



# Newsletter

*Vol 1 no 10 December 2013*

[www.sunburstfoundation.org](http://www.sunburstfoundation.org)

## First Annual Sunburst Art Contest

The first annual Sunburst Art competition was a fantastic success!

Participants from five sites entered their art including paintings, photographs and

drawings. Luke Hartung's painting was selected for the Sunburst holiday card. Artists whose work was selected for the Sunburst 2014 calendar include: Lorri L. Haddon, Padraic Kuder, Dustin Steiger, Daniel Roan, Desiree Blest-Weed, Luke Hartung, Amie Bartell, Patty Murrin, Tira Matt, Braisen Trogden, Tony Abbrescia, Destiny Dahl, and Neshelle L. Wood. The artists selected for the calendar will each receive a free calendar in appreciation of their work. Luke will receive a Sunburst t-shirt. It is exciting to see the talent that exists in the various Sunburst communities. The photograph of the butterfly shown above was taken by Amie Bartell. Calendars will be available for sale at all Sunburst sites.



## Holidays Are Upon Us

We barely have Thanksgiving behind us and now is the time to start thinking about the upcoming holidays. All sorts of wonderful things occur this time of year so despite the cold and snow, make an effort to get out and enjoy the season. Holiday caroling, making gifts for loved ones, writing cards and looking at houses and shops that are decorated are some activities to consider. December 7<sup>th</sup> is the Polson Art Walk which Sunburst staff and consumers will be participating in. On that same Saturday (12/7), there are many bazaars and free events in Kalispell. The Thimble and Spindle in downtown Kalispell is hosting a tea and needle craft demonstration in the morning. On Thursday, December 12, the Hockaday Museum of Art invites visitors 60 years and older to enjoy free admission to the Museum for Senior Tour & Tea Day. Guests may enjoy complimentary coffee, tea, and cookies from 10:00 AM to 4:00 PM, and one of the Museum's trained volunteers will greet guests at the front desk area for an educational tour that begins at 10:30 am.

And the Sunburst site in Kalispell will also have its second annual holiday celebration. Staff there can provide details. All are welcome.

## Strategic Planning Retreat

On November 23, the Sunburst board of directors and key staff met to discuss what goals we want to accomplish in the upcoming year. The process involved a lot of discussion and setting priorities. The group worked from 9:00 in the morning until 3:00pm. Although they had a very nice lunch, people worked in groups while they ate to maximize how much was accomplished during this annual retreat. Ideas that had been submitted at sites in the small, colorful "idea boxes" were presented early in the day along with Powerpoint presentations on mental health services, Family Concepts/Families in Partnership and the general organization. During the retreat, goals and timelines were set for all programs, the organization as a whole and the board. Thanks to all who helped with this project on November 23 and those who submitted ideas. Your efforts make Sunburst shine even brighter!

## Meet Patty Murrin

Patty is a Community Service Worker who one frequently sees dashing about Polson. She has been part of the Sunburst team there for three years. She came to Sunburst when she first heard about an opening through another employee and does not having any regrets about taking the job working with Sunburst mental health services. Patty remarked, "I like everything about this job (although I would like to get paid more). But I love the people I work with. Sometimes it can be exhausting - both mentally and physically." That morning Patty had helped clean a house with a consumer for two hours although she was full of energy when she gave the interview for this article.



When Patty isn't busy with her Sunburst work, she is busy taking care of her two boys. As a single mom, she has learned how to be super-organized which is a useful trait when she is on the job. The next time you are in Polson, be sure to say hello to Sunburst's CSW Patty Murrin – if you can catch up with her!

## Successful Fundraiser in Eureka!

For the fifth year, Eureka Sunburst held the Toast of the Town, a fundraiser which helps support the arts and education programs there. This year's event was a great success. Ninety-one people attended the evening festivities at Four Corners Restaurant paying a \$15 admission fee for a handmade cup and a chance at a door prize. A silent auction and a 50/50 raffle also helped bring in funds that night. Nearly \$4000 was raised which will be used for operating costs at Sunburst in Eureka.



The source of love is deep in us and we can help others realize a lot of happiness. One word, one action, one thought can reduce another person's suffering and bring that person joy.

— Thích Nhất Hạnh

## Health and Wellness at Sunburst

The topic of staying healthy and well came up at the Strategic Planning retreat. Both staff and consumers want to keep fit because we all know that health is an important component in keeping us well. Often though even when we know it's a good idea to have a healthier lifestyle, we aren't willing to make the consistent effort to turn this idea into a reality. Here are a few suggestions that might be a good way to start as you consider the way you eat, the amount of exercise you get and other habits which you might be trying to change. We would all agree that exercise is valuable but perhaps you feel you don't have enough time in your day for it. To change this perception...

- Set an appointment. Pick out the times when you want to exercise, and schedule ahead. Keep that appointment with yourself, and don't let other engagements interfere. If you keep a calendar on your phone or computer, set alarms that will remind you of your workout time.
- Replace a habit. Most of us have some unnecessary and not particularly enjoyable habit, such as watching TV that could be replaced by exercising. Ask yourself how much time you spend watching TV, and whether or not you could use some of that time to exercise. If the answer is yes, make a new rule that stipulates that you can *only* watch television after you have exercised.
- Use it as social time. If you have a standing appointment with a friend or family member to spend time together, see if he or she is willing to incorporate exercise into that time.
- Routine is the key. After about two weeks of an exercise routine, you will find it a lot less of a chore.

More ideas on health and wellness will be included in future newsletters. There will also be health challenges at the various Sunburst sites. Watch for details.