

HERITAGE CLINIC'S Peer Counselor's News

Volume 2 Issue3 September 2011

**Peer Counseling is a labor of love!
It's through the love in each
person's life over the years,
through thick 'n' thin and
everything they've experienced
that has brought them here to be a
Peer Counselor of Heritage Clinic!**

Linda C. Somers, Editor



Erlinda H Umali

Hi I was born in Las Banos, Laguna, Philippines to a family of six other siblings.

I grew up in Navotas, Rigal, Philippines, my father's hometown and where all my aunts and uncles lived. Then moved to Los Banos, Laguna, my birthplace where I studied high school. When it came time for college, I moved again to my father's hometown and lived there with an aunt

until I finished a 2 year course at the university. Then I moved to Manila to pursue another course in college, while working during the day.

I started working at 17 as a secretary to my uncle, who had an engineering firm. Then I moved on and joined a company where I got into sales and realized I am a good sales person, so I have worked with companies that sell products and services. I spent the rest of my selling career selling real estate properties and was a licensed as a real estate broker. I joined one of the biggest real estate companies in Manila, as an Area Sales Director and later started on my own, selling private listings of houses and lots.

As a mother, I have raised 3 beautiful children, who are now all accomplished in their own fields of endeavor and have their own houses and families.

As a person, my greatest accomplishment has been, knowing Jesus Christ as my personal Saviour, Master and Lord of my life, knowing Him in an intimate and personal way. This relationship has brought me peace, joy and the contentment, that no matter what happens in my life, I know that Jesus Christ will always be there for me. Because of His promise which says, "I will never leave you nor forsake you."

Linda: As you leave Heritage Clinic we want to say Thank You. Your strength, compassion and love for our clients was invaluable. You will be missed very much!





Leslie Saunders...
Heritage Clinic
Care Coordinator
and Peer Counselor

Vital Aging Expo at Carlsbad

by Leslie Saunders

Several Peer Counselors and clients attended the Vital Aging Expo, co-hosted by AARP and the Carlsbad Senior Center.

A sunny breezy day gave each attendee more motivation to walk outside, view each exhibit on senior health and wellness, and share an outdoor breakfast, that included hot & cold cereal, yogurt, fruit, breads, juice, water and coffee!!!

The keynote speaker, author Dan Buettner, who penned THE BLUE ZONES, shared practical ways to lengthen the time and quality of our lives as we age. Questions followed his presentation, along with a picnic lunch of sandwiches, salad & fruit!

We look forward to 2012's expo, and all the new information from the ongoing research taking place in California.

We Celebrated with Summercrest

During our second peer reunion at Summercrest we joyously celebrated the great work we continue doing.

Mani graciously serenaded us with his magical music



We shared our stories



And we danced!



Thank you Summercrest for hosting our fun peer reunions!



Heritage Clinic Trains EMASS Promotoras in Peer Counseling.



As the Senior Peer Coordinator of Heritage Clinic, I had the opportunity to deliver a once in a lifetime educational event via the Senior Peer Counseling training for UPAC_EMASS Community Health Workers/Promotoras just like I trained senior volunteers to become Senior Peer Counselors at our agency. During the training, I witnessed how deeply motivated the group was to learn; their inquisitive minds challenged me every week to deliver better lectures. When emotionally elicited topics arose, they were graceful enough to navigate with me these delicate topics; their dedication to attend each week indicated their commitment to better serve this great group of people. I learned from them how convicted they were in helping older adults, how easily malleable they were in learning new material, how generous they were with each other emotionally, personally and as they prepare delicious meals. Indeed training these Promotoras was a once in a lifetime experience not only for UPAC-EMASS and Heritage Clinic but for me as this experience taught me what a privilege it is to teach such a fantastic team.

Sincerely,
Velia Gitari, MA
Senior Peer Counseling Coordinator Heritage Clinic



From Attitude is Everything by Vicki Hitzges

I used to wonder how they did it. How could positive people stay so upbeat? You know the ones I'm referring to: They brighten rooms just by walking in. No matter what trials may be going on in their lives, they give you the same hospitality you expect to receive while visiting Orlando. Everybody wants to be around them. We prefer positive people because it's no fun spending time with a person as chilly as an igloo. We enjoy warm, cheerful, upbeat folks who believe in us and remind us that tomorrow is ripe with possibility. Most of us want to be positive people. It's advantageous to possess a sunny outlook. Doors open to optimists. They make friends, earn respect, close sales, produce loyal clients, and others enjoy and want to be like them. The question is how can we do that? What does it take to be positive? How can we grin instead of grouch?

Good news! If you want to pep up your outlook, this book tells how. Never forget...Attitude's are contagious. Always ask...Is mine worth catching? I hope it will be!

from...[http://store.inspiredfaith.com/
attitude-is-everything-book-with-free-dvd](http://store.inspiredfaith.com/attitude-is-everything-book-with-free-dvd)

Heritage Clinic
Peer Counselor's News
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Heritage Clinic's Senior Peer Counselors are trained, older-adult volunteers of Heritage Clinic offering emotional support, guidance, and compassion to fellow seniors in our clinic. Initial training is offered in one, 3- to 4-hour session each week for 12 weeks. Ongoing training occurs in weekly supervision and monthly seminars on topics relevant to peer counseling and aging. Senior Peer Counselors commit to volunteering for 10 hours each week over one year. We require satisfactory results of a TB test, a background check, a reliable car, satisfactory driving record and auto insurance. Heritage Clinic provides a small stipend and mileage reimbursement. To volunteer for our program please contact Velia Gitari, MA Peer Counseling Coordinator at 760-737-8642 ext 261 or email vgitari@heritageclinic.org

FIND THESE WORDS...

- AMERICAS BIRTHDAY
- CONGRESS
- COURTS
- ELECTIONS
- FLAG
- FREE AND BRAVE
- GOVERNORS
- HAPPY BIRTHDAY AMERICA
- HAPPY FOURTH OF JULY
- HAPPY INDEPENDENCE DAY
- HAPPY LABOR DAY
- HOLIDAYS
- HOUSE OF REPRESENTATIVES
- INDEPENDENCE DAY
- JUDGES
- LAWS
- LET FREEDOM RING
- LIBERTY BELL
- MAYORS
- ONE NATION UNDER GOD
- RED WHITE BLUE
- SENATORS
- THE BILL OF RIGHTS
- THE CONSTITUTION
- THE GETTYSBURG ADDRESS
- THE HOME OF THE BRAVE
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- THE GETTYSBURG ADDRESS
- THE HOME OF THE BRAVE
- THE LAND OF THE FREE
- THE PRESIDENT
- VOTERS



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