

Newsletter

SPRING 2021



Heart & Soul, Inc.

Mental Health Peer Support for San Mateo County

Program Participant Success Story: *Iris Arianna Rojas*



With the aid I have been receiving from Heart & Soul's Total Wellness Club (TWC) during the weekdays — from the Women's Group discussing with other women about feminine issues while helping to empower one another, to TWC support groups involving sit-and-be-fit, self-care and coping strategies, and nutrition webinars — I have been able to build lasting camaraderies that go beyond the group setting, and to focus on my future.

For instance, with TWC's continuous support, I have been slowly but steadily fashioning my future endeavors of becoming a Peer Support Specialist and a certified Wellness Recovery Action Plan (WRAP) co-facilitator.

From TWC's influence, I began to see the significance of peer support, because it has truly transformed my own life. With such momentum, I have completed course work for Peer Counseling I and II with flying colors, which motivated me to pursue other avenues in peer work. As the Copeland Center "check-in girl," I received a scholarship for membership and have been co-facilitating their groups. I wish to be trained to become a WRAP facilitator because WRAP has been very impactful in my life, as a wellness tool which I can utilize to hinder triggers that I used to struggle with in the past. With the help of WRAP and TWC, I can be the best that I can be — a woman deserving of respect amidst developmental challenges, and of lasting friendships with positive individuals.

(Continued on Pg. 2)

We create connection, hope, and healing through peer support for mental wellness...

Our Drop-In Centers will re-open when COVID-19 restrictions are lifted:

- The Source
- Friends of Hope
San Mateo, CA
- True Hope
Daly City, CA
- Coastsides
Half Moon Bay, CA

One-on-One
Peer Support
is still available 24/7...

Need to talk?
Call our
Peer Support
Warmline:
650-231-2024

Heart and Soul, Inc.
1618 Sullivan Ave. Ste. 462
Daly City, CA 94015
650-232-7426
www.heartandsoulinc.org

**Cardum's
Virtual Celebration
& Farewell**
May 26, 2021
1:00-2:30 pm
Please Join Us!

ADVANCE ZOOM REGISTRATION
IS REQUIRED

[Click Here to Register](#)

...Putting the We in Wellness

(Continued from Pg. 1)

TWC facilitators, like Yvette and Liana, attended my birthday parties as other participants have done in the past. In addition, Karen, another TWC facilitator, is so uplifting and wise. She has, time-and-time again, made herself available whenever I needed support. For instance, when I was having a problem with another participant, Karen phoned me and eased my mind by telling me, "You don't have to worry about it, hon." She seems to know what to say whenever I needed a boost to make me feel better.

As a peer counselor, MayLynn has also helped me throughout the 3 years that I have known her. She has supported me with issues involving my family and other people in the community, and especially with myself as I learn to grow from life's lessons. She has been there for me 24/7 to talk to and/or text, and even to have "hen parties" where we express ourselves in positive and beautiful ways for self-care.

Our friendship has flourished to the point that I have composed two rap songs for her, and one of it we performed as a tandem, where I rapped and she sang the hooks, at the VORSMC Holiday Extravaganza. We hope to make a video of this rap song soon. We shall continue to build a lasting and fulfilling camaraderie as we plan our future together with the endearing compassionate support of TWC.

Interview by MayLynn V. Castañeto, Peer Mentor, HOPE Program

What is Peer Support? *How Peer Support Fits the Recovery Model...*

The recovery model in mental health care is centered on the belief that individuals with mental health conditions can lead full, rewarding, self-directed lives. It focuses on an individual's strengths and places trust in them to take an active role in their treatment, valuing them as an expert in their own experiences. Peer support is an effective and essential element of recovery-oriented mental health systems.

The essence of peer support is to spark hope and support individuals in reaching long-term recovery. Peers act as role models, demonstrating what life in recovery looks like. When individuals in crisis interact with someone who has faced similar challenges and is now thriving, they can see themselves living in recovery as well. The world of peer support focuses beyond symptoms; instead of striving for full symptom resolution, it emphasizes resilience and building skills so individuals can live meaningful lives in their communities. Peers advocate for the care of people - not a checklist of symptoms.

Peer support is rooted in civil rights and humane treatment. Defining people by their diagnosis or acting as though their mental health challenges control them denies those individuals the opportunity to recover. By modeling recovery and advocating for the importance of a person-centered approach to care, peer support specialists can make a real difference in the lives of people experiencing mental health challenges.

Mental Health Month San Mateo County



May is Mental Health Month

Heart & Soul is hosting 2 special Mental Health Month Virtual Events...

San Mateo County BHRS is presenting virtual events all month long!

Click the buttons below to join our Heart & Soul Events via Zoom,
or to view the BHRS Schedule of Mental Health Month Virtual Events:

[5/18 Hope for Change AAPI Anti-Stigma Panel](#)

[5/27 Digital Stories & Resilience Panel](#)

[BHRS Schedule of Mental Health Month Events](#)

Hope for Change

A Special Seeing Through Stigma Panel Honoring Asian American and Pacific Islander Heritage Month
Virtual Speaker Panel via Zoom

Tuesday, May 18, 2021 • 12:00 to 1:30 pm

ZOOM MEETING LINK: <https://zoom.us/j/95129281461?pwd=cWpvanJ4RXI0eTVVUU14T3Y5UjFxZz09>

PANELISTS:

MayLynn Castañeto

Peer Mentor, HOPE Program

Xibin Wu

Heart & Soul Peer Support Specialist

Yoshie Hill

Heart & Soul Executive Assistant

Yvette Agua

Heart & Soul Peer Support Specialist



FREEING THE WORLD FROM STIGMA...ONE STORY AT A TIME

Seeing Through Stigma

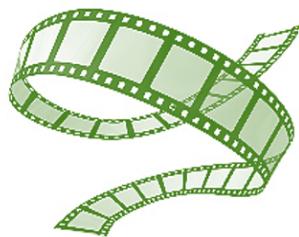
We are changing the conversation from diagnosis to dialogue, from mental illness to mental resilience.



Mental Health Month
San Mateo County



SAN MATEO
COUNTY HEALTH



Heart & Soul Celebrates Mental Health Month May 2021

DIGITAL STORIES AND RESILIENCE PANEL

"OUR VOICES, OUR STORIES OF RESILIENCE AND HOPE"

Thursday, May 27, 2021 • 10:00 – 11:00 am

Sharing our stories of recovery, wellness, resilience, and hope via Digital Storytelling and a Resilience Speaker Panel

JOIN ZOOM MEETING: <https://zoom.us/j/99602424631>



Putting the *We* in *Wellness*



SAN MATEO
COUNTY HEALTH



EachMind
MATTERS



Behavioral Health
& Recovery Services
SAN MATEO COUNTY
Office of Diversity and Equity

Mental Health Month
San Mateo County



Please Join Us

to participate in Online Check-in and Wellness Activities.

Our activities are free of charge and are open to all residents of San Mateo County.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 <i>Women's Group</i> 3:00 pm https://zoom.us/j/98910152116	4 TW Club FOH 11:00 am https://zoom.us/j/97936946053 No Sign-In Code Needed	5 Cinco de Mayo TW Club True Hope 11:00 am https://zoom.us/j/9776941774 Sign-in Code: 123456	6 TW Club FOH 11:00 am https://zoom.us/j/97936946053 No Sign-In Code Needed	7 TW Club True Hope 11:00 am https://zoom.us/j/9776941774 Sign-in Code: 123456	8 Saturday Coffee Chat 10:00 am https://zoom.us/j/94802687708 No Sign-In Code Needed
9 <i>Happy Mothers' Day</i>	10	11 TW Club FOH 11:00 am https://zoom.us/j/97936946053 No Sign-In Code Needed	12 TW Club True Hope 11:00 am https://zoom.us/j/9776941774 Sign-in Code: 123456	13 TW Club FOH 11:00 am https://zoom.us/j/97936946053 No Sign-In Code Needed	14 TW Club True Hope 11:00 am https://zoom.us/j/9776941774 Sign-in Code: 123456	15 Saturday Coffee Chat 10:00 am https://zoom.us/j/94802687708 No Sign-In Code Needed
16	17	18 TW Club FOH 11:00 am https://zoom.us/j/97936946053 No Sign-In Code Needed	19 TW Club True Hope 11:00 am https://zoom.us/j/9776941774 Sign-in Code: 123456	20 TW Club FOH 11:00 am https://zoom.us/j/97936946053 No Sign-In Code Needed	21 TW Club True Hope 11:00 am https://zoom.us/j/9776941774 Sign-in Code: 123456	22 Saturday Coffee Chat 10:00 am https://zoom.us/j/94802687708 No Sign-In Code Needed
23	24	25 TW Club FOH 11:00 am https://zoom.us/j/97936946053 No Sign-In Code Needed	26 TW Club True Hope 11:00 am https://zoom.us/j/9776941774 Sign-in Code: 123456	27 TW Club FOH 11:00 am https://zoom.us/j/97936946053 No Sign-In Code Needed	28 TW Club True Hope 11:00 am https://zoom.us/j/9776941774 Sign-in Code: 123456	29 Saturday Coffee Chat 10:00 am https://zoom.us/j/94802687708 No Sign-In Code Needed
30	31 <i>MEMORIAL DAY</i> REMEMBER & HONOR	Mental Health Month San Mateo County				
					EVERYONE IS WELCOME HERE	
 <i>Mindful Movement</i> with Dr. Marcus Penn Streaming Live on Facebook • Every Thursday at 2:00 pm						

[Click here for calendar PDF with live Zoom links](#)



Total Wellness Club



Participants in San Mateo County...
Join the Heart & Soul Total Wellness Club!
Be healthy, get active, stay connected

Sign up to attend weekly Heart & Soul Total Wellness sessions such as:

- * Mindful Movement on Facebook Live with Dr. Penn *
- * Sit 'n' Be Fit * Wellness Walk & Talk *
- * Zoom-ercise Dance Party *
- * Total Wellness Talks * Healthy Cooking *
- * Via Zoom, Phone, or Facebook *

Show your participation by:

- * Making comments in a Facebook Live session
- * Texting your Peer Counselor,
- * Or via email, like "Thanks for the walk today" or "I enjoyed the Sit 'n' Be Fit today!"

Participants who join our Total Wellness Club are eligible to receive: * Smartphone * 1 free lunch per week *
 For information, contact your Peer Support Specialist, or Program Director Amaal Greenwood-Goodwin:

Call 650-232-7526 or email: amaalgg@heartandsoulinc.org

Community Celebration and Farewell for Cardum Harmon Penn

Honoring the Power of Peer Leadership at Heart & Soul

A Message From the Heart and Soul Board of Directors



Guljot Grover
*President, Heart and Soul Board of
Directors*

On behalf of the Board and Staff of Heart and Soul, Inc. we would like to share that our CEO, Cardum Harmon Penn, will be transitioning out of her role this month of April. Today we celebrate the contributions of a courageous and compassionate leader in the field of peer-driven mental health recovery. Through her strength-based leadership, Cardum has helped Heart and Soul to grow as an agency and a community. During her tenure, she has encouraged staff, board, and the peer community to look beyond what is familiar and expected, towards what is innovative and expansive. She has encouraged staff to increase their capacity to learn and grow by promoting from within.

Cardum also knew the power of partnership. Through initiating the Peer Recovery Collaborative, comprised of Heart and Soul, California Clubhouse, and Voices of Recovery, she shepherded in a new way of defining the peer voice within San Mateo County. Through educational movie screenings, alternative approaches to mental health, advocacy trainings, and the Peer and Family Action Planning Summit, Cardum worked with San Mateo County Peer leadership, San Mateo County Behavioral Health and Recovery Services, and community partners to amplify the voice of peers and family members. Through the HOPE (Helping Our Peers Emerge) program, she encouraged collaboration between peer and family support agencies to work collectively to address the needs of BHRS clients and individuals struggling and striving towards defining what their recovery looks like.

In 2020, Cardum joined forces with the California Clubhouse, Putnam Clubhouse, One East Palo Alto and the Office of Consumer and Family Affairs under the auspices of the Peer Task Force to address the dual pandemics of COVID and racism. Collectively they supported peer staff in bringing all services virtual, distributing technology to the community, and launching courageous community conversations on racial justice.

She supported Heart and Soul in joining forces with the California Association of Mental Health Peer Run Organizations, and hosted the San Francisco Bay Area Regional Policy Forum on Peer Support in collaboration with California Clubhouse and San Mateo County Behavioral Health and Recovery Services. She often collaborated with other peer-driven organizations like the Mental Health Association of San Francisco, and programs like Alameda County Behavioral Health Office of Consumer Empowerment's Pool of Consumer Champions and the Alameda County Network of Mental Health Clients.

(Continued on Pg. 6)

Cardum's advocacy on local, state, and national levels was aimed at helping to reduce mental health stigma. Through her many keynote addresses and webinar presentations, she highlighted the intersectionality between peer support, racism, and mental health. She taught that for BIPOC, Community is Immunity against the impacts of oppression, economic hardship, health disparities, and isolation. Cardum was proud of her lived experience and was not afraid to speak out publicly on the topics of suicide and mental health in the African American community.

During her 6+ year tenure, she highlighted alternative approaches to supporting mental wellness, encouraging art, mindfulness, and hearing voices support groups. She also brought in innovative training for peer support staff like Intentional Peer Support, and created advocacy campaigns such as "Disrupt Your Diagnosis, Define Your Wellness" and mottos such as "Changing the Conversation from Diagnosis to Dialogue and Mental Illness to Mental Resilience" and "Putting the We in Wellness."

Under Cardum's leadership, Heart and Soul went from surviving to thriving. Our next growth spurt, brought on by new leadership, will undoubtedly catapult us to the next summit. We as staff and board are excited for this next phase of growth! We will engage in a thoughtful and stakeholder-involved process for identifying our next Heart and Soul leader. We will leverage services of a reputed executive search firm with a track record of making placements in San Mateo County.

For today, we wish Cardum well in taking time to focus on her self-care, restoring, traveling, spending time with family, and honeymooning as a newlywed.

May 2021 is Mental Health Month. This year's theme is #HopeForChange. During a year of unprecedented challenges for our Peers, our families, our agency, and our community, we have moved forward in hope, we adapted, and we cultivated our resilience. It was a time of unexpected adversity and change, but it was also a time of learning, recovery, and opportunities for growth. In this spirit, we are buoyed by the hope that has carried us through hard times. We have faith that same hope will inspire us to embrace the possibilities inherent in change, and to expand our future horizons.

Please join us in our upcoming farewell celebration to thank Cardum and share our plans for the next steps.

Guljot Grover
President, Heart and Soul Board of Directors

Community Celebration and Farewell for

Cardum Harmon Penn

Honoring the Power of Peer Leadership at Heart & Soul

Wednesday, May 26, 2021

1:00 - 2:30 pm

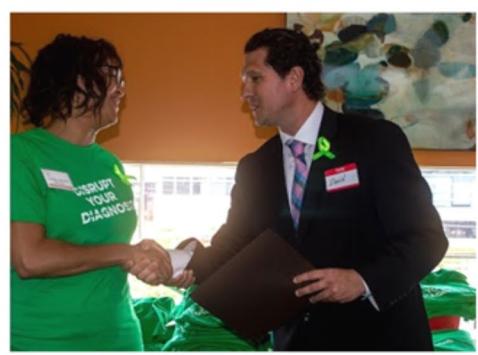
Please join us! Advance Zoom Registration Is Required



REGISTER HERE

Cardum Harmon Penn

A Portrait of Peer Community Leadership



Cardum Quote:

“Community is Immunity”



Meet Brian Steuer

Heart and Soul Interim Executive Director

Brian has held a number of roles in the nonprofit world. At Heart and Soul he sat on the board for 4 years, during which time he served terms as president and treasurer as well as interim program director for H&S's HOPE program. In addition, Brian is a peer supervisor at CASA of San Mateo County, was head of Outreach and Operations at Mask Project, a therapist at Achieve Kids, a community mediator at Palo Alto Mediation Program, a mentor and trainer at LifeMoves (formerly Shelter Network), and a Housing Commissioner for Menlo Park. Brian holds a Master's Degree in Counseling Psychology from Santa Clara University and degrees in Business and Engineering from University of Michigan.

Self-Care: A Better You in 3 Steps

By Sara Eccleston, Heart and Soul Peer Support Team Member

Taking care of yourself can transform your mental health, your inner view expands, and then you can help others. You can be your best self in three steps. Here's how to get there practicing self-care.

First, don't be so hard on yourself. If you are concentrating on body care, doctor's appointments, house cleaning, and self-improvement: you are already an expert in many ways of self-care. One of the hardest parts of finding your own self-care regime is to find the mental space to let go and expand new practices you enjoy for yourself. Being who you are, not always who you're supposed to be, can help. What makes you well enough, mindful in this moment? Answer honestly and you will feel better using self-care.

Second, use self-care, like breathing exercises and meditation, to let go of stress. Try new forms of self-care. Cook gourmet healthy foods, watch comedy. Do whatever you want to do within your budget. Create your own goals. Try taking your everyday walk and add pictures to share on Facebook. A walk is now your personal tour of your favorite trail. Putting experience and expertise in a journal can turn self-care into self-knowledge. Simple things that make you feel great about taking care of yourself.

Third, if you can get a good list going of things that assist you in self-care, tell friends and family, or your women's group participants. You could be helpful to others. Self-care is a great start to mental health and wellness and a set of tools for a good lifetime.

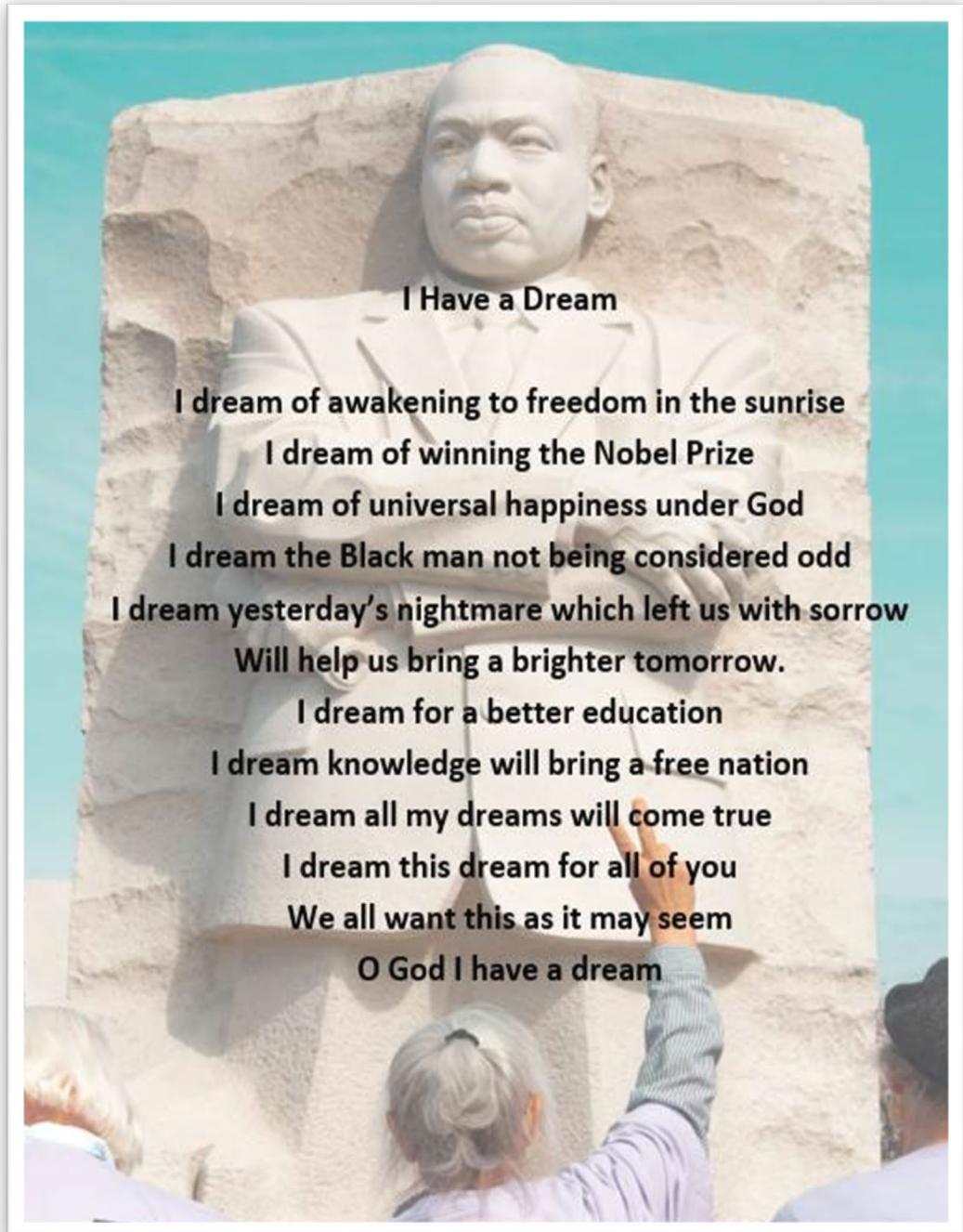
Gallery of Wellness

In Memory of Mr. Gilbert



We are saddened by the passing of Mr. Gilbert, HOPE Program Peer Participant, who left us on March 12, 2021

"Herbert Edward Gilbert was a published author and poet who firmly believed in social and racial justice through pacifism. He aided in both the civil rights works of the Black Panthers and Dr. Martin Luther King, Jr. Before his ascension in 2021, he continued to write poetry, which has been published by Heart and Soul, Inc. and poetrysoup.com, discussing existential dilemmas surrounding Afro-Americanism and natural aestheticism, inspiring the next generation to peacefully fight for diversity causes while never losing the significance of communal unity and spirituality."



Our Vision:
*Acceptance, inclusion, and dignity
for those striving toward self-defined mental wellness.*

Self-Care
Mixed Media Art
by
Cardum Harmon Penn



Remembering: From the Past to Poetry Soup

by Jacqueline Mendoza, Heart and Soul Peer Participant

Tito David Rodriguez recruited me to Filipino American Multimedia Entertainment (FAME). He was my choir mate as a bass at St. Andrew Catholic Church, Daly City. He and Tito Willie Totanes are my best supporters.

I was an Uprising Star at FAME when suddenly a tragic car accident happened on October 11, 1999, with my best friend Ms. Adiel Rallos. She passed away. My left arm was crushed into 41 pieces, and I was in a coma for 6 weeks. I was in 3 hospitals: Stanford ICU, Seton Medical, and St. Mary's in San Francisco, where I had Speech Therapy, Occupational Therapy, and Physical Therapy.

I thought that God took away my singing career and replaced it with being a part of Heart and Soul's True Hope at North County in Daly City. Mr. John Zamora was my Case/Social Worker and Chito Crisostomo, M.D. was my Psychiatrist there. And with writing poetry — it's therapeutic you know, whatever feeling you have. All you need are a pen and a piece of paper, and then start to write how you feel. I am with "Poetrysoup.com". I was able to convey or deliver my messages to the people. I started with writing a couplet (a 2 line poem), a Haiku (3 lines) or a Quatrain (4 lines). When felt ready to write longer words, I jumped to learning Sonnet (14 lines poem).

Friendship

Is a state of being friends
Requires two or more people
Someone can trust
Physically and spiritually our first best friend is God

Kindly concern
Show Interest
Show support
Faithfully loved

Friendship is like a team
Working on one goal
To win
A person will do, teammates will also do

Our mothers are our first best friend
Our mother knows everything about us

***Our Mission:**
Creating connection, hope, and healing through
peer support for mental wellness.*

Vision Board by Chris Hoover, Heart & Soul Peer Specialist



Be The One A poem for Mental Health Month by Yoshie Hill, Heart and Soul Executive Assistant

LET ME BE THE ONE

To listen without judging, with my whole heart
To sit beside you in your silent melancholy
To be a candle in your moonless midnight of the mind
And in the dark valley, let me walk the path with you.

Let me be the one
To join hands in unity
To lend a voice to those who can't speak for themselves
To recognize the unique beauty in every person
To embrace the one who feels unlovable
And to show that I care.

Let me be the one
To demolish society's negative stereotypes
To empower strength in others
To make a difference
To end the silence
And by telling my story, show that you are not alone.

— Yoshie Hill



MY JEOPARDY ADVENTURE

by Yoshie Hill, Heart & Soul Executive Assistant

CLUE: She was a 2-day Returning Champion on Jeopardy and made television history.

RESPONSE: Who is Heart and Soul's own Yoshie Hill?

In January, I became a footnote in television history; I was a contestant on Alex Trebek's final episodes of Jeopardy. Of course, when I reported to the Sony Studios last October to tape my Jeopardy episodes, no one knew that these would be Alex Trebek's last appearances as host. How I arrived on that stage was by sheer luck and perseverance, the culmination of a 10-year quest.

I have been a fan of the game since the 1960's when Art Fleming was the host. When the series was revived in 1984 with Alex Trebek as the new host, I was hooked. I became a regular viewer, enthusiastically shouting out the answers at home as I watched. I had the thought: "I believe I could do that!"

Starting in 2010, I took the online Jeopardy Contestant Test whenever it was offered. The test has not changed over the years. 50 clues. 15 seconds to type in your response (thankfully, not in the form of a question!). Afterward, you receive an email confirming that you took the test, but they do not tell you how you scored. The hurdle for passing the test is 70% and the questions they use are the higher value (more difficult) questions from the show. 35 or more correct responses moves you into the pool for the next step toward contestant status...the Live Audition.

In 2013, I was called to do a Live Audition in Sacramento, just 2 weeks after completing the test. These Live Auditions were regional, with aspiring contestants from all parts of the Western U.S. I was surprised to learn that many of them were at their second, fourth, or sixth audition! There was another 50-item test, with written answers. While auditioners took a break, the tests were graded, and those of us who passed it were invited back into the room for the Mock Game (with live "signaling devices"!) and taped interviews. We were informed that we were all now in the Jeopardy Contestant Pool for 18 months, meaning that at any time we might get "The Call" to go to Culver City to compete on the show. Alas, I never received "The Call." I continued taking the online test, and in 2016 did my second Live Audition, in San Francisco. Another 18 months in the Contestant Pool, but again I was not selected to appear on the show.

By the time I took the Online Test in January 2020, I was resigned to the idea that I might never actually be a contestant, but I did the test anyway because...well, you never know! I put the possibility out of my mind.

Then COVID struck and changed everything. Nothing was in person any more, including Jeopardy. In August, I was stunned to get an email: "**Congratulations! You have been selected for a follow-up audition exclusively for those who successfully passed the online test...**" Live Auditions were now virtual. Part 1 of my Zoom audition, with another 50-item test, was on August 14th. Next day, the arrival of this email: "**Congratulations! You passed the "In-Person" Test!...**" I was invited to participate in Part 2 of the audition, the "Mock Game", on August 28th. I was getting more excited with each step in the selection process. Things were moving right along. Still, it was not a certainty, and I didn't want to get my hopes up...I had been in the Contestant Pool before!

Then, on September 15th, I got "The Call" from a Jeopardy contestant coordinator, requesting that I come to Sony Studios in Culver City on October 26th & 27th. Of course I said YES! Part of the agreement was that I could not tell anyone except a few trusted friends that I was going to be a Jeopardy contestant. I did not cram or prepare in any way, aside from getting a good night's sleep prior to Game Day. I figured, "either I know it, or I don't." I was not nervous. I was determined to be mindful and stay in the moment. This was going to be fun!

Stepping into the Jeopardy studio was surreal. I had seen it in 2-D hundreds of times on TV, but this was real, and I was there! It was a dream come true. 3 games were filmed on Monday, with 3 more scheduled for Tuesday. Production had been on hiatus for several weeks. I later learned it was because Alex Trebek had undergone abdominal surgery. I was concerned about his health. In March 2019, Trebek revealed he had stage 4 pancreatic cancer, and that the outlook was not promising. Yet such was his professionalism and dedication that he did not miss a single show in the two years that he'd been battling cancer.

I observed him from the audience as I awaited my turn onstage. As he walked to his lectern, he seemed to be moving slowly, and my immediate thought was, "the man is in pain." But as soon as the cameras rolled, it was if a switch had been turned on, and he was fully the familiar Alex I had always seen on TV: professional, engaged, and 100% present. You would not have known how ill he was. He brought his A game to each episode. He was articulate, wryly humorous, enthusiastic, and radiating his good-natured gentlemanly decency.

When it was my turn to compete, the first time Alex said my name was a total thrill! Our conversations, though brief, were delightful. He made such strong eye contact, and his intense yet warm and friendly focus made me feel I was the most important person in the studio. What enormous effort it must have taken for him to maintain that level of engagement with every contestant! He elicited something unique and special from each person. During commercial breaks he seemed to be conserving his energy, but when on-camera he was on top of his game again. It was comforting to hear his familiar "Good for you!", "Go again", and other phrases. I was the Returning Champion of 2 games when my 3rd episode was filmed. Memorably, at the end of the third game, when I lost in Final Jeopardy, I was the recipient of his last "Ohhh, Sorry!". It was the last episode he ever taped.

When I heard that he had passed away only 10 days after our filming, I was in disbelief. I had just seen him! He looked so great! Then it dawned on me that I had been on the last episodes hosted by Mr. Trebek. I had goosebumps. Indeed, the final game I played, originally slated to be the Christmas show but tabled until January, was the last Alex Trebek episode to be aired. A bittersweet honor. I did not mind losing that last game. If I had been a returning champion, it would have been a sad game without Alex Trebek, so I am at peace with the outcome.

I feel so privileged to have spent that brief time with a man I admired so deeply, a memory I will always treasure. I had been in the presence of an extraordinary man. It was the experience of a lifetime.

[Click Here to View 1/8/2021 Jeopardy! Episode
Alex Trebek's Final Show](#)

*"We're trying to build a gentler, kinder society.
If we all pitch in just a little bit, we're going to get there"*
— Alex Trebek



Seeing Through Stigma... Heart and Soul's Anti-Stigma Campaign

Seeing Through Stigma presentations consist of panelists who share personal experiences of living with mental health challenges, relating their experiences of stigma, the journey of recovery, and how they have worked to change adverse societal perceptions.

The result is that those who have been previously “Unseen” can tell their stories and be witnessed standing in their strength. Presentations are interactive, and the audience is encouraged to ask questions.

We are changing the conversation from diagnosis to dialogue from mental illness to mental resilience.

Our panel presentations are now presented virtually via Zoom. If you would like Seeing Through Stigma to present a speaker panel for your organization, please contact Bevin Love, Program Director of Seeing Through Stigma:
belove@heartandsoulinc.org

Freeing the World of Stigma...One Story at a Time

Thank You to Our Generous Donors

We are grateful for all you do to support Heart and Soul, and our work creating connection, hope, and healing through Peer Support for mental health. Your generous Giving Tuesday donations surpassed our goal of \$5,000, and raised \$5,429! Together, we are working toward a world of acceptance, inclusion, and dignity for those striving toward self-defined mental wellness.

If our mission and our work speak to you, we need your financial contribution. Now more than ever, your support is incredibly important and greatly appreciated. Your donation will ensure that we can continue to provide critical services in 2021 to a community especially hard hit by the impact of the Pandemic.

With your generosity, we can continue to be there for those in need.
Become a Heart and Soul donor for a reason, a season or a lifetime!

This is how your donation will benefit Heart & Soul program participants:

Participant Needs:	Your Donation:
Internet access for Total Wellness Club Member	\$30 one time or monthly
Purchase of a tablet for a Total Wellness Club Member	\$120 one time
Tablet and internet for a year for a Total Wellness Club Member	\$650 one time
Food for one TWC member for a month	\$50
Food for one TWC member for a year	\$600
Wellness Care Package for program participant	\$20

[**CLICK HERE
to Donate
TODAY**](#)



OUR PARTNERS

