (ALHS) will continue its generous tradition of recognizing our consumers by sharing with each consumer a Turkey for Thanksgiving.

Thanksgiving is not only a time to gather together to enjoy a meal but it is a season to be thankful, share with others and hope for a better future.

For the third consecutive seasons, we invite ALHS' consumers to come to our office and receive a turkey for Thanksgiving. If you are an ALHS consumer and would like a Thanksgiving Turkey, please contact Gwendolyn Hemphill, Public Relations, on 202-388-8500 by Monday, November 13, 2017. Turkeys will be distributed on Monday, November 20, 2017 between the hours of 12:00 p.m. and 4:00 p.m. at 702 15th Street, NE, Washington, DC, Lower Level.

We look forward to seeing you.

SAFeway FEAST of SHARING

AT THE WALTER E. WASHINGTON CONVENTION CENTER

Now in its 18th year, Safeway will again host the Annual Safeway Thanksgiving Feast to provide a Thanksgiving meal to those who are less fortunate

As in the past, the Safeway Feast will be held at the Walter E. Washington Convention Center November 22, 2017 beginning at 9:30 a.m. Carolyn Kuo, Event Planner, stated that "The purpose of the event is to ensure that over 3000 individuals are provided a nutritious Thanksgiving meal." In addition, participants will receive clothing, health screenings, and job resources.

Each year companies and organizations bond together to make Thanks-

giving more meaningful to residents in the Washington, DC area. Beth Goldberg, senior manager of Community and Public Affairs at Safeway puts it succinctly, "We are proud to be doing this for the past 17 years. We view this year's partnership as a "village" because that's what it takes to empower healthy communities."

For the past three years, Amazing Love Health Services, LLC (ALHS) has been among the many organizations participating in this event. ALHS is pleased to be one of the 1400 volun-

teers who participate at the Safeway Feast. ALHS staff looks forward to playing an active role in giving back to our community. As a part of our contribution, ALHS nurses will be on-site to monitor blood pressures.

Amazing Love Health Services, LLC, is always excited when asked to be part of something as important as the Feast of Sharing. ALHS is always willing to help advance a positive cause and to improve the health and wellness of our communities.

Larry Wise

*"I am so thankful to **Amazing Love Health Services** for helping me with a second chance to **turn my life around**"*

My name is Larry Wise and beginning at the age of 13, I began cursing and leading a life of crime and drug abuse. It was hard on my mom, a single mother, who took care of me and my five siblings, so I began a life on the streets. I met my father, an alcoholic, when I was 14. I lived a life of crime and drug abuse for 48 years.

Although I was married at 35 and had children I did not stop the way I was living. Eventually my life spiraled out of control and I spent 15 years in prison. When I left prison my wife and children were gone. They left me. I was so depressed I went back to my previous life of doing the wrong things. But I was tired of that life and GOD showed me a way out of that life.

I was invited to attend an event at Voices for a Second Chance where two people came to talk about Amazing Love Health Services. It was the best thing I could have done. I was impressed and I had a feeling of hope for the first time in many years. I took the business cards from the two people and the next day I decided to try it because what did I have to lose.

The presentation and my treatment at Amazing Love Health Services has changed my life. Through Amazing Love Health Services I am clean and have a job. I was encouraged, by a staff member,



I was invited to attend an event at Voices for a Second Chance where two people came to talk about Amazing Love Health Services.

to attend a Career Fair and through Mr. Joe Wilson, North Capitol Brothers I am working and I am happy. I am rebuilding my relationship with my children and my mother who is now 86

said she is so proud of me and sends her thanks to Amazing Love Health Services.

I can truly say that Amazing Love Health Services has done a wonderful thing for me. I thank GOD for Amazing Love Health Services and for the staff. Thank you for giving me another chance. Each day I now feel that I have a purpose in my life. ■

By ALHS Team

Angela Tabey's philosophy on love is open secret behind clientele's healing process

An eye contact with Amazing Love Health Services newest clinician and mental health therapist is an experience that leaves an indelible imprint on the mind.



the result of many conditions-homelessness, substance abuse, and poverty. She believes we need to spread awareness through psycho-education. We need to educate them about the side effects of drugs and alcohol. According to Mrs. Tabey, "Many people have a false notion about alcohol and think that if they have a problem and drink, the problem will go away." "Alcohol does not take the problem away."

Mrs. Tabey is concerned about drug availability in the society

When one enters Angela Tabey's office, an inscription on her wall reads "Love Yourself" to delineate the importance of her consumers loving themselves first before they can evict that important therapeutic emotion to others.

She leads by example by greeting her clientele with an infectious grin, out of pure agape love.

A couple months ago, Mrs. Tabey became the newest addition to the impressive array of doctors, clinicians, social workers, and staff at Amazing Love Health Services and she has enjoyed working at ALHS.

Mrs. Tabey, sees working as a therapist a passion, not a job. "I am motivated to come to work every day because of a passionate love for what I do. When I help, people feel better

about themselves, it gives me a sense of fulfillment and satisfaction. "I am enjoying myself working at Amazing Love Health Services because of the warm and selfless atmosphere there."

Many of the consumers Mrs. Tabey works with have traumatic pasts and are haunted by their past wrong choices. She encourages her consumers to concentrate their efforts on how to change their current conditions, instead of dwelling on a past that cannot change.

Mrs. Tabey believes several people are adversely impacted by mental health issues.

She condemns the stigma attached to mental health. Mrs. Tabey also noted that "Mental illness can be

"Many people have a false notion about alcohol and think that if they have a problem and drink, the problem will go away."

today. Young people are recklessly and wantonly exposed to it. The dreadful news that opioids are killing over 140 people daily in America is of equal concern. To some, the addiction starts at an early age. She said that "On one occasion, I was shocked to see a nine-year-old who had been referred for drug evaluation. She is concerned that many states have legalized the use of marijuana."

Mrs. Tabey earned both Bachelor's Degree and her Master's Degree in social work from University of Maryland in Baltimore. Mrs. Tabey plans to have a doctorate degree in Clinical Psychology so she can better help individuals with Mental Illness. ALHS Welcomes Angela Tabey. ■



AMAZING LOVE HEALTH SERVICES, LLC

BUILDING BRIDGES FOR PERSON-CENTERED TREATMENT

WEDNESDAY OCTOBER 11TH 2017 AT 12:30PM
702 15th ST NE Washington DC 20002

WELCOMES ALL PUBLIC & PRIVATE

*Therapist ● Social Workers ● Counselors ● Life Coaches
Treatment Coordinators ● Community Service Officers*

- Will provide facility tours.
- Clinical Support Staff will answer questions related to person-centered care treatment.
- Psychiatrist will outline the definition of today's Mental Health Care standards.
- Division directors will describe each Department and all services available.

PLEASE RSVP BY SEPTEMBER 30, 2017

CALL AT 202.388.8500

Lunch will be served !



AMAZING LOVE HEALTH SERVICES, LLC
A L H S



Amazing Love Health Services, LLC (ALHS) is committed to the health and wellness of our veterans. ALHS provides services to veterans in partnership with the Veterans Administration's Choice Program. The program allows veterans to receive health care in their communities rather than waiting for an appointment at the Veterans Administration.

AMAZING LOVE HEALTH SERVICES, LLC WELCOMES YOU !
CONTACT US AT **202-388-8500**

WALK-INS ARE ALSO ACCEPTED.

WE ARE LOCATED AT **702 15TH STREET, NE WASHINGTON, DC 20002**

The staff at ALHS provides the following health services :

- Emotional and Behavioral Health Services
- Case Management
- Grief Counseling

AMAZING LOVE HEALTH SERVICES, LLC
Honors and recognizes
ALL VETERANS
on **November 11, 2017**
VETERANS' DAY

Newsletter Coordinator / Editor
Gwendolyn Hemphill

Creative Director
Gael Deunov Ahoussa

Proof reader
Derick Mimba

Proof reader
Akondi Mba

Consultant / Staff Writer
Dr. Samuel O. Doku



AMAZING LOVE HEALTH SERVICES

702 15th Street NE
Washington, DC 20002

(202) 388-8500

www.alhs-health.com

Monday - Friday
9:00am - 5:30pm

