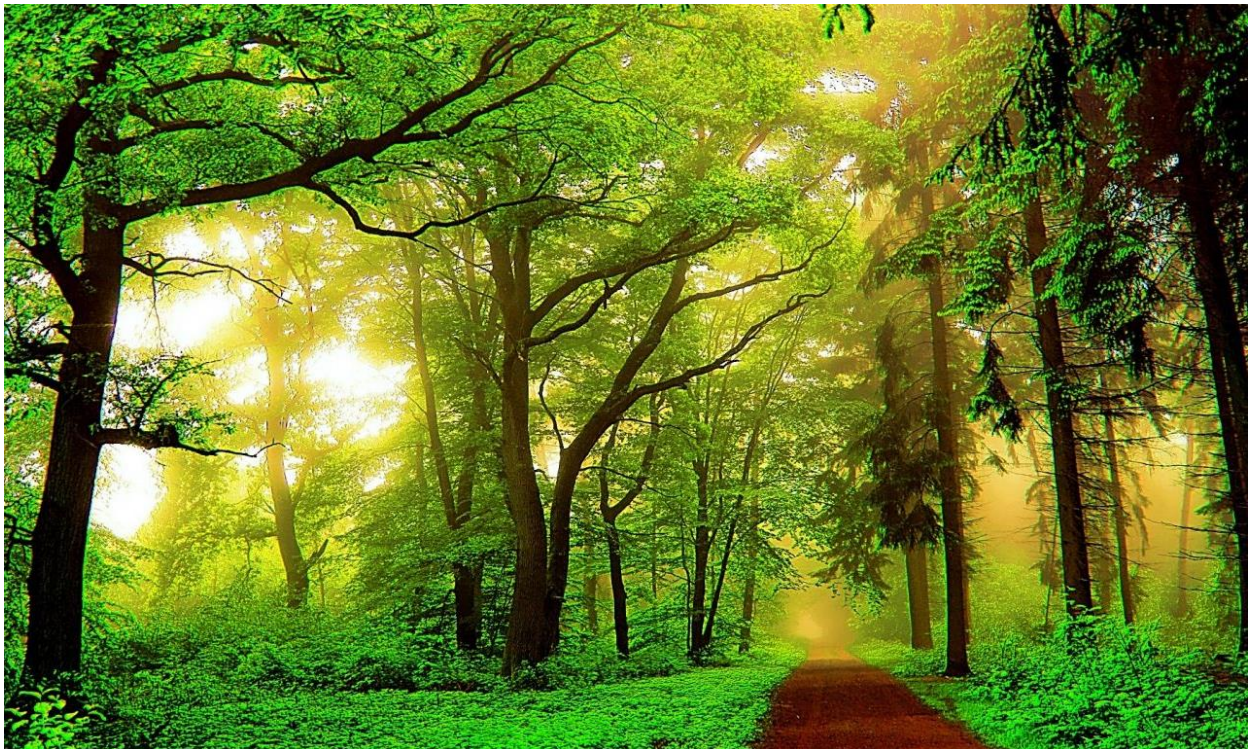


# ...Listening Friends of America.

## Summer Newsletter

July 2017

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*"And so with the sunshine and the great bursts of leaves growing on the trees, just as things grow in fast movies, I had that familiar conviction that life was beginning over again with the summer."*

*- F. Scott Fitzgerald*

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## Summer Is Here!

Dear Friends,

As we approach summer's halfway mark, I encourage everyone to spend some quality time outdoors. LFoA is an organization that stresses both the importance of mental health and of overall wellness – a healthy body can help foster a healthy mind. Try taking a walk in the morning when the sun is low, or swim a few laps in the pool to beat the heat. Don't forget to wear plenty of sunscreen and always stay hydrated! Having fun is important, but your primary concern should always be your health.

In other news, some exciting work has been going on at the Sante Fe, New Mexico facility. We've implemented a reading program and it's already become a huge hit with our patients! Each week, we let them borrow any three books from our current selection. Then they can choose to participate in a reading club every Sunday to share what they've read with fellow patients. The facility is currently taking donations for any books in decent condition, so please contact Sante Fe's Head of Human Resources for more information.

We here at LFoA believe that healing begins by sharing with others – activities like reading and writing, which are typically done alone, can be transformative experiences when shared with another person or group. We hope that this philosophy continues to help bring our patients, staff, and volunteers closer together.

Warmest wishes,

Felix

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## Employee Spotlight: Caroline Harving

By Mina Lopez, Sioux Falls HR Manager

In this newsletter, we'd like to highlight the exceptional work of Mrs. Caroline Harving, a nurse at our Sioux Falls, South Dakota facility. We would like to commend her for her sound judgement concerning a recent incident. When a patient attempted to escape the facility, Mrs. Harving approached him calmly and they talked for several hours; eventually she convinced him to return to his room. The patient is now doing just fine. Mrs. Harving's dedication is inspiring and all of us at Sioux Falls thank her for her continuous effort.

Mrs. Harving has been with LFOA for 14 years and is a constant positive influence for both her patients and fellow staff. She earned her nursing degree at South Dakota State and moved to Sioux Falls right after college. She enjoys knitting, crocheting, and embroidering, and she often gives her handmade creations as gifts. Her happiness revolves around her husband and two daughters – the four of them have a “family night” every Friday where they order pizza, play board games, and watch a movie. Mrs. Harving is also a fan of folk music and has recently started learning how to play acoustic guitar.

## Did You Know?

By Ms. Know-It-All

To crack a whip, a section of the whip must be traveling faster than the speed of sound – this creates a small sonic boom, which accounts for the cracking noise. The creation of the sonic boom was confirmed in a 1958 study, where scientists analyzed high-speed shadow photography of a whip cracking.