

# HEALTHY CONNECTIONS

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## Garden in Winter?

This is the perfect time to begin a garden. Whether it be a hearty patch of perennials in your back yard or a few containers on your front porch, planning and setting goals works our brain, helps us relax, and gives us a purpose.

Use a journal or spiral notebook to list from year to year which flowers, fruits, or veggies thrive in your yard.

Check out ideas online or at the library, sketch your plan, and list what you want to do each month such as Jan/Feb plan your garden, March clean tools & take inventory, April trim bushes, May prepare the soil, and plant!

## Inspiring Words

"Life has taught us that love does not consist in gazing at each other, but in looking outward together in the same direction."  
-Antoine de Saint-Exupery

"Being deeply loved by someone gives you strength, while loving someone deeply gives you courage."  
-Lao Tzu

## Love. Simply Love.

*"Love is a temporary madness. It erupts like an earthquake and then subsides. And when it subsides you have to make a decision. You have to work out whether your roots have become so entwined together that it is inconceivable that you should ever part. Because this is what love is.*

*Love is not breathlessness, it is not excitement, it is not the promulgation of promises of eternal passion. That is just being "in love" which any of us can convince ourselves we are.*

*Love itself is what is left over when being in love has burned away, and this is both an art and a fortunate accident.*

*Your mother and I had it, we had roots that grew towards each other underground, and when all the pretty blossoms had fallen from our branches, we found that we were one tree and not two."*

-Louis de Bernieres  
Captain Corelli's Mandolin

## From Amy's Kitchen

### Cherry Crisp Cookies

¼ c. soft margarine  
1 8 oz cream cheese  
1 egg  
¼ tsp vanilla  
1 cherry chip cake mix

Cream margarine and cream cheese until fluffy. Add egg, vanilla and ½ of cake mix. Beat until smooth. Stir in rest of cake mix. Drop on cookie sheet and bake at 350 for 10-12 minutes. Enjoy!

## Amy Childers Counseling, LLC...

Working with individuals, couples and families on a variety of issues: depression, anxiety, life adjustment, marriage, parenting, grief, trauma, post traumatic stress, abuse and addiction.

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\*respecting people in a confidential and empathetic setting

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