



Thursday, March 24, 2016

## Beating the Blues: Speaker at Futures Event Offers Tips for Enjoying Life

By Kate Day Sager

Tips on how to beat the blues, and enjoy life, were provided to individuals and staff at Futures Rehabilitation Center on Wednesday in celebration of Intellectual and Developmental Disabilities Month.

The main speaker of the event was **Timothy Juliano**, a registered nurse with **Milestone Centers** for People with Developmental and Behavioral Health Challenges in Warren. The agency serves as a resource center for people who care for individuals with intellectual and developmental disabilities and covers nine counties in northwestern Pennsylvania.

The local event was sponsored by Futures, Evergreen Elm, Milestone, Community Links and McKean County Human Services. Other activities included a health and nutrition presentation, as well as pizza and cake.

"I don't know about you, but when I go through winter I tend to get a little depressed," Juliano said to his audience at Futures. "I like nice weather and I like to see the sun come out in the spring ... but sometimes we do get a little bit blue and depressed."

Juliano then offered tips for beating the blues, which was the title of his presentation.

He said there are several easy solutions to help beat the blues, including drinking plenty of water, going outside, playing sports, listening to music and eating fruits and vegetables.

Other tips include joining a club, exercising, drawing and painting and joining a church. If all else fails, Juliano said those with chronic blues or depression should see a doctor.

*continued:*





Thursday, March 24, 2016

## Beating the Blues: Speaker at Futures Event Offers Tips for Enjoying Life

*continued:*

Juliano also shared self-esteem tips with the group.

“Can we control what other people say,” he asked the audience. “No, but have you ever noticed we say things to ourselves that aren’t very nice. Guess what, how we talk to ourselves is really important. “The things we say to ourselves affect what we think, and if we say it enough to ourselves, we start to believe it,” he added.

Juliano told the audience to tell themselves the following positive things frequently. They are, “I am unique,” “I am valuable,” “I am important,” “I believe in myself,” and “I am ok just as I am.”

After the presentation, Juliano said the program is designed to help the special needs population address moods they experience.

“People get taught from an early age that it’s not OK to express your feelings,” he explained. “And with an intellectual disability, people sometimes have a hard time understanding and conceptualizing things.”

Bonnie Johnson, a group supervisor at Futures, said she thought the presentation was great as a number of individuals responded to the speaker and provided input.

“You do see (the blues) sometimes during the holidays and they can have a tough time,” Johnson said in explaining why the program is beneficial.

Pat Ryan, director of operations, said the annual event is enjoyed by everyone at Futures because it’s a “good day to recognize people’s abilities and people for who they are — their skills, their talents, their place in the community.

“Sometimes we forget to do that, so this day gives us an opportunity to have a little bit of fun,” Ryan said. “It’s a break from the work day, but people can learn things that are good for their lives.”