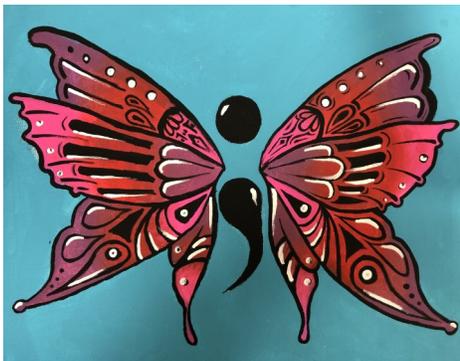


“Be kind always.

Everyone you meet is fighting a battle
you know nothing about.”

“A semicolon is used when an author could've chosen to end their sentence, but chose not to. The author is you and the sentence is your life.”

<https://projectsemicolon.com/>



TIC Tip

from: Steven Loos, Psy.D, LP
Director of Outpatient Mental Health & TIC
Implementation Team Lead, Central
Minnesota Mental Health Center

There is danger in dichotomous thinking. If we hold the belief that there is perfect separation between work and life, it sets us up to admit fault if our work starts to impact our personal life or vice versa. I try to avoid the idea of the need to "turn off" a part of ourselves, to be present in another capacity.

My goal is to turn down the volume of my work life as I transition home, which allows me to turn up the volume of dad and husband. I find this helps me be more present in the various aspects of my life and more forgiving if I don't have the perfect separation.

Creative Corner

Seasons Greetings

I prefer the sympathetic bleakness of January
To the mocking merry lights of December,
The sweltering languor of Summer—
 Its pardoning humidity,
To the teasing potential of Spring
 And its tickling pinks and greens.
Right now I'm all wrong,
Earth and I are playing different songs.

But my mood could improve,
My situation shift,
If I would take back my power, move deliberately.
I might be faking it at first—

 A crocus in March.
But if I can fool myself a little,
Endure the pinch of ill-fitting, but seasonal shoes,
I think I might settle, stretch out the leather,
And find myself back in step—
 A drum played with rhythm,
 An instrument pleasantly tuned.

I'd find myself in Love in May
And basking in it by June,
Knitting its threads into sweaters with the hues of October—
 Deep maple reds and bright sky blues,
Embraced by its warmth in Winter,
Its cedar-scented skin in bed,
Then hand-in-hand as April rains
Reawaken dreams squirreled away
Or otherwise left for dead.

All artwork and poetry has been submitted by recipients of LVF services.

In The News

As the coronavirus COVID-19 continues to spread in the United States, the administration at LVF is committed to keeping staff and consumers as healthy as possible. [Please read our full statement here.](#) We will provide updates as more information becomes available.

For additional information, please visit the Centers for Disease Control and Prevention (CDC) website <https://www.cdc.gov/>.

LVF Trauma Informed Care Committee

Chairperson - Heather Coletta **Committee** - Philip Braun, Ph.D., Karine Bryan,
Kathryn Finlay, Donna Giordano, Suzanne Rhodeside, Kara Sharp, Michelle Taylor